

Some Suggestions About Butter and Nut Cakes

All Purpose Flour May be Used, but in Lesser Amounts. Domestic Science Expert Says. About Measuring Baking Powder. Recipes for Standard Butter Cake and Mocha Nut Cake.

When food experts get together, there is always discussion, especially when it comes to that "butter" cake question. There is general agreement about the proportions of shortening, sugar and eggs, but when it comes to the proportion of flour, liquid and baking powder, it is a different matter. Most of us like to use a fine cake flour because of the delicate texture which results, although we can make good cake with all-purpose flour if we decrease the amount of two tablespoons



Edith M. Barber

for each cup. In my recipes you may have noticed that the flour measurement is a little less than many other cake recipes which you see. I believe that this is a safety factor, because most cooks over rather than under-measure.

Let me remind you that flour must be sifted just before it is measured. I find that some persons sift flour as it comes from the sack into the canister and consider that their responsibility is over. Naturally flour packs and settles after sifting.

Now about the baking powder. There are several types on the market. Two of these, the tartrates and the phosphates, have the same leavening power. What is known as the combination baking powders may be used in slightly smaller proportions. A food editor must make compromises. As she cannot list each type of baking powder in a recipe, she must choose a measurement which can be used with pretty good success, no matter what type of baking powder is on the pantry shelf. The booklets prepared by manufacturers to accompany each type of baking powder can of course be uncompromising. Just remember in using any recipe that level measurements are perhaps more important when it comes to baking powder than in regard to anything else.

- Standard Butter Cake**
- 2 cups sifted cake flour
 - 3 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1/2 cup shortening
 - 1 cup sugar
 - 2 eggs, well beaten
 - 3/4 cup milk
 - 1 teaspoon vanilla extract
- Mix and sift flour, baking powder

TO-DAY'S FASHIONS



Cleverly cut untrimmed coat for Spring

By GRACE THORNCLIFFE

THE SMARTLY styled coat that relies on clever and interesting detail for its trimming is sure of plenty of wear. It can be dressed up with separate furs or a gay scarf. This one is an attractive model made of light weight wool in a pretty shade of pean brown. The yoke is carried over the sleeves for a broad loose shoulder effect. The coat closes snugly down the front with bone buttons. Softly draped above the waist, the seam continues down under the pocket to form a gored skirt. The shield-shaped patch pockets are placed slantwise.

Blitz Soup the Latest for Shelters in Britain

London, England—Vitamin soup the food ministry is preparing for emergency use in public shelters is not a special concoction. It can be made by any housewife with the necessary ingredients.

The finished product will provide a quart of concentrated quality and should be served with three parts water. The soup will keep for two or three days. Here is the recipe:

Ingredients: One pound carrots; two lbs. potatoes; small turnip; good tablespoon of fine oatmeal mixed to a smooth paste the night before (or use two tablespoonsful of made porridge and save time); quart of stock, made of yeast extracts, such as Marmite; gill of milk; pepper and salt to season; bouquet garni and some chopped celery green; a little gravy browning to color.

Method: Clean and slice the vegetables; put bouquet garni and celery in stock and bring to boil; add sliced vegetables; boil all together for an hour or until soft; pass through sieve; return puree to hot pan; add milk and seasoning (and gravy browning); bring to boil again; add oatmeal paste or porridge; bring to boil, stirring constantly to thicken; serve with croutons of fried bread.

QUICK THINKING

The pretty girl sat in the corner of the compartment next to her young man, her little niece on her knee. The train dashed into a tunnel and suddenly the other passengers heard the little girl exclaim: "Kiss me, too Auntie Violet."

"Vavis," said Aunt Violet quickly, "you should say 'Kiss me twice.' 'Kiss me, two' is not good grammar."

—(Released by The Bell Syndicate, Inc.)



By James W. Barton, M.D.

That Body of Hours

Effective Hearing Aids Almost Invisible

It is gratifying these days to enter a store or office and find a person who has been hard of hearing for years able to hear you distinctly. You can notice a changed expression on his face. He has lost that questioning frown that formerly embarrassed and distressed him.

Many of these hard of hearing individuals, after going the rounds of ear specialists, had resigned themselves to the shut-in life. To-day they are a part of their surroundings and are taking their normal place in work or business.

This has all been brought about in two ways. First, the perfection or near perfection of hearing devices now available, and second, because the hard of hearing individuals recognize that just as many individuals need and wear glasses, so should the hard of hearing who need a hearing aid be willing to wear one.

Dr. Austin A. Hayden, Chicago, in Hygeia, the health magazine, says however that there are still millions of persons who have a deep-rooted prejudice against mechanical hearing aids and will not investigate them until they have wasted their time and money on quacks and nostrums, ruining their disposition, and tired the patience of family and friends beyond endurance. Yet the modern hearing device is practically invisible; it is scarcely as large as a penny. Women can conceal it by wearing it under the hair or scarf; men who wear it in behind the ear or on the lapel soon forget its presence.

When the little bones in middle ear are locked fast, thus preventing sound being transmitted to hearing nerve, sound is now transmitted directly to the nerve by passing through the bone behind the ear. This new device is bringing renewed hearing powers to thousands formerly condemned to deafness.

Another great help to hearing reported by Dr. Hayden is the introduction of vacuum tubes the same as those used in the radio. These tubes make possible true high tone reproduction and can enlarge or amplify the ticking of a wrist watch to sound like blows of a sledge hammer.

By use of the audiometer, it is now possible to learn the degree of hard of hearing present and the special tones or wave lengths affected so that hearing aids can be prescribed in the same manner as glasses for defective vision.

Hearth Booklet

Ten Barton Booklets are now available to readers who send Ten Cents for each one desired to The Bell Library, Post Office Box 75, Station 0, newspaper. Booklets are:

- (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
 - (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
- Registered in accordance with the copyright act.

IN THE SAME BOAT

Groom—You can't imagine how nervous I was when I proposed to you.
Bride—You can't imagine how nervous I was until you did. —Exchange

S. A. Doctor Known Here Doing Great Work in Britain

Capt. McAmmond on His Way to India Stopped to Help Britain.

Capt. Ernest McAmmond now in Britain helping care for the sick and injured there and doing other work for the Salvation Army, will be remembered in Timmins where he was a frequent visitor when he was a boy. His father, now Col. McAmmond, Divisional Commander, was stationed at North Bay, and on many of his trips to Timmins was accompanied by his son, Ernest, then a bright lad in his teens. That he was a bright lad was evidenced by the story of his securing a university education through his own talent and efforts. He first started in business for himself as a boy gathering all sorts of materials to sell, then securing a horse for the work (and the horse was nothing to write home about, the chief consideration being the price). The horse was replaced eventually by an automobile of sorts as the business grew. The enterprising lad, however, made his own way, and the fact that he has followed his profession in the Army shows that it was not money that prompted him but the true desire to serve.

All this, however, simply a glimpse of the background needed for the following about Capt. McAmmond from the special Red Shield number this week:—

CANADIAN SALVATIONIST MEDICAL DOCTOR

Upholds Traditions of His Calling During Air Raids

A Canadian Salvation Army doctor, Captain Ernest McAmmond, who with his wife set out for the distant mission field of India but because of the war never got farther than the Old Land, has been keeping up the fine traditions of his medical colleagues in the Land of the Maple.

During the violent air-raids on Britain Captain McAmmond operated on patients although bombs were dropping uncomfortably close. He never turned a hair (says a despatch) although privately he confessed he felt very frightened. A group of medical students who were watching him, crowded around after and said it was the finest performance of courage they had seen.

Several nights ago he had to go out with injections of morphia for the poor folks trapped under the debris of six bombed houses. The ARP folks let him down (head first) into the holes they had dug through the rubble, held him by the heels while he administered the drug to the folks pinned under the wreckage of what, a few moments before, had been their homes.

Great is the Canadian-born doctor's admiration for the people of London as the following incident, described by his wife who is a Canadian trained nurse shows:

"A woman had her legs severely

Quality Guaranteed

"SALADA" TEA

mangled by a bomb explosion. She is in the hospital, and while one leg is getting better the other one will have to come off. The day that the Captain (Dr. McAmmond) brought the consultant to look at it with him, she asked to see it. They tried to dissuade her, but very quietly she insisted. She made very little comment when she saw it, so dreadfully injured, except to say, as if it were someone else's leg, "It looks bad, doesn't it?" Not a word of complaint about how much it was hurting her.

"The doctors decided that amputation was necessary and so the Captain went back to the ward later to tell her. She was eating her dessert when he came in. He told the nurses he would not need them, but would talk to her alone and went along to her bedside. She greeted him with a smile and went on eating her custard. 'You know, said the Captain, 'your leg is pretty bad, and is causing us a great deal of concern.' 'Yes,' she replied, taking another spoonful of custard.

"'Said the doctor, 'You know, we've done just about everything we can for it.' She replied, 'Yes, you have,' and went on eating her custard. Said the other, looking for words to soften the blow, falteringly, haltingly, 'We've talked it over and we think perhaps we'll have to take your leg off.' The brave lady went on eating her custard.

"There was no startling jump, no hysterics, no show of tears or any other emotion. 'Yes, I thought it would have to come off,' she said quietly, taking another spoonful of custard. 'When will you do it?'"

Toronto Telegram:—A telephone conversation between two women is very uninteresting if the third woman makes no effort to overhear one end of it.

Youngster Gave Frank Opinion on Her Hosts

A number of English children were evacuated to Australia. The parents of one of these received the following letter: "Dear Mummy and Daddy: I arrived safely. I like the man's face, but I don't like the woman's face. Perhaps she will look better in the morning. I like the dog's face best of all." The boy's parents thought it so good they sent it back to the boy's foster parents. They in turn thought it so good they turned it over to the press, and that morning it was picked up by C.B.C. short wave at Ottawa.—Blairmore Enterprise.

SHOULD BE READY

Mrs. Gossip: "So your daughter is about to marry. Do you really feel she is ready for the battle of life?"
Mrs. Chatter: "She should be. She's been in four engagements already."
—Exchange

SOME CLOTHES

Quip-of-the-week medal should go to Mrs. Harry Shepherd for the quipsy-doodle she pulled while addressing members of the North Bay Rotary Club last Monday noon. "Now," quoth Mrs. Shepherd as she neared the end of her talk, "I find myself in the same position as Lady Godiva who at the end of her ride said 'I am rapidly approaching my close!'" North Bay Nugget

SUGAR TOMATO

12% to 14% Sugar Content

First of all Tomatoes to produce ripe fruit

Think of it, a sweet tomato with many fruits exceeding 12% Sugar. Nothing like it ever before. Note the beauty and symmetry of the long racemes of fruit, often two feet in length. Smaller than regular tomatoes, but their superb sweetness and appearance make the Sugar Tomato the finest vegetable introduction in years. Bears enormously and is in a distinct class for dainty dishes, salads, sauces, juice, etc. Irresistible. Be first to have it. Order now. Pkt. of 100 seeds 18c; 2 pkts. 35c; 1/2 oz. 65c (postpaid).

FREE — Our Big 1941 Seed and Nursery Book Better Than Ever DOMINION SEED HOUSE Georgetown, Ontario

FOR 3 GENERATIONS

the Secret of Light, Fluffy Cakes!

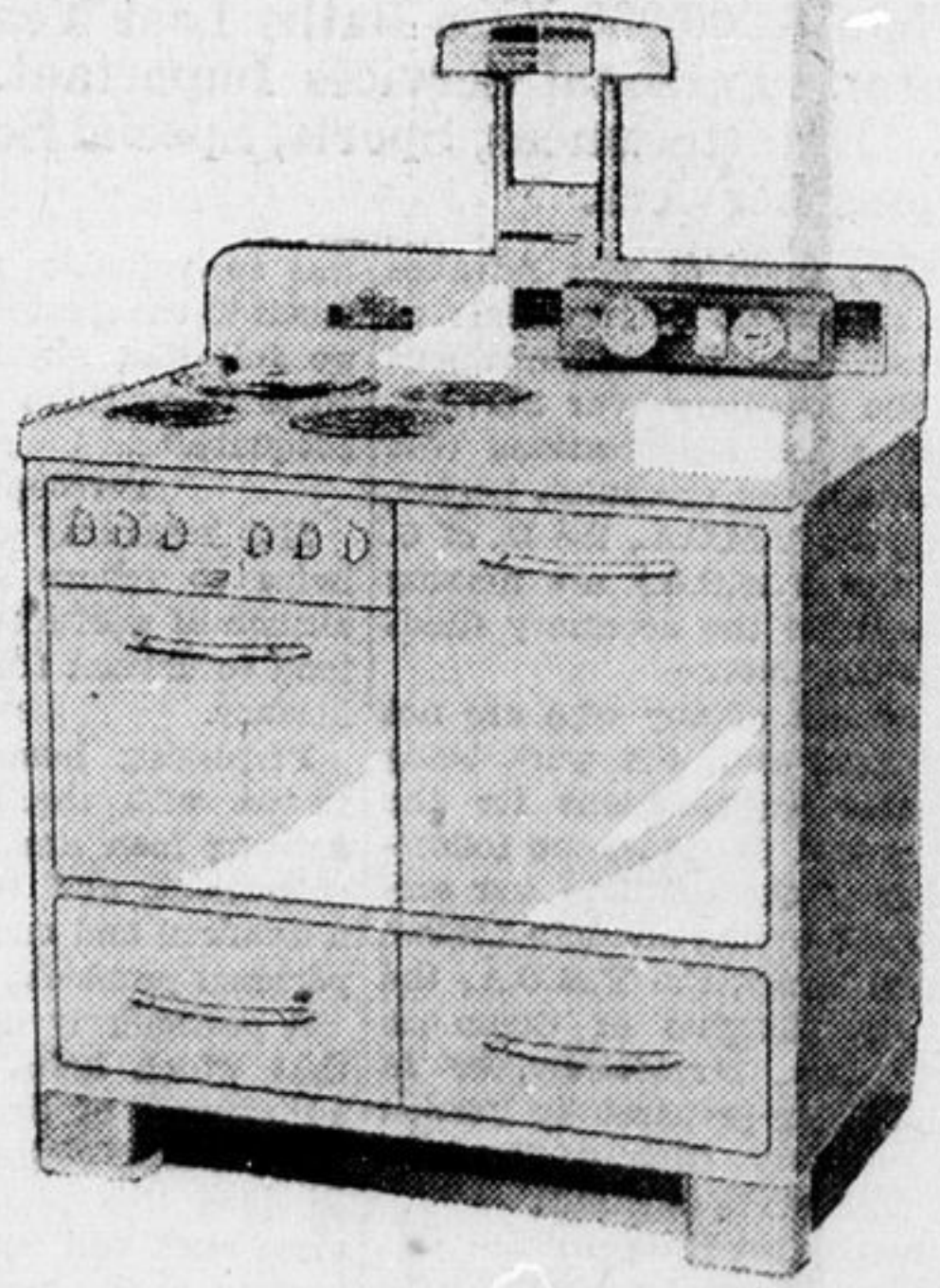
MAGIC BAKING POWDER

He's pretty hot — but he can't touch an

ELECTRIC RANGE

for Quick, Cool, Economical Cooking

The sun is good for a sun-tan, but for cooking you want quick, cheap and dependable heat — and you get it in an electric range. At the turn of a switch you have ample, concentrated heat, that will cook food more deliciously, more quickly and more economically.



With an electric range, you'll spend less time, less energy and less money, yet your meals will be better than ever. Cooked with an electric range they retain all their original goodness and flavour. We have many models and sizes to choose from at prices to fit any budget.

SMALL DOWN PAYMENT • EASY TERMS

NORTHERN ONTARIO POWER COMPANY LIMITED

BARGAIN COACH EXCURSION

FROM T. & N. O. and N. C. R. Stations, via North Bay and Canadian National Railways

TO TORONTO Buffalo, Cornwall, Detroit, Hamilton, London, Peterboro (via Toronto), Windsor and Intermediate Points

FRIDAY, MARCH 7th, 1941

Tickets to U.S. Destinations sold subject to passengers meeting Immigration Requirements of U.S.A. and Canada, GOING & RETURNING Bargain Excursion tickets NOT GOOD on Pool Trains Nos. 6 and 15, between Toronto and points East thereof.

Bargain excursion tickets to Peterboro good only on C. N. R. exclusive trains between Toronto and Peterboro.

Bargain excursion tickets NOT GOOD on "The Northland"—Trains 49 and 50.

RETURNING Leave destination up to and including Monday, March 10, EXCEPT as follows: From Windsor up to 12.30 a.m. Tuesday, March 11; from Jellico, Geraldton, Beardmore, Nakina, Tashota and Longlac up to WEDNESDAY, MARCH 12th, 1941

Children 5 years of age, and under 12, when accompanied by guardian. HALF FARE No Baggage Checked

Tickets Good in Coaches ONLY For Fares, Departure Times and Further Information Apply to Local Agent.

Temiskaming and Northern Ontario Railway The Nipissing Central Railway Company