

# Tea for every Taste

## "SALADA" TEA

### Nothing in Cookery Can Satisfy Like Layer Cake

It is a Typical Cake on This Continent and for Another Thing, it is a Most Satisfying Dessert. It Takes Time to Make, but It's Time Well Spent.

In the repertoire of cookery there is perhaps nothing which is more satisfactory to make than layer cake, which is a typical American production. Al-



(By Edith M. Barber)

though I have been in many parts of the world and have eaten delectable cake, I have never found anything which corresponds to our favourite American dessert.

It takes time to mix, bake and frost a cake. Good materials must be used and neither time nor materials should be wasted. Insurance against loss should be taken out and it may be easily found if a standard recipe is exactly followed. First of all there is

the flour. For the sake of fine texture a flour especially designed for cake will give best results. As flour of this sort is very fine, it must not only be sifted before it is measured, but it must also be sifted with the baking powder more than once. The sifted flour should be piled lightly into the measuring cup and should not be packed or shaken down.

Then there is the baking powder. The general rule is to use one and a half teaspoons of a cream of tartar or phosphate baking powder to each cup of flour. If the combination type of baking powder is used, the proportion should generally be one level teaspoon to one cup of flour. A set of measuring spoons will enable us to measure small quantities accurately.

A standard measuring cup which is marked to show halves, thirds and quarters should be used for measuring flour, sugar, milk and shortening in quantities which exceed three table-spoons. In measuring shortening, if you are using butter put up in quarter-pound packages, remember that one package corresponds to one-half cup by measurement. Other shortenings such as margarine, lard or hardened vegetable fat may be used to replace part or all the butter, especially if chocolate and spices are added. The shortening should be allowed to soften at room temperature before it is put in the bowl, where it should be creamed carefully with a wooden spoon until it is light and fluffy.

The sugar should be added gradually. Unless otherwise indicated in the recipe, the word sugar is used to denote a granulated white product. If brown sugar is used, it should be packed down in the cup. The butter and sugar should be well mixed with either a wooden spoon or with an electric beater. If egg yolks are to be used, they should be beaten until thick and foamy. When whole eggs are used the whites and yolks may be separated and beaten separately, or whole eggs may be added one at a time to the mixture and beaten with it until well blended. The egg whites, if used alone, should be beaten until they are stiff, but not dry. They must be beaten to this same point if the yolks and whites are added separately.

Sifted flour with baking powder or soda, salt and spices if used, should be added alternately with the liquid to the first mixture. The flavouring should be added before separately beaten egg whites, if used, are folded into the batter.

Even with all measurements made accurately, batters may differ slightly in thickness, because of the difference in the size of the egg and also because it is impossible to measure absolutely accurately. For this reason, I test a cake batter by taking some up on the spoon and allowing it to fall back into the bowl. If the batter oozes at the spoon, it is too thick; if it runs all the

way down without breaking it is too thin; if it breaks about half way between the spoon and the bowl, it is exactly right.

While many people like to line pans with greased paper, I find that it is perfectly satisfactory to grease the pans themselves with melted butter, using the oil on the top and avoiding the salt which will sink to the bottom. A pastry brush allows the pan to be greased evenly. Soft paper may replace the brush. The batter should be poured into the pan and then spread evenly before baking at the proper temperature. If your stove has an oven regulator, it may be set when the oven is lighted, about ten minutes before you are ready to bake your cake; otherwise an oven thermometer may be used. The oven temperature is as important as proper measurements and mixing.

#### Standard Layer Cake

- 1/2 cup shortening
- 1 cup sugar
- 2 eggs
- 3 teaspoons cream of tartar or phosphate baking powder, or 2 teaspoons combination baking powder.
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 1/2 teaspoons vanilla.

Cream the butter well and beat in sugar gradually. Beat the egg yolks and stir into the creamed butter and sugar. Mix and sift the flour, baking powder and salt together and add alternately with the milk, beating well with each addition. Beat the whites of the eggs stiff and fold into the batter. Flavour and pour into layer-cake pans. Bake in a moderate oven (375 degrees F.) twenty-five to thirty minutes. When cool, put chocolate frosting between and on top of the layers.

#### Standard White Cake

- 2 cups cake flour
- 3 teaspoons cream of tartar or phosphate baking powder, or 2 teaspoons combination baking powder.
- 1/2 cup shortening
- 1 cup sugar
- 1/2 cup milk
- 1 teaspoon vanilla
- 3 egg whites

Sift flour once, measure, add baking powder and sift together. Cream shortening thoroughly, add sugar gradually and cream together until light and fluffy. Add flour alternately with milk. Beat after each addition. Add vanilla. Fold in egg whites. Bake in two greased nine-inch layer pans in moderate oven (375 degrees F.) twenty-five to thirty minutes.

#### Creole Cake

- 1/2 cup butter
- 2 cups brown sugar
- 3 eggs
- 2 cups cake flour
- 1 teaspoon soda
- 1/2 cup sour cream
- 1/2 cup milk
- 2 ounces melted chocolate

Cream the butter, add the sugar, and when well blended add well-beaten eggs. Add the flour, sifted with the soda, alternately, with the cream and milk. Add the chocolate and bake in greased layer pans about twenty-five minutes in 375 degree oven.

#### Chocolate Cake

- 1/2 cup shortening
- 1 cup sugar
- 1 egg, well beaten.
- 2 ounces unsweetened chocolate, melted
- 2 cups cake flour
- 3 teaspoons cream of tartar or phosphate baking powder, or 2 teaspoons combination baking powder.
- 1/2 cup milk
- 1 teaspoon vanilla

Cream shortening, add sugar gradually and cream together until light and fluffy. Add egg and beat well; then add chocolate and blend well. Add flour, sifted with baking powder, and salt, alternately with the milk. Add vanilla. Pour batter into greased layer cake pans and bake in a moderately



slow oven (325 degrees F.) about thirty minutes.

#### Spice Cake

- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1 1/2 cups pastry flour
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon ginger
- 1/2 teaspoon salt
- 3/4 teaspoon cream of tartar or phosphate baking powder, or 1 1/2 teaspoons or combination baking powder.
- 1/2 cup milk
- 1 cup sliced nuts

Cream butter, stir in sugar gradually, and cream together. Stir in well-beaten eggs and, when well blended, stir in flour, sifted with spices, salt and baking powder, alternately with the milk. Pour batter in two eight-inch greased layer cake pans and bake in a moderate oven (375 degrees F.) thirty or thirty-five minutes.

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(by James W. Barton, M.D.)

### That Body of Yours

#### More About Catarrhal Deafness Treated by X-Rays

When a patient hard of hearing has submitted to months of treatment perhaps to operation, and finally has settled down to get what comfort possible by wearing some form of hearing aid, and then hears of some further method of restoring hearing, he may do one of two things, (a) grasp for it as a drowning man will grasp for a straw, or (b) make up his mind that no method can help him in his present condition.

I believe therefore that I should again record the results obtained by Dr. F. W. O'Brien, Boston, as recorded in Radiology.

Of a group of 140 patients afflicted with hard of hearing and head noises, at least half of them (73) were improved by this form of treatment, and it is only fair that those who are hard of hearing or afflicted with head noises should know about it.

Dr. O'Brien reports that from 1929 to 1935 he treated 140 patients with catarrhal deafness and head noises by the X-ray. Of this number 73 were helped, 65 were not improved and 2 were made worse.

Of the improved group sixty-seven had nine treatments to each ear, and six received only eight treatments; nine treatments was considered the correct number to give. The exposures to the X-ray lasted five minutes and were given once a week for nine weeks.

No patient had been followed less than a year, the majority for more than three years, and some as long as five years. The part of the head put under the X-ray extended from the tip of the nose to the lower tip of the bone behind the ear. This means that the whole hearing structure—nose, throat (with little tube carrying air up to inner side of ear drum), the spongy tissue behind the ear, the middle ear containing the little bones running from drum to the hearing nerve, and the hearing nerve itself—were all put under the direct effects of the X-rays.

Dr. O'Brien makes no attempt to explain how the X-ray treatments bring about improvement in cases of chronic or old cases of catarrhal deafness.

The points to remember are that all these cases were due to a catarrhal condition, all of them were old cases, and all those that had been improved had been followed for from one to seven years after the X-ray treatments had been given, so the cures were really cures.

#### How is Your Blood Pressure?

Is it high... is it low? Do you know what precautions you should take in either case? Send Ten Cents for Dr. Barton's interesting booklet called: "How is Your Blood Pressure?" which treats this subject in simple, easily understood language. Send your request to The Bell Library, 247 West 43rd St., New York, N.Y. and mention The Advance, Timmins, Ont.

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### If You Like Books

(By A. H.)

Have you ever noticed while visiting a lending library, just how many people come in, take a book from one of the many, and turn to the last page to find out if they will like the book? This is a very common habit, especially among the people of Timmins, and at the same time a habit that you should not acquire. If you desire enjoyment in reading a book, all of it will be lost to you when you read the "happy ending." And many people are apt to hastily place the book back on the shelf if the ending is anything but "happy." You can't read a book by its cover, neither can you tell if it is interesting or not by the last two or three paragraphs, and it is no use to try to convince yourself that this is the best way to decide on what book to choose.

When asking a young lady at the public library why she always turned to the last page, she said, "Well, can you tell me any other way to find a good book?" Perhaps some of the readers might have other suggestions, but a very good one is to "take a chance." In this way you may find an author whose work you like. Naturally if you prefer to read books written by certain authors, and published by certain firms, you will not want to enjoy the works of these people, why turn to the last page and spoil the whole story? If you must have some idea of the story before you begin, read a few lines near the middle of the book, but leave those last lines until the time when they are due.

Another idea that might be worth bearing in mind is that even if you think that the only type of book you can enjoy is mystery, or love, or any of the other types of book, take a chance again on your taste and try something new. You will be surprised to find just how much enjoyment you can derive from reading something entirely different from your usual "preferred brand"! And that doesn't mean that you must always be reading books that are world famous—it just simply means that you should take your books in turn, like the different subjects at school. You remember—perhaps you started off with arithmetic, and ended up with spelling? That is how the treasure land of books should be looked upon, for too much of one type grows dull. Try it the next time you purchase a book, or visit the library.

For Real Economy - Better Flavour

## PURITY FLOUR

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By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



MARGUERITE CHURCHILL knows the importance of highlighting eyes with mascara and pencil. Follow the rules set forth here and attain equally successful results.

#### Make-Up to Make the Most of Mouth and Eyes

Yesterday we saw how the application of rouge can make the face seem wider or longer. Today let us study little tricks that seem to make the mouth and eyes a bit different in shape from what they really are.

In applying lipstick, always use it on the upper lip first. Apply it with one sweeping movement from centre to corner, then from centre to other corner. Open your mouth when applying lipstick and apply the color well inside your lips so that there will be no line of demarcation when you open your mouth in speech or in a smile. Nothing is more telling and less becoming from a make-up artist's point of view than that obvious "lip line" just inside the mouth where lipstick ends. Having applied lip rouge to the upper lip, press both lips together. As a general rule, there should be enough lip rouge imprinted on lower lip from compressing the lips.

Suppose your lips are very thin and give your face a hard, ungenerous look. Apply lip rouge generously and if you can do it smoothly extend the lip line a little so that the lips look wider. You can also extend the lower lip line a little, at the centre if this too is very thin.

For too straight lips an imaginary cupid's bow can be visualized and then filled in with lip rouge. This has to be done carefully so as not to be too obvious. Also apply lip rouge generously, particularly on lower lip and extend the lower lip line a little by deepening the curve at the centre below the natural outline.

If the mouth is too long merely carry the deepest colour within the natural outline—that is stop before you get to the corners. Likewise if the lips are too thick,

do not colour to the upper and lower outline but confine the colour within the natural outline.

Occasionally we see a mouth that is much too small and out of proportion to the rest of the face. Here lipstick should be used to the very edges and a little beyond these edges to make the mouth seem larger and wider.

#### Most Important Feature

The eyes have been called the most important facial feature. Here too you can make them look "like what they are." Suppose your eyes are very deep set. Your eyeshadow should be confined to the outer half of each lid—from about the centre out to the corner. Then pencil with an eyebrow pencil from the centre outward to corner, blending into a shadow.

For very small eyes, the simple trick of penciling under the lower lid—this has to be done very carefully. Draw a fine line with eyebrow pencil, then soften with fingertips. Use mascara on lashes to define them.

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Huntingdon Gleaner:—The tall, thin man was quarrelling with the under-sized little fellow. "Yer lanky strip," yelled the diminutive one, "if yer tied yerself in a knot yer wouldn't be fat!" "And you," retorted the lengthy chap, "if you were to pull your socks up you'd be blindfolded."

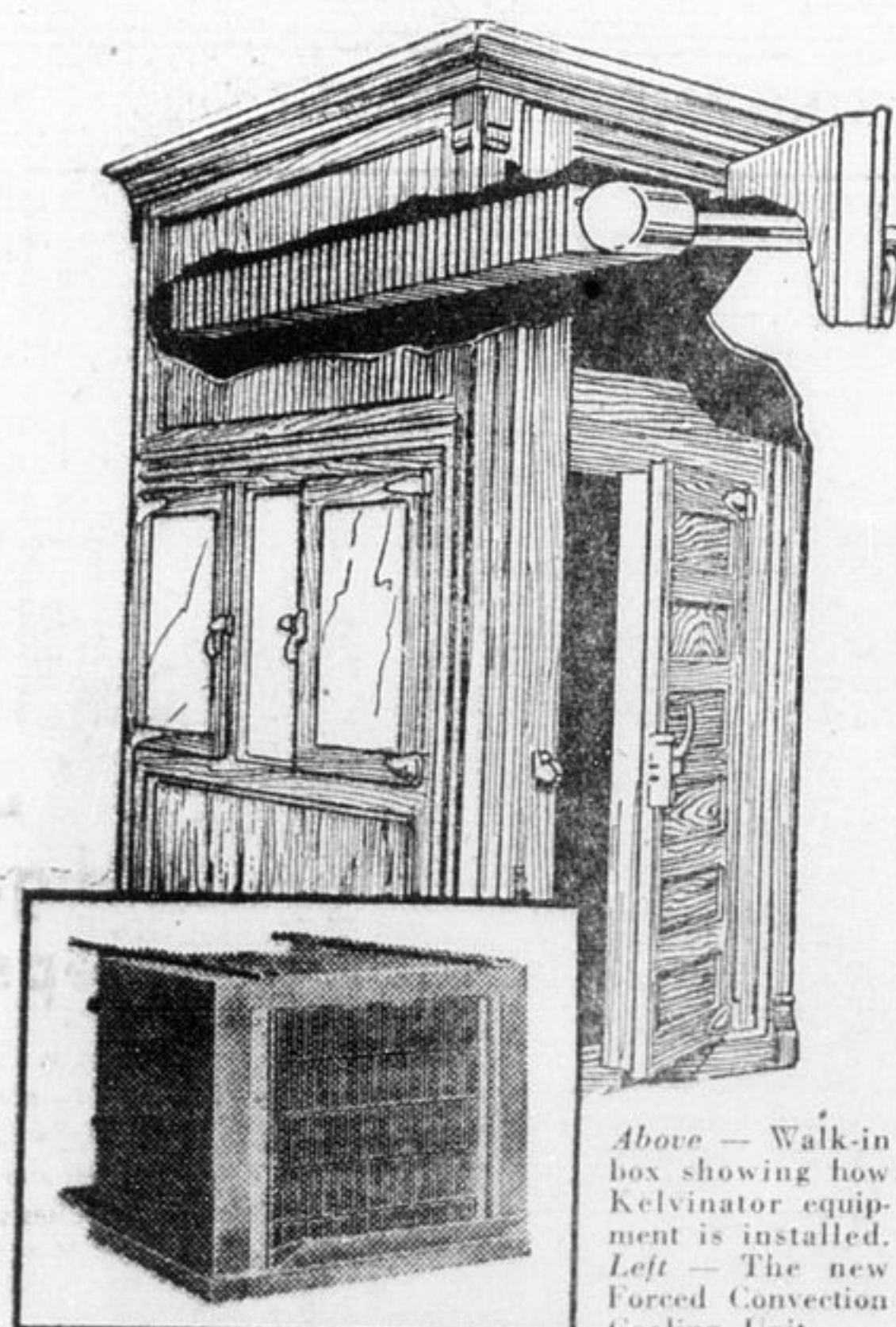
#### BLACKHEADS

Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle it on a hot, wet cloth, rub the face gently—every blackhead will be gone. Have a Hollywood complexion.

## FRESH MEATS

### —Kept fresh with KELVINATOR Electric Refrigeration

Don't take chances with meat! Correct refrigeration eliminates losses from spoilage and keeps customers satisfied. Kelvinator offers the right equipment for every type of food business. The new Kelvinator Forced Convection Cooling Unit controls circulation and humidity in your refrigerator. If you sell meats or other perishable foods we have the right equipment for you.



Above — Walk-in box showing how Kelvinator equipment is installed. Left — The new Forced Convection Cooling Unit.

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#### Silver Wedding Event Held Near Kapuskasing

(From Kapuskasing Tribune)  
Mr. and Mrs. Walter Millar, living on their farm in O'Brien township south of Kapuskasing, happily celebrated the silver anniversary of their wedding last Saturday. They were the recipients of many congratulations from relatives and friends. They rate as pioneers in this district, and their acquaintances are numerous.

Mr. and Mrs. Millar were wedded at Owen Sound on Feb. 26th, 1913, by Rev. Mr. Daniel, in the First Methodist Church. They came North to make their home at Jacksonboro, where for eight years Mr. Millar was lumber yard superintendent until the colonization company went into liquidation. They then moved to Kapuskasing, where Mr. Millar was woods superintendent of the Spruce Falls Co. for a time. He is now on the local forestry staff.

For the silver wedding anniversary all their children were home except Catson and Bob, and the happy parents received from their offspring a nice silver rose bowl and 25 roses. Miss Jessie returned to her stenographic position in Timmins on the following day.

The family and neighbours joined in a sumptuous dinner at the Millar farm home.

Huntingdon Gleaner:—A jury was being impaneled in a murder case in Houston, Texas. Robert Storm, electrician, asked to be excused because he was opposed to capital punishment. "Why?" asked Judge Langston King. "Because I designed and installed the electric chair 14 years ago." He was excused.

## Bargain Coach Excursion

FROM  
T. & N. O. and N. C. R. REGULAR STATIONS

TO  
Pembroke, Renfrew, Arnprior, Ottawa, Montreal, Quebec and Ste. Anne de Beaupre, Que.

via North Bay and Canadian Pacific Railway  
**THURS., MARCH 17th 1938**

Bargain excursion tickets will be valid on Trains 2 and 45 and their connections, Thursday, March 17th. Passengers who use our Train 2 will connect at North Bay with C. P. Train 2, leaving 8:20 p.m. same date. Passengers who use Train 46 will arrange their own transfer to North Bay C. P. Depot and take C. P. Train 8, leaving at 1:00 a.m., Friday, March 18th.

Tickets are valid to return, leaving destination point not later than C.P. Train 1 from Windsor Street Station, Montreal, 10:15 p.m. Sunday, March 20th and connecting at North Bay with our Train 1 at 12:45 p.m. Monday, March 21st—EXCEPT passengers from Iroquois Falls and points north of Porquus MUST leave not later than CP Train 7 from Montreal, 7:50 p.m. Sunday, March 20th, to connect at North Bay with our Train 47, Monday, March 21st.

Tickets will not be honored on Trains 49 and 50 "The Northland." Tickets destined Quebec and Ste. Anne de Beaupre not good on Semi-Streamlined Trains 350 and 352 to Quebec and 349 and 351 from Quebec, but good on all other trains between Montreal and Quebec.

Tickets Good in Coaches Only. No Baggage Checked  
Children 5 years of age, and under 12, when accompanied by guardian HALF FARE.

For fares and further particulars apply to Local Agent  
Temiskaming and Northern Ontario Railway  
The Nipissing Central Railway Company