

Is Gingercake the Right Name, or Should it be Known as Gingerbread?

Miss Barber Thinks It Might be More Accurate to Call This Cake "Molasses Cake." Several Good Mixes Are on the Market Menu for Quick Meal.

Should it be called gingercake or gingerbread? Is it either when it contains other spices? You can always get up an argument upon these questions. Perhaps it would be more accurate to call all recipes of this sort of product molasses cake, because all recipes of this type have this material in common.



(By Edith M. Barber)

There must, of course, be soda which will combine with the natural acid of the molasses and furnish the "rise." All recipes for cake of this sort are simple and easy to prepare and for this reason they are appropriate desserts for the quick meal. There are also several very good mixes on the market which need but the addition of liquid to make the batter ready for the pan. Every one welcomes a good gingerbread (or cake) served hot with or without trimmings. For the latter whipped cream or a lemon sauce are often used. Instead the hot cake may be spread with cream cheese or apple butter or plain applesauce. These fillings may be put between thin layers of the cake if you like. If you think that the crust is the best part, the batter may be baked in muffin pans and the cakes may be split before they are filled.

Two different types of recipes are printed today. One of these will be labeled cake and the other bread, but you may change the titles if you like.

Gingerbread
 1/2 cup boiling water
 1 cup molasses

2 1/4 cups flour
 1 teaspoon soda
 1 1/2 teaspoons ginger
 1/2 teaspoon salt
 1/2 cup melted shortening.
 Add water to molasses. Mix and sift dry ingredients, stir into molasses mixture and add butter. Mix thoroughly and pour into greased baking pan. Bake half an hour in a moderate oven, 350 degrees Fahrenheit.

Gingercake
 4 tablespoons shortening
 1/2 cup sugar
 1 egg, well beaten
 2 cups cake flour
 1 teaspoon baking powder
 1/2 teaspoon soda
 1 teaspoon cinnamon
 1 teaspoon ginger
 1/2 teaspoon salt
 1/2 cup sweet or sour milk
 1/2 cup molasses
 Cream the shortening, add the sugar gradually. Stir in the beaten egg. Mix and sift flour with baking powder, soda, spices and salt and add alternately with the milk and molasses to the first mixture. Bake in a greased shallow pan or in muffin pans in a moderate oven, 350 degrees Fahrenheit, about twenty-five to thirty minutes.

Quick Meal
 Cranberry juice cocktail
 Broiled lamb chops
 Stewed potatoes
 Cabbage salad
 Buttered beets
 Coffee
Hot gingercake
 Method of Preparation
 Cut up boiled potatoes and cook in milk.
 Prepare salad and dressing.
 Light broiler and oven.
 Mix gingercake and bake.
 Broil chops.
 Open can of beets, heat and dress.
 Open can of chilled cranberry juice
 Whip cream for gingercake.
 Make coffee.
 (Released by The Bell Syndicate, Inc.)



That Body of Yours

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

PRESENCE OF GALL STONES MAY NOT BE SUSPECTED

If all who have gall stones knew they had them there would be a great deal more mental suffering in the world. Fortunately the number of cases of those with gall stones who do not know they have them is much greater than those who know they have them. Not that all those who have gall stones do not suffer but as there is no definite gall stone "colic" present they think their pain in the upper right side or in the back is due to indigestion or other cause.

Someone has well said that patients with gall stones belong to one of two groups: (a) those who have gall stones, and (b) those who suffer with them.

As noted above, when the symptoms are the well known colic—severe pain in upper right side, like the cutting of a knife, going up into right shoulder and even down the arm, accompanied

The Spirit of Christmas Does Make a Difference

From The Printed Word, published monthly by J. G. Johnston and Associates, Toronto and Montreal:—
 "As The Printed Word goes to press, city traffic is suffering the annual upheaval caused by the Santa Claus parade. It is a great institution. On this one day of the year, the motorist drops his mask and accepts traffic snarls and scratched fenders with a tolerant smile. Total strangers, standing side by side on the curb, exchanging compliments on each other's children.

"Even the most Scrooge-like employer is not untouched by the spirit of the jovial saint. At one firm whose plant is on the route of the parade, the 400 employees knock off work for at least a half-hour, losing 200 working hours, or roughly the equivalent of a month's work for an individual worker. On this mass desertion of duty the boss seems to gaze complacently, and there are no deductions from the pay envelopes, but an employee who suggested that an extra month's holiday would be acceptable to him would receive a permanent leave of absence, without pay.

"Because such departures from strict business logic are common, one may disregard the cynics who see in the parade nothing more than a successful commercialization of the Christmas spirit. One assumes of course that the cost of the show is justified by increased business like any good piece of advertising; but quite apart from the sordid details of bookkeeping are the laughter of children who still believe in Santa Claus and the wistful smiles of their elders who wish they could."

TO-DAY'S FASHIONS



On the Afternoon Scene

Wool winds its way into the dressy afternoon scene through the medium of such frocks as this one. It is charming, dressy yet simple. The wool is a very light weight sheer weave in plum collar and long, tight sleeves that are buttons to the waist. It has a tiny collar and long, tight sleeves that are slightly gathered at the shoulders. The hip yoke dips down centre front and back, and the skirt fullness is concentrated at these points. Slit pockets are hidden by the folds. The belt is plum-coloured suede.

by shock, paleness of face, perspiration in forehead—it is definitely known that a gall stone has got dislodged or loosened away from the gall bladder and is trying to get down the tube into the small intestine. In such cases a drug, usually morphine, is given to distend or open up the tube so the stone will pass more easily.

However when there is no colic, but a persistent indigestion, a feeling as if food were coming back up into the mouth, bloating, burning, distension from gas formation, and loss of appetite, the presence of stones or gall bladder inflammation is usually suspected. There is often also a feeling of laziness or tiredness, no desire to work or play, constipation and headaches.

In addition to these symptoms the patient will find that the stools are not of a rich brown color, but light brown or even clay colored due to lack of bile. The "sore spot in the back" also points to trouble in the gall bladder.

When gall stones are causing severe symptoms the gall bladder is usually removed to prevent the formation of more stones and collapse. The gall bladder is of use to the body, forming a reserve of that important fluid—bile—but by cutting down on fat foods, not overeating, and regular exercise (bending exercises), its removal causes no trouble.

The use of bile salts—pure—as prescribed by a physician often prevents gall bladder inflammation and the formation of stones.

Health Booklets Available
 Seven helpful booklets by Dr. Barton are now available to readers of The Advance. They are: Eating Your Way to Health; Neurosis; Why Worry About Your Heart; The Common Cold; Overweight and Underweight; Allergy or Being Sensitive to Various Foods and Other Substances; and Scourge (gonorrhoea and syphilis). These booklets may be obtained by sending Ten Cents for each booklet desired, to cover cost of handling and service, to The Bell Library, in care of The Advance, Timmins, 247 West 43rd St., New York City. (Registered in accordance with the Copyright Act)

Try The Advance Want Advertisements.

Beauty and You

by PATRICIA LINDSAY



A purse-size flask of worldly fragrance with a naughty name comes encased in a gay leather jacket which makes a welcome gift for modern belles.

Cosmetics Especially Grouped and Wrapped for Christmas Trade

Most cosmetic firms give special thought to your Christmas problems—the choice of an appropriate gift, the price and the wrapping and sending of it. On display on your cosmetic counters are definite cosmetic bargains, so beautifully packaged and wrapped in holiday trimmings that it is difficult not to spend too much money in gift giving!

If a firm has introduced a new perfume during the year, for example, and later carried the same lovely fragrance into soap, cologne, dusting powder, bath oils and other delightful aids, it is the custom to select two or more of these newer products and box them together in an attractive holiday package. Cologne and dusting powder are two national favorites, and you will find that the quantity you receive for

your money in a special Christmas package, is greater than if you bought each item separately and labored with the packaging and wrapping! The firm's motive behind such a liberal offer is to acquaint women with its new line and to make them devotees!

Other Festive Touches

If Christmas means holly wreaths, angels, candles, Santa Clauses or bells to you, it will not be difficult to find your favorite cosmetics accompanied by one or the other. Perfume is poured in Santa's boots, the most angelic of angels, or set surrounded by a modernistic holly wreath. The very definite Christmas touch is there if you will look for it. One firm goes to such lengths as presenting a miniature fireplace with three glass stockings hang-

ing—each filled with an exquisite and rare fragrance!

Gifts for All

Nor indeed are cosmetics limited to the feminine gender—there are appropriate gifts for boys and men which will be greatly cherished. Shaving aids, brushes, traveling toilet kits, combs, manicuring sets, and bath delights—and take it from me most men enjoy a pine bath or a bubbling one! In order to preserve their he-man air they many not admit it but just tempt one of them with a big bottle of pine fragrance for the both. Hair and scalp aids are other needed and appreciated gifts for men—providing you know them intimately and know which scalp condition they are trying to correct or control.

I urge you to look long among the cosmetics this season before you complete your lists. Next week I shall be more specific in the gifts I have seen and like, but this week you take a general look at them all!

Price Range

Cosmetics range in price from ten cents to fifty dollars—so all gift budgets are considered. When I was in college a woman sent me a half dozen of gay face cloths, a large tube of my favorite tooth paste, a new tooth brush and a handsome cake of beautifully scented bath soap, and I was tickled pink. I know that many another girl would be pleased if a thoughtful person with limited income took the pains to assemble such a gift. That is just a suggestion for those of you who are already in a shopping fog!

(Released by The Bell Syndicate, Inc.)

Should Protest Against Mean Totalitarian Crime

(New York Herald Tribune)
 What this nation can or should do, is for the future to decide. The American people were never so free of war excitement or more firmly resolved to maintain peace as long as they safely can. But they must accept the truth.

The forces of evil which the Russo-German alliance has unleashed in the world, form a threat not only to democratic Europe but to the whole civilized world. However remote this country may hope to remain from actual hostil-

ities, it owes an instant duty to the decent opinion of the world to express its honor and detestation of this latest totalitarian crime against an unoffending and helpless people.

Huntingdon Gleaner: Two years ago Ellis Knowles, Sr., Greenwich, Conn., took out a policy with Lloyd's of London against the possibility of his making a hole-in-one in golf. He took out similar policies for his son and a few friends. Each policy cost \$1 a year. A few days ago Ellis Knowles, Jr., the son, scored a hole-in-one on a nearby course and collected \$100 from Lloyd's on his policy. Knowles, Sr., former Yale golf team captain, said he hasn't made a hole-in-one in 40 years.



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