

# Psping Hot Biscuit or Muffins Served With Jam Make Good Dessert

Special Touch Given to Meal by Hot Breads. Some Suggestions About Muffins and Hot Biscuits. Recipes for Plain Muffins, Corn Muffins and Bran Muffins.



(By Edith M. Barber)

Hot breads always help to make a meal something special. In these days when meal planning has so many complications they are particularly appreciated. Sometimes piping hot biscuits or muffins may be made to do double duty. They can be eaten plain with the main course and with jam or marmalade served as a sweet ending to a meal which we call dessert.

A young housekeeper has asked me to go into the muffin question. "My husband is a southerner and you know how they like hot bread. I do pretty well with biscuits but I'm not so proud of my muffins. Do you know the answer?"

I take for granted that the writer is interested in plain muffins made with either wheat flour or a combination of flour and corn meal. The mixing of either is similar. Just remember that flour should be sifted before measured as otherwise the batter will be so thick that the muffins themselves will not rise well and will often crack too much. We don't mind a little crack in a muffin but we don't like it wide open.

When it comes to corn muffins the thickness of the batter depends to some extent as to whether "northern or southern cornmeal is used." The latter is stone ground and is very fine. All products are not standardized and I have found it necessary sometimes to use extra liquid. The batter when ready for the pan should be just "thick enough to run off the spoon and break halfway between the spoon and bowl. Southerners shun sugar in muffins while northerners demand it. The stone ground meal is sweeter than the ordinary meal.

For baking muffins a moderately hot oven is best. If you are lucky enough to have heavy iron or other metal pans you will like the result particularly well but heavy tin muffin pans will do very well. Special heavy corn sticks pans give attractive results.

The plain muffin mixture may be varied by adding raisins or sliced figs or prunes or uncooked cranberries. Whole wheat flour may be substituted for half of the white flour. For our favorite bran muffins a special recipe is necessary.

**Plain Muffins**  
2 cups sifted flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
2 tablespoons sugar (if desired)  
1 egg, well beaten



**LEFTOVERS TRANSFORMED**  
Last night's leftover roast makes tonight's "Magic" Meat Rolls

2 tbs. soft butter  
1 cup chopped leftover meat  
2 tbs. chopped onions  
2 cups flour  
4 tsp. Magic Baking Powder  
1/2 tsp. salt  
4 tbs. shortening  
1/2 cup milk, or half milk and water  
Mix meat, onion, butter. Sift together dry ingredients, mix in shortening; add liquid to make soft dough. Turn on floured board; knead lightly. Roll 1/4 inch thick, spread with meat mixture. Roll like jelly roll, cut in slices. Bake on baking sheet in hot oven (425°F.) for about 14 minutes. Serve with tomato sauce.



1 cup milk  
2 tablespoons shortening, melted.  
Mix and sift dry ingredients. Combine well-beaten egg and milk, and stir into dry ingredients. Stir in shortening. Bake in greased muffin pans in moderately hot oven (425°F.) 20 to 30 minutes. Yield: 18 small or twelve medium muffins.

**Corn Muffins.**  
In above recipe substitute 3/4 cup corn meal for 1 cup sifted flour. Increase baking powder to 4 teaspoons.

**Bran Muffins**  
2 tablespoons shortening  
1/2 cup sugar  
1 egg  
1 cup bran  
1/2 cup milk  
1 cup sifted flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt.

Cream shortening and sugar thoroughly. Add unbeaten egg and beat well. Stir in bran and milk. Let soak until most of moisture is taken up. Add sifted dry ingredients and stir only until flour disappears. Bake in greased muffin pans in moderately hot oven (400°F.) about 30 minutes. Yield 8 large or 12 small muffins.  
(Released by The Bell Syndicate, Inc.)



By James W. Barton, M.D.

## That Body of Yours

A physician who has had excellent results in weight reducing always makes a thorough physical examination before outlining treatment. Condition of the heart, the condition of the muscle under the fat, the condition of the blood vessels, the blood pressure and kidneys being known, he then searches for evidence, however slight, of any gland, defect—thyroid, pituitary, adrenal, and sex.

After all this has been noted, he carefully points out to the patient exactly what he has learned, how long it will likely take to get results, why he is not using gland extracts at first even if there appears evidence of gland defect, slight or severe. He points out further that as the fat did not accumulate in a few weeks or even in a few months, so the excess weight will be taken off slowly not by an 18-day or similar diet. He points out that the diet given will keep the patient alive although there may be periods of weakness and discouragement.

He next carefully points how, instead of getting lighter or even maintaining a certain amount of overweight, the general tendency in overweight individuals is to add weight. He then outlines the dangers of overweight—high blood pressure, heart stroke, brain stroke, and diabetes, besides the clumsiness and inability to indulge in the athletic and social activities which make life enjoyable.

He next points out that, because the individual carries excess fat, his body surface is greater than one of average weight, and as the body needs food in proportion to its size, so his body demands the needed amount of food and supplies the appetite which causes him to eat this extra amount. If, however, the overweight will gradually reduce his size and, have less body surface, the body will be satisfied with less food and the appetite will not be so keen for food.

From this point, the physician goes on to the next which is that the body must have food to carry on its work and is going to get that food somewhere. If not enough food is eaten to supply the energy needed, then it will get it from some other source and that other source is the fat stored in various parts of the body. It is at this point he explains the basis or underlying reasons for the use of the reducing diet for overweight.

By not allowing the overweight to eat the amount of food his body needs, and increasing this need for food by increasing the amount of exercise or work, the body "mus" gets its food or fuel from the fat depots, and there is thus much fat removed and weight lost.

As the patient now realizes that his own fat is supplying the energy needed by his body, he is willing to cut down on his food intake. He knows his body is getting enough energy from this fat and that it is quite safe for him to do without about half the food he has been eating. Thus, as the average overweight individual needs about 2500 calories a day, most physicians now advise the 1200 calorie diet. Should vigorous exercise be taken, a daily diet of 1500 calories is advisable. However, because the 1200 calorie diet is below the actual needs of the body and foods other than fat to supply energy are needed by the body tissues, this 1200 calorie diet is made up of all the various food stuffs so that none of the tissues on or any part of their structures, will lack the needed food elements (particularly minerals and vitamins) to maintain their strength.

In general, the 1200 calorie diet is made up of (a) a large amount of vegetables containing a small percentage of carbohydrate (celery - lettuce, cucumbers, asparagus, starch, beet greens, spinach, (b) a large amount of animal

# Beauty and You

by PATRICIA LINDSAY



## Eat the Proper Foods to Avoid Fatigue.

Girls are doing men's jobs these days and they need more energy. Proper feeding is the lesson they must learn.

Fatigue is a nasty enemy of feminine beauty. Fatigue can make the most glamorous beauty look haggard and old and unlovely. It etches its lines and signs in faces and figures, and it should be avoided at all costs. Parties can be skipped, wrong foods can be avoided, worry can be reduced and work can be better organized. With a little initiative and applied common sense, any woman can carry on through life without getting fatigued except during emergencies of sudden and acute sorrows.

If you are ailing—any aches or pain which upsets you is an ailment—go to a doctor and have him determine what is wrong with you. Or if you cannot afford his fee, persist in establishing a health routine for yourself. Get enough sleep, eat proper foods at the best hours for you; draw away from those social obligations in life which take too much of your strength, and start to feed your mind with some relaxing literature or music or by adopting a hobby. Make your health and beauty, and your work, the most important things in your life other than your family and closest friends. It is surprising how much we can cut out of living when we have to, and still keep busy and happy.

**Food For Energy**  
Let's begin by telling you which foods are the wrong foods. Refined sugar, refined unenriched flour made into breads or cakes or used for thickening, refined vegetable oils or fat's which lack nourishment and calories, over rich foods which contain too many calories but little vital nourishment. Avoid excess of tobacco and alcohol.

The energy-giving foods, and the beauty-giving foods, cannot be stressed too hard. You should memorize them so when you are making a menu, or selecting a meal from a menu, you will know what to eat.

Nature knew best when it grew our food. If we eat foods which are not refined, just as they come from nature, the better. Of course there are exceptions to this rule such as eating meat. Most meats must be cooked. But vegetables and fruits can be eaten raw with the exception of very few. Those few should be steamed cooked in order to protect their vitamins as much as possible.

Next to vegetables and fruits in importance are the whole grains eaten in cereal form or in muffins and breads or as vegetables—such as brown or wild rice.

Natures sweetening—honey or maple syrup or molasses—is best. If you use sugar use the brown sugar for everything.

Cheese, milk, butter, eggs, meat, fish and poultry all are necessary as the palate ticklers and they do contain good nourishment, but your bulk food should come from the whole grains, milk, fresh vegetables and fruits. Eat well for one month and be delighted with your new beauty! Keep your foods simple in preparation. They are best that way.  
(Released by The Bell Syndicate, Inc.)

### REVERSE THE OPERATION

"Nut Taken From Windpipe," says a Detroit headline. The really pressing need, though, is for the windpipes to be taken from a lot of nuts.—Sudbury Star.

protein (meat, eggs, fish) which repair worn cells, create much heat, and leave a "satisfied" feeling after eating. (c) plenty of minerals and vitamins (fruits and green vegetables), (d) small but the necessary amount of foods rich in starch to supply energy - bread potatoes beans, macaroni.  
**Cancer: Its Symptoms and Treatments**  
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## Why Gold is Ideal Medium for Money

Homely Illustrations Make the Facts Very Clear.

For a time since the war began there were people who questioned the value of gold after the war. They argued that there was so much gold in the United States and so little in other lands that this might have effect on the other nations after the war. Of course, there were effective replies to these arguments. One authority pointed out that the very fact that the United States had all the gold above ground (underground) and the British Empire had all the gold underground (to come above ground) would argue that neither of these two nations could afford to have any other medium. It was pointed out further that the United States gold was now being earmarked for other nations; that Russia and other nations had considerable gold; that even Germany (the nation that started the propaganda against gold) had considerable gold, having stolen every bit it could get its hands upon. The chief argument for gold, however, was its value as a medium and its suitability. In the East it was found that gold was the only medium acceptable to the nations there.

This value of gold is given in homely, but very effective way, in "Grab Samples" in The Northern Miner of recent date. Here is the article in full. It is well worth the most careful reading.

### Gold as Money

In the address of Dr. H. C. Cooke, of the Dominion Geological Survey at the prospectors' meeting last week he covered a number of points dealing with gold which did not get into the news columns. These had to deal with the history of the metal as money and how it came to displace other metals and materials. Dr. Cooke related that primitive people did not use it but resorted to all kinds of substances and objects. Among the North American Indians for example, a beaver skin was so common a unit of value that the Hudson's Bay Company, when trading with them, used to reckon a catch of fur as worth so many "beavers" and the groceries and other supplies it sold them were similarly priced in "beavers". The company for sake of easy reckoning even got a brass coin they called a "beaver", with smaller ones for "half-beavers" and "quarter-beavers". Dr. Cooke stated that he had collected some of these coins at Rupert House as late as 1914 and he remarked that for all he knew they may still be in use at some remote posts.

Other things used as currency in one place or another were shells of different sorts, cattle, sheep, wheat, etc. It was evidently recognized even at the earliest periods of man's history of which there is any remaining record—some six or seven thousand years ago—that for commercial transactions some form of money is absolutely necessary—that is, some common denominator or yardstick of value, in multiples of fractions of which everything else can be expressed. Even barter, that crude primitive device that was to some extent revived, by Germany particularly, just before and in the early part of the present war, cannot conveniently be carried on without money.

"The speaker cited an old and much used example: "If a tailor who has nothing but coats to trade needs bread and a horse, how is he to know how much bread he should get for a coat or how many coats he should give for a horse?" But, if the bread, the coat and the horse can all be expressed in terms of a common yardstick, whether it is called a beaver or a dollar, then it is easy to know whether either of the parties is asking too much and how many coats should be given for the horse.  
The example may also be used to illustrate how the use of money cuts down the time needed for the transaction of business. Dr. Cooke pointed

out that if the horse trader got 20 coats for his horse then he must turn around and spend time trying to dispose of the coats. If he wants beefsteak he must hunt around for a butcher who needs a coat and probably must buy too much meat to get the value of the coat. But if he gets money for his horse, instead of coats, he can buy anything he needs without further trouble.

The speaker then referred to the impracticality of using such things as beavers or wheat; as money, pointing out the inevitable difference in the size and quality of skins and grain. Further, all such yardsticks have the disadvantage of impermanency. The skin may spoil, weevils get in the wheat, shells are brittle and easily broken. Money, to be satisfactory, must be something that you can hide in a sock for years and find it, when you take it out, about as valuable as when you put it in.

"Experience with skins, wheat, cattle and so on had driven man, even in very early times to the conclusion that the yardstick, money, must first of all be durable. Practically all animal and vegetable substances are thus excluded from possible use as money. Money should be uniform in composition so that any one ounce or pound should have the same value as any other ounce or pound. It is very desirable that the money material can be divided into pieces without loss of value and, if necessary, united again. It should have a high value in relation to its weight and bulk, so that it is easily recognizable (and easily hidden). Finally the substance should not be only easily recognizable but its value per unit, generally known. That is why, said the speaker, that there is the objection to the use of diamonds and other precious stones as money, for their value is dependent upon such minute differences that only a trained eye can distinguish them.

"All the requisites for money are found only in the metals. Iron was a common early currency and persisted in the Grecian state of Sparta until about two or three hundred years B.C. Lead served as money in Burma. Copper was used by the Chinese and the Hebrews and was the sole Roman coinage until 269 B.C. Tin was used by some of the early British kings. Platinum coins were tried for a while in Russia, of late years nickel has been used largely throughout the world as a medium.

"Iron proved to be common and of relatively low value, lacking portability; it also rusted away when stored. Lead, copper and tin were also found in quantity and hence were of low value and likewise were heavy to carry. In addition, lead proved too soft and tin had a tendency to break. Gradually the other metals gave way to the "noble" metals, silver and gold, each of which possesses in high degree the qualities of rarity, durability and easy divisibility.

"For thousands of years, the speaker remarked, silver was the principal money of the world, largely because gold, which was known and used, was too scarce for general employment. With the discoveries of placer gold in California and Australia, followed by the opening up of lode gold deposits in other parts of the world, the metal became more plentiful and got into more

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general circulation, with the result that it eventually replaced silver in many countries. Gold has special qualities, being entirely unaffected by atmospheric influences and very few chemical reagents will attack it. Gold objects dug up from the ruins of Ur, of the Chaldees, after being buried in the ground for some 5,000 years were found as fresh and bright as the day they were made, although everything else had rotted away except pottery.

"That which gives everything its value is the amount of labour required to produce it or get it. Gold requires a great deal of labour to find in the first place and a great deal more to extract it. Costs of production in Canada ranges from \$20 to \$30 an ounce in this country and, if \$5 is taken as a miner's daily average wage, the fact emerges that four to six days' work is required to produce an ounce. A second point made by the speaker was that when a substance is to be used as money has itself a high intrinsic value it will only be exchanged for its equivalent in labour; something a man owns or makes, skins he has secured, meat he has hunted and caught, ore he has dug, or, most commonly, his labor. And money, whether gold, silver or printed paper, must maintain that labour-equivalent value if it is to be any good. Real money, sound money, said Dr. Cooke, is not produced by a banker writing figures in a book. The banking system is only about 300 years old but money has been used for thousands of years.

gift were Miss Blanche Morin, Miss Lena Prince, Miss Pearl Mitten, Miss Florence Keele, Miss Agnes Smith, Miss Midge Hollens, Miss Anita Leveque, Miss Lucy Whalen, Mrs. E. Jensen, Miss Verda McCann, the guest of honour, Mrs. Rosa Nicholson, and the hostess Mrs. Roy Nicholson.

Those who were unable to attend but who contributed to the gift, were Misses Dorothy Wilson, Mary Padola, and Ellen Lainsbury.

### THE SNAG

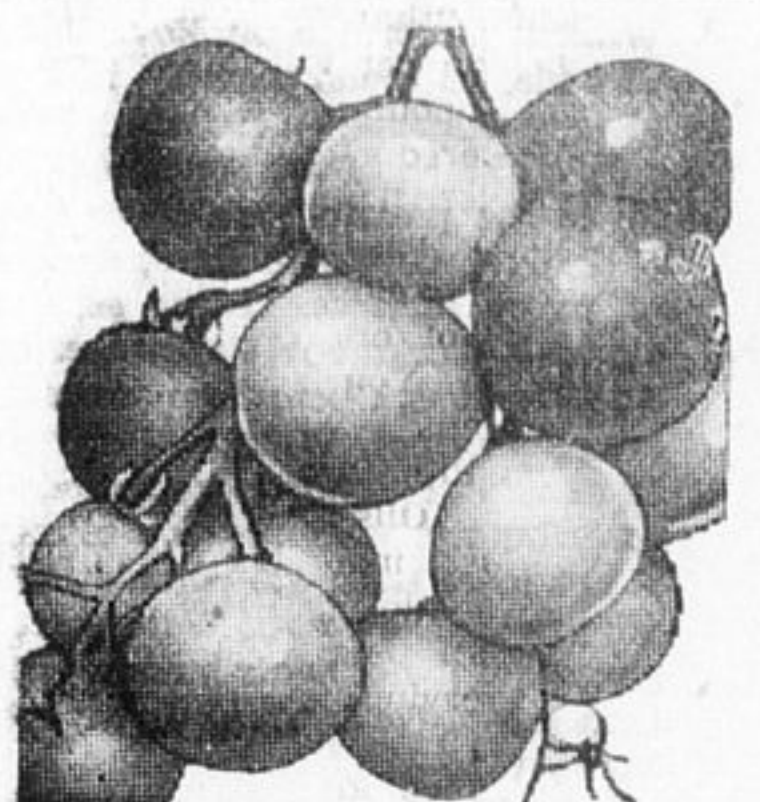
Two old settlers, unmarried bachelors, sat in the backwoods. The conversation drifted from politics to cooking.

"I got one of them (these cookery book ones, but I never could do nothing with it)," said one.

"Too much fancy work in it?" asked the other.

"You've hit it. Every one of them recipes began in the same way—'Take a clean dish.' And that settled me."—Powassan News.

North Bay Nugget:—Old Mother Hubbard went to the cupboard to get her dog a bone. But when she got there, there was a bone with a shred of meat on it so she kept it for herself.



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**EAT THE RIGHT FOODS**

**CANADA'S FOOD RULES**

- MILK**—Adults: one-half pint. Children: more than one pint. And some cheese.
- FRUITS**—One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned, or dried.
- VEGETABLES** — (In addition to potatoes, of which you need one serving daily) — Two servings daily of vegetables, preferably leafy green, or yellow, and frequently raw.
- CEREALS and BREAD** — One serving of a whole grain cereal and four to six slices of Canada-approved bread, brown or white.
- MEAT, FISH, EGGS, etc.** — One serving a day of meat, fish, or meat substitutes. Liver, heart, or kidney once a week. Eggs, at least three or four weekly.

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**REDDY SAYS:**  
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