

# Homemade Bread Again Popular in Most Homes

Domestic Science Expert Gives Hints on Making Bread at Home. Temperature Should Neither be Too High Nor Too Low. Add Lukewarm Milk or Water to Yeast.

The other day some one said to me, "Now that the holidays are over, I'm going back to plain bread and butter." She went on to ask me to publish some recipes for yeast breads and rolls.

Homemade bread, which once upon a time was made once or twice weekly, is nowadays rated as a luxury. Few of us think it is worth while to mix and bake it in the home kitchen for general use. Once in a while, however, nothing tastes so good and we make a few loaves for today's lunch and dinner while we continue to buy bread for toast.



We generally use the quick process which by means of several yeast cakes allows us to have bread out of the oven within five hours after starting it. One thing to remember in mixing is that milk or water must be lukewarm when it is added to the crumbled yeast. Too high a temperature will kill the yeast plants which while growing in the dough produce the bubbles which raise the loaves. On the other hand too low a temperature will make the action slower.

I like to add the melted shortening last as this makes the dough easier to knead. You will need almost no flour on your board. Bread is kneaded enough before the first rising, when it is very elastic. This is shown by the dough's springing back when pressed with the fingers. An even shorter kneading is all that is necessary after the bread has risen and before it is formed into loaves. You may test this by cutting the dough with a knife. If there are no large bubbles, it is ready to be shaped. Dough should always be allowed to double in bulk both at the time of the first and the second rising.

- White Bread**
- 1 cake compressed yeast
  - 2 cups milk, scalded
  - 2 tablespoons sugar
  - 2 teaspoons salt
  - 3 tablespoons melted shortening
  - 6 cups sifted flour (about)

Crumble yeast cake into bowl and slowly add scalded milk which has been cooled to lukewarm, stirring until yeast is dissolved. Stir in sugar, salt, shortening and ½ the flour. Beat until smooth. Add remaining flour and mix well. Turn out on floured board and knead until smooth. Place dough in greased bowl, brush with melted shortening, cover, set in a warm place and let rise until double in bulk. Knead, shape into two loaves and place in two greased 8 by 4 inch loaf pans and brush with melted shortening again. Cover and let rise again until double in bulk. Bake in moderately hot oven (425 degrees Fahrenheit) fifteen minutes, then reduce heat to moderate (375 degrees Fahrenheit) and bake thirty to thirty-five minutes longer. Yield: two loaves.

Note: The entire process will take about five hours. To shorten time to 2½ hours, use two yeast cakes. If bread is mixed to rise overnight, use only ¼ yeast cake.

**Whole Wheat Bread**

Use preceding recipe for white bread, substituting three cups unsifted whole wheat flour for three cups white flour. A little additional white flour may be needed. Brown sugar may be substituted for white.

(Released by The Bell Syndicate, Inc.)

HELLO! HELLO!

Mr. Black—I never knew Green had twin!

Mrs. Black—My dear, he married a telephone girl, and, of course, she gave him the wrong number.

—N.U.T.

## Health Less Affected by Climate Than by Foods

(By J. W. S. McCullough, M.D., D.P.H.)

Dr. Clarence Alonso Mills, professor of experimental medicine at the University of Cincinnati, has the theory that a warm climate tends to the growth of a shorter, stouter and less healthy race.

Cold climates stimulate people, he says. It tends to make them grow faster thus protecting them against infections. In the Dark Ages, when wine grapes grew in England and cereals in Iceland, men were poor specimens—short, sluggish, easy victims of the plague.

Everyone knows that for the last 80 or 90 years college boys have steadily grown taller and heavier. Girls have grown longer-legged, bigger-waisted and smaller in the hips. They have reached womanhood earlier. This has been almost universally attributed to better nutrition. Dr. Mills attributes this physical precocity to a delayed effect of cold weather in the 18th and 19th centuries.

Since 1929, while people have grown bigger, the world weather has grown warmer and Mills looks for, as a consequence, an ebbing tide in human growth.

Well, we shall see, but common sense still points to food as the chief factor in this growth. There are of course other factors but cold, except as a stimulant to appetite, is an unlikely cause of the increased growth of the period behind us.

In India, a hot climate and also tropical and sub-tropical Africa, there are examples of people of fine stature. These conditions occur where food of the right kind is plentiful. Where food is scarce the stature of the inhabitants is poor.

It is, one thinks, nutrition and not climate, that chiefly influences the growth activity. It is food and not the influence of weather, past or to come, that gives the wild animal his weight, his shiny coat and his strength and endurance.

# Further Donations Made to Porcupine Christmas Seal Fund

Gratifying Response to Call for Funds to Fight Tuberculosis.

The Porcupine Christmas Seal Committee is pleased to announce that the response to the campaign up to Dec. 27th, 1940, has been most gratifying. The total amount subscribed to that date is \$2,656.15, which compares favourably with former years. The committee wishes to remind those who have not yet obtained seals and who wish to do so that they are still available. To all those who have supported this worthy cause, the committee extends the seasons greetings.

- The following are further donations acknowledged:
- December 23rd, 1940:
- Mrs. D. N. Adams, Schumacher; Frank Ahlgren, South Porcupine; Severino Anzel; L. W. Appleton; Louis Balland, South Porcupine; Gerald Banning; Aleidre Beauchamp; W. A. Belanger; G. Bender; Jean Blair Schumacher; Mrs. A. Burrows; Mrs. Carbona; Carlo Cattarello, South Porcupine; C. W. Caverly; Mrs. James Cowan; B. Curtis, South Porcupine; P. Edlund, Schumacher; Charles Edney; Nick Elmes; John Fogg Co.; Mrs. D. Freeman, South Porcupine; J. L. Fulton; Miss K. Gallagher; Fernand Gauthier; A. Grandbois; S. Habib; Miss Hammond, South Porcupine; Victor Hedges, South Porcupine; Stanley Hindson; Mrs. Howse; Nick Ilander, South Porcupine; Gordon Kirk; Oscar E. Kristenson; Charles Lamothe, South Porcupine; La Federation Des Femmes Francaises Canadiana; Miss Bertha LaSalle; William Leacock; M. Lehtisalo; D. A. MacLeod; Finlay MacPhail; South Porcupine; Richard Mills Sandy Falls, John A. Mitchell; J. E. Morin; W. F. Moyle, South Porcupine; Miss J. E. Mulvihill; Kenneth Myers, South Porcupine; F. O'Hearn; Miss H. M. Patterson; A. S. Peel; H. Peppier; Wm. K. Redden; Charles A. Remus; T. H. Richards; Miss M. Roy; Mrs. A. Rose; I. Rosner; P. D. Roy, Schumacher; H. See; Thos Small; South Porcupine; Skating Rink; Andrew Suttie, South Porcupine; Miss Ethel Tinney; J. Thomas; E. Thompson; Mrs. J. P. Thomas; J. H. Tomlinson, Schumacher; F. M. Wallingford; A. J. White; W. Widdifield; John Wilder, South Porcupine; L. N. Worthington; J. Worrell; Kapuskasing; E. J. Uren, Dome Mines; December 27th, 1940: Alex Abramson, South Porcupine; Bernard Ash; L. Banning; W. P. Bennetts; Donald Bergeron; E. C. Brewer; Austin Brown; Charles G. Brown, South Porcupine; Michael Bugera, Schumacher; A. B. Cadman; O. F. Carter, Schumacher; Harry Crick; Miss I. Cunningham; W. E. Donaldson; Employees' Fund Buffalo Ankerite Mines; Thomas Fisher; F. Ford; Andrew Gordon; Robt. Gray; D. Hallett, Schumacher; Miss Gertrude Heinson; William Hitch; F. A. Holmes, Schumacher; F. E. Hoeking; Henri Hollinger; W. H. Hutchison, South Porcupine; Wymen N. Irvine; Charles Keates; Calvin MacDonald, Schumacher; Donald Martel; L. S. May; A. McArthur; J. A. McCulloch; Herbert McIn, Schumacher; F. Melville; Mike Melko; Henry Miller, South Porcupine; J. John Mitchell; G. Monahan; Mrs. O'Leary, Schumacher; Walter Patrick; C. G. Pirie; J. Peterson; Wm. Rutchynski; Tony Slak; Garfield Smitheram; Mrs. E. Spadafore, South Porcupine; Jos. A. Tapper; Miss Ellen Terry; Mrs. L. E. Tessier; Gerald Trueblood, South Porcupine; Wm. Trumble; Ferguson Turner; Fitz Williams, Mace Gold Mines; Mrs. A. J. Wikston; Frank Ziekkar.

## TO-DAY'S FASHIONS



**Red Coats for Winter Weather**

Red Coats look cheery in dirty winter weather, and are deservedly fashionable. This model is of flecked dark red tweed of nubby texture, its colouring enriched by a collar and tuxedo bands of Alaskan brown seal. The belt of the model is set in and buttons over the fur, centre front. Unpressed pleats, stitched at the waistline, control the fabric for a front flare.

**ONE WAY TO FIX IT**

If you don't feel just right,  
If you can't sleep at night,  
If you moan and sigh,  
And your throat feels dry,  
If you don't care to smoke,  
If your food makes you choke,  
If your heart doesn't beat,  
If you're getting cold feet,  
If your head's in a whirl—  
Why not marry the girl?

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# Beauty and You

by PATRICIA LINDSAY



WALLY WESTMORE, make-up artist of Paramount Studio teaches MARY MARTIN the correct application of a protective powder base. Special Routine Suggested for Dry Skin During Cold Weather.

We are told that this condition commonly known as "dry skin" is caused by the failure of tiny moisture and oil glands which are in the second layer of skin to function normally. This in turn is caused by one's failure to supply the bloodstream with food necessary to create the protoplasm required to renew the skin.

But, fortunately for us, the skin has a power of renewal if it is given sufficient nourishment and the proper external treatment to stimulate, cleanse and soften it. Its normal elasticity and texture may be restored if you resolved to give it the care it requires.

Dry climates, high altitudes and hard water—all rob the skin of its moisture, and prolonged illness, nerve strain and undernourishment can quickly cause your face to look dull and aged. So all should be avoided if possible.

The most important step in a dry skin treatment is the stimulation. You must wake up those lazy, inactive pores, through exercise of the body and with external massage. With a quickened flow of blood to your face your skin will take on new beauty.

**What to Do**

To keep face skin nicely lubricated we begin with the scalp. Your hair must be brushed daily and if your scalp is dry too, which is usually the case if your face skin is dry, you must keep it lubricated by using a pomade or tonic several times a week. If you want to prove to yourself the truth of this, feel your skin when your scalp is thoroughly anointed with olive oil before a shampoo. Your skin feels like velvet even though you didn't put a speck of oil on your face! Why! Well, oil travels rapidly down the minute crevices of the skin surface. So you see if you could keep your scalp naturally lubricated your face skin would not be so dry because any excess oil would flow down the face.

When you cleanse your face do not handle it too gently. Give it a good brisk massage. Remove the first cream application with tissue and then put on a richer cream. Massage that well into the skin and slap your face briskly every once in a while. This second application of cream may be removed with cotton moistened in a skin tonic or stimulant, or it may be removed with warm water (not hot) and a bland soap. Either the tonic or rinsing water should be very chilled to give the pores a bit more of a work-out.

**Protective Cream Important**

Until dry skin becomes naturally lubricated and softened, one should use a protective oil or cream after a thorough cleansing as described above and before going outdoors in cold weather.

Finding the most satisfactory protective formula is no easy task. There are lovely refined oils, fluffy creams, richer heavier creams and lotions from which to select. Some women, though, resort to a heated drop of olive, mineral or almond oil as a protective base, simply because they cannot find the perfect commercial formula. But unless your skin is too dry and too sensitive the chances are that one of the make-up base mixtures will suit your skin to a T, and by asking the aid of a competent sales girl at a cosmetic counter you may be wisely aided.

(Released by The Bell Syndicate, Inc.)

**Parcels to Troops to be Re-directed Without Cost**

Ottawa, Jan. 1st—Parcels addressed to any member of the naval, land or air forces in Canada that fail to reach the addressee owing to transfer are to be re-directed without further postage charges, the Canadian Legion was advised by Postmaster General W. P. Mulock.

Decision to grant this privilege to men under arms came as a result of a letter from the Legion to the Postmaster General citing an incident where heavy charges were made on a gift package that journeyed from one end of Canada to the other before it reached its destination. The Legion acted on behalf of its Saskatchewan Command to which the complaint from a service man was first made.

Mr. Mulock stated that instructions have now been issued that parcels addressed to men under arms must in future be re-directed free of charge.

**THE OTHER SIDE**

No character is more familiar in the London scene than the typical costermonger, wheeling slowly along the street an overladen barrow of fruit or vegetables for sale.

He is irrepresible and his sharp wit has made his type famous. Bombs and blackouts have failed to dismay him.

A few days ago the blast from the explosion of a delayed-action bomb part of London. A fellow coster passed and laughed.

"Wot about it, 'Arry?"

"That's nuffink, mate," returned the other. "You ought to see me Berlin branch."

—Sudbury Star

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# Schedule for the Red Cross Work for Month of January

Dates for Various Groups for Larger and Smaller Room.

The following is the Red Cross schedule for January, 1941:—

**Larger Room**

Monday, January 6th—I.O.D.E. and Finnish Women of Harmony Hall.  
Tuesday, January 7th—Finnish.  
Tuesday, January 7th—Evening. School Teachers.  
Wednesday, January 8th—Presbyterian Women.  
Wednesday, January 8th—Evening. School Teachers.  
Thursday, January 9th—Legion Women.  
Thursday, January 9th—Evening. Mrs. Thompson.  
Friday, January 10th—Italian Women.  
Friday, January 10th—Evening. Rumanian Women.  
Monday, January 13th—Finnish Women of Harmony Hall.  
Tuesday, January 14th—Finnish.  
Wednesday, January 15th—Polish.  
Wednesday, January 15th—Evening. Czechoslovakian.  
Thursday, January 16th—C. W. L.  
Thursday, January 16th—Evening. Mrs. Thompson.  
Friday, January 17th—French Canadian Women.  
Friday, January 17th—Evening. Rumanian Women.  
Monday, January 20th—Finnish Women of Harmony Hall.  
Tuesday, January 21st—United Church.  
Tuesday, January 21st—Evening. School Teachers.  
Wednesday, January 22nd—St. Matthews and Presbyterian Women.  
Wednesday, January 22nd—Evening. School Teachers.  
Thursday, January 23rd—C.W.L.  
Thursday, January 23rd—Evening. Mrs. Thompson.  
Friday, January 24th—Italian Women.  
Friday, January 24th—Evening. Rumanian Women.  
Monday, January 27th—Finnish Women of Harmony Hall.  
Tuesday, January 28—Polish Women.  
Wednesday, January 29th—Women's Institute.  
Wednesday, January 29th—Evening. Czechoslovakian Women.  
Thursday, January 30th—C.W.L.  
Thursday, January 30th—Evening. Mrs. Thompson.  
Friday, January 31—French Canadian Women.  
Friday, January 31—Evening. Rumanian Women.

**Smaller Room**

Monday, January 6th—Mrs. Kearns.  
Tuesday, January 7th—Mrs. Morris and Jewish Women.  
Wednesday, January 8th—Mrs. Sinclair.  
Thursday, January 9th—Mrs. Laporte.  
Friday, January 10th—United Church Women.  
Monday, January 13th—Mrs. Ostrosser.  
Tuesday, January 14th—Jewish Women.  
Wednesday, January 15th—Mrs. Day.  
Thursday, January 16th—Mrs. Laporte.  
Friday, January 17th—Mrs. Martin.  
Monday, January 20th—Mrs. Kearns.  
Tuesday, January 21st—Jewish Women.  
Wednesday, January 22nd—Mrs. Sinclair.  
Thursday, January 23rd—Mrs. Laporte.  
Friday, January 24th—Legion Women.  
Monday, January 27th—Mrs. Ostrosser.  
Tuesday, January 28th—Jewish Women.  
Wednesday, January 29th—Mrs. Day.  
Thursday, January 30th—Mrs. Laporte.  
Friday, January 31st—Mrs. Martin.

**HER CHANCE**

"I'm tired of cooking for you; you do nothing but find fault," snapped a young Sudbury wife.

Her Husband replied: "Let's dine at a restaurant then—that'll give you a chance."

Sudbury Star: "My word!" said the minister's wife tasting whiskey (to know it) for the first time in her life. "It tastes just like the medicine my husband has been taking for the past 20 years."

**DID YOU TAKE A LAXATIVE TODAY?**

Do you really know why constipation is so harmful? You probably know that constipation sets up poisons in the large intestine or colon. But do you know that these poisons seep through the walls of the colon and infect the bloodstream? They set up toxic accumulations in kidneys and liver and are contributing causes of rheumatic pains, sciatica and back-ache.

Most laxatives only act in the colon. *Kruschen* does more. It is the laxative with a double action. Besides ridding the colon of stagnating waste matter, *Kruschen's* mineral salts have a diuretic action. They flush the kidneys, help to clear the bloodstream of all poisonous matter, and so protect your whole system from that form of infection.

You can get *Kruschen* from all drug stores. Prices 75c and 25c.



# Treat your eyes to BETTER LIGHT in 1941

Make a resolution now to be kind to your eyes all year. Be sure you have enough light in every room. Be sure it is of the right quality—don't use bare bulbs in fixtures. Be sure it is properly distributed throughout the room and concentrated on the chairs or tables where you sit to read, sew or do other eye work. Remember—Better Light means Better Sight and you'll never have another pair of eyes!

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