

# Custom of the "Dunking" Of Doughnuts Left to the Taste of the Individual

Miss Barber Discusses the Question: "To Dunk or Not to Dunk." Sect of Dunkards of Eastern Pennsylvania Consider Doughnuts as a Necessary Part of Every Meal. Recipes for Tea Doughnuts and Tea Muffins.

To dunk or not to dunk! There has been much discussion as to the propriety of this custom. Actually, there isn't any argument. Anybody who likes to dip a doughnut in coffee will do it at



(by EDITH M. BARBER)

least in the privacy of the home. Others will brazenly carry on anywhere.

While doughnuts and dunking have always been grouped together, perhaps because the Dunkards, one of the many strange sects of eastern Pennsylvania, consider doughnuts as a necessary part of every meal, there are a few other food which are treated in this same manner.

In our own household, my brother was accustomed to tell his school friends when they came to stay with him "Make yourself at home. You can dunk your toast in your cocoa." Of course, this also applied to doughnuts, which we often had for breakfast.

A batch of doughnuts was made every week. They were often reheated for breakfast and sometimes they were split and toasted. If any were left over by any chance and had really become stale, the crumbs went into the brown Betty, the bread pudding or muffins. You will do this whether you buy doughnuts ready made, as you probably will

for general use, or whether you make them.

### Tea Doughnuts

- 4 cups sifted flour.
- 4 teaspoons baking powder.
- 1 teaspoon salt.
- 1-4 teaspoon cinnamon.
- 1-4 teaspoon grated nutmeg.
- 3 tablespoons shortening.
- 1 cup sugar.
- 2 eggs or 4 egg yolks, well beaten.
- 1 cup milk.

Mix and sift flour, baking powder, salt and spices. Cream shortening, add sugar slowly, and cream until fluffy. Stir in wellbeaten eggs. Add sifted dry ingredients alternately with milk, stirring well after each addition. Roll dough 12 inch thick on lightly floured board and cut with small doughnut cutter. Fry in deep, hot fat (375 degrees Fahrenheit) until golden brown turning once. Drain on soft paper and sprinkle with powdered sugar if desired. Yield: Four dozen doughnuts.

### Tea Muffins

- 1 cup (sifted dry) bread crumbs.
- 3-4 cup milk.
- 1-2 cup molasses.
- 1 egg.
- 1-1/3 cup flour.
- 1-4 teaspoon salt.
- 1-2 teaspoon soda.
- 3 teaspoons baking powder.
- 1-2 teaspoon cinnamon.
- 1-2 teaspoon nutmeg.
- 1-4 teaspoon cloves.
- 2 tablespoons shortening.

Soften the bread crumbs in milk. Add the molasses and the beaten egg. Sift together the flour, salt, soda, baking powder and spices and add gradually. Add the melted shortening and stir quickly. Turn into greased muffin tins. Bake in moderate oven (375 degrees Fahrenheit) twenty-five minutes. This makes eighteen small muffins, or twelve of medium size.



## That Body of Yours

By James W. Barton, M.D.

### Blood Pressure Response to Cold Helps Tied Condition of Tuberculosis Patient

Anyone who has regularly visited a relative or friend at a tuberculosis sanatorium learns the names of patients in adjoining rooms and wards, and can see the progress toward recovery or otherwise from week to week. Of course the physician can see the record of each patient—the range of temperature, the amount of coughing, the amount of daily sputum, the number of times he breathes in a minute, and finally the X-ray film which shows whether the tuberculosis process is spreading, healing, or standing still.

From the above he is able to tell the patient or the family, just what to expect—three months, six months, or a year to recovery, or it may be just a matter of months before he passes away, notwithstanding all that can be done by way of food, fresh air, rest, or collapsing the lung by artificial air or by surgery to give it rest.

What should help the patient to fight and family to hope, despite all the other signs, symptoms, and tests, is recorded by Dr. Allan S. Kennedy of Mountain Sanatorium, Hamilton, Canada, in the Canadian Medical Association Journal. Dr. Kennedy states that the blood pressure—low or high—will give the physician a correct idea of the progress of the patient.

"It is an accepted fact that active and progressing tuberculosis of the lungs is accompanied by lowering of the blood pressure."

"It is generally believed that tuberculosis patients with high blood pressure have very little tuberculosis, or, in any case, tend to heal the tuberculosis more quickly than people with normal or low blood pressure."

The response of the blood pressure to cold—a test taken every few months—will show whether or not the

## Surprise Farewell Party in Honour of Mrs. J. A. Oltean

Presentation Made of Handsome Travelling Bag.

Mrs. J. A. Oltean was guest of honour on Monday evening at a surprise farewell party held by a group of friends at 58 Balsam street north. Mr. and Mrs. Oltean and baby daughter Valerie Ann, are leaving to-morrow (Friday) to take up residence at Thorold.

A pleasant social evening was spent and during the evening, a dainty luncheon was served. The guest of honour was presented with a travelling bag as a token of friendship and to express the best wishes of her many friends for happiness in her new home.

Among those present were: Mrs. Ken Leahy, Mrs. Roy Hoffstetter, Mrs. R. Floyd, Mrs. T. Delmonte, Misses Elsa Niemi, Velma Elmes, Neima Johnson, Ruth Schmeizle, Milla Riihiminen, Phyllis McConnell, Ann Honkala and the guest of honour, Mrs. J. A. Oltean.

## TO-DAY'S FASHIONS



by VERA WINSTON

AUTUMN is another big season for sweaters, sports and dressy. Every shop is promoting new designs and re-vamping the classics. Chosen for today are two unusual models, the first a sleeveless pullover in yellow zephyr with ribbed finish.

Pretty for afternoon wear is the two-toned cardigan in tan and dark green with a novelty stitch in vertical striped effect. The colours quarter the bodice front and back. Lastex knit makes it possible to pull down the puffed sleeves. Buttons are tan wood.

## Schumacher Red Cross Continues Its Notable Work

Shipped 4250 Articles to Headquarters Last Month

Schumacher, Sept. 17-4250 articles were shipped to Canadian Red Cross Headquarters by the Schumacher Branch, for the month of August. This is a very creditable achievement in view of the fact that each unit worked only every second week. Special mention must be made of the eight quilts which were made entirely from small cuttings. The greater part of the work on these quilts was done by school girls under the direction of Mrs. Gilbert and Mrs. Leck.

The branch wishes to thank the Timmings New Method Laundry for work they have done this month, free of charge.

Mrs. Robson has received notification from Headquarters, that knitted goods of every kind are especially needed at this time. Winter is approaching and it is necessary to have a large supply of warm clothing ready for the severe weather. Knitters are asked to pay particularly careful attention to the following instructions:—Knitting must be loose enough; there must be no knots; casting on and off should be done loosely; toes in socks must be smooth; scarves must be of the proper width and the exact tension must be followed for helmets, gloves and mitts. Tightly knitted socks become hard and shrink when washed; if your knitting is too tight use larger needles.

The list of articles shipped is as follows:—

- Surgical Dressings**
- 360 small dressings

patient is improving.

Dr. Kennedy outlines the method used on 80 patients to obtain the blood pressure response to cold—putting hand and wrist of one side in near-freezing water for 25 seconds—while blood pressure is taken on other arm.

If the blood pressure response is poor—does not increase a definite amount—the patient is not improving; if the response is good the patient is putting up a winning fight against tuberculosis.

**Eating Your Way to Health**  
Send today for this special booklet (No. 10) by Dr. Barton, dealing with Vitamins, Minerals, Calories, and What and How Much to Eat. Enclose Ten Cents to cover service and handling and be sure to give your name and full address. Send your request to The Bell Library, in care of The Advance, Timmings.

## Beauty and You

by PATRICIA LINDSAY



EDITH MEISER is a very successful hard-working career woman, writing radio scripts, short stories and plays. But she persists in keeping physically fit by using her home as a gymnasium. She advises housewives to do likewise.

### Career Woman Tells Housewife How to Keep Conditioned at Home.

Women who must spend the major part of each day running their homes complain that they have little free time to join health classes to keep in trim. But that, according to Edith Meiser, is a slim excuse. She knows that housewife can keep in trim right in their own homes.

Edith Meiser is a radio script writer and author—perhaps one of the busiest career women. Five typewriters stand around her workroom at home, each with a manuscript in the making. So she has perhaps less free time than the average housewife, but she does realize the pitfalls of physical inactivity and has consequently devised a number of corrective exercises which she does at home. And they keep her in trim!

Miss Meiser advises housewives to use common chairs, tables or benches as gymnasium aids. For instance, here is a waist slimming exercise which is done by placing your right leg across the seat of a straight chair. Then try to touch your toes with your right hand. Try ten times, then exercise your left side in the same manner. Keep your abdomen in and your knees stiff.

**Card Game**  
When she gets stiff from typing long hours, she scatters a deck of cards about the floor and stoops, by bending her knees, to pick up each one. Up and down she goes until the cards are gathered—52 times you know. That truly limbers one.

**To Help Posture**  
For shoulder kinks and slumping posture she lies flat on her back on a bench with her feet touching the floor.

- 240 medium dressings
- 90 large dressings
- 1800 compresses, 4" x 4"
- 1200 wipes, 2" x 2 1/2"
- 97 bandages

3787 total.

- Refugee Clothing**
- 5 quilts
- 3 cot quilts
- 4 sheets
- 2 towels
- 10 pinafore dresses
- 10 pairs bloomers

34 total.

- Knitted Goods**
- 26 sweaters
- 7 navy scarves, 72"
- 13 pairs seaman's socks
- 26 scarves, 46"
- 91 pairs socks
- 10 helmets
- 1 Balachava helmet
- 4 pairs rifle mitts

178 total.

- Hospital Supplies**
- 18 bedjackets
- 80 surgical towels
- 36 pairs pajamas
- 29 pneumonia jackets
- 23 hospital gowns (laundered)
- 3 surgeon's gowns (laundered)
- 21 sheet (laundered)
- 10 convalescent shirts (laundered)
- 31 pillow cases (laundered)

251 total.

### Red Cross Prepared for Emergencies on Both Coasts

In co-operation with departmental authorities, the Canadian Red Cross Society has completed the establishment of emergency equipment on both the Atlantic and Pacific coasts. Stores of supplies have been provided, mobile x-ray and hospital equipment placed at strategic points and countless other materials placed in readiness to meet any emergency arising from the coast. This is another of the tasks that has made it necessary for the Red Cross to ask your help. Give, when you are asked, and give more than you can spare.

**Which? Both!**  
Overheard at the Berkeley Bar: "Who was it that flew the wrong way? Corigan or Lindbergh?"—Montrealer, Montreal.

## John Suuronen Laid to Rest at Timmings Monday Afternoon

Funeral Services Conducted by Rev. A. I. Heinonen.

Funeral services for John Suuronen, until recently employed by A. E. Wicks Co. Ltd., as lumberman, whose body was found in Fulham Creek, Township of Ogdien, Saturday, Sept. 14th, were conducted at the Timmings Cemetery by Rev. A. I. Heinonen, minister of the Timmings Finnish United Church, Monday, Sept. 16th, at 5 o'clock in the afternoon.

The late Mr. Suuronen had no relatives in Canada. A letter from his brother, Henry Suuronen at Keikyaa, Finland, arrived on the day of the funeral. His wife had died a few years ago in Finland. His daughter, Helmi (Mrs. Tuores) lives at Helsinki, Finland. Another brother, Jalmar Suuronen, lives at Enso, Finland. A sister-in-law, Mrs. Alma Suuronen, lives at Juankoski, K.I., Luotsila, Finland.

The late Mr. Suuronen had written to the above relatives that he expects to return to Finland this summer, and letters from them showed that they expected him to arrive soon. He was last seen alive Sept. 2nd, and at his death his age was about 55 years, given at the National Registration Aug. 16th at Cochrane, where he had his headquarters and also a bank account,

working mostly in the bush for Wicks Lumber Co. From correspondence arrived from Finland it appears that the family farm with all contents was lost during the Russo-Finnish war of last winter. The district where the farm was situated was ceded to Russia by peace treaty signed in March.

### Brave Britishers Helped by Canadian Red Cross

When Germany's blitzkrieg struck the British Isles, the importance of Canada's contribution to Red Cross became fully seen. More than five million articles, ranging from ambulances to clothing, had been shipped to Britain, ready for the demands which flooded British relief workers. Thousands of men, women and children, whose houses and tenements had been destroyed, were clothed and fed. For such needs as these, the Red Cross needs money. Give, when you are asked, and give more than you can spare.

### Good Advice

A shopkeeper writing a debtor. Remark in the course of his letter: "That he chose to suppose. A man knows what he owes. And the sooner he pays it the better. —Exchange."

### Knew Her Man

"Were you afraid to ask your boy friend for money?"  
"No, I was calm and collected."—Globe and Mail.

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