

Sponge Cake, Angel Food Cake and Special Quick Sponge Cake in Making

Real Sponge Cake Depends on Eggs for Its Lightness, Its Delicacy and for Much of Its Flavour. Necessary to Follow the Directions Carefully to Achieve Best Results.

A real sponge cake depends upon eggs for its lightness, its delicacy and for much of its flavour. Both the yolks and the whites are used for the cakes given this name. The white cake in

quick sponge cakes may be baked in layer or loaf pans. The temperatures for baking different types of sponge cakes vary and directions must be followed. The time for baking is generally longer than for butter cakes. Toward the end of the baking period, the crust will be evenly browned. The cake will not shrink from the sides of the pan as do the butter cakes. After removal from the oven, the tube pan should be inverted until cool. When cool loosen cake from pan with a knife. Sponge and angel food cakes are usually served unfrosted.

Angel Food Cake
1 cup sifted cake flour
1 cup egg whites (8 or 9)
1/2 teaspoon salt
1/2 teaspoon cream of tartar
1 1/2 cups sifted sugar
1/2 teaspoon vanilla extract
1/2 teaspoon almond extract
Sift flour 3 times. Beat egg whites and salt. When foamy, add cream of tartar and continue beating until eggs are stiff but not dry. Fold in sugar carefully, a small amount at a time. Fold in vanilla and almond extracts. Fold in flour, sifting a small amount at a time over mixture. Bake in ungreased 10-inch tube pan in slow oven (325 degrees F.) about 1 hour. Remove pan from oven and invert 1 hour before removing cake. Yield: 1 large cake.

Quick Sponge Cake
1 cup sifted cake flour
1/2 teaspoon baking powder
1/2 teaspoon salt
3 eggs
1 cup sugar
1/2 cup water
1 teaspoon vanilla extract, or 1 teaspoon grated orange rind
Mix and sift flour with baking powder and salt. Break eggs in bowl, add sugar and beat until very light and fluffy. Add water and vanilla extract or orange rind and beat again. Fold in flour gradually. Bake in well greased 8-inch square pan in moderate oven (350 degrees F.) about 35 minutes, or in small greased muffin pans about 20 minutes. Yield: 1 square or about 2 dozen small cup cakes.

The lightness of sponge and angel food cakes depends upon following the directions given under each recipe. When egg yolks are used, they must be beaten until very light and thick. Egg whites must be beaten until stiff but not dry. When mixing real sponge and angel food cakes both sugar and flour must be folded in carefully as lightness depends upon keeping intact the air bubbles which have been beaten into the eggs. An electric mixer may be used for beating the eggs, but the flour should be folded in by hand.

Ungreased tube pans are particularly satisfactory for baking, although the



(By EDITH M. BARBER)

which we omit egg yolks is known as angel food. We have, as well the simple inexpensive type of cake which may be defined as "quick" or "cheap" or "water" sponge cake, for which we use a small amount of baking powder with fewer eggs. Cake flour, specially milled from soft wheat is usually used in the preparation of sponge and angel food cakes. An all-purpose flour may be used, however, if the quantity is reduced two tablespoonfuls to each cup which the recipe demands. A fine granulated sugar is used and should be sifted before measuring.

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Lovely Home Wedding on Saturday Morning

Miss Bernice Bruton and Mr. Robert Baker Married.

Adorned with bronze and yellow chrysanthemums and fern, the home of Mr. and Mrs. Wm. M. Ritchie, 162 Hemlock street, was the scene of a lovely wedding on Saturday morning at 11 o'clock, when the Rev. W. M. Mustard of the Timmins United Church united in Marriage Miss Bernice Bruton and Mr. Robert Baker. Miss Bruton is the daughter of Mr. A. A. Bruton of Glenburnie, and the late Mrs. Bruton and Mr. Baker is the son of Mr. and Mrs. Thomas Baker, of Collins Bay, Ont.

Given in marriage by her brother-in-law, Mr. Wm. M. Ritchie, the bride was lovely in an ensemble of solidierette blue, fashioned with bracelet length sleeves, and a beaded bodice. She wore wine accessories, and a corsage of Johanna hill roses, as well as a gold locket, the gift of the groom.

Miss Mabel Bruton, of Toronto, sister of the bride was the charming made-of-honour wearing a two-piece ensemble of wine crepe made on fitted lines with long sleeves. Her accessories were in black and she wore a corsage of bronze pom-poms.

Mr. Neil Ashwin acted as groomsman. Following the ceremony, a wedding breakfast was served and in the afternoon a reception was held. Mrs. Ritchie, sister of the bride received the many guests.

Mr. and Mrs. Baker will reside at 110 Cherry street.

Prior to her marriage the bride was entertained at showers, those acting as hostesses being Mrs. Sidney Woods, Mr. David Coombes, Miss Grace Schofield, and Mrs. W. L. Purdon.



That Body of Yours

By James W. Barton, M.D.

Plastic Surgery
One of the good things that resulted from the last war was the great opportunity surgeons had in correcting face deformities due to shrapnel and other wounds. While the improvement in their appearance meant much to these soldiers and their families, the experience obtained by surgeons has meant even more to growing children, boys and girls, and adults afflicted with deformities of the face.

One of the commonest deformities is a long nose with an extra length of "hook" on the end of it. An illustration showing "before and after" of a young girl appeared in the Journal of the American Medical Association some months ago. The "before" operation picture showed a young woman with marked hump nose with overhanging hook or tip. She did not get along well with other girls because of her appearance. The "after" picture showed a straight nose and no hook or tip. "The operation did a great deal to overcome her emotional difficulties."

Drs. Claire L. Strath and E. H. De Kleine Detroit whom I have just quoted believe that in the presence of deformity the most important single factor in avoiding undesirable personality changes (inferiority complex particularly), is the most complete surgical restoration possible at the earliest date feasible. Childhood deformities should be corrected before the child reaches school age and a few are best corrected within the first weeks of life.

While the plastic surgeon may have most to do in correcting facial defects or deformities, the help of other specialists is sometimes necessary, namely dentists, eye, and also ear specialists. There are also deformities elsewhere in the body such as curvature of the spine, bow legs, knock knees, wry neck and others, any of which can spoil school, business or social life. Most of these can be corrected completely or in part.

It is gratifying to know that parents and the family physician are now aware of what it means to children and others to have to face the handicaps of a deformity. It is fortunate also that the family physician is now able to refer patients to experienced plastic surgeons.

Health Booklets
Ten Barton Booklets are available to readers who send Ten Cents for EACH one desired, to cover cost of handling and mailing to The Bell Library, Post Office Box 75, Station O, New York, N.Y., mentioning this paper.
(No. 101) Eating Your Way to Health.
(No. 102) Why Worry About Your Heart?
(No. 103) Neurosis.
(No. 104) The Common Cold.
(No. 105) Overweight and Underweight.
(No. 106) Allergy or Sensitiveness to Various Foods and Other Substances.
(No. 107) Scourge (gonorrhoea and syphilis).
(No. 108) How Is Your Blood Pressure?
(No. 109) Chronic Rheumatism and Arthritis.
(No. 110) Cancer: Its Symptoms and Treatment.
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Beauty and You

by PATRICIA LINDSAY



For ultra occasions the well-groomed woman chooses an extraordinarily exciting fragrance designed for luxurious clothes. The streamlined flacon is topped with jewel-like crystal and it is packaged in gold and emerald green satin.

The Smoothly-Groomed Woman Follows Ten Beauty Commandments

There is no need of a woman to envy the radiance and beauty of another in her own age group. Once a woman decides that she is not attractive enough she can resolve to keep these ten commandments of beauty for at least three months. Her beauty will then be most apparent and she will have formed unconscious habits which will preserve that beauty:
1—Restore yourself to normal weight. If overweight, reduce. If underweight build yourself up to normal for your height and age by eating the right quantity of food with plenty of fruit and vegetables (and their juices) in your menus.
2—Learn to walk easily and gracefully; to sit down naturally; to stand as if relaxed; to take postures which have charm and ease of manner, instead of awkward grotesque position that lack co-ordination.
3—Relax completely while resting or sleeping, so that your mind as well as your body is in repose. Learning to relax is a mental and physical achievement. It is the triumph of mind over matter.
4—Find out the most effective and most becoming ways of fixing your face and your hair and do both thoroughly each time you dress or make-up. The rest of the time have courage to let your face and hair alone—no nervous fussings.

5—Spend at least ten minutes daily on simple skin care and you will have a lovely, radiant complexion. Don't go to bed at night with make-up on and remember the two essentials to skin care and cleansing and lubricating.
6—Give your body a straight strong spine, a raised bust, a flat abdomen, squared shoulders, a proud neckline and slender proportions—all obtainable through exercise.
7—Make fetish of femininity, of cleanliness and daintiness, because that is one of woman's most important assets. Woman should always be symbolic of femininity and daintiness.
8—Cultivate a soft pleasing voice and beautiful gestures. Many a beautiful woman becomes ugly the moment she speaks.
9—Be polite and courteous wherever you are. Wrinkles and droopy lines come from sulky cross expressions. Bossy attitudes quickly made the mouth appear mean.
10—Radiate sex appeal—if not born with it, acquire it. At age six or sixty and all between years, women may have magnetic charm which draws admiration of others—especially men—to them. Such magnetism can be acquired by obeying the first nine beauty commandments!

Card Parties for Fund to Buy "Fags" for Overseas

Six tables of whist were played at the whist drive held by the Sweet Caporals Club on Wednesday evening at the home of Mrs. C. M. MacElwee, 37 Laurier ave. Mrs. MacElwee is president of the newly-organized club, which knits articles for the soldiers and donates its funds to the purchase of cigarettes for the men overseas.

Winners at whist were: 1st, Mrs. Tom McNeill; 2nd, Mrs. Cook; 3rd, Mrs. M. Foy; and consolation Mrs. Lampkin, of Schumacher. Mrs. Norman Johns won the prize for remaining at one table for the longest period of time.

The hostess served a delicious lunch, assisted by Mrs. Owen Sleep, Miss O. McCann, Mrs. Thomas, Mrs. Hall and Miss Mary Coombs.

All proceeds from the event will be used to purchase cigarettes for the soldiers overseas, and it was decided to hold another whist drive at the home of Mrs. O. M. Cann, 39 Laurier avenue, on Wednesday evening, November 27th. Proceeds from this event will be used to purchase cigarettes for the soldiers serving with the forces in Canada, the cigarettes to be sent as Christmas gifts.

The regular weekly meeting of the club will be held on Wednesday evening of next week at the home of Mrs. Hall.

Two members, Mrs. Ralph Knitton and Mrs. Wilkinson, sent their weekly donations, although unable to attend.

Peter Bodnaruk's Funeral Held Sunday Afternoon

The Rev. W. M. Mustard conducted funeral services at the Timmins United Church on Sunday afternoon for the late Mr. Peter Bodnaruk, who died at St. Mary's Hospital on Friday, November 1st, after a long illness. The late Mr. Bodnaruk was forty-six years old, and was resident at 45 1/2 Kirib Avenue. Interment was made in the Timmins Cemetery.

Almost a Hint

Judge—Have you anything to say before I sentence you?
Prisoner—Nothing, your honor, except that it takes very little to please me.—Globe and Mail.



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Death of 8-year-old Son of Mr. and Mrs. H. Case

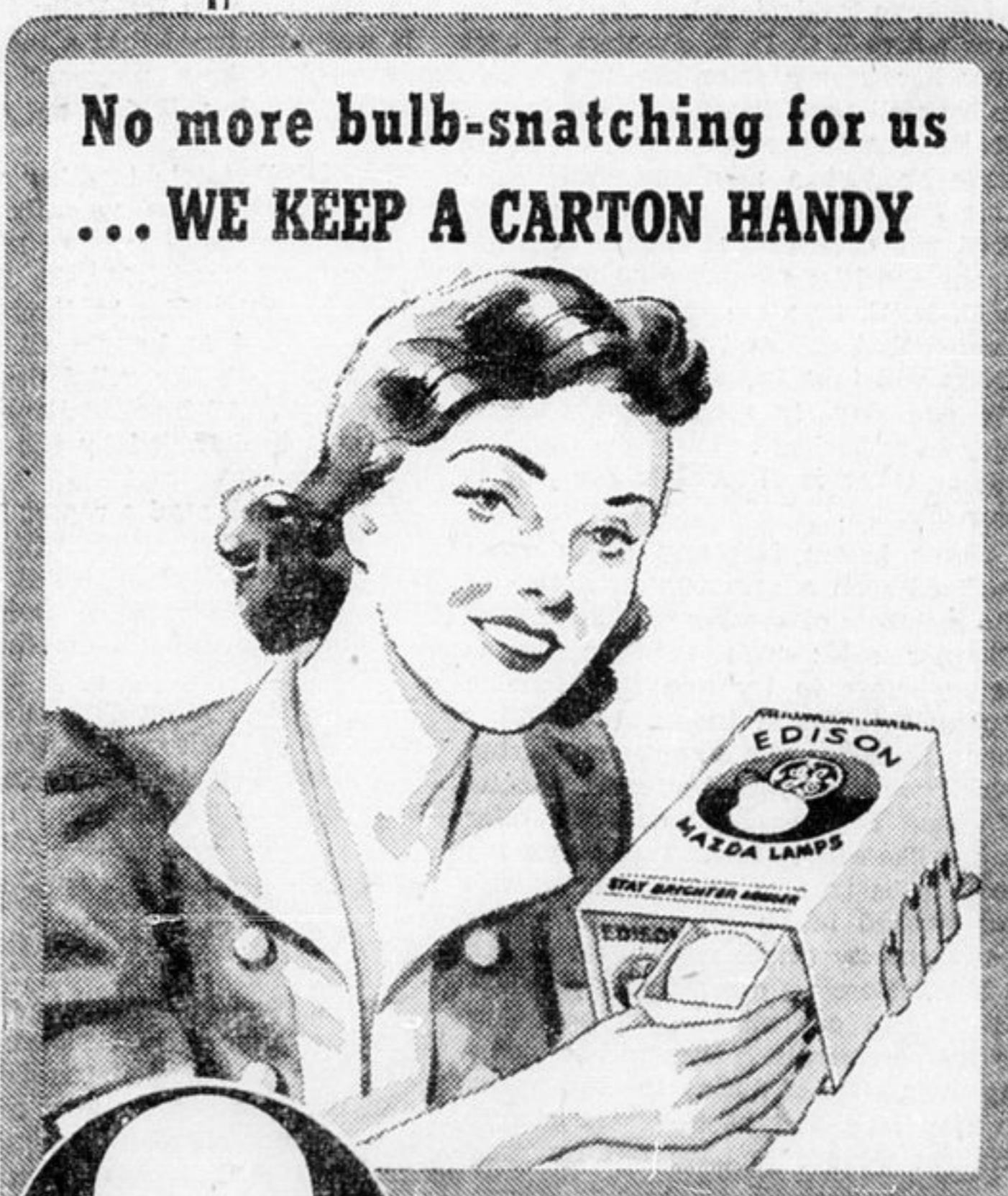
Frederick, eight-year-old son of Mr. and Mrs. Harold Case, of 260 Elm street south, died at his home on Friday, November 1st, and funeral services were held on Saturday afternoon at 2 o'clock at the Timmins United Church. The Rev. W. M. Mustard conducted the services.

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TO-DAY'S FASHIONS



This jacket ensemble is made of butternut coloured wool, and trimmed with the very chic leopard. The longer coat has a roll collar of the fur and a cuff of it at the bottom. The dress beneath is very plain—apt for costume jewelry—with a high neck and bracelet length sleeves. It buttons to the waistline behind.

London Town

Gray walls of stone
St. Paul's high dome
Charing Cross and Lombard Street
Lions crouch at Nelson's feet;
House of Lords and Commons too
Hyde Park or through the Zoo
London Town has always been
Fairest city I have seen.
Symbol of a nation's might
Stands undaunted in the fight.
London crowds with courage high
Fear no foe in earth or sky
Shattered by the bombs that fall;
Each for one and one for all
This their motto, as they stand
Against invaders of their land.
When all hums have ceased to be
London Town shall still be free.
—W. H. Pollard.

Northern News:—They're naming gowns after famous movie and radio stars. We'd like to see a Kate Smith creation!

Does COUGHING make you miserable?

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Marriage Monday Morning at Notre Dame Church

The Rev. Fr. Trudeau officiated at a charming wedding Monday morning at 9 o'clock, when he united in marriage Miss Georgette Lauzon, daughter of Mr. and Mrs. Augustine Lauzon, and Mr. Hector Beauchamp, son of Mr. and Mrs. Joseph Beauchamp. The ceremony took place at the Notre Dame des Lourdes Roman Catholic Church. The bride, who was given in marriage by her father, was becomingly attired. Mr. J. Beauchamp acted as groomsman attending his son. Mr. and Mrs. Beauchamp will reside in Timmins.

Good Egg

"How do you like your new father?" asked Buster of his pal.
"Oh, he's all right, I guess."
"Sure—he's a good egg," agreed Buster. "I had him last year."—Reader's Digest.

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