

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 season for cakes spring is naturally the time when we choose angel food and sponge cake which demand plenty of eggs and in which shortening is omitted. Perhaps I should modify this statement as there is that good butter sponge cake recipe.

It goes without saying 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 upon beating egg yolk if used, until stiff but not dry. 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 broken. By the way, if you have an electric mixer put it to use when beating the eggs, but fold the other ingredients in by hand.

Ungreased tube pans are generally used for baking angel food and real sponge cakes. 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 temperature 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.

Sponge Cake

- 1 cup sifted cake flour
- 1/2 teaspoon salt
- 5 egg yolks
- 1/2 teaspoon grated lemon rind
- 1 1/2 tablespoons lemon juice
- 5 egg whites
- 1 cup sifted sugar.

Mix and sift flour and salt three times. Beat egg yolks until very thick and thick, add lemon rind and juice and beat well. Beat egg whites until stiff but not dry. Fold in sifted sugar, a small amount at a time. Fold in egg yolks. Fold in flour, a small amount at a time. Bake in ungreased ten-inch tube pan in slow oven (325 degrees F.) one hour. Remove from oven and invert pan one hour before removing cake. Yield one large cake.

Angel Food Cake

- 1 cup sifted cake flour
- 1 cup egg whites (8 or 9)
- 1/2 teaspoon salt
- 1 teaspoon cream of tartar
- 1 1/2 cups sifted flour
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract.

Sift flour three 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 ten-inch tube pan in slow oven (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 Guests of Mrs. P. G. Howard

Mrs. P. G. Howard, of 17 Maple Street, was hostess to the Women's Auxiliary of the Presbyterian Church at its regular meeting on Thursday evening, and after 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.

Cwing 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 appointed 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 at 7:30 p.m.

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

Blairmore Enterprise:—Too many people who won't stop at anything are behind the steering wheel of an automobile.

Beauty and You

by PATRICIA LINDSAY



ELLEN DREW wraps herself up to the neck in warm woollens before playing in snow.

Little Precautions Help Avoid Colds and Preserve Beauty

There is no denying that a cold destroys one's beauty and says one's peace for days. Then it should behoove us to do everything we can to avoid catching cold.

If it rains or snows and you must get out of doors, do wear rubbers or overshoes—whether you like them or not! For dress occasions you may slip on rubber sandals to protect your feet from getting wet providing you do not have to walk far. For snowstorms slush or heavy rain pull on your gaiters. Gaiters are the silly days when chic women refused to protect their feet during stormy weather. Manufacturers have designed the most attractive, protective footwear and today's smart woman selects several pairs to harmonize with her ensembles.

One should dress warm enough during the winter weather. If you go out in a dinner gown which is lighter and less warm than your daytime clothes, be sure to wear a very warm coat or cape and tie your head up, peasant fashion or turban, in a colorful scarf. Many colds are acquired by going out in the air after dancing before cooling off, or by not protecting the body with a warm covering.

Try to prevent sitting in a draft at home in the office or in a public place. And if you live where it is extremely cold don't go out immediately after taking a hot bath or shower. If you follow the hot bath or shower with a cooling rinse it is all right.

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 toasty warm all night.

Take Yourself in Hand

If you feel a cold coming on, despite all the above precautions, take yourself in hand immediately. The best treatment is to stay home in bed for a day, keep your bowels open, remain in a room of even temperature, gargle your throat several times and drink plenty of fruit juices. Most physicians warn us that the usual cold drugs are of little help—the staying at home and resting is more important.

It is good to remember that Vitamin A builds resistance to infections, including cold infections. If you are annoyed with frequent colds throughout the winter ask your physician if 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

a heart disturbance organic, and a deep-seated cold pneumonia, than to call it functional, because the patient would then take his condition seriously and not take chances that might prove fatal.

To-day knowing the depressing effect upon the patient if he is told he has organic disease, if symptoms point more nearly to functional trouble, physicians now frankly tell the patient he does not have organic disease. However, the physician explains to the patient that while the symptoms resemble those of organic disease, they are caused by nervousness or emotional disturbances. By overcoming this nervousness or learning how to meet emotional disturbances, the patient gets relief from most of his symptoms.

Neurosis

Do you think you have some ailment although medical tests do not reveal it, afraid you have something wrong with your heart, for example, although you have had it tested? Send today for Dr. Barton's enlightening booklet entitled "Neurosis" (No. 103) which explains how such situations are handled. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of handling and mailing and mention the name of this newspaper.

(Registered in accordance with the Copyright Act.)

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 workers 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 industries on request, for distribution to every employee.

"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 have 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 beneficial.

"When workers find out that the boss is interested in their health, they become better workmen," one employer 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 trade.

Mr. Woodward said Britain is "so close" to solving the problem of the night bombers "it is tantalizing. I 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 as surely as we do in the daytime."

MEETING FORMALLY

The plumber rang the bell, and as it happened, both the master and mistress in the house came to the door. As they stood in the hall, the husband who was very methodical, said:

"I wish before we go upstairs to acquaint you with the trouble."

"I'm very pleased to meet you, Ma'am said the plumber. —Exchange

GIRL GUIDES IN TIMMINS



The Guides of the 106th I.O.D.E. Company held their weekly meeting on Monday in St. Matthew's hall.

The meeting was called to order by Captain Bailey. The marks were read out for inspection during the month of February, the highest being the Snow-drop Patrol.

After roll call and inspection the Guides went to their patrol corners for work. Instead of the usual badge work, the Guides sewed patches for the quilt they are making for the Lady Bessborough competition.

During the meeting the girls were happy to welcome Mrs. Wheeler (our convener) and Mrs. Fulmer of the I.O.D.E.

These ladies visited the various patrol corners and chatted with the Guides.

A short game followed the work period after which Campfire was held. During the sing-song Peggy Lloyd lead the girls in "Alouette."

The meeting closed with the Guide Vesper Song and "Taps."

This Monday instead of the regular meeting there will be a Badge Night for Second Class Guides.

Drilling Campaign at Jasper Porcupine Mine

Arrangements have been completed for the immediate commencement of a diamond-drilling program on Jasper Porcupine Mines' property, adjoining Delnorte in Porcupine, according to official word.

Louis E. Whiteman, consulting geologist and P. A. Kindree, managing director, have left for the property to inaugurate the drilling. This work is designed to supplement an earlier program which according to the consulting geologist established on Jasper ground the extension of the host rocks which carry the Aunor-Delnorte ore zone.

Sense and Nonsense:—A rugged individualist is the one who can carry on a conversation where the radio is blasting forth in a loud way.



READ ABOUT THE FREE OFFER BELOW

EDWARDSBURG CROWN BRAND PURE CORN SYRUP

FAMOUS FOR ITS DELICIOUS FLAVOUR

Published by the Canada Starch Home Service Dept. in a valuable Booklet entitled "52 Baking Secrets". Write for your FREE copy now enclosing a Crown Syrup label, to Canada Starch Home Service, Dept. A, 49 Wellington Street East, Toronto.

THE CANADA STARCH COMPANY LIMITED

For the Modern Hostess "SALADA" TEA BAGS

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 fern and oaks of spring flowers the home of Mrs. I. E. Dunn, 66 Elm street south, was the scene of a lovely wedding on Saturday afternoon at 2 o'clock, when Miss Laura Gertrude Dunn became the bride of Mr. Andrew Milne Farrell. The bride is the daughter of Mrs. J. E. Dunn, and the late Mr. Dunn, and the groom is the son of Mr. and Mrs. R. H. Farrell, of Saint Ste. Marie.

The ceremony was performed by Mr. T. M. Busby, of Grace Chapel, and wedding music was supplied by Miss Dappy Lang at the piano, while during the 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 sweet peas.

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 sweet peas.

Mr. Robert Barringer acted as groomsmen.

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 left on a motor trip to points south, the bride

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 passed away at his home, 43 Preston avenue, on Friday evening, March 7th. The services were conducted by the Rev. E. Gilmour-Smith, and took place at Walker's Funeral Home.

The late Mr. Crawford was sixty-six years old, and had been resident in Timmins for many years. He was well-known here and leaves to mourn his loss, two sons.



JUMBO CABBAGE LARGEST VARIETY GROWN 30-40 LBS.

Largest Cabbage grown, some weighing 30 and some even 40 lbs. Unsurpassed for Kraft and table use. Very interesting to watch these monsters develop. Our sales of Jumbo Cabbage last season exceeded all others. 2 1/2 lbs. per head, postage 5c. FREE—OUR BIG 1941 SEED AND NURSERY BOOK—Better Than Ever. DOMINION SEED HOUSE, GEORGETOWN, ONT.

Make WASH-DAY into PLAY-DAY



with an ELECTRIC WASHER

Why slave over hot, steamy tubs when an electric washer will take all the back-breaking work out of wash-day? Learn to live the electric way. Let us demonstrate in your own home.

Easy terms available

Northern Ontario Power Company Limited