

# Gives Favourite Recipe for Making Coffee Cake

### Coffee Cake, Known Sometimes as "Kuchan," May be Used as a Sweet for Almost Any Meal. Recipe for Making it. Also Recipe for Quick Coffee Cake

Coffee cake or kuchan started its career as an accompaniment for afternoon coffee. It was made as were all cakes of the former day, with yeast. The mixture differed from that of bread dough, because of the addition of extra shortening, of sugar, of eggs and sometimes of dried fruits and nuts.



By EDITH M. BARBER

The final product may be a single layer cake, a bun, a roll, small or large. There may be a topping of sugar and cinnamon or a frosting of confectioners' sugar.

We Canadians who seem to like sweets at any meal often choose these rich coffee cakes for breakfast use, although they are better adapted for luncheon desserts. They may be appropriate for the finale at a Sunday breakfast which is designed to make luncheon unnecessary. Delicious cakes of this sort can be purchased at your favorite bakery, but in case you would like to be prepared to make your own I am publishing a standard recipe for foundation dough, which you may vary as you like. I am also giving you my favorite recipe for rich coffee cake which takes but a short time to make and bake, because it depends upon baking powder to lighten it.

#### Coffee Cake

- 1 cake compressed yeast.
- 1 cup milk, scalded and cooled to lukewarm.
- 1/2 cup sugar.
- 1/4 teaspoon soda
- 1/2 teaspoon salt.
- 2 eggs.
- 4 cups flour.
- 1/2 cup butter.

Crumble yeast into a bowl, slowly add the milk and stir to dissolve the yeast. Add sugar, soda, salt, beaten eggs, and flour. Mix, add the melted butter and mix thoroughly. Turn out on floured board, knead quickly into a smooth dough, place in greased bowl, and cover with a towel. Let rise over a pan of hot water, keeping the water steaming hot, not boiling. Let double in bulk. Shape to fit cake pans, which should not be more than half full. Sprinkle with Streusel mixture. Let double in size. Bake in a hot oven, 400 degrees F., 15 to 20 minutes, until light brown. Time for completion: About five hours.

**STREUSEL MIXTURE.** Mix together butter, sugar, flour, cinnamon and a little nutmeg. Sprinkle on cake. Let rise and bake.

**VARIATION: FRUIT COFFEE CAKE.** After cake has doubled in bulk, first time, roll into a sheet, spread with softened butter, sprinkle with brown sugar and cinnamon and add currants or raisins. Twist and shape into a ring, fastening ends together. Brush top with melted butter, and let double in size. Bake.

#### Quick Coffee Cake.

- 2 1/2 cups flour
  - 1 1/4 cups brown sugar firmly packed
  - 1/2 cup shortening
  - 1/2 teaspoon salt
  - 2 teaspoons baking powder.
  - 1/2 teaspoon soda.
  - 1 1/2 teaspoon cinnamon
  - 1 egg, well-beaten
  - 3/4 cup sour milk or buttermilk
- Mix flour, sugar and salt. Cut in shortening until mixture looks like corn meal; reserve three quarters of a cup of this mixture for topping. To remainder, add baking powder, soda and one teaspoon of cinnamon, and mix. Stir in well beaten egg and milk. Mix well. Turn mixture with remain-

## Screams of Kirkland Girl Frightened Robbers Away

The following is from Friday's Northern News:—  
"Holding one man in custody, Teck Township police today are searching for the other who attempted to hold-up the clerk in Bielby's Pharmacy, Third Street, last night, at the point of a gun.

"The screaming of Catherine Donnelly, who was in charge of the store at the time, frightened the men away after they threatened her with the gun and attempted to loot the cash register. They escaped without taking any money.

"Aided by a description given by Miss Donnelly, Constable Ivan Morrow picked up Roy Nelson, 17-year-old boy from New Liskeard, on the corner of McCamus and Duncan Avenues shortly after the attempted robbery. He was taken back to the drug store and identified by the clerk as one of the hold-up men. A further search of the district was made by police officers but they failed to find any trace of the second man.

"After being placed in custody, Nelson is said to have admitted the charge but would not tell the police the name of his accomplice. Both came from New Liskeard and both were broke and hungry when they arrived here. They came to Kirkland Lake looking for jobs, and when destitute decided that the Bielby drug store would be easy picking.

"Prior to the attempted robbery, both men had entered the store earlier in the evening and purchased chocolate bars. They walked around the streets for a short while after, and then decided to rob the store when they returned again.

"While one of the men backed Miss Donnelly behind the soda fountain, threatening her with a gun, the other went towards the till. When Miss Donnelly saw the man go for the money, she screamed and they ran from the building. Gordon Martin, who resides across the street, heard the screams and hurried to the store but the men were gone when he got there. Mr. Martin searched the immediate district but found no trace of the men."

## What to Do by Phyllis Belmont



I AM to be married soon. My fiancé and I have decided to start buying our silver and purchase only a few pieces at a time until our service is complete. I would like to know what initial or initials we should have engraved on it. Thank you for your opinion.

MISS R. M. W.

Answer—Today linens and silver are seldom marked with the initials of the bride's maiden name. In the old days of the hope chest it is true that the bride's monogram was used because then every young girl began to weave and embroider linens for her future home when she hadn't the slightest idea whom she was going to marry. This established the convention of using the maiden-name monogram, but modern brides-to-be do not start buying linens until they are engaged and therefore find it more practical to mark their household things with the initial or initials of her new name. So any silver you and your fiancé buy now to be used after you are married should be marked with the initial or initials of your married name.

## Director of Health League Has Returned from Britain

Toronto, August 9.—Dr. Gordon Bates, General Director of the Health League of Canada, has just returned from England, having attended the ninth Imperial Social Hygiene Congress at London. Upwards of 200 delegates were present from all parts of the Empire.

Social Hygiene in Practice was discussed by authorities from Great Britain, New Zealand, Bombay, Southern Rhodesia, Canada and other parts of the Empire, as well as by representatives of the League of Nations.

Speaking on the subject of Medical and social Co-Operation, Dr. Bates detailed the steps taken in carrying out the programme of social hygiene inaugurated in Canada in 1920.

There was now available a complete record of all the venereal disease cases treated in institutions of all kinds and in clinics. About 500,000 had been brought under treatment. Since the inauguration of the scheme syphilis incidence had fallen. Dr. Bates cited the case of the Toronto General Hospital where it has been reduced from a minimum 12.8 per cent in 1917 to 1.25 per cent in 1926.

Last year in Great Britain, there had been 62,000 cases of diphtheria. Dr. Bates pointed out that in the City of Toronto for the first half of this year there had been only two cases and no deaths.

Toronto's experience with pasteurized milk was also referred to, not a single case of bone tuberculosis of bovine origin having developed here since pasteurization was adopted in 1914. On the other hand he had been told that in the City of Glasgow there was a hospital for the care of bone tuberculosis which cost the taxpayers there £30,000 a year. Dr. Bates informed the Congress of Ontario's pasteurization legislation, expressing the hope that other Canadian provinces would follow Ontario's example.

Urging the extraordinary differences in public health achievement in different parts of the Empire were unnecessary and that there should be continuous co-operation between the different parts of the Empire in order to achieve rapid progress toward the great objective of raising health standards throughout the Empire, Dr. Bates declared that there was a real need for an Empire wide health education programme.

## TO-DAY'S FASHIONS



Sleek, Saucy Black

Even if you only dash into town once in a while, you'll want to wear one of these sleek, saucy blacks that show either sun-tan or lily-white skin to such advantage. Here is a good silk jersey model on dirndl lines. The bodice closes in front, buttoning snugly over the midriff. The narrow belt, which ties in a small bow in back, is buttoned over the closing buttons. The gathered skirt concentrates most of its fullness in front. Two little flap pockets directly under the belt.

Try The Advance Want Advertisements.

## Old Prospector Struck it Rich by Getting Married

### Worked Out a Good Scheme for Security.

It may sound odd to suggest that for humour and human interest the best place to go is a high-class mining journal. But this would be true if it were The Northern Miner that was meant and the reader turned to the column, "Grab Samples." There is always humour and human interest in that column. Here is a recent story from "Grab Samples":—

"Old Bill, the prospector, one of the last of his tribe, took stock one fall and found that all of his pals had left the trails to camp in the easy chairs of presidential or directorial offices of mining companies or had retired on their riches to the easy life of the south. Some, he figured, were in Florida, others on world tours and all but he were in the plush.

"With some bitterness he reflected on the lucky odds that had made his old partners rich and left him poor. Just by mere chance he had missed strikes that had turned into mines. Once he had had fortune within his grasp, being one of the early ones in the Forcupine camp and staking in close. But, he ruminated, he had had the incalculable misfortune of having his asking price accepted and he lived to see the claims developed into a huge gold producer.

"Facing a winter of rabbit and fish diet old Bill racked his brains for an easier way out of this impasse. He finally thought of a scheme. For years he had occasionally stopped for grub at a certain restaurant in a mining town and noted with approval the presence of a husky waitress who was a farmer's daughter, unversed in the lore of mining but pleasant to look at and talk to. He had learned that she being of thrifty nature, had built up a bank account of sizable proportions. The more he thought of this situation the more he planned to apply it to his own plight.

"He went to town, called at the restaurant and was delighted to see that nobody had beaten him to the prize. Being a likeable and amusing companion he had little difficulty in carrying his scheme into effect. He simply proposed that they get married and establish a "stopping place" at a new jumping off spot which was the entry into a young mining camp. She could do the rough work around the place. This appealed to the girl and they got spliced without delay.

"Old Bill's scheme worked pretty well. His worries were pretty well eliminated, even if his final goal of security did not involve much wealth. An old friend, dropping off the train one day, expressed astonishment that a rock hound like Bill would bury himself in a restaurant but the prospector expressed himself as satisfied. "She's a

## KEEP COOL THE "SALADA" WAY

infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container, while hot, add 1 to 1 1/2 cups of sugar and juice of 2 lemons, strained; stir until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding cold water or liquid will become cloudy. Serve with chipped ice. The above makes 7 tall glasses.

# "SALADA" ICED TEA

wonderful cook and a grand worker. Last spring I dug up a bit of ground behind the house and her farming instincts did the rest," said Bill. "She put in an acre of garden and looked after it good. All I have to do around here is carry in wood and water. I can go fishing and hunting when I feel like it and there's always grub in the grub box." The oldtimer looked real contented.

"Then he told a story at the expense of his wife. "You know she's a farmer's daughter and what means acreage to you and me she translates into terms of fields or pastures. One day an engineer; dropped in for lunch while I was away and picked up some old samples of mine from the window sill. Included was a wonderful specimen which I had picked up years before in West Shining Tree. The engineer got interested right away. He called back into the kitchen to the wife: 'Who owns this sample?' and the Missus came out wiping her arms on her apron, put on her glasses and looked at it. 'Oh, that belongs to Bill, my husband.' The engineer says: 'Has he got much of it?' and the wife replied: 'He's got forty acres of it.' Anyhow," concluded Bill, "she had learned that much, that a claim is forty acres."

Orillia News-Letter—Travelers who just have returned from Tokyo and Yokohama report that the manhole covers in the streets of Japan have been replaced by wooden covering, so that the metal may be converted into munitions. . . . And all the metal mail boxes in those cities have been replaced by chinaware.

## Recommending Orange Juice for Vitamin "C"

So many persons make a practice of squeezing oranges at night, putting the juice in a lightly covered glass and leaving it in the refrigerator for use at breakfast, that the question has often been raised as to whether such juice loses its vitamin content.

Orange juice is one of the best sources of Vitamin C and this vitamin is so important to health that those who like to prepare it the evening before using it, will be interested to know that early reports that this practice meant a loss appear to be disproved by more recent research.

In an investigation of the Vitamin C Content of orange juice performed this year in the laboratories of the Bureau of Home Economics of the U. S. Department of Agriculture, it was found that there was no appreciable loss of ascorbic acid (Vitamin C) in orange juice stored for 24 hours in loosely covered glass jars in a refrigerator at safe refrigeration temperatures of 40 to 50 degrees.

It is clear, therefore, that fresh orange juice loses little Vitamin C potency on standing in the refrigerator if the juice is kept in a covered container to avoid access of air.

It is also reported that there was no difference in the results of the investigation mentioned when the juice was strained through cheese cloth or through a wire sieve.

Exchange—There's always room at the top for those who prefer an attic.

## Beauty and You

by PATRICIA LINDSAY



Picking a few daisies might prove fatal to pretty SHIRLEY ROSS if she is susceptible to poison ivy!

### If You Play in the Country Beware of Poison Ivy

Days in the country—far from the city noise and heat are just wonderful—if! If you do not get an insect bite, a nasty sunburn or touch of poison ivy!

City dwellers seem to be pretty susceptible to poison ivy, especially redheads and delicate skinned ladies. Some authorities say sensitivity to poison ivy is inherited and if that is the case with you, you should spend your day well wrapped from head to foot. Wear cotton gloves, long sleeves and keep your ankles and legs covered as you never know just when you might come in contact with it if you are running through fields and playing by happy little brooks!

#### If You Do Get It

If any person touches poison ivy he should immediately wash with naphtha soap, and if the itchy rash breaks out on your skin you had better hie to a druggist and buy some colomine lotion to dab on generously. Baking soda packs also help.

If you get a truly serious dose of poison ivy, and it spreads rapidly over your skin you should treat it like a severe sunburn. Dry the skin thoroughly, coat it with melted paraffin (not too hot!) then lay a thin sheet of cotton over that, and paint on a second layer of paraffin. Cover the whole thing with clean cotton bandages.

According to the Field Museum of National History in Chicago, the poison in severe cases should be neutralized before the paraffin is applied. This is done by applying salts of iron

which a good druggist will mix. Tell him to dilute a 5 per cent solution of iron chloride in a mixture of half alcohol and half water.

This solution is considered the best preventative to use on your skin before you go cavorting with little lambs in ivy poison studded fields, or before you climb lovely old wooden fences on which the very pretty, but very dangerous weed likes to grow!

#### If a Bee Bites

"Not only gentlemen, but bees prefer blondes," says Mr. Stokes of the Columbia Studios who is taken along to treat the stars when insects sting them.

Mr. Stokes treats bee, mosquito and all insect bites except those of spiders, by first washing with alcohol and then dabbing on a weak solution of ammonia. If any fever develops from the insect bite, Mr. Stokes has his wards drink many glasses full of fruit juice until the welt from the sting subsides.

So my dears if you are going to have a day in the country you might include a bit of naphtha soap, a package of baking soda, a bottle of salts of iron, a wee bit alcohol and a small bottle of ammonia. This will make up your first aid kit, in case you find yourself in trouble with nature and far, far from your favorite doctor!

Of course, your editor takes it for granted, that you will protect your skin, your hair and your eyes from the sun, by taking along sunglasses, head shades and the creams you need! (Released by The Bell Syndicate, Inc.)



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