

'SALADA' TEA

is delicious

Some Requested Recipes Including Lebkuchen

Genecese Cake and How to Make it. Lebkuchen Considered a Delightful Cake by Many, Though it is Not a Rich Cake. Imported Cake Said to be as Good as That in Germany.

"A culinary outrage!" This indictment comes from a reader in regard to one of the most famous and per-

me remind you that flour must be sifted before measuring for this, as for any other cake. As the recipe for pound cake has already been published, to-day I am offering a recipe for a variation which calls for baking powder.

Another reader requests the recipe for lebkuchen, that famous spice cookie of German origin which is a holiday specialty. As you will note by the recipe, lebkuchen is not a rich cake. By the way, it is possible to buy an imported lebkuchen put up in boxes which is as good as you have found it when you have been abroad.

Genecese Cake
 1½ cups cake flour
 3 teaspoons baking powder
 ½ cup butter
 1 cup powdered sugar
 ½ teaspoon lemon extract
 4 eggs, well beaten

Sift flour with baking powder. Cream butter, add sugar gradually and cream together until light and fluffy. Stir in flouring. Add eggs alternately with flour, beating well after each addition. Pour batter into greased pan, 8 x 8 x 2 inches. Bake in moderate oven, 350 degrees F., fifty minutes. Serve in thin slices.

Lebkuchen
 2¼ cups flour
 ½ teaspoon salt
 ½ teaspoon soda
 ½ teaspoon cloves
 ½ teaspoon allspice
 1 tablespoon cocoa
 ¼ cup shortening
 ¼ cup brown sugar
 1 egg
 ½ cup molasses
 ½ cup chopped nuts
 ½ cup sliced candied citron
 ½ cup sliced candied orange peel



(By Edith M. Barber)

haps the oldest known recipe for cake. It is pound cake that I am speaking of. And the absence of baking powder in the recipe was not a mistake. The beaten eggs are relied upon to raise the cake, which, however, is of fine, close texture and not so light as the cakes to which we are accustomed. Let

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½ cup sliced candied lemon peel
 ½ cup cold coffee
 Sift flour with salt, soda, spices and cocoa. Cream shortening and add sugar gradually and cream together until fluffy. Add unbeaten egg and molasses and mix well. Stir in nuts and fruits. Stir in dry ingredients alternately with the coffee. Spread this mixture in a well greased baking pan, making layer about one-half inch thick. Bake in a moderate oven, 350 deg. F., 20 to 30 minutes, until done. Cut into squares. (Copyright, 1933, by the Bell Syndicate, Inc.)

Household Hints

By MRS. MARY MORTON

Menu Hint
 Vegetable Plate—Parsley Potatoes
 Green Peas Creamed Carrots
 Lettuce with Vinegar and Sugar or Lemon
 Honey Custard with Honey Custard Sauce
 Tea

Parsley potatoes, in case the phrase troubles you, is boiled potatoes, drained dry and rolled in melted butter in which chopped fresh parsley has been stirred. Serve hot covered with the parsley.

Today's Recipes

Honey Custard—Make a rice ring as follows: Mix two tablespoons cornstarch and one-half cup cold milk. Heat two cups cooked rice, two cups milk, one-fourth cup sugar and one-half teaspoon salt in a double boiler. Add the cornstarch mixture and cook 15 minutes. Fold in three stiffly beaten egg whites and turn into a ring mould. Chill. Unmould on to large plate and serve with honey custard sauce.

Honey Custard Sauce—Two-thirds cup milk, one egg yolk, few grains salt. Scald milk in double boiler. Pour over egg yolk mixed with honey and salt. Return to double boiler, stir and cook until mixture thickens. Strain and chill. Pour custard in centre of ring and serve.

Helpful Hints

Bananas sliced "on the bias" give petal shaped slices that look pretty (and taste good) around your puddings, gelatin moulds, etc.
 Use boiled rice instead of bread crumbs in making your next "batch" of stuffing for fowl.

Globe and Mail.—Hon. T. A. Crerar, Minister of National Resources, assures the House of Commons that Canada's sovereignty is unquestioned. Still, the Russian Bear is doing altogether too much prowling around the North Pole.

BE BEAUTIFUL

By ELSIE PIERCE
 FAMOUS BEAUTY EXPERT



Wet the hair first, then work up a good lather. The oil acts as a treatment and the foamy lather a cleansing agent. Then rinse thoroughly, using a spray if possible.

A Foamy Oil Shampoo Proves a Boon to Blondes

Life isn't all golden for light-haired women. Most of them are faced with a "tarnish" problem. Keeping light hair light is no mean task. This task becomes increasingly difficult when the scalp is dry or covered with dandruff. Such conditions call for oil treatments, but oil treatments are, as a rule, darkening.

Imagine, then, the excitement at finding a new foamy oil shampoo which conditions fair hair with an oil treatment and at the same time cleanses away every darkening particle of grime and dirt. Its rich, foamy lather softens the hair and leaves it glistening and manageable.

The secret is the oil base which acts as an oil treatment but being soluble in water has no darkening effect. No after rinses such as lemon or vinegar are necessary.

Improve Texture and Color

If you are one who has tried hot oil applications only to find that while improving the texture the oil does menace the color of your golden hair,

whether it be natural or bleached, then you should find this foamy oil shampoo most satisfactory.

So many women feel that a good shampoo is so important that it is worth any price. I agree with them. And if you are one who doesn't want to bother making your own shampoo at home, if you would like a shampoo that leaves the hair pliable instead of in an "I can't do a thing with it" state, if you want a shampoo that is as effective in hard as in soft water and even in cold water the foamy oil shampoo is for you.

The makers explain that a small amount of this foamy oil shampoo is all that is necessary to do the job. The trick is not in the way you use it, but in the way it's made. Golden highlights... a burnished beauty look... these are the distinctive features that characterize blonde hair. Too often they are allowed to be lost, and that seems a pity when all you have to do is use a good shampoo.

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Hints On Fashions

by LISBETH



Printed Silk Chiffon Dress

The dress pictured is a hand screened, border printed silk chiffon in black, with softly colored bayadere borders used vertically to give a long line to the figure.

Notice the softly-draped bosom, the short sleeves, narrow belt and box-pleated skirt.

A new version of the beret in straw and trimmed with flowers on the crown is worn with it.

Style Whimsies

Stylists coming from Paris say Mainbocher's dinner dress with bustle drapery is a good bet for autumn.

Pleated skirts are almost a uniform where smartly dressed women gather in the daytime.

Yokes will be important in autumn coats and suits. Sometimes they will be deep and contrasting, sometimes merely used in the backs of coats or jackets that have inverted box pleats at the back.

Belts are important this summer. An especially attractive style is one of "summer snake" snake grain, which can be knotted in various ways.

Washington Post.—It has at last dawned on many pacifists that a rigid neutrality policy means the destruction of America's great potential influence for peace. Even worse, it is calculated to encourage aggression by serving notice in advance that the United States can be counted upon not to oppose aggressive action.

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For the afternoon wedding or the daughter's graduation, a soft, dressy type of sheer dress is most appropriate. This type of dress is also the answer to many a "what to wear" question during the summer.

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

That Body of Ours

Where Radium and X-Ray Are Most Effective in Curing Cancer

Now that the problem of cancer has become a part of our national, in fact, family life, and thousands who in former days would have been doomed are being cured and restored to home and business, the question may be asked why is the knife used to remove cancer in some cases, whilst in others radium and the X-ray seem to be just as effective. Generally speaking, radium is used if the cancer can be easily reached.

Dr. Antoine Lacassagne of the Radium Institute of the University of Paris in an article in the Canadian Medical Association Journal says, "The anatomical site—place in or on the body—often determines the choice as to what method of treatment should be used. Two locations where radium is the choice because of its effectiveness are the mouth and the uterus."

"The greater part of cancers of the mouth were incurable until radium was used. The front part of the tongue permits a correct implantation of radioactive needles; in others, such as the floor of the mouth or the hard palate, a small radiating apparatus can be applied without great difficulty, in the lining surface of the cheeks excellent results can likewise be obtained."

Cancers arising in the forward part of the back of the tongue are easily reached and an effective cure obtained by radium. Unfortunately the little glands of the neck, adjoining the mouth, are not reached effectively by radium, and usually must be removed by surgery.

In cancer of the front part of the uterus the results obtained by radium have been excellent. In other regions than those above mentioned and in some forms of rapid growth cancers the X-rays give effective cures.

Dr. Lacassagne has this to say of a great many cancers, "Too many cancers, among the most frequent, do not respond in a satisfactory manner to radium, notably cancer of the stomach and intestine, of the bladder, and of the prostate gland at neck of bladder."

From the above information we learn that radium is a definite cure (in early stages) of surface cancers—skin, mouth, tongue, uterus; that X-rays are useful in some other cases of cancer but that in cancer of the stomach, intes-

tine and bladder, surgery is the best method of cure.

How Is Your Blood Pressure?

Is it high? Is it low? Do you know what precautions to take in either case? Do you know what causes high or low blood pressure? Write for the latest Barton booklet (No. 108) entitled "How Is Your Blood Pressure?" Send ten cents to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance.

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Father Drowned When Punt Sinks

John Vincent, 49, Father of Ten, Perished in Moffatt Lake on Monday.

An innocent fishing trip turned into stark tragedy on Monday morning when John Vincent, settler farmer in Mountjoy Township and the father of ten children, drowned in Moffatt Lake, about seven miles from here.

Vincent, in company with a seventeen-year-old son, had gone to the lake that morning about ten o'clock. Arriving at the shore, the father entered an old home-made punt and started out in the lake to recover a raft from which they intended to fish. About 50 feet from the shore the frail craft filled with water and the father sank from sight before the eyes of his son. Neither was able to swim.

The distracted boy ran to the nearest house, some distance away, and raised the alarm. Provincial Police were notified and in the afternoon the body was recovered in thirty feet of water by Constables Marshall Hancock and Jim Toppenden after a half hour of grappling. The drowned father was forty-nine years of age. The late Mr. Vincent, who was a veteran of the Great War, served four years with the Canadian forces. The funeral which was held on Wednesday was under the auspices of the local branch of the Canadian Legion.

Deceased is survived by six sons, Howard, of Chesley, Frank, George, Walter, Ronald, Douglas, and four daughters, Mrs. William Potter, Ellen, Clarice and Evelyn, all living at home. The family have lived in this district for the last fourteen years, moving to a farm in Mountjoy township nine years ago.

Barrie Examiner.—The German press assails President Vargas of Brazil as an "autocrat" because he stepped firmly on the persons, allegedly Germans, who tried to put over the recent putsch in his country. This attitude is typical of the Huns—no dictators to be tolerated if they interfere with Germany.