

Chocolate Frosting on Cakes is Popular Now

Domestic Science Expert Prefers Term "Frosting" to "Icing." Colour May be Pink, Green or Yellow Without Regard to the Flavour of the Ingredients.

You may call it icing or frosting—that sweet topping which goes with cake the way butter goes with bread. I prefer the latter term, because the word icing is associated in my mind only with white. As it happens chocolate frosting are fully as popular as shiny white

and flour, may be sprinkled over the top of the batter. This mixture is also used with a raised coffee cake.

Seven Minute Frosting

- 2 egg whites, unbeaten
- 1 1/2 cups sugar
- 5 tablespoons water
- 1 1/2 teaspoon corn syrup
- 1 teaspoon vanilla
- Whole nuts.

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 beat until thick enough to spread. Frost, each layer, put layers together and decorate top layer with whole nuts.

Caramel Frosting

- 1 1/2 cups brown sugar, firmly packed
- 1 1/2 cups granulated sugar
- 1 1/2 cups milk
- 2 tablespoons butter.

Combine sugars and milk and bring to a boil, stirring constantly. Boil, without stirring, until a small amount of the mixture forms a very soft ball in cold water (225 degrees Fahrenheit). Add butter and remove from heat. Cool to lukewarm. Beat until thick and creamy and of right consistency to spread.

Chocolate Frosting

- 2 tablespoons butter
- 2 cups of confectioners' sugar
- 4 egg yolks.
- 1/2 cup milk
- 1/2 teaspoon vanilla
- 4 squares chocolate, melted.

Cream butter, add sugar and a little beaten egg yolk to cream well. Add rest of beaten egg yolks, milk, vanilla and chocolate. Place bowl in pan of ice water and beat with rotary egg beater until thick enough to spread.

Burnt Almond Frosting

- 1/2 cup butter.
- 1 1/2 cups confectioners' sugar
- 2 egg yolks
- 1/2 cup almonds

Cream the butter, add the sugar and egg yolks. Spread on the cake when ready to use. Blanch the almond, bake in a moderate oven until light brown. Cut in pieces and sprinkle on the frosting.

Variations—Mix 4 tablespoons of cocoa with the sugar. Sprinkle with pecans instead of browned almonds.

Orange Butter Filling

- 2-3 cup sugar
- 1-3 cup flour
- Salt
- 2 cups orange juice
- 1 tablespoon grated orange peel
- 2 eggs or egg yolks
- 2 tablespoons butter

Mix sugar, flour and salt. Add orange juice and rind slowly. Stir until smooth. Cook fifteen minutes over hot water, stirring constantly until mixture thickens and afterwards occasionally. Pour some of the hot mixture into beaten eggs and then pour back into hot mixture. Cook over hot water three minutes. Remove from fire, add butter and chill.

Chocolate Cream Filling

- 2 cups scalded milk
- 3 squares chocolate
- 1 cup sugar
- 1-3 cup flour
- 1-8 teaspoon salt
- 2 eggs or 4 egg yolks
- 1 teaspoon vanilla
- 12 marshmallows.

Place milk and chocolate in the top of a double boiler. When chocolate is melted beat a moment with wheel egg-beater to insure smoothness. Mix dry ingredients, add eggs slightly beaten and pour gradually the scalded milk into this mixture. Cook fifteen minutes in double boiler, stirring constantly until thick. Cool partially, flavour and spread one-third of the chocolate filling between the layers. Place the remainder on top and dot with the marshmallows, cut in halves.

(Copyright, 1938, by The Bell Syndicate, Inc.)

Three from Scotland Yard to Protect King and Queen

Superintendent Albert Foster and two other Scotland Yard detectives will accompany King George and Queen Elizabeth as bodyguards on the trip to Canada and the United States.

Foster, who is 49 and a burly six-footer with a smooth hawkish look, was detailed as a young detective sergeant to guard President Wilson in London and Paris during the peace conference. His biggest feat was the apprehension of the German spy, Karl Lody, for whom Chancellor Adolf Hitler recently named a destroyer, writes the London correspondent of the Baltimore Sun.

At present Foster is in charge of the investigation of the Irish Republican army bombings. He accompanied Edward, now the Duke of Windsor, on north country tours when Edward was Prince of Wales.

Foster, who is from Kent, shares with the other two the ability to fit into the background of the royal party as though they themselves were nobles. They will not be in uniform and will go unarmed. They will wear evening attire at soirees and cutaways and black or grey toppers at formal day affairs. At other times they will wear the customary black felt hats, black coats and striped trousers of a British business man.

The other members of the bodyguard will be Chief Inspector John Cameron and Subdivisional Inspector Frank Giles. Both have had wide experience in guarding members of the royal family. Cameron is a tall, fair and forthright Scotsman and is the King's favourite. He guarded the King when the latter was the Duke of York and now is regularly assigned to Buckingham Palace. He is an expert linguist and is a former school master.

Giles is a tall, dark, ruddy Devonshireman and originally was bodyguard for the Duke of Kent, but now is assigned to Queen Elizabeth. He accompanied the Duke of Kent and the then Prince of Wales to South America and because he is an expert shorthand writer and typist was drafted by them to keep the diary of their tour.



Chat Body of Hours

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

About Exercise and Food
If you work hard physically, you will need more food than if you sit or stand about an office or in the home, nevertheless when you are just sitting, or even lying down, you need food because the body processes go on day and night—the full 24 hours.

The huge muscles that cover the entire body use up more energy and therefore more food is required than is used or needed by the other tissues of the body.

In a special article in the Canadian Medical Association Journal on Diet and Nutrition, Dr. I. M. Rabinovitch, Montreal, says:—"The expenditure of energy by the body depends to a very large extent upon active protoplasmic mass (the active or living part of the body cells), and the greater part of this mass is in the muscles. When engaged in any occupation, therefore, the primary or main factor which governs the need of food is the degree of muscular activity (work or exercise). Women need less food than men usually because they are, as a rule, smaller and less muscular. Their man value, from the physical standpoint and food needs, is about four-fifths."

Showing that the body uses up energy (and so needs food) during the entire day and night, the following daily food needs of a metal worker are of interest.

8 hours at work at 240 calories heat units per hour	1920
6 hours of sitting at rest at 100 calories per hour	600
2 hours of light exercise at 170 calories per hour	340
8 hours of sleep at 65 calories per hour	520
Total	3380

Showing that the same kind of work requires about the same amount of food in the average individual wherever he lives is shown by the following table:

Farmer in Connecticut	3,410
Farmer in Vermont	3,635
Farmer in New York	3,785
Farmer in Mexico	3,435
Farmer in Italy	3,565
Farmer in Finland	3,785

Although food intake is now counted in amounts of heat units or calories, the total food intake is not the only factor to be considered; that is vitamins and minerals, and the particular amounts of the regular foodstuffs—protein, starch, and fat. Dr. Rabinovitch points out that as starch foods are the foods that supply energy, fatigue or tiredness may be prevented or delayed by eating more starch food. Also much less food is needed by the body if work is done slowly than if done rapidly, just as a motor car during a "normal" rate of forty miles an hour might require twice as much gas if it were going sixty (not eighty) miles per hour.

Eating Your Way to Health
Send today for this special booklet by Dr. Barton entitled "Eating Your Way to Health," No. 101. It deals with vitamins, minerals, proteins, starches, fats, calories, and what and how much to eat. Address your request to The Ball Library, 247 West 43rd St., New York, N.Y., enclosing Ten Cents to cover cost of service and handling, and mention the name of The Advance, Timmins.

(Registered in accordance with the Copyright Act.)

Beauty and You

by PATRICIA LINDSAY



This Business Beauty takes pride in keeping her typewriter-fingers beautifully manicured. With the aid of her office kit she gets ready for an after-five date!

American Business Girl Among Smartest American Women.

Surprising as it may seem, some of our most chic beauties are business women. You see them lurching and dining at the smart places, walking perky up the avenues, or in financial downtown—their trim figures becomingly and fashionably clothed and so perfectly groomed that one may well wonder, "How do they do it?"

You and I know that earning a living or making a success out of a career, is no cinch. Many hours are required for the job and the few leisure hours are definitely needed for rest and recreation, as all work and no play soon makes any girl dull and irritable. And America's business girls are far from dull, for they feel part of their success depends upon "keeping up" with things generally.

Time-Budget Group
Actually these numerous women and girls belong to what I call the time-budget group who cleverly budget their hours to include business, their homes, recreation and beauty care. They make every minute count and many a self-pitying housewife, who gripes about her numerous duties, could learn a lesson from one of these careerists!

Despite their time-clock demands, these women keep themselves very attractive. They know that caring for their beauty is as important as getting their laundry out weekly or being on time for the job! Even though the majority of them spend eight hours in toil, they see to it that a few moments each day, and a couple of hours weekly, are devoted to personal grooming. And that is where as a group, they have one

TO-DAY'S FASHIONS



Choice for Spring

A lovely print combined with a solid material is always a good choice for spring, and generally makes its appearance about now. We like this model, so smart, cheerful and attractive. Fine periwinkle-blue woolen is lined with an exotic crepe in purple, blue and fuchsia. The print is used for the draped shawl collar and for the simple, high, round-necked dress. The redingote buttons snugly through the mid-section and is slim and straight in back.

Huntingdon Gleaner—The person who likes to talk about "my operation" may soon be delivering illustrated lectures. A new instrument, perfected by Westinghouse engineers, permits the diagnostic physician to take candid camera shots of a patient's inner organs with the speed of a motion picture. The ton and one-half machine, explained F. M. Hobbs, Westinghouse official, is designed to combine the processes of fluoroscopy (looking inside a person without taking pictures for the record) and radiography.

Another Northern Paper Against Secession Talk

The following is an editorial from last week's issue of The Hallsburyian:—"Once more we hear the call for "secession" of the North Country from the balance of the province; this time emanating from the mayor of Timmins in a speech at a recent gathering in the Porcupine district. This is an old cry, one that has been sounded on different occasions in the past without anything concrete coming from it. Perhaps it was a useful slogan in its time, serving to call attention to the needs of the North, but it is doubtful if it has any present or future value.

The creation of a new legislature to administer the affairs of Northern Ontario would not help the present economic condition, but would only add one more to our many governmental systems, with its consequent expense, its problems of patronage and the danger of setting section against section in a struggle for the seat of administration.

"The trend of affairs, or at least the trend of talk at the present time is towards a reduction in governing bodies. It is only a few weeks since we heard a call for the abolition of all provincial legislatures, and it does seem to the average citizen that the country is over governed. A new province might get us a bit more freedom for a time, but it would not last long. There would be nothing gained in the long run.

"Recent years have witnessed a definite improvement in the position of the North with regard to the balance of the province. We are undoubtedly getting more attention than in former years, even if we do have to fight for it to some extent; and our main hope lies in our power to keep up the fight for recognition, not in threats of secession. The North is enough now to insist on reasonable treatment from the administration at Toronto, and we will fare better by trying to work with that administration in a more harmonious way than by any scheme of separation."

Edmonton Bulletin—The city is indebted to the Hudson's Bay Company for four stained glass windows which adorned the store that is now being torn down. These have been presented to the city. They are of great historic interest, and this will grow as time passes. Some day they should find places in a civic building of suitable type—a city hall, library or museum.

A Superb Green Tea "SALADA" GREEN TEA

Quintuplets Appear To Thrive in Winter Weather

References to Dionne quintuplets have not been as frequent in recent months, as they were a few months ago. This, however, is not because interest is being lost in the famous five, but may generally be charged to the weather. In view of the fact that visitors are not so numerous at Callendar in winter the quintuplets are accordingly not so important an item of news in winter as in summer. The recent references to the fact that the King and Queen are not to see the quintuplets on the royal visit to Canada illustrates how strong is the public interest in the quintuplets.

In reference to mention of the weather in connection with the quintuplets it is interesting to note that the latest despatch about the quintuplets is concerned largely with the weather. It points out that the quintuplets are thriving despite the frigid weather. The despatch in full is as follows:—

Extreme, cold winter days agree with Canada's darlings, the Dionne quintuplets, for during the month of February, when the mercury was far below zero almost daily, all but one of the girls made gains in weight.

Cecile is now the heavyweight quint. She swings the scales at 47 1/2 pounds, with Annette running her a close second at 47 1/2 pounds. Marie keeps her title, "the baby quint." She weighs 44 pounds. The youngsters get outside to play in the snow every day and they love it. They are in superb health, Dr. A. R. Dufres reports.

Weights of the quints, with changes from last month are:—

Name	Weight	Change
Marie	44 pounds	1 pound gain
Emilie	47 pounds	no change
Cecile	47 1/2 pounds	1 pound gain
Annette	47 1/2 pounds	3/4 pound gain
Yvonne	45 1/2 pounds	3/4 pound gain

Heights of the quints, with changes from last month are:—

Name	Height	Change
Marie	40 1/2 inches	1/4 inch gain
Emilie	41 1/2 inches	no gain
Cecile	41 1/2 inches	no gain
Annette	41 inches	1/4 inch gain
Yvonne	41 inches	no gain



C.W.L. GIRL GUIDES

The regular meeting of the First Timmins Guide Company was held on Monday evening at 7:15 p.m., in the Church of Nativity parish hall. Inspection was taken by Captain Sanders and Lieutenant Wilkinson. Horseshoe was then formed. The flag was raised by Joyce LeLonde, Mary MacLean and Dorothy Carrier. An enrolment took place immediately afterwards, enrolling Marguerite Hurst and Agatha Cox. Also Doreen Murphy received her Laundress Badge. The Guides were then sent to patrol corner, where Tenderfoot was taken. Campfire was then commenced, singing many songs. The meeting closed with Taps.

Brownie News
The Brownie meeting was held early on Monday evening. The Brownies were divided into three groups for the passing of ties. Captain Sanders passed Joan Hunt. Lieutenant Wilkinson passed Jean McGillivray, Jean Brennan, Thelma Pavley, C. Gonnion, Marie Clemens, Miss Gladys Cooper, the Brown Owl, passed M. MacGilbrant, D. Dunlap. The Brown Owl named the six fairy circles are, Elves, Fairies, Pixies, Leprechauns. The Brown Owl says:

that most of the Brownies are ready for enrolment. The meeting was closed with the Pack Howl.

GIRL GUIDES IN TIMMINS

The 106th I.O.D.E. Girl Guides held their weekly meeting at 7 o'clock in the basement of the St. Matthew Anglican Church.

The Guides, assisted by Mrs. P. Carson, practiced for the coming competition.

The patrol leaders had a discussion and the seconds took control of patrols.

The Horseshoe was formed and the flag was broken by Muriel Crislin, assisted by Emilie Drummond, Peggy Webster, Betty MacDonald, Bernice Bridgman, Marion Lacarne, and Helen Rogers were enrolled.

Campfire was formed and many familiar camp songs were sung.

The meeting came to a close by singing "Taps."

Goderich Star:—The Walkerton magistrate the other day, in dealing with a case before him, stated that "taking chickens from the farm in the dead of night after the woman of the house has spent months in feeding in prospect of using the funds for some special purpose is the meanest kind of theft we have to deal with." And the words were followed up with a stiff sentence. A wise and just magistrate.

WALK ON WAX AND SAVE YOUR FLOORS!

JOHNSON'S WAX

PASTE OR LIQUID

Gives life-long beauty and protection to your floors, furniture and woodwork! 100 extra uses save hours of burdensome housework. (Wax your lamp shades, picture frames, refrigerators, etc., etc.)



S. C. JOHNSON & SON, LTD. BRANTFORD, CANADA

NEWS About Breakfast

Increasing thousands of Canadian women will tell you

Purity Oats is headline news. In ever growing numbers

they are discovering that Purity

Oats is not just another brand, but

a finer-tasting, fuller bodied, bet-

ter grade of oats, at no extra cost.

Quick cooking Purity Oats make

a perfectly grand breakfast. Try

them to-morrow. And get ready for

an enthusiastic acclaim from your

family—because you'll get it. Fine china in the premium

package—or non-premium packages, if you prefer.



PURITY OATS

MADE BY THE MILLERS OF PURITY FLOUR

The Women's Missionary Society of the United Church Will Hold Their Annual Tea and Sale of Home Cooking On Saturday March 4th 2 to 6 p.m. in the Church Basement

This will take the form of a Daffodil Tea. There will also be a Fish Pond for the children. The proceeds of the Tea will be used for relief work.

A Cordial Invitation is Extended To All.

Borden's EVAPORATED MILK

I LOVE IT ON MY CEREAL

If it's Borden's it's GOT to be Good!