

# Always a Place for the Delicious Home-Made Quick Breads To-day

They are Delicious for Luncheon Served with Salads. Or They Can be Buttered or Made Into Sandwiches for Afternoon Tea. Recipe for Nut Bread and Apricot Bread.

There is always a place for a home-made quick bread, whether it is used with a salad at lunch or for tea either merely sliced and buttered or as sandwiches. Cream cheese is a delicious filling for sandwiches of this sort.



(By Edith M. Barber)

All white flour or part whole wheat and part white flour may be used for both nut and fruit breads. Brown sugar or molasses is sometimes used for sweetening. Nuts are sometimes used by themselves or in combination with bran or fruit. When a moist fruit such as soaked dried apricots is put into the batter, care must be taken that other liquids are reduced proportionately. The batter for all breads of this type is thicker than a cake batter. A moderately slow oven should be used, as it will take some time for the bread to rise and to cook thoroughly before

the loaves brown. After the bread is removed from the oven, it should be allowed to cool slightly in the pan before it is turned out on the cake cooler. It should, of course, be thoroughly cooled before it is sliced. The slices should be of medium thickness. Breads of this type will keep fresh for a week or more if wrapped in waxed paper before putting in the bread box.

**Nut Bread**  
3 cups whole wheat flour  
2 teaspoons soda  
1 1/2 cups bread flour  
1 1/2 teaspoons salt  
5 teaspoons baking powder  
1 1/2 cups brown sugar  
1 1/2 cups sliced nuts  
3 cups sour milk or buttermilk  
Mix dry ingredients together. Add nuts and mix well. Add milk and stir well. Pour into two greased loaf pans and bake about an hour in a slow oven, 325 degrees F.

**Apricot Bread**  
1/2 cup dried apricots  
1 egg  
1 cup sugar  
2 tablespoons melted butter  
2 cups flour  
3 teaspoons baking powder  
3/4 teaspoon soda  
3/4 teaspoon salt  
1/2 cup orange juice  
1/2 cup water  
1 cup chopped nuts

Soak apricots one-half hour, drain and grind. Beat egg until light, stir in sugar and mix well. Stir in butter. Sift flour with baking powder, soda and salt and add alternately with orange juice and water. Add nuts and apricots and mix well. Pour batter into well-greased loaf pan and bake in a moderate oven, 350 degrees F., one and one-quarter hours.  
(Released by The Bell Syndicate, Inc.)

## Some Helpful Hints on Buying and Cooking Turkey

What Size Should the Turkey Be?

The following is from the Dominion Department of Agriculture at Ottawa, and so may be taken as particularly accurate and valuable:—

**Considering the Turkey**  
How big should a turkey be to provide amply for the special dinner? It is a safe rule to allow one and one-half pounds for each person to be served at the table—that is weighed when not drawn and with the head and feet still on. There are some details in connection with getting the turkey ready to stuff that should not be overlooked. The pinfeathers should be carefully plucked out and the hairs singed off. The bird should be washed both inside and out and well dried. It should not be soaked in water or it will lose flavour and food value. When removing the neckbone the loose skin should not be removed. Take out the oil sac at the base of the tail and the turkey is ready for dressing.

A good dry type of bread crumb dressing is made as follows: Cook 1 1/2 cups chopped celery, 1/4 cup chopped parsley, one small onion chopped in 1/4 cup of butter or other good flavoured fat for five minutes, then add 8 cups medium dry crumbs made from bread 2 to 3 days old. Add salt, savory and other seasoning. Sprinkle the inside of the turkey lightly with salt and fill it with the dressing, but don't pack it. A good way to estimate how much bread will be required is to allow 1 cup for every pound less two of the turkey as it was bought. This means that for a 14-pound turkey 12 cups of bread crumbs should be used with the seasonings increased to about 3 cups and 1 1/2 times as much fat, or about 1 1/4 cups of fat.

Ordinarily a 1 pound loaf of bread will make about 4 cups of medium-dry bread crumbs. Crusts in dressing should not be used because they make hard brown lumps and spoil the texture.

The longest part of getting turkey ready for the table is the roasting. Briefly, the recommendations for plump, young turkeys, are: Use an ordinary dripping pan with a rack in the bottom, and do not cover the pan. In a roaster like this any steam that forms can go off into the air instead of staying inside to draw juices from the turkey.

Turn a small or medium-sized turkey about every half hour, baste with pan drippings, or butter, or other fat every time it is turned. A very large turkey should be basted about every hour because it is best cooked at a lower temperature.

The temperature of the oven should be kept moderate all the time the turkey is roasting, that is around 300 degrees Fahrenheit. For small turkeys it may be 350 degrees—for very large turkeys it will need to be even as low as 275 degrees. Allow 20 minutes to each pound of turkey.

When buying a turkey be sure to buy by government grade.

## Beauty and You

by PATRICIA LINDSAY



Brushing your hair correctly is more than half the art of taking proper care of your hair and scalp. An expert can show you how it is done.

### Brighten Up Faded Hair Through Intelligent Care

This is a good time to think of your brushing of the hair are two cardinal hair beauty. Now that the new season is settling upon us, we must take precautions to counteract the damage of sun, salt water and neglect which our heads experienced during the summer days.

The most common complaint is dryness, and a runner up is a loud wail about faded tresses. "My hair hasn't the color it used to have." "I can't make my wave stay in." "My ends are brittle." My new permanent wave is a total loss." Women the land over are disappointed with their heads and expect beauty editors to give them a miraculous treatment which will restore beauty at once!

**To Recondition Dried Hair**  
Finger massage of the scalp and daily

brushing of the hair are two cardinal rules for hair beauty. Every single day you must take a few moments to manipulate your scalp with finger tips—loosening it so it will slide over your skull easily. A tense scalp restricts normal hair nourishment, so keep yours eased.

Just brushing your hair in any old way with any old brush isn't going to restore much of its lost beauty. You must brush with a good brush which has long graduated bristles, and use the wrist flip, starting close to the scalp and brushing outward and upward to the full length of the hair. A good way to know you are brushing correctly is to bend over at the waist and let your head hang downward. Then brush rhythmically, at least one

hundred times, separating the hair in chunks so no part of it will be neglected. Every so often wipe your brush on a hand towel to take the dust and oil from it. Such a polishing and stimulation will do more for your hair than almost any product you may buy.

**When to Shampoo**  
If the weather is not too hot, or if where you live is not too dusty, do not shampoo more frequently than every two weeks. Some girls find it necessary to their comfort to shampoo every ten days, which is all right, providing your hair is not too dry. The daily brushing keeps the hair clean and you may cleanse your scalp two or three times a week with a bit of absorbent cotton moistened with special dry hair tonic.

The night before you shampoo, massage your scalp well with heated pure olive oil, or with half olive oil and half odorless castor oil. If you shampoo your own hair at home wet it thoroughly with cold water before shaking on the shampoo. This cold soaping helps to strip the oil from the hair. The second soaping should be with very warm water (not hot) and your rinsing must be thorough.

**If Your Hair Is Faded**  
The only sure, safe method of adding a little color to your hair at home is by applying a henna pack. This however, is bound to leave reddish highlights on your hair, so if you object to that don't use it. But many heads are made more lovely by clever use of henna, particularly heads that are beginning to fade permanently.  
(Released by The Bell Syndicate, Inc.)

Toronto Telegram: — What's become of the old-fashioned college boy who once swallowed goldfish?

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## How Do These False Stories Commence and Grow in Size?

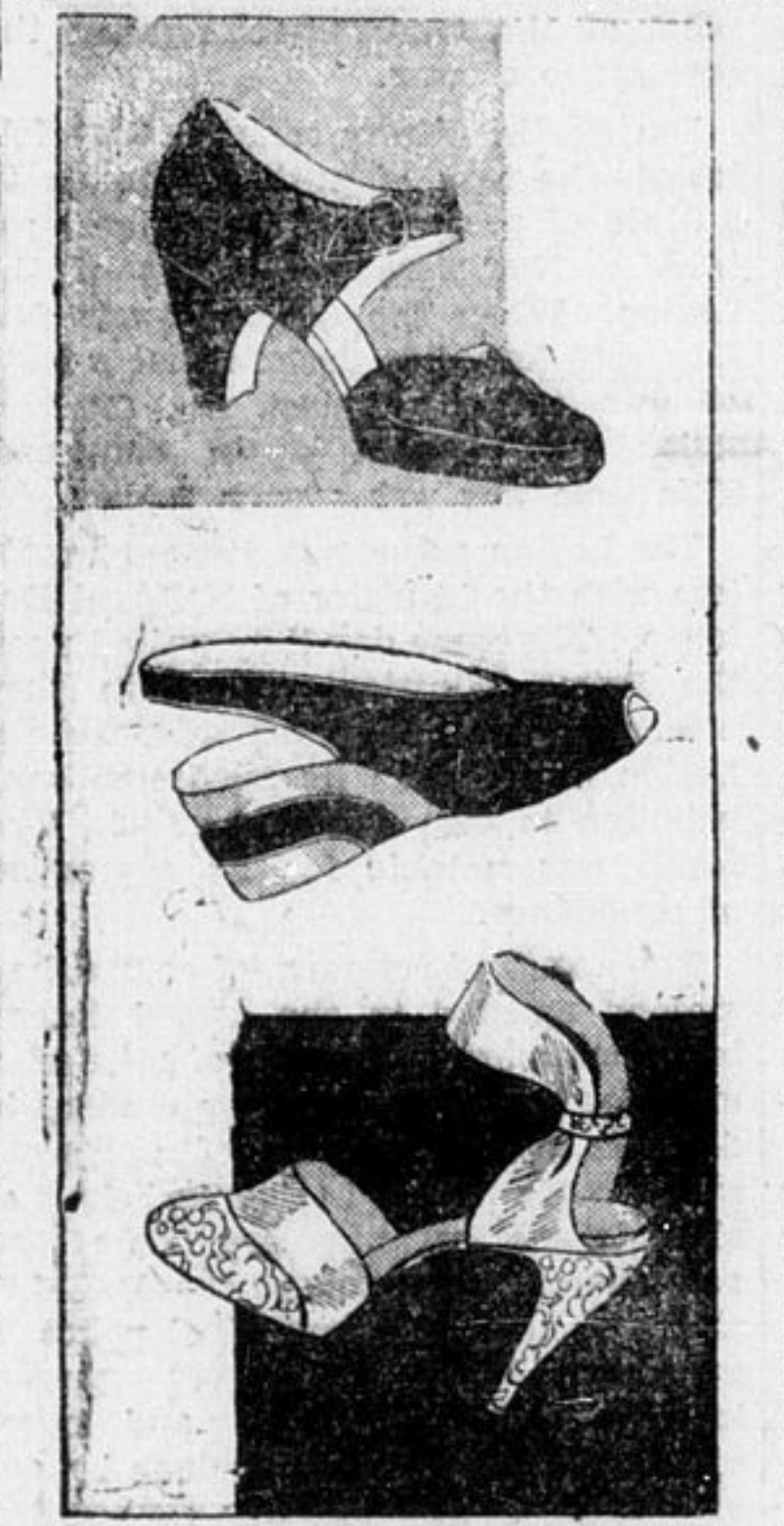
No Truth in Yarn That Forty-two Killed in Clash Between Russians and Finns at Noranda.

It is likely that no one will ever really solve the mystery of the way false stories start, grow and gain credence, without a grain of real truth about them. An illustration of how a yarn will grow to notable proportions without any actual basis in fact is given by reports last week from Rouyn in regard to a desperate battle between Russians and Finns in a mine somewhere in the Rouyn-Noranda sector of Northwestern Quebec. Over the "grapevine telegraph" the story travelled and gained in power and strength as it rolled along. At first, there were hints that Russians and Finns employed at a mine somewhere in the district had quarrelled over the brutal invasion of Finland by the Soviet hordes. No one seemed to know who the men were or at what mine they were employed. That good old grapevine telegraph pounded away, however, and soon the name of the mine and the extent of the battle were mentioned. Then it developed, according to the grapevine telegraph, that after quarrelling the two nationalities had lined up in regular pitched battle, with sticks of dynamite equipped with percussion caps as the weapons. As might well be expected the story did not stop until there were reports that forty-two miners had been killed. There were some people who could tell you how many of the dead were Russians and how many were Finns. That was more than the police or other authorities were able to do. Indeed, they held that there were none killed, none injured, none molested. As a matter of fact they suggested that there had not been even a pitched battle—not a blow—not a stick of dynamite thrown. Had the final grapevine telegraph story been correct, it would have been a great yarn for the newspapers. Instead, this is the way The Rouyn-Noranda Press handled the item:—

"Forty-two killed when miners throw explosives at each other underground! That was the story of Rouyn-Noranda streets early this week. Details had it that at a mine not far from here Russians and Finns got arguing underground about the new war in the north of Europe and finally resorted to throwing sticks of explosives (complete with lighted fuses) at one another. The last report, as the story blew up, was that 42 had been killed. Provincial police heard nothing of local Russo-Finn trouble. Not even a casual fist fight had been reported from the area in question."

**GROWS COTTON IN CANADA**  
(Blenheim News-Tribune)  
A number of Blenheim farmers are harvesting bumper crops of sweet potatoes, which are becoming quite common in this district, but Mrs. Charles Gable, Talbot Street East, betters even producers of the southern spuds. Mrs. Gable has successfully grown cotton plants at her home from a seed brought from one of the southern states by her son, Ed. Gable. Although the plant did not reach its full size, it matured and produced balls of cotton.

## TO-DAY'S FASHIONS



**Fashionable Footgear**  
Here are three steps to smartness. First in a town shoe of black suede with zig-zag stitching outlining vamp, strap and quarter. Typical of the new mode is that covered-up look. Next is a slipper designed to be worn with lounging robe or hostess gown. It is of the platform type and is fashioned of black velvet, with sliver kid piping and layers of kid on the heel. The graceful evening sandal is of Chinese brocade and gold kid.

St. Thomas Times-Journal: — Those Americans who have praised Finland so much as a democracy that pays her debts, and who criticized Great Britain so much for not paying her debts and not fighting for small countries, have a great chance now to tell the American Government what it should do to help the Finns.

## Funeral of Mrs. A. Craig at North Bay Last Week

North Bay, Dec. 13.—Many North Bay citizens, among them prominent pioneer residents, attended the funeral Saturday afternoon of Mrs. Andrew Craig. Service was conducted at Martyn's Undertaking Parlor by Rev. M. N. Omond, minister of St. Andrew's United Church.

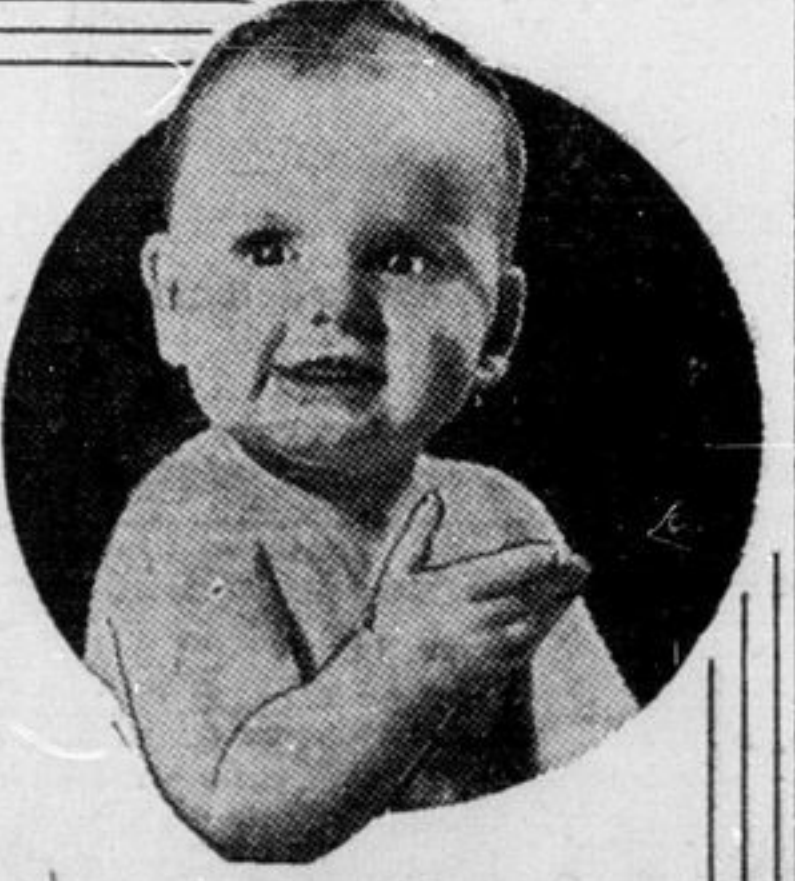
The pallbearers were S. J. Cherry, Robert Rankin, Ralph Sheppard, J. T. Jeffrey, N. J. McCubbin and M. Wernick. Interment was in the Union Cemetery.

The many beautiful floral tributes were testimony of the high esteem in which Mrs. Craig, one of the city's early residents, was held by her many friends. Her death occurred Thursday afternoon in Toronto. She was in her 85th year.

She is survived by two daughters, Mrs. J. M. MacPherson, of North Bay, and Mrs. E. Jones, of Toronto, and one son, R. M. Craig, of Orillia.

Attending the funeral from out-of-town points were Mr. and Mrs. Robert Craig and family, of Orillia; Mrs. E. Jones, of Toronto; Mrs. Duncan Richards, Allen Craig and Mrs. T. Hafford, all of Timmins; Mrs. Russell Sage, of Sudbury, and Mrs. J. Bolton, of Sudbury.

"Well, it's like this..."



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