

Canada's Favourite Tea

"SALADA" TEA

Frosting Should Match Cake Like Accessories

It Reveals the Cake at Its Best Besides Adding an Original Touch of Flavour. Four Different Types with Variations. Some Interesting Recipes for Frostings and Fillings.

Frostings are like the accessories to the dress one wears. They provide difference and style to the foundation. Of course, the original model must be good, and then we can count on the frosting to bring out the best of the cake itself and to add an original touch of flavour.



(By Edith M. Barber)

If we consider fillings as being merely members of the frosting family we have four types which can, in turn, be varied. The simplest of these is made with confectioners' sugar. To this we add water, milk, cream, coffee, creamed butter or fruit juice, which provides flavour as well as liquid. When we use the other liquids we will add vanilla, chocolate or other flavourings. There are also recipes for this type of frosting which demand egg yolks and which are very much like a hard sauce in consistency, as the foundation is creamed butter and sugar. Let me note that, confectioners', not powdered sugar, is necessary in all these frostings in order that texture will be smooth.

Then there are the frostings which we can describe as the fudge type. For these we cook sugar and milk together until the mixture is thick enough to form a very soft ball when tried in cold water. Then the syrup is removed from the fire, butter is added and it

is beaten until thick enough to spread. Brown sugar is often used, or chocolate is cooked with granulated sugar and milk.

There are several divisions under the boiled frosting group. When the syrup of granulated sugar and water is cooked separately and folded into the stiffly beaten egg whites we have a smooth mixture which after it is put on the cake will be soft with a delicious crust. In order that it will not be sugary, we add a little corn syrup before we cook our syrup. A confectioner's thermometer, which will tell us when the syrup has reached the right temperature, 240 degrees F., when it spins a long thread when dropped from the tip of the spoon, is an insurance for perfection.

Another more modern type, which is easier to make, is sometimes known as seven-minute frosting. Either granulated sugar or brown sugar may be used for this. The sugar, water, corn syrup and unbeaten egg whites are mixed together in the top of a double boiler, which is then set over hot water and beaten with a rotary beater for about seven minutes, until the frosting will stand up in peaks. If an electric beater is used, the time may be almost half.

These frostings may be varied by their flavourings.

If chocolate is used it should be melted and cooled slightly and folded in after the frosting is ready to spread on the cake. Chopped nuts, coconut or cut dates, raisins or figs may be folded in, or sprinkled over the top of the frosting.

Custard fillings which are often used between the layers of a cake, are also made in a double boiler and are combinations of milk and eggs with either flour or cornstarch. For the sake of flavour, they need to be cooked about fifteen minutes after the mixtures are thickened. They may be flavoured with vanilla, sherry, rum or chocolate, or brown sugar may be used for the sake of its flavour. Instead of milk, water and fruit juices will serve the same purpose. Sometimes powdered sugar is sprinkled over the top of the cake or any of the other types of frosting may be used to give a final touch. Occasionally whipped cream or the filling itself is used as a topping, especially with those dessert cakes which are known as Boston cream pies.

If you wish to paint the lily, you may use sliced nuts, candied cherries or melted chocolate as a final garnish on any frosted cake. For special occasions you may either colour the frosting itself or save a small amount for colouring and garnishing. For children's

parties you may like to use coloured candies as well as the traditional candies when it is a birthday celebration.

Creole Butter Frosting
1 1/2 tablespoons butter
2 cups sifted confectioners' sugar
1 tablespoon cocoa
Salt
3 1/2 tablespoons coffee (about)
1 teaspoon vanilla
Cream butter, sift sugar, cocoa and salt together. Stir in part of sugar mixture to butter, blending well. Add remaining sugar mixture alternatively with coffee until of right consistency to spread. Add vanilla and beat until smooth.

Fruit Filling
1/2 cup seeded raisins
1/2 cup chopped dates
1/2 cup chopped figs
1/2 cup chopped nuts
2 teaspoons lemon juice
Mix with a boiled or uncooked frosting and use as a filling for cake. Citron and candied cherries may be added.

Boiled Frosting
1 1/2 cups sugar
1/2 teaspoon light corn syrup
2 cup boiling water
2 egg whites, stiffly beaten
1 teaspoon vanilla
Combine sugar, corn syrup and water and bring quickly to a boil, stirring only until sugar is dissolved. Boil rapidly without stirring until temperature of 240 degrees F. is reached (when syrup spins a long thread when dropped from tip of spoon). Pour syrup in a fine stream over egg whites, beating constantly. Add vanilla. Beat well and place bowl in hot water. Beat until frosting will stand up in peaks.

Seven-Minute Frosting
2 egg whites, unbeaten
1 1/2 cups sugar
5 tablespoons water
1 1/2 teaspoons corn syrup
Put unbeaten egg whites, sugar, water and corn syrup in upper part of double boiler. Beat with a rotary egg beater until sugar is dissolved. Place over boiling water, beating constantly with egg beater, and cook seven minutes or until frosting will stand in peaks. Remove from fire. Add vanilla and heat until thick enough to spread.

Brazil Frosting
2 egg whites, unbeaten
1 1/2 cups brown sugar, firmly packed
Salt
5 tablespoons water
1 cup Brazil nuts
Put egg whites, sugar, salt and water in upper part of double boiler. Beat with an egg beater until well mixed. Place over rapidly boiling water, beating constantly until well mixed. Place over rapidly boiling water, beating constantly with egg beater, and cook seven minutes or until frosting will stand in peaks. Remove from fire. Beat until thick enough to spread. Frost cake and decorate with whole or cut Brazil nuts. Cut nuts may be sprinkled on top of each frosted layer.

Orange Butter Frosting
1 tablespoon grated orange rind
1/4 teaspoon grated lemon rind
1/2 cup orange juice
2 teaspoons lemon juice
2 tablespoons butter
1 egg yolk
1/4 teaspoon salt
3 cups sifted confectioners' sugar

Add orange and lemon rind to fruit juices and let stand ten minutes. Strain if desired. Cream butter, add egg yolk, and salt and mix well. Add half of the sugar, and mix well. Add remaining sugar alternately with the fruit juices until of right consistency to spread. Beat until smooth.

Fudge Frosting
2 cups sugar
3/4 cup milk
2 squares chocolate

1 teaspoon butter
1/2 teaspoon vanilla
Place the sugar, milk and chocolate in a sauce pan and stir over the fire until the sugar is dissolved. Boil without stirring until, when tested, a soft ball forms in water (230 degrees F.) Remove the pan from the fire, add the butter and vanilla, set in cold water and stir until thick enough to spread.

Cream Filling
3/4 cup sugar
1/2 cup flour
1/2 teaspoonful salt
2 eggs
2 cups scalded milk
1 teaspoonful vanilla
1/2 cup cream, whipped
Mix the dry ingredients add the eggs slightly beaten, and pour on gradually the scalded milk. Cook fifteen minutes in a double boiler, stirring constantly until thickened, afterward occasionally. Cool, flavour and fold in whipped cream.

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Humpty Dumpty sat on the wall,
Humpty Dumpty had a great fall!
All the little Spearmen "scrambled"
out of church
And helped to put Humpty back
on his perch!



KEEP HEALTHY! Teeth are given to us to use. Like muscles, they need plenty of exercise. WRIGLEY'S insures exercise and protection. Buy some today!
Write Wrigley's, Toronto, for new Mother Goose Book.

BE BEAUTIFUL By ELSIE PIERCE FAMOUS BEAUTY EXPERT



Lovely HEATHER ANGEL adopts polish in heather to match her name and personality.

Nail Polish Shades Are Charming Now!

Fashions and fads have a way of spending themselves, just as enthusiasm does. Just as men are becoming accustomed to the flashy shades of polish, fickle fashion turns to tones that are soft and muted. Not that the men are expected to express regrets, but should they wonder why the change blame it on the Watteau influence which is quite strong for spring. You'll see this influence in the new has, in flower trims, in tiny flower boleros, in the soft violet, pastels and pinks which will lead the fashion parade.

Polishes that give the hands a soft,

fragile look without taking away sparkle are very much in favour. Two such shades are making a strong bid for popularity.

One is a lovely smoky rose tint, so softly colorful that it makes the hands look a fragile white. Skillfully blended with the rosy red, and toning it down, is a faint hint of blue and just a trace of brown. Is it any wonder that the shade goes with nearly everything—with the cool violet, the popular pink, the browns and brown-reds, with moss, wedgewood green, the new "burnt wine" and the blues.

For Hands That Have Seen the Sun

Another is a soft beige pink to wear with yellows and pastels, with green, brown or amber, with carnelian or tile. This polish brings out the ivory or tan tones of the skin. It is just the right "fragile shade" for those who are still sojourning in the South or just coming back. Anyway it emphasizes the golden tan of hands that have seen the sun!

If you want to reconcile a rather conservative soul with something a little less innocuous and more vivid than the usual run of pale polishes, try one of these new muted shades. We think you'll like them and so should the "best beau."

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

That Body of Hours

Treatment of Peptic Ulcer Is Both Mental and Physical

There are apparently fewer operations now for stomach or intestinal ulcer in proportion to the number of cases than there were a few years ago. This is not because surgery does not give results in emergency cases but because medical treatment combined with treatment of the patient generally (not just the stomach or intestine) gives good results with less after effects.

The thought in the minds of physicians now is that the ulcer patient is of the type who, if cured of one ulcer by medicine or surgery is quite likely to simply go ahead and "grow" another ulcer unless he changes his habits of life.

The patient with stomach or intestinal ulcer is usually of the nervous type and slender in build. While this, in itself, may not cause ulcer, it predisposes to ulcer, so that it is like having paper and wood all ready to start a fire; the fire will not start unless a match—irritation, infection from

teeth and tonsils or other causes, is applied. Individuals of different build or physique with the same irritation or infection would not be as likely to develop an ulcer as those slender nervous individuals.

Thus when the ulcer patient consults his physician his own history and his family history is learned before the usual tests, including X-rays, are made.

An attempt is made to prevent, besides cure, peptic ulcer (as stomach and intestinal ulcers are called). Patients with an irritable stomach or family history of ulcer should be advised to live a "sensible" life and be placed on a mild ulcer regime or plan—bland diet, regular meals, thorough chewing of the food, a short rest (lying down) before meals, and a short rest after meals either sitting up or lying down on right side.

This quietness or calmness of mind means less disturbance of the muscular walls of the stomach, less chance of irritation and ulcer formation. The avoidance of all infection from teeth, tonsils, sinuses or elsewhere, may also prevent the formation or reappearance of ulcer. What is known as the bland diet for peptic ulcer patients consists of avoiding fried foods of all kinds, salted, spiced, canned or preserved fish and meats, rough vegetables such as beets, onions, corn, celery, cabbage, tomatoes, raw vegetables, all alcoholic or malt drinks, chocolate, coffee, butter-milk, effervescent drinks, condiments such as catsup, hot rolls or biscuits, candy.

Patients may eat broiled, boiled, steamed or baked steaks, lamb and mutton chops, roast beef, chicken, light fish with white flesh, puréed peas, lettuce, carrots, spinach, baked or mashed potatoes, still water, tea, milk, apple sauce, puréed prunes, orange juice; stewed apples, peaches, pears, toast, bread, soda crackers, eggs, butter, clear soups, cheese, cereals (cooked only), ice cream, custards.

Eating Your Way to Health

Send to-day for this special booklet by Dr. Barton called "Eating Your Way to Health." It deals with calories, minerals, starches, fats, what and how much to eat. Send your request and ten cents to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance, Timmins.

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Girls Should Have as Good Chance as Boys

Timmins, Ont., March 26th, 1938. Editor of The Advance, Timmins, Ont.

Dear Sir:—I have just returned from the grand opening of the new wing of St. Mary's hospital, and while there I listened with rapture to the Boys' Band which was brought into being through

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the generosity of the Lions Club and the leadership of Mr. F. J. Wolno.

I began thinking about the wonderful privileges given to the boys of our town—skating rinks for hockey practice, camps for summer outings, etc., etc. Money made by different clubs, societies and schools are spent on the boys, one way and another—instruments for orchestras, balls for rugby, basketball and baseball. I'm beginning to think that even the churches are 99 per cent. thinking in terms of boys' privileges.

What about our girls? They certainly need a greater outlook and outlet than they are getting in Timmins. What is the average girl's programme here? Practice piano, home work, help with dishes, with a duty meeting thrown once a week—perhaps an evening's skating if the rinks aren't being used by the boys! Can we wonder they long for the same excitement. We are so quick to censure, but oh, so slow to act.

Mothers, wives and daughters, let us cease to support any cause for the young folk of our town, unless it's a fifty-fifty basis, and our girls are given a chance. What about camping sites for the girls? What about sports for girls? What about a girls' band? They have never had a real chance to expand in Timmins. —R. B. M.

"CANADIAN MAID" COOKING SCHOOL

Macaroni-Cheese Soup à la Grand
Just wonderful these cold days—nourishing and satisfying. You'll want to serve it often — it's so good, made any way.

TODAY'S RECIPE
Cook 1 lb. macaroni in salted water and add to 2 qts. beated milk and 1 cup Canadian Maid Evaporated Milk. Add 2 lbs. flour blended with 2 lbs. butter. Season with Celery Salt, salt and pepper. Stir in 1 cup grated cheese. Serve very hot.
Be sure the milk you use is Canadian Maid Evaporated. Remember, it's always good!

CANADIAN MAID BRAND Evaporated MILK
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