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...OF...

Interest To Women

PERFECT HOME-MADE BISCUITS

Flaky and Tender, They Should Be Served Hot;
Do Not Skimp Whatever Shortening Used

(By Edith Barber)

Hot, flaky, tender, so tender that they melt in the mouth—that describes biscuits as they should be. Unfortunately all do not come up to these specifications. You may differ with me in your experiences, but I have never had a good baking powder biscuit at any tea room or restaurant. Of course, things may have changed in the years since I have had the courage to even try one! There is only one bakery, I believe, which can turn out good biscuits, and that is at home.

Home-made biscuits, however, are not all in the same classification. Generally, I find that those which are stirred up in a few minutes are the best. It is apparently no trouble at all to blend the flour, baking powder and salt with the shortening, either by hand or with a couple of knives or pastry blender. These experts seem to know by instinct just how much liquid to add to make the dough easy to handle.

There is one thing I have noticed and that is that champion biscuit makers never scant the shortening. This is one place where level measurements which modern cooks use need not be too meticulous. Now about the kind of shortening. It seems to make little difference whether you use lard, a hardened vegetable fat or butter, just so that you use enough, and mix it so well with the flour that no lumps are distinguishable. Just enough milk to hold the mixture together nicely should be added quickly. The dough may then be put on a floured board and patted out or kneaded just two or three times to make it smooth enough to handle. Here's where that extra shortening does its good work. "Poor" biscuits will be tough, if handled much, but "rich" biscuits are above such considerations.

So many things can be done with biscuit dough. Combined with fruits in one way or another you may have shortcakes, dumplings or cobbles. We use the name dough as a crust for meat pies, or for turnovers. Thin rounds of dough may be draped around sausage links or gardenies for appetizing luncheon dishes. You probably have, as do I, innumerable other uses for this foundation mixture in your recipe box. But let's go on to muffins.

We use the name ingredients for muffins as we do for biscuits with, however, the addition of an egg or so and extra milk. We may also add a little sugar. Generally, we mix the milk and the egg and stir them quickly into the sifted dry ingredients. As a final touch we stir in the melted shortening. For richer muffins, we change our method of mixing and blend our shortening and sugar together; then add the egg and alternately the dry ingredients and the milk. Then there are popovers which while classed with muffins, need no baking powder and demand a much larger quantity of milk. The batter must be as thin as cream, because the steam upon which we depend to raise them must not be given too heavy a load, if they are to deserve the name and really pop over.

All of these hot breads should be served as soon as they come out of the oven, if they are to be at their best.

Biscuits

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
5 tablespoons shortening
2-3 cup milk, about

Sift dry ingredients together. Rub or cut in shortening with a stiff knife. Stir in milk work lightly into smooth dough. Knead and roll or pat out about ½ inch thick on a floured board. Cut into rounds, put on baking sheet and bake at 450 degrees F. for ten to twelve minutes.

Rich Muffins

¼ cup shortening
¼ cup sugar
1 egg
2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 cup milk

Cream shortening, stir in sugar and beat in beaten egg. Mix and sift together our salt, baking powder and add alternately with the milk. Pour into well greased muffin pans, 12 or 16. Bake 25 minutes in a moderate oven, 375 degrees F. Makes 18 medium sized muffins.

Variations: Add 1 cup berries, sliced apples or bananas, dredged lightly with sugar.

Fruit Rolls

Biscuit dough
2 tablespoons softened butter
½ cup brown sugar
½ teaspoon cinnamon
½ cup chopped raisins

Roll the dough ¼ inch thick, spread with the butter and sprinkle with the sugar, cinnamon and raisins. Roll like a jelly cake, cut in ¾ inch pieces place close together in a greased pie tin and bake in a hot oven, 450 degrees F. for fifteen minutes.

Bran Muffins

2 tablespoons shortening
¼ cup sugar
1 egg
1 cup flour
½ teaspoon soda
½ teaspoon salt
1 teaspoon baking powder
1 cup bran
1 cup sour milk

Cream shortening and sugar together, add the egg. Mix and sift the flour, soda, salt and baking powder. To the creamed mixture add the bran then the milk, alternately with sifted dry ingredients. Pour into greased muffin tins and bake in a moderate oven, 375 degrees F. for 20 minutes. If sweet milk is used instead of sour milk, omit the ½ teaspoon of soda and use three teaspoons baking powder. Raisins or dates may be added to the muffins if desired.

Popovers

½ teaspoon salt
1 cup flour
1 egg
1 cup milk
Mix the salt and flour, beat the egg slightly and mix with the milk; add to the dry ingredients. Beat only enough to mix well and pour into hot buttered gem pans or custard cups. Bake in a hot oven, 450 degrees F. 30 minutes, then turn out the fire or open the door and keep in the oven for ten minutes. Iron or earthenware is better than agate or tin for baking popovers.

Plain Muffins

2 cups flour
3 teaspoons baking powder
2 tablespoons sugar
1 egg
1 cup milk
2 tablespoons melted fat
½ teaspoon salt

Mix and sift dry ingredients. Beat the egg, pour the milk into it, and stir gradually into the dry ingredients. Add the melted fat and fill the greased muffin pans three-quarters full. Bake 20 to 30 minutes in a moderate oven, 375 degrees F.



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CIGARETTES

Fragrant and Delicious

"SALADA"
TEAMOURNERS AT
FUNERAL OF MRS.

F. L. MAWER

Funeral Well Known
Devon Lady Held
Yesterday

The funeral of the late Mrs. Minnie Madeline Mawer, wife of Fred L. Mawer, who passed away on Sunday morning at her home, Barker Street, South Devon, took place yesterday with prayers at the home at 1.30 o'clock. Services were conducted at 2.00 o'clock at United Baptist Church, Devon by Rev. D. L. Kennedy, and interment was made at Stanley. The deceased was born at Stanley, a daughter of the late Charles Richard Merrill and Matilda Dennison Merrill. The funeral was largely attended and there were many beautiful floral tributes, showing the high esteem in which the deceased was held by all who knew her.

Fred L. Mawer, Clarence Merrill, Garnett Merrill, Morley Merrill, John Dennison, Donald McFarlane, Elbridge Gilmore, Fred Gilmore, Geo. Green, Fred Young, Eldon Dennison, Frank Gilmore, Claude Gilmore, Clice Kelly, Hiram White, Bard White, Harold Green, Douglas Brewer, Michael Dennison, Wallace Foreman, Harry Leechman, Charlie Lote, Clarence Porter, Frank Douglas, Ernest Douglas, Wilfred Cameron, Leslie Mavor, Wilbur Dennison, Arthur Tucker, George Dennison, J. W. McCoombs, Glen Leechman, John Carscaden, Charlie Carscaden, George Gamble, Eugene Stone, The pallbearers were Howard LeRoy Robinson, Arthur Tucker, Douglas Neill, Roy Forbes, Douglas MacLaggan and Fred Taylor.

For Your
Daughter's Toilet

Young girls approve of Baby's Own Soap. Its abundant and fragrant lather whitens and softens the skin and assures freedom from chaps and irritations.

Sold in individual cartons—100 Baby's Own Soap is extraordinary good value.

"Best for you and Baby too"

NO TEST IS LIKELY
OF 'PADLOCK' LAWFederal Government Is
Not Considering Leg-
ality of Que. Statute

OTTAWA, March 8—The Dominion Government is not likely to pass at all on the question of allowing or vetoing the padlock law of the province of Quebec.

In matters of disallowance the position always taken by Government here, on the advice of Minister of Justice, was that the power should be exercised only when a statute of a provincial Legislature conflicted with or was repugnant to a statute of the Federal Parliament. Upon the legality of a provincial statute, it is claimed, the Government has never passed judgment. That is considered to be a matter for the courts. Anyone prosecuted under a statute and con-

BATHURST NEWS

BATHURST, March 7—The friends of Mrs. Fraser who had the misfortune to fall on the icy sidewalk and break her shoulderblade are pleased to know she is resting comfortably at her home.

The Ladies' Aid of Sanatorium held a successful cake sale at Lounsbury on Saturday.

The regular Saturday afternoon tea at Curling Club rooms was largely attended.

Mrs. Harper Kent was hostess to two buffet dinners recently.

Mrs. R. G. Duncan recently entertained at bridge at her home on Douglas Street.

The weather was very cold last week, but much milder this week.

The many friends of Mrs. A. J. McIntyre are pleased to see her out again after an attack of gripple.

Dr. and Mrs. Gauvin are receiving congratulations on the birth of a son at James H. Dunn Hospital on Saturday.

Many skiers took advantage of the fine day yesterday and were out over the hills. Some of our young skiers are getting real good.

Victims, can appeal to the courts to question its validity if reasonable grounds for doing so exist.

The reasonable grounds may derive from the judgments of the Supreme Court here. Yesterday they did not mention the 'padlock law' but in the newspaper case, they laid down a principle which may encourage resistance to the much discussed Quebec statute. Only Quebec has a padlock law. In that respect, it is in a position by itself.

Be Extra Careful about

STUBBORN COLDS

Relieve Their Misery
this PROVED Way

Too often, the cold that "hangs on" is a result of neglect. . . . Be extra careful of a stubborn cold, of course. But the safest course is to be careful of all colds. Don't experiment. Relieve their misery this doubly proved way.

Here's What To Do: It's best to stay in bed and get lots of rest. Eat lightly, drink plenty of water, and keep elimination regular. And use Vicks VapoRub without delay.

VapoRub has been proved by everyday use in more homes than any other medication of its kind—further proved by the largest clinical tests ever made on colds. (Full details in every VapoRub package.) Only Vicks give you proof like this.

No Long Waiting for Relief to Begin...

VapoRub is direct external treatment. No "dosing"—no stomach upsets. Just massage it on throat, chest, and back. Then—to make its long-continued double

action last even longer—spread a thick layer on the chest and cover with a warm cloth.

Relief starts almost at once. You begin to feel warm and comfortable as VapoRub goes to work direct through the skin like a poultice. At the same time its medicated vapors, released by body warmth, are carried direct to the irritated air-passages with every breath.

This double action loosens phlegm, eases irritation and coughing, helps break local congestion. And long after restful sleep comes, VapoRub keeps right on working.

NOTE: If there is much irritation and coughing, or the air-passages feel clogged with heavy mucus or phlegm, even stronger vapor action is helpful. Pour boiling water in a bowl, melt a teaspoonful of VapoRub in it, and inhale the steam-ing vapors for several minutes.

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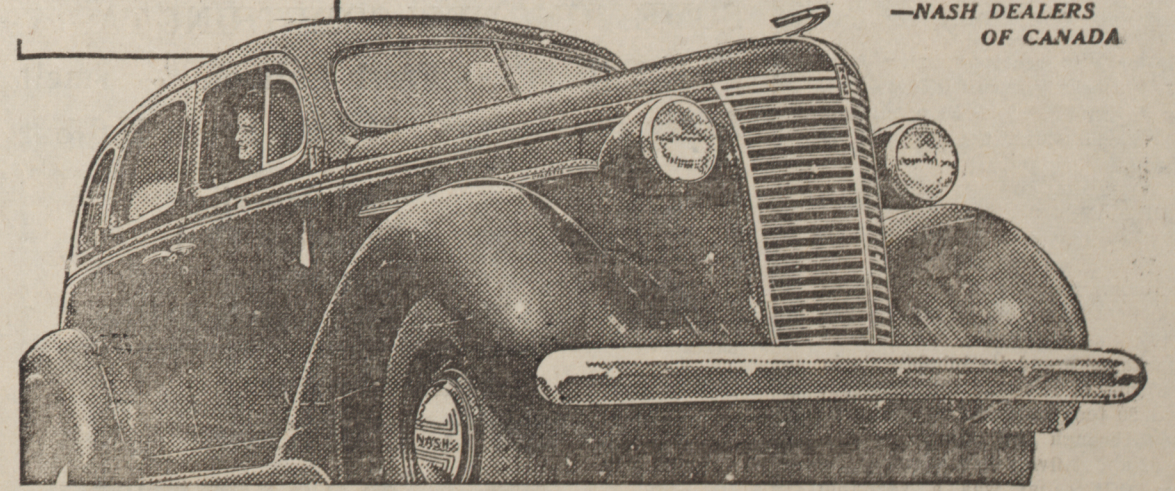
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