Hints for the Making of Cakes Without Shortening

Method Used by Miss Edith M. Barber for Making Angel Food and Sponge Types of Cakes. Plenty of Eggs. Needed. A Couple of Tested Recipes.

while there is no stason for cakes Y. P. U. Planning to choose angel food and sponge cake which demand plenty of eggs and in Present Two Plays which shortening is omitted. Perhaps I should modify this statement as there is that good butter sponge cake re-

It goes without saving that the method for mixing cakes of this type is entirely different from that used for the preparation of butter cakes. The success of the method depends largely upon accurate measurements of sugar and flour and unon beating egg yolk if used, until stiff but not

Both sugar and flour must be folded in carefully to the beaten eggs, so that air bubbles, which have been beaten



Edith M. Barber

into the eggs, will not be brobin. By the way, if you have an electric mixer put it to use when beating the eggs, but fold the o her ingredients in by

used for baking angel food and real sponge cake. A quick sponge cake which is variously known as "water" 'milk' and 'poor man's' because it demands a few eggs has the addition of a little baking powder, may be baked in a loaf if you like. A low tempera ure during a comparatively long period of baking is used for cakes of this type.

When the cake is done, the crust will be evenly browned but the cake will not shrink from the sides of the pan as does a butter cake. After removal from the oven, the pans should be inverted and the cake allowed to cool before it is loosened from the edge of the pan with a knife.

Snonge Cake

1 cup sifted cake flour 14 teaspoon salt

5 egg yolks

1/2 teaspoon grated lemon rind 11/2 tablespoons lemon juice

5 gg whites

1 cup shifted sugar. times. Beat egg yolks until very light | Black, Bert Guild, Ann Matheson, Shir- cooling rinse it is all right. and thick, add lemon rind and juice ley Coffey, Warren Tansley, Ed. Wilson, and beat well. Beat egg whites until Hubert Raymond, Frances Raymond, stiff but not dry. Fold in sifted sugar, Jim McGill, Emerald McMillan, Harry egg volks. Fold in flour, a small amount | Peggy Williams, Nora Shea, Mary Harpat a time. Bake in ungreased ten-inch er, Mac Blair, George Beckett, John cake. Yield one large cake.

Angel Food Cake 1 cup sifted cake flour

1 cup egg whites (8 or 9) teaspoon salt

1 teaspoon cream of tarter 1% cups sifted flour

teaspoon vanilla extract 1/4 teaspoon almond extract.

Sift flour three times. Beat egg whites and salt. When foamy, add cream of tarter 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 ten-inch tube pan in slow even (325 degrees F.) about one hour. Remove pan from oven and invert one hour before removing cake. Yield one large cake.

(Released by The Bell Syndicate, Inc.)

Presbyterian W. A. the

Mrs. P. G. Howard, of 17 Maple S' south, was hostess to the Women's Auxiliary of the Presbyterian Church at its regular morting on Thursday evening, and af er the opening exercises. Mrs. Faulkner gave a concise report of the recent supper by the Auxiliary at which she and Mrs. Connelly were the conveners.

Owing to the illness of the treasurer, Mrs. J. MacRae the office was taken by Mrs. L. Partridge: Mrs. Robert Taylor and Mrs. F. Somers were appainted as the visiting committee for the month of March

The April meeting will be held at the home of Mrs. E. Stevens, 7 James avenue, on April 3rd, and will feature the sponsoring of a missionary programme. The meeting will commence he sanitorium would not hurt the with your heart, for example, although

Announcement was made that the regular knitting meeting will take place on Thursday afternoon at the home of Mrs. F. Somers 43 Toke street After the business had been dealt with the hostess served a dainty lunch.

people who won't stop at anything are err on the safe side by calling the dis- newspaper. behind the steering wheel of an auto- ease organic when it might be only | (Registered in accordance with the mobile.

in the Near Future

Discussion on the Sirois Ra

The regular meeting of the Timmins Y.P.U. opened with a sing-song on Wednesday night, led by Peggy Shaw assisted by Mr Treneer at the piano. Four numbers were enjoyed and they left the group in a jovial mood for the business meeting that followed. This was presided over by President Dorothy Taylor, with Bill Black reading the minutes of the last meeting. Among the item of business discussed was the matter of casting for two plays to be presented this Spring, one an Easter drama and the other a three-act comedy. Plans are definitely under

way for both presentations. The Christian Citizenship committee was in charge of the programme and it opened with a worship service conducted by the convener Ed. Wilson, assisted by Peggy Williams, who accompanied at the piano. This was followed by a discussion of the Sirois Report. Jim McGill outlined the general character of the report dealing with Dominion-Provincial relations enerally, and more particularly on the issues which would be subject to amendment should the report be ernment and the benefits which would ing cold. be derived from changes as set forth If it rains or snows and you must

reation convener, Peggy Shaw.

A large attendance is desired for Wed- cooling off, or by not protecting the patrol corners and chatted with the quaint you with the trouble." nesday at 3.15.

a small amount at a time. Fold in Smith, Graham Vansickle Peggy Shaw, tube pan in slow oven (325 degrees F.) | Sears, Wes. Anderson, Dorothy Chyno-



iott, Mr. H. C. Treneer.

That Modp

By lames W. Barton, M.D.

Explaining Organic And Functional to the Patient

A relative of mine some years ago in examination of the patient's chest. prove fatal.

hese signs were early tuberculosis and gets relief from most of his symptoms. he sooner the patient was given com-He pointed out that even if I were although medical tests do not reveal

Blairmore Enterprise:- Too many was considered the right treatment to mailing and mention the name of this functional. Thus it was better to call Copyright Act).

Beauty and You

by PATRICIA LINDSAY



ELLEN DREW wraps herself up to the neck in warm woolens befor playing in snow.

GIRL

TIMMINS

The meeting closed with the Guide

This Monday instead of the regular

Jasper Porcupine Mine

Arrangements have been completed

Sense and Nonsense:- A rugged in-

dividualist is the one who can carry on

a conversation where the radio is

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Little Precautions Help Avoid Colds and Preserve Beauty

adopted. Grove Gillespie presented There is no denying that a cold desthe question from the point of view of troys one's beauty and says one's pen the Prairie Provinces, stressing theun- for days. Than it should behoove us fairness of the present system of gov- to do everything we can to avoid catch-

in the report. Gordon Finlayson dealt go out of doors, do wear rubbers or with Ontario's stand in the matter, overshoes-whether you like them or illustrating how it would involve great- nee! For dress occasions you may slip r expenditures for this province, on rubber sandals to protect your feet Ungreased tube pans are generally Fernando Archer concluded with a feet from getting yet providing you do short talk on the position of the Mari- not have to walk far. For snowstorms Company held their weekly meeting limes and stressed the importance of slush or heavy rain pull on your gol- on Monday in St. Matthew's hall. the report in the welfare of the nation eshes Gone are the silly days when The meeting was called to order by is a whole Although there was no chie women refused to protect their Captain Bailey. The marks were read definite conclusion made as to whether feet during stormy weather. Monu- out for inspection during the month of or not the report should be adopted in facturers have designed the most at- February the highest being the Snow-Canada, the general impression was tractive, protective footwear and to- drop Patrol. that it would be a workable plan to day's smart woman selects several pairs. After roll call and inspection the listribute the nation's revenue fairly to harmonize with her ensembles.

and tend to make more uniform the One should dress warm enough dur- work. Instead of the usual badge living standards throughout Canada. the winter weather. If you go out in work, the Guides sewed patches for The meeting closed with an enjoy- a dinner gown which is lighter and less the quilt they are making for the Lady able period of recreation under the re- warm than your daytime clothes, be Bessborough competition. This week's meeting will be under the coat or cape and tie your head up, pea- happy to welcome Mrs. Wheeler (our tress in the house came to the door. Christian Missions Department led by sant fashion or turban, in a colorful convener) and Mrs. Fulmer of the I.O. As they stood in the hall, the husband Ida Williams and Laura Birce, when scarf. Many colds are acquired by go- D.E. an "International Night" is planned, ing out in the air after dancing before These ladies visited the various "I wish before we go upstairs to ac-

body with a warm covering. Among those present at the meeting Try to prevent sitting in a draft at A short game followed the work per- said the plumber. last week were Stella Brown, Kay Mar- home in the office of in a public place, iod after which Campfire was held. cuse, Marion McLeod, Daphne Tupper, And if you live where it is extreme- During the sing-song Peggy Lloyd lead Ganneth Millar, Bill Hancock, Marjorie ly cold don't go out immediatily afer the girls in "Alouette. Bull Elsie Clatworthy, Gerald Doughty, taking a hot bath or shower. If you Mix and sift flour and salt three Helge Hongisto, Grove Gillespie, Bill follow the hot bath or shower with a Vesper Song and "Taps"

> Do not sleep in a draft and be certain that you are adequately covered. Your covers should be light in weight all wool, and enough to keep you Drilling Campaign at teasty warm all night.

Take Yourself in Hand

one hour. Remove from oven and in- weth, Ken Gallagher, Anne Semchison. If you feel a cold coming on, desvert pan one hour before removing Ida Williams, Edith Sandberg, Gordon pite all the above precautions, take for the immediate commencement of Finlayson Dorothy Taylor, "Mickey" yourself in hand immediately. The a diamond-drilling program on Jasper Marriott, Ken Harrison, Dorothy Mar- bast treatment is to stay home in bed Porcupine Mines' property, adjoining riott, Rev. E. G. Smith, Rev. W. M. for a day, keep your bowels open, re- Delnite in Porcupine, according to of-Mustard, Jean Gordon, Lawrence Mar- main in a room of even temperature, ficial word. gargle your throat several times and Louis E. Whiteman, consulting geoldrink plenty of fruit juices. Most ogist and P. A. Kindree, managing diphysicians warn us that the usual cold rector, have left for the property to drugs are of little help-the staying at inaugurate the drilling. This work is home and resting is more important. | designed to supplement an earlier pro-

I is good to remember that Vitamin gram which according to the consult-A builds resistance to infections, in- ing geologist established on Jasper cluding cold infections. If you are ground the extension of the host rocks annoyed with frequent colds through- which carry the Aunor-Delnite ore out the winter ask your physician if zone. you are lacking in Vitamin A. The chances are you are, for most of us do not consume enough of this Vitamin to protect ourselves.

(Released by The Bell Syndicate, Inc.)

Try the Advance Want Advertisements

was told that he had tuberculosis and a heart disturbance organic, and a advised to enter a sanitorium for a deep-seated cold pneumonia, than to year. By agreement I met the ex- call it functional, because the patient Guests of Mrs. P. G. Howard amining physician, whom I had known would then take his condition serious when we were youngsters, and we made ly and not take chances that might

As there was no cough, the afternoon To-day knowing the depressing efemperature was within normal limits, fect upon the patient if he is told he heart beat about normal, no tubercle has organic disease, if symptoms point organisms in the sputum, Xrays show- more nearly to functional trouble, ed nothing abnormal (this was before physicians now frankly tell the patient we knew as much about Xray films as he does not have organic disease. Hownow) I said I would not call it tuber- ever, the physician explains to the sulosis and condemn the patient to a patient that while the symptoms reyear's stay in a sanitorium. The only semble those of organic disease, they signs present were a constant tiredness are caused by nervousness or emotional ind "rough" sounds at top of chest. | disturbances. By overcoming this ner-The examining physician, superin- vousness or learning how to meet endent of the sanitorium, stated that emotional disturbances, the patient

slete rest and good food, the better. Do you think you have some ailment right and he were wrong, the stay in it, afraid you have something wrong patient and would really help him, you have had it tested? Send today whereas if I were wrong, the patient for Dr. Barton's enlightening booklet was taking chances by trying to work entitled 'Neurosis' (No. 103) which exwhile suffering with tuberculosis | plains how such situations are handled The patient went to the sanitorium Address your request to The Bell as I thought the physicians stand was Library, Post Office Box 75, Station O. New York, N.Y, enclosing Ten In other words, in years gone by it Cents to cover cost of handling and

Health League of Canada Now Using Health Posters

Toronto March 8: "Careless Coughers are dangerous people"; do your part in fighting disease," warns a poster distributed by the Health League of Canada to hundreds of Canadian industrial plants this week.

First of a series of six health posters. designed to educate factory and shop werkers to pay more attention to the prevention of sickness, it has already attracted favourable comment from industrialists who are finding out it pays in time, money and production to keep their employees healthy.

The Health League has also printed a leaflet on "Winter Health Hazards which are supplied at cost to industrie on request, for distribution to every

"Health is vital to Victory," declares the poster and leaflet. "Careless coughers spread infection. Cover your mouth when you cough."

The Health League of Canada through its Industrial Health Committee, intends to take an active part shortly in the promotion of industrial workers' health Already conferences been held with Manufacturers Employers of labor who have employed part-time or whole-time doctors to supervise the health of their workers have described beneficial results from the experiment.

One industrialist related that his doctor found that 50 per cent of his employees needed spectacle adjustments. Another group needed dental attention. All of the men were examined, and many recommended for lighter work. Rest periods were found

"When workers find out that the boss is interested in their health, the become better workmen." one employ er of labor said.

Says Britain Soon to Master Night Raiders

Vancouver, March 8-German night bombing over Britain soon will be mastered with the aid of a new British defensive weapon, Col W. C. Woodward, executive assistant to Munitions Minister Howe, said Wednesday in an address to the Vancouver board of The Guides of the 106th I.O.D.E. trade. Mr. Woodward said Britain is "so

close" to solving the problem of the night bombers "it is tantalizing. have seen demonstrations of this new weapon, which I cannot discuss. It convinces me that before long we shall bang them out of the sky at night a Guides went to their patrol corners for

MEETING FORMALLY

ture to wear a very warm During the meeting the girls were happened, both the master and miswho was very methodical, said:

"I'm very pleased to meet you, Ma'am

-Exchange motor trip to points south, the brid

TEA BAGS

For the Modern Hostess

Charming Home Wedding On Saturday Afternoon

Miss Laura Gertrude Dunn and Mr. Andrew Milne Farrell United in Marriage. Reception Held at Home of the Bride's Mother After the Ceremony. Couple Will Take Up Residence in Town.

Banked with potted forn and passets travelling in a navy blue tailored suit of spring flowers the home of Mrs. I. with white blouse, and navy and white E. Dunn, 66 Elm street south, was the accessories, wearing over the suit a cene of a lovely wedding on Saturday black coat with mink trim. Upon their ifternoon at 2 o'clock, when Miss return, the couple will take up resisaura Gertrude Dunn became the dence on Carlin avenue wride of Mr. Andrew Milne Farrell. The Among those who entertained in ride is the daughter of Mrs. J. E. honour of the bride, were Miss Jean Dunn, and the late Mr. Dunn, and the Laidlaw; Mrs. W. E. Dunn, and Mrs. groom is the son of Mr. and Mrs. R. H. Wm. Dunn, 'arrell, of Sault Ste. Marie.

The ceremony was performed by Mr. T. M. Busby, of Grace Chapel, and wedding music was supplied by Miss Cappy Lang at the piano, while during he signing of the register, Miss Margaret Hargreaves sang "Because."

Given in marriage by her cousin, Mr Wm. Dunn, the bride was lovely in a street-length coated ensemble of Elizabeth blue moss crepe, fashioned with three-quarter length sleeves, a simple round neckline, and a pleated skirt She wore dusky rose mittens, hat and shoes, and carried a colonial bouquet of pink Briarcliffe roses and white years old, and had been resident in

Miss Muriel Dunn attended her sister as bridesmaid, daintily attired in street-length dusky rose crepe, made on long, fitted lines, with a flared skirt Her accessories were in pale powder blue, and she carried a nosegay of golden yellow Joanna Hill roses, with Mr. Robert Barringer acted as

Following the ceremony a buffet lunch was served, Mrs. Dunn, mother of the bride, receiving the guests in a becoming navy blue costume, with white pearls, matching accessories and a corsage of mixed sweet peas. She was assisted by the bride's aunt, Mrs Ray McLeod, of Iroquois Falls,, who was attired in street-length navy blue, with matching accessories.

Mrs. Wm. Dunn served the "toast to the bride", and Mrs. Wm. E. Dunn, in mauve sheer, with black accessories and Mrs. D. McCrory, poured tea. Later, the bride and groom lefe on a

at Walker's Funeral Home. The late Mr. Crawford was sixty-six Timmins for many years. He was well-known here and leaves to mourn

his loss, two sons.

Funeral Held To-day of

the Late Wm. Crawford

Funeral services were held at one

o'clock this (Monday) afternoon, for

the late Mr. Wm. Crawford, who pass-

ed away at his home, 43 Preston ave-

nue, on Friday evening, March 7th.

The services were conducted by the

Rev. E. Gilmour-Smith, and took place



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