

Some Hints about Making Baking Powder Biscuits

Varied Types of Biscuits May be Prepared by Using the Same Ingredients. Baking Powder Biscuits are Better When Served Hot. Recipes for Various Baking Powder Biscuits.



(By EDITH M. BARBER)

Baking powder biscuits are rightly considered a typical American bread of the homestead variety. It is amazing, however, what different results are obtained from this same ingredients. One reason for this is that standards differ. Some people like a biscuit which is "short" and almost as rich as pastry. Others like one which is more "breadly". Then there are people who just make biscuits which do not conform to any standard.

Most of us like an in-between kind of a biscuit which is tender, but not too rich. Even when you use the recipe printed today the final product will not be exactly the same if, for instance, the dough is rolled thick or thin. The latter will make a crisper type of biscuit. If you add more liquid so that the dough must be dropped instead of being rolled, you will have a still different result. Experience will tell you which type of biscuits all of which are good, you will prefer.

If you like, you may mix your dough any time during the day that it is convenient for you and even cut it into rounds if you have room in your refrigerator for a baking sheet and have the biscuits ready to pop into the oven fit-

teen minutes before you are ready to serve them.

Of course they must be hot when they are served. If you make a good sized batch you may use them as a hot bread during the meal and let them serve as dessert with honey-in-the-comb or a good jam.

The dough may be rolled into a flat sheet, spread with softened butter, brown sugar or honey and cinnamon and then formed into a thick roll which may be sliced and baked. These are known as quick cinnamon buns and make a good dessert for either lunch or dinner. The biscuit dough may also furnish the base for a shortcake. You may be a little more generous with your shortening if you like.

With so many uses for biscuit dough, every cook should be an expert at preparing it.

Baking Powder Biscuits

- 2 cups sifted flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 4 tablespoons shortening
- 3/4 cup milk (about)

Mix and sift dry ingredients. Cut in shortening with pastry blender or with two knives until the consistency of coarse cornmeal. Stir in milk to make a smooth dough. Turn out on slightly floured board, knead half minute, and roll lightly to thickness of half inch. Cut in two-inch rounds with floured cutter. Bake on ungreased sheet in a hot oven (450 degrees Fahrenheit) twelve to fifteen minutes. Yield: fourteen to sixteen biscuits.

Variations of Baking Powder Biscuits

Fruit biscuits — Add one-half cup cut raisins before milk is added.

Cheese biscuits — Cut one-half cup grated cheese into flour with shortening.

(Released by the Bell Syndicate, Inc.)

AN EXPERT

A prominent man, in an interview was asked to give his definition of an expert.

His answer was succinct and definite: "An expert is one who can complicate simplicity."—Exchange.

Beauty and You

by PATRICIA LINDSAY



Attractive crests of a composition reveal themselves to be sachets, deliciously and permanently scented to put away in your lingerie drawer. Something every woman yearns for

For Keeping Sweet Consider These

More than ever, in our busy lives, it is necessary to take every precaution to keep our bodies sweet; free of the slightest objectionable odor.

Daily bathing with a good skin scrubbing with soap is the primary step, of course, but then comes the removal of superfluous hair, the use of a deodorant, a good foot massage and to top the grooming either a sprinkling of cologne or talc to make us smell nicely.

Right handy are the tiny minute-hair-removers—small discs of fine emery which are rubbed over freshly cleaned legs to keep the hair stubbles down. The same may be used on arms, too, and they are indeed nice to pack in your week-end case. Each little pad

fits into a wooden holder which allows you a firm grip. I think all mothers will approve of this method of removing superfluous hair for young daughters in their late teens or older.

Good Protection

A very effective deodorant comes in a delightfully fragrant cream, which vanishes quickly when applied to under arms or across shoulder blades (where many women perspire profusely), and it does not injure fabric or irritate the skin. The jar which holds it is pleasing enough to have out on your dressing table or bathroom shelf to remind you to use it!

Foot Balm

A great deal of attention is given to feet these days because we are using them more than ever. To cool and soothe painful feet, or to refresh any foot after a bath, try that peach-toned balm which contains something that is instantly refreshing. This lovely liquid keeps the skin and cuticle of the feet smooth and prevents ugly, stocking-snagging callouses from forming. Stockings may be worn over it for it is not greasy. And — a secret — the same lotion may be used for improving rough elbows!

To Powder Your Body

Along with the yearning to economize on cosmetics comes some attractive innovations from cosmetic houses. A recent arrival is a little powder gadget, prettily backed in lovely moire and ruffles. Its other side is soft velour, through which fragrant powder (your choice of three heavenly scents) sifts. It is not refillable, but it holds enough powder to last any meticulous lassie for a long, long time.

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That Body of Yours

By James W. Barton, M.D.

Whenever you hear about how much longer men and women live today than just twenty-five years ago, you know that the main reason is that there are not so many children die at birth or during their first year now. Also that infectious diseases of children can be prevented.

What many of us fail to remember is that the middle-aged man and woman of today has a longer expectation of life than ever before despite the fact that he may not be very robust.

Why has the middle-aged individual a longer life expectancy despite the fact that he is not more robust than were those of middle age, twenty-five years ago?

The reason is that men and women with heart disease, diabetes, pernicious anaemia, high blood pressure or other "dangerous" conditions have been told by their physicians and many have learned for themselves, how to live "safely".

Thus I spoke a few weeks ago of meeting a middle-aged friend walking much slower than was his custom. On questioning, he admitted that his physician had advised him that if he wanted to live for a number of years, he could do so by walking more slowly resting more giving up some of his teaching work and learning to relax more.

We have friends and acquaintances who follow a low starch diet or take insulin injections daily and live a normal life. Formerly these cases died in a short time with diabetes. They have learned also not to allow themselves to put on excess fat.

Similarly with that formerly fatal disease pernicious anaemia. Many a bright and useful man and woman formerly passed away in a few months or a year following some shock or infection. To-day, these men and women eat about a quarter pound of liver daily

or take liver extract and continue to live.

Less than twenty years ago, operation for ulcer of the stomach or small intestine (peptic ulcer) was common. To-day the majority of ulcer patients have learned how to live safely and free from ulcer symptoms by following a diet, avoiding emotional disturbances and removing or preventing infection of teeth, tonsils, gall bladder and intestine.

In other words, the heart patient lives a "heart" life, the diabetic a "diabetic" life, and the ulcer patient an "ulcer" life.

By living their kind of life, they continue to live.

Cancer: Its Symptoms and Treatment

All middle-aged persons would be wise to take an interest in cancer. Send today for this instructive booklet by Dr. Barton entitled "Cancer: Its Symptoms and Treatment" (No. 110). 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 paper.

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Prizes at Liskeard Kiwanis Carnival Widely Distributed

First Prize Went to Montreal. Others to Several Towns in North. Carnival Notable Success.

There were two outstanding features about the recent Kiwanis Carnival at New Liskeard. The first was that it was a most enjoyable and notable success. The second was that the prize-winners were scattered all over this province, and beyond. The first prize went to Montreal, while other prize winners had addresses in Toronto, Matlachewan, Kirkland Lake, Swastika, and New Liskeard.

This would seem to prove that much credit for the success of the event must go to the advertising committee for the event. W. R. Ramsay being in charge of this committee, and apparently doing excellent work to make the event known and to rouse interest in so many widely-separated places.

If the New Liskeard Kiwanis were fortunate in the choice of the man conducting the event, they were also lucky in the matter of weather — something that the most capable workers can not control in this North. The weather was unusually kind, the three days of the carnival being perfect fall days. This is credited with increasing the attendance over past years, though credit is also given to other factors, among them being "Princess Coreta," whose charm and personality endeared her to all who came in contact with her.

As usual there was an unusually large crowd for "Children's Day," over six hundred youngsters from four years of age to seventy-five years crowding in to see the movies and clowns, to buy hot dogs and hamburgs. They all had a wonderful time, their only objection

Buy Victory Bonds "SALADA" TEA

JUST JUNK

The following notice appeared in the Arab (Ala.) News:

"On next Wednesday evening, the Ladies' Aid will hold a rummage sale at the Methodist Church. Good chance to get rid of anything not worth keeping, but too good to be thrown away. Bring along your husbands."—North Bay Nugget.

being that the party had to come to an end.

While Timmins was one of the towns that did not share in the prizes, there were some tickets sold here, and all will be interested in the list of prize-winners so widely scattered in two provinces.

The first prize, a \$200.00 Victory Bond was won by the Acme Glove Works, Montreal, Que.

The second prize, a \$50.00 Victory Bond, went to that popular old-time resident of Timmins and the North, W. F. B. Cadman, of the Canada Northern Power Co. head office at New Liskeard.

The winner of the linen table cloth, valued at \$100.00 was George Arnold, New Liskeard, Ont.

There were eight other prizes, each a \$10.00 War Savings Certificate, as follows:—

Miss Mary Beattie, New Liskeard Ont.

Miss Pearl Tremblay, Matlachewan, Ont.

W. J. Carr, New Liskeard, Ont.

J. L. Bucher, care of Windsor Arms, Hotel, Toronto, Ont.

J. F. McDonnell, care of T. & N. O. Railway, Swastika.

Miss R. Fick, 234 King street, West, Toronto, Ont.

Mrs. R. Scott, 43 Second street, Kirkland Lake, Ont.

Miss K. Bertie, 234 King street, West, Toronto, Ont.

The Advance used to poke fun at the publishing of examination results for school classes where the names were arranged alphabetically instead of by merit, claiming that this method of publishing results gave a standing that might not be deserved to those whose luck it was to have names beginning with "A," "B," "C" and the other "early" letters in the alphabet, while those who had the misfortune to have names beginning with the letters from "N" on to "Z" were shown sad discrimination. The New Liskeard Kiwanis Carnival prizewinners were announced in due order of merit," but it will be noted that out of eleven winners, only two have names with initials in the latter half of the alphabet. There are two "A's" three "B's" two "C's" one "F" and one "M", while one "S" and one "T" complete the list. The moral is that school examination results and everything else should have names in order of merit, as luck itself seems to favour enough of those in the "earlier" letters of the alphabet.

Blairmore Enterprise:— A good preacher has something to say. A poor preacher has to say something.

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SAYS

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... and the Axis.

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