

1921

**CAKE  
SECRETS**



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**CARNOL LIMITED**

40 ST. URBAIN ST.

MONTREAL, P.Q.

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**A**LL the Cake Recipes in this booklet call for the use of "Swans Down Flour". All Recipes tested and approved by Mrs. Helen R. Farquhar, Cake Specialist and Director of Domestic Science Department, Igleheart Bros., Evansville, Ind. We are indebted to this firm for giving us permission to use these recipes in full.

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# CAKE SECRETS

## A Complete Description of What They Are

15  
1924

How did you make that beautiful cake?

How often you hear this question asked at a luncheon or a dinner where delicious homemade cake is served. And although the hostess usually answers her guest in a general way, you'll notice she seldom tells those "Cake Secrets."

It has taken many years to find them out. First of all, remember there are only two kinds of cake — **butter** cake and **sponge** cake. Every cake is a variation of one of these two; every cake begins by being a butter or a sponge cake. Accordingly, we have made a division under these two headings in this book. The basic recipe for butter cakes is on the opposite page, this being a plain white cake. From this basic recipe all butter cakes can be varied, as shown on the pages next following. Likewise, will be found basic recipe for sponge cakes, and its variations immediately after.

Learn to make these two fundamental cakes, the simple form of butter cakes and that of sponge cakes, and it is easy to make any variation of either.

Right here we want to call your attention to a fact which, in our opinion, is not generally understood — homemade cake is a **real** food. Bread has long been a synonym of food, and as cake is refined, sweetened, and flavored bread, there is no question as to the place cake takes in the dietary. Generously represented in most cakes are the food elements from which our meals are chosen — the protein in eggs, milk, and flour, the carbohydrates in the flour and the sugar, the fats in the milk and butter, the minerals in the eggs and the milk.

Because of its high nutritive value, cake is most desirable at a meal that lacks hearty food in the form of meat or fat or their equivalents; but as sugar satisfies hunger almost instantly, cake should be eaten at the end of a meal.

For perfect cake, select only the choicest materials. Let the flour, the foundation of cake, be the best adapted for cake making. Some flours contain a large proportion of the elements essential to bread; others are better adapted to cake. Such a flour is found in Igleheart's **Swans Down Cake Flour**. With this flour as a foundation, and by following the recipes in this book, anyone can make a perfect cake.

Besides recipes for cakes, we have included recipes for plain, flaky, and French pastries in this book. Pastries, like cakes, require only good materials and a little care in the making to insure delicious results. **All recipes in this book call for level measurements unless otherwise stated.**

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1924

## REGULATION BUTTER CAKES

This is the simplest form of butter cakes, known as Plain White Cake. If you have never made a butter cake, try this recipe first. From this recipe you can make a variety of butter cakes by adding any of the variations that follow, or by using any of the Icings and Fillings, or by baking in different-shaped pans.

### INGREDIENTS

*All level measurements*

- ½ cupful butter
- 1 cupful sugar
- 2 cupfuls S. D. Cake Flour
- 3 level teaspoonfuls baking powder
- 3 egg-whites
- 2/3 cupful milk
- 1 teaspoonful flavoring extract

### UTENSILS

#### For Plain White Cake and its Variations

- Round-bottom earthen mixing bowl
- Slitted wooden spoon
- 2 bowls for egg beating
- Egg beater, Dover
- Wire whip
- 2 measuring cups
- Flour sifter
- Teaspoon
- Pan, 8 x 8 inches, 2 in. deep
- 15 small fluted tins or
- 2 7-inch layer-cake pans

Grease a pan, 8 x 8 inches, sift a little flour over the grease, tap the pan on one edge to remove the superfluous flour, or fit a piece of wrapping paper to the size of the baking pan, and let the paper hang over at two sides. Grease thoroughly. When baked, the cake can be lifted from the pan by the ends of the paper. Put the batter into the pan and let bake about 35 minutes. Have the heat moderate until the cake has risen, then have strong heat until three-fourths of baking time, then gradually reduce the heat.

### SPRING CAKE (using egg yolks only).

- ½ cupful butter or substitute
- Grated rind 1 orange
- 1 cupful sugar
- 4 egg yolks, beaten light
- ¼ teaspoonful salt

Cream the butter. Add grated orange rind to the sugar and gradually add to creamed butter, creaming mixture well. Add egg yolks beaten until light. Sift flour, measure, add baking powder and salt and sift again three times. Add flour and milk alternately to the first mixture, beating hard after each addition. Next add flavoring extract. Bake in two layers in a moderate oven or in a loaf tin in a rather slow oven, and when cool ice with a white frosting and decorate with candied violets, using citron to form the leaves and stem

### METHOD OF MAKING

**FIRST MIXTURE:** Beat or work the butter with a slitted wooden spoon until it has a whitish appearance around the edges. Then gradually add the sugar to the butter, beating the mixture meanwhile.

**SECOND:** Sift the flour, measure, add baking powder, and sift three times.

**THIRD:** Beat the egg-whites until very light and fluffy. Dry-beaten egg-whites make a dry cake. Use a wire whip, which leaves the eggs moist.

To the creamed butter and sugar add alternately the 2/3 cupful of milk, and the flour with the baking powder (the second mixture above). Now thoroughly beat the entire mixture until smooth. Add flavoring. Then fold in the egg-whites (the third mixture above). Do this carefully with a wooden spoon, so as not to break down the air cells in the beaten egg-whites.

### 3 cupfuls SWANS DOWN CAKE

#### FLOUR

- 4½ teaspoonfuls baking powder
- 1 cupful milk
- ½ tsp. orange or lemon extract



## ANEMIA

In Anemia and all run down conditions — a good tonic is essential — as something must be taken to promote proper assimilation and bring the flow of rich blood back to normal.

Says : Merits of CARNOL should be made known to everyone.— After months of illness, has not had a sick day in a year. She gives thanks to CARNOL.

New Westminster P.O.,

New Westminster, B.C., April 23, 1924

Gentlemen:—

I am taking this opportunity of thanking you for the wonderful benefits I have received as a result of taking your unequalled medicine CARNOL. A year ago, when I started taking CARNOL, I was just recovering from a nervous breakdown. As I had always been weak and anemic, recovery was slow. I decided to take a medicine of some kind, and consequently, I went to Mr. Davis, the local druggist, and he recommended CARNOL. That is a year ago now, and it has been an unusual year for me. I have not been ill for a day, and all as a result of taking CARNOL.

Several of my friends have taken CARNOL and have all benefited from, its use. Personally I would not be without it, and my family agrees with me that it is the best medicine I have ever taken, and I have tried a great many.

As for making the merits of CARNOL known, I would remind you that "it pays to advertise." Many of the people to whom I have recommended CARNOL have not even heard the name, much less been acquainted with its merits. An attractive drug-store display, a well worded newspaper advertisement, or a striking poster, would do much to acquaint people with CARNOL. Most people would try anything once — and they would buy CARNOL again, once having tried it.

Wishing you a well-deserved success, I remain,

Yours truly,

(Miss) A. OHLSON.

Cornwall, Ont., Feb. 14th, 1924.

Dear Sirs:—

I have had a headache for over 3 years and I've taken all kinds of medicine, and they don't seem to do me any good. One day, my neighbour was over and she told me about CARNOL, and I did so, and I took 1 bottle, and I never had a headache for a week, so I got 3 or 4 more bottles, and I never had a headache since. I think your medicine is very good, and I'm very glad I tried your medicine. I thank you very much. If I get the headache again, I will get 2 or 3 more bottles. I think this is all.

Hoping you will have good luck with your medicine.

Yours truly,

From (Sgd.) Mrs VIOLA TYO,

Cornwall, Ont. (Box 1181)

P.S.—I thank you for your medicine.

## VARIATIONS OF REGULATION BUTTER CAKE

**MARBLE CAKE.**—Follow the recipe for Plain White Cake. Divide the mixture and leave one half plain; into the other half beat 2 squares (ounces) of melted chocolate,  $\frac{1}{2}$  teaspoonful of ground cinnamon,  $\frac{1}{4}$  teaspoonful of ground cloves, and  $\frac{1}{4}$  teaspoonful soda. Put the two mixtures, alternately, by the large spoonful into the tin. Do not stir, but smooth over the top. On the mixture may be set 15 marshmallows in three rows, sprinkling the surface with 3 tablespoonfuls granulated sugar and  $\frac{1}{2}$  teaspoonful cinnamon. Bake about 35 minutes. Serve cut in squares, a marshmallow on each square. This finish obviates the use of icing.

**NUT CAKE.**—Bake Plain White Cake in 2 layer-cake pans — sprinkle  $\frac{1}{3}$  cupful of chopped nut meats and 2 tablespoonfuls of granulated sugar over the top of one layer of the batter after it is in the pan. When the cake is baked, use the cake with the nuts for the top layer and put the layers together with a boiled icing.

**GOLD CAKE.**—Follow recipe for Plain White Cake, except to add 3 egg-yolks to the first mixture of creamed butter and sugar, and to omit the egg-whites of the third mixture.

**ALMOND CAKE.**—Follow recipe for Plain White Cake. Dispose the mixture in two square layer-cake tins. On one cake set blanched and halved (split) almonds in rows, letting one edge of the half nut emerge from the cake, sprinkle with 2 tablespoonfuls of granulated sugar. Bake about 20 minutes. Use the layer with nuts for the top, put the layers together with boiled frosting to which  $\frac{1}{4}$  cup of chopped almonds and  $\frac{1}{2}$  teaspoonful of vanilla extract have been added.

**FIG CAKE.**—Follow recipe for Plain White Cake, except to bake in two layer pans. Put the layers together with Fig Filling and finish the top with Confectioner's Icing.

**JELLY CAKE.**—This cake can be baked equally well in loaf, layer, or cup cake form, and can be enlarged or reduced by doubling or halving the ingredients.

Follow recipe for Plain White Cake, except to bake in two layers (in layer pans). Put the layers together with fruit jelly (currant, apple, quince, etc.) and sift confectioner's sugar over the top or cover with Confectioner's Icing.

**CHOCOLATE CAKE.**—Bake Plain White Cake in two layers, put Chocolate Frosting between the layers and over the whole cake.

**LADY BALTIMORE CAKE.**—Follow recipe for Plain White Cake, except to bake in two layers. Put the layers together with Lady Baltimore Filling and cover the whole cake with Boiled Icing.

**CARAMEL CAKE.**—Follow recipe for Plain White Cake, except to bake in two layers. Put Caramel Icing between the layers and on top of the cake. Or bake in a sheet and spread the icing over the top.



**SUFFERED UNKNOWN AGONY FOR ELEVEN MONTHS.—  
EVERY WOMAN SHOULD READ THIS.**

Westville, N.S., April 26, 1924.

CARNOL, Ltd.,  
40, St. Urbain Street,  
Montreal.

Dear Sirs:—

I wish to make an open statement of the benefits which I have received from the use of CARNOL.

I am forty-five years old and for eleven months or so, I have suffered from agonies unknown. I was under the care of three physicians, including a specialist, and also a nurse for part of time. It seemed that I was suffering with so many ailments, which so many women suffer at my age, and which it is not necessary for me to state here, including neuralgia, ague, rheumatism and pleurisy with enlargement and leakage of the heart, that they did not know just what treatment to give me. I was so weak and helpless that I could not walk across the room without help, and was so discouraged that I had given up all hopes of life.

You can imagine what the cost of medicines and doctors bills amounted to all those months up to the time I received your Booklet thro' the mail advertising CARNOL and altho' it was the first time I saw it advertised, I decided to give it a trial with little faith as all other medicines had failed. I sent an order for one bottle, and before I had it finished taken, I felt a great change which gradually improved more and more that when I had it all taken, I felt so much relief that I lost no time in sending an order for three more bottles, and am now on my last bottle, and if I receive as much benefit from four more bottles as I have from these four, I will be a new woman. As I have gained so much strength that I am now able to get around the house and can help a little with household duties.

Words alone cannot express all the good that this wonderful tonic has done for me. So I give you authority to use my name as a true testimonial in advertising CARNOL, so that any one who suffers like I have suffered, may write to me for proof of the results which I have obtained, and I am sure they will not hesitate in giving it a trial, and they will never regret it. Moreover, I want to see it more widely advertised so that it will meet the eyes of everybody. I myself, am telling and recommending it to all my friends.

Yours for success,

P. O. Box No. 294,

(Signed) Mrs. Mark SEXTON

## BAKING HINTS AND CAUSES OF CAKE FAILURES

### OVEN TEMPERATURES FOR BAKING

Slow oven	Moderate	Hot	Very Hot
200-300° F	300-375°	375-425°	425-500°
Fruit cakes	Medium size cakes	Thin layer cakes	Meats
Thick loaf cakes	1 to 2½ inches thick	Biscuits	Puff Paste, etc.
Angel cakes	Cup cakes	Cookies	
Sunshine cakes		Pastry	
Regulation Sponge cakes			

### TIME TABLE FOR BAKING

Baking Powder Biscuits	12-15 minutes	Thick Sheet Cakes	30-45 minutes
Cookies	12-15 "	Regulation Sponge or Angel Cakes	45-60 "
Cup Cakes and Muffins	25-30 "	Loaf Cakes	45-60 "
Layer Cakes	20-30 "	Pound and Large Fruit Cakes	1½-3 hours

## CAKE MAKING AT HIGH ALTITUDES

For making cakes at high altitudes, it is advisable to use a little less shortening and sugar, or less baking powder. Add more flour, and more eggs may also be used. Bake with less oven heat, time of baking the same.

## SPONGE CAKES

### REGULATION SPONGE CAKE

(no baking powder needed.)

#### INGREDIENTS

*All level measurements*

- 5 eggs
- 1 cupful granulated sugar
- ½ lemon, grated rind and juice
- 1 cupful Igleheart's Swans Down Cake Flour
- ¼ teaspoonful salt

#### UTENSILS

#### For Regulation Sponge Cake and its Variations

- 2 earthen mixing bowls with round bottoms
- Egg beater, Dover
- Wire whip
- Slitted wooden spoon
- Lemon grater
- Lemon squeezer
- Measuring cup
- Flour sifter
- Patent sponge-cake pan or 2 layer-cake pans

#### METHOD OF MIXING AND BAKING

Assemble the ingredients and utensils.

Sift the flour before measuring; grate the lemon rind into the sugar; extract and measure the juice — there should be two table-spoonfuls.

Beat the yolks with Dover egg beater until light colored and thick, gradually beat in the sugar and grated rind with the wooden spoon, then add the lemon juice.

Beat the whites with wire whip until very light.

Cut and fold part of the whites into the yolks and sugar; cut and fold in the flour and salt; cut and fold in the rest of the egg-whites. Do not stir or beat the mixture.

To bake a sponge cake, divide the time into four quarters of 15 minutes each.

At the end of the first quarter the cake should begin to rise.

In the second quarter it should rise to full height and brown slightly.

In the third quarter it should brown all over.

In the fourth quarter it will finish baking and settle somewhat in the pan. The heat should be rather low until the cake has reached its full height, then increased for 15 minutes while browning, then decreased until it is done. A clean broom straw inserted in the center of the cake should come out without any particles adhering to it when the cake is done. Let the cake cool in the pan, inverted; in this way the moist cell walls are made firm while elongated, and the light, airy texture is maintained.

Serve the cake by pulling it apart with two silver forks.



**WILLING TO MAKE AFFIDAVIT, AS TO TRUTH OF HIS STATE-  
MENT. — SAYS: "IT SURELY SAVED HIS LIFE," WHEN  
SPEAKING OF CARNOL.**

Ottawa, April 28, 1924.

Dear Sirs:—

This is to certify that CARNOL has saved my life, and I want everyone to know. If I had not taken CARNOL, I would be dead sure, as I was so run down I could not work or sleep. CARNOL helped me at once. I had lost my eyesight, pains across my head and temples, in sheet form; my nerves were all undone; I was completely useless. Some one left a book about CARNOL, at my door. I felt it should do me good. I purchased a bottle at once, and have been getting better ever since, and am working. I have taken four bottles of CARNOL. I hope it will help others as well as me. I have given small doses to my children; it makes them eat and sleep; their cheeks have all got rosy. You can use this if you wish, in any form.

Wishing you every success with your CARNOL. You can have my affidavit, if you wish.

(Signed) E. M. HUNTER,

78 Queen St., W.

Ottawa, Ont.

Westville, N.S., April 27th, 1924.

THIS IS TO CERTIFY that I was laid off work for two years, having pleurisy. I only weighed 100 lbs., and was so run down that even the doctors thought there was very little hopes for my recovery; but one day, my doctors with whom I was treating, advised me to get a bottle of CARNOL, which I did. I took four or five bottles, and the improvement was so marvellous, I recommended it to a number of my friends, who were run down in health, and they too were helped. I now weigh 142 lbs, and able to be at my work every day. I cannot speak too highly of this wonderful medicine, and when the spring comes, I always get a bottle to have on hand.

(Signed) Mrs. A. G. MARSHALL,

Westville, N.S.

## ANGEL CAKE

1¼ cupfuls egg-whites  
(9 to 11 eggs)  
¼ teaspoonful salt  
1½ cupfuls fine granulated  
sugar (sifted twice)  
1 teaspoonful cream of tartar

1 cupful Swans Down Cake Flour,  
sifted once, measured, then sifted  
4 times.  
1 teaspoonful vanilla extract  
¼ teaspoonful rose or almond ex-  
tract

Pour the egg-whites on a large platter, add salt and beat with a flat egg beater until foamy. Add cream of tartar and continue beating until the eggs are stiff but not dry. Fold in the sugar, 1 tablespoonful at a time. Add flavoring. Fold in the flour in the same manner as the sugar. Pour in an ungreased patent tin and bake in a very slow oven 50 to 60 minutes, increasing heat slightly when cake is almost done. Remove cake from oven and invert tin for one hour or until cake is cold. Remove cake from tin with a broad-bladed knife. Two tablespoonfuls of cold water may be substituted for two egg-whites with good results. One-half of this recipe may be used to make a small Angel Cake, and the egg-yolks which are left to make a Gold Cake, or for Sponge Cake (recipe below.)

## SPONGE CAKE, USING EGG-YOLKS ONLY

6 egg-yolks  
1 cupful sugar  
½ cupful boiling water  
½ teaspoonful salt

2 teaspoonfuls baking powder  
1½ cupfuls Igleheart's Swans  
Down Cake Flour.  
1 teaspoonful lemon extract

Beat egg-yolks until light with a Dover egg beater; add sugar gradually, then hot water, beating meanwhile. Add flour, sifted with baking powder and salt, and beat thoroughly. Bake in a moderate oven about 45 minutes, or in 2 layers about 25 minutes. Put layers together with Cream Filling.

## ANGEL CAKE WITH FRUIT AND NUTS

Make batter same as plain Angel Cake (recipe above). Put half of the batter in a cake pan. Put ¼ cupful of nuts, mixed with ¼ cupful of grated cocoanut, chopped raisins or candied cherries on top of the batter; then add rest of the batter. Spread evenly with a knife, and run the knife through to the bottom of pan, and gently mix the fruit all the way around. Bake same as plain Angel Cake. Let hang in pan and cut out as directed.

## BAKING POWDER SPONGE CAKE

3 egg-yolks  
¼ cupful cold water  
1½ cupfuls sugar  
Grated rind lemon or ½ teaspoon-  
ful lemon extract  
1 cupful Igleheart's Swans Down  
Cake Flour

¼ cupful cold water  
1 cupful Igleheart's Swans Down  
Cake Flour  
2 teaspoonfuls baking powder  
½ teaspoonful salt  
3 egg-whites

Use a large, strong Dover egg beater; beat the egg-yolks, then beat in each ingredient, one after another, in the order enumerated, adding the baking powder and salt with the last cupful of flour; then fold in the egg-whites beaten very light, using a wooden spoon. Bake in a tube sponge cake pan 45 minutes, or in biscuit pans or layer-cake pans about 15 minutes. This cake is good for strawberry or other short-cakes or for a sponge jelly roll. It will make two jelly rolls.



**CARNOL — A BLESSING TO EVERY HOME. READ Mrs. DREW'S  
EXPERIENCE, AND YOU LIKE SHE, MAY HAVE YOUR  
HEALTH RESTORED.**

Timmins, (Box 804,) Ont., Feb. 25th, 1924.

Dear Sir:—

Your little booklet came into my home yesterday, and strange to say that CARNOL is the same tonic as I have been taking. My husband brought me a bottle some months ago, and to my astonishment, I am a different woman in all ways. I have never left off taking CARNOL and will always keep it in the house.

I have been a woman that has suffered these past 15 years (that is saying something) and they that suffer, it will tell in the face, it don't want no speaking about; I can say that from experience. I will now explain why I have suffered so. When a young girl, I was knocked down by a horse and trap in London, England. I was kicked in my side and head; in later years I was always complaining of a cramped feeling in my left side, if sitting too long. 5 days out of 7, I was never well. I underwent an operation, and my doctor told me that my bottom rib was growing up over the other, and caused my back to be one mass of inflammation and lumbago; my kidneys were also affected and that I should suffer, some time, through it. I could not even sweep, it would put me in pain. Allow me to state that my operation took place in Brazil, South America. After my operation I had a nervous breakdown with Insomnia. One time I never slept for three months, day or night. My doctor ordered me home to England, for a change; I stayed in England for a short time, but no sleep. I then came to Canada. I have been here 2 1/2 years and have been laid up now and again. One night, my husband was up-town and he brought me home a bottle of CARNOL. I still take it. I also have been a great sufferer from Ulcers in the mouth, due to stomach trouble. I can honestly say they are gone. Your great Tonic CARNOL has been my prize, for I can now work with anyone.

I will give you an idea of my daily life, and what I can do now. I cook and care for 14, 9 men and 4 children and myself, so that's good proof of feeling A 1; my friends are all telling me that I am looking well and also looking better in the face.

My friends in England don't know how I can do my work. Also my friends here, in Timmins, say: "Don't I find it very hard work." I say: Oh! no. I take my tonic and that helps me. I find the day too short. I wake up in the morning fresh, and my sleep is as sound as a bell. I cannot explain how I have suffered; it would take too much of your valuable time; it was nothing for me to be taken like one going dead, from my tongue to my feet. I could just feel my heart beating. My husband, at once, or anyone near me have had to rub me until I could feel life return in my side. This seems to have left me (that was the worst feeling of all). I am thankful to think I have come to Canada to find so valuable a tonic and to know I am not suffering now. I am sure people in Timmins don't know the value of this great medicine. My last words on CARNOL is: it's a God's blessing in every home. I have gained the biggest prize to think I am well and free from pain and suffering.

Wishing you the greatest success in all your undertaking with CARNOL.

Yours faithfully,

(Signed) Mrs. J. DREW.

## EVERYDAY SUGAR COOKIES

½ cupful butter or substitute  
1 cupful sugar  
2 eggs, beaten light  
1 tablespoonful cream

Mix in the same manner as for butter cake. Roll part at a time into a thin sheet, and cut with a cooky cutter. Dredge with granulated sugar, and bake in a quick oven.

2½ cupfuls S. D. Cake Flour  
2 teaspoonfuls baking powder  
½ teaspoonful grated nutmeg  
Grated rind 1 lemon

## HERMITS

1 cupful butter or substitute  
3 cupfuls brown sugar  
4 tablespoonfuls sour milk  
4 eggs  
2 teaspoonfuls soda  
6 cupfuls S. D. Cake Flour

Cream the butter and add sugar gradually. Add the milk and eggs, well beaten. Sift the soda with half of the flour, and add to the mixture, then the fruits and nuts, which have been chopped and floured. Mix well. Sift the spices with the balance of the flour, and add to mixture. Drop by teaspoonfuls on buttered tins, some distance apart and bake. These are delicious and will keep a long time.

2 cupfuls raisins  
2 cupfuls currants  
1 cupful nuts  
1 teaspoonful nutmeg  
1 teaspoonful cinnamon  
A little grated orange peel

## HONEY DROP CAKES

1½ cupfuls strained honey  
1 cupful sugar  
¼ lb. shredded citron

Swans Down Cake Flour—enough for a soft dough.  
Mix ingredients in the order given. Drop the batter on greased tins; shape in smooth rounds. Bake to a light brown. Try baking one cake first, and then add more flour if the dough spreads too much.

½ lb. finely chopped almonds  
1 teaspoonful cinnamon  
½ teaspoonful salt

## BRAN COOKIES (Three Dozen)

½ cupful butter or substitute  
1 cupful granulated sugar  
1 tablespoonful cream or milk  
2 eggs  
2 teaspoonfuls baking powder

Cream butter and sugar, add the eggs, well beaten, the cream, bran, flour, baking powder, salt, and vanilla. Mix ½ cupful bran and ½ cupful flour to use in rolling out. Roll only a small piece at a time. Roll about ¼ inch thick and cut with a cooky cutter. Bake in a rather hot oven.

2 cupfuls Igleheart's Swans Down Health Bran  
1½ cupfuls sifted S. D. Cake Flour  
Pinch of salt  
1 teaspoonful vanilla

## BROWNIES

1/3 cupful butter  
1/3 cupful sugar  
1/3 cupful molasses

Cream the butter and add sugar gradually. Next, add molasses and the well-beaten egg, then the flour, and part of the nut meats broken in pieces. Drop in small greased tins. Set half a nut meat on the top of each cake, and bake in a moderate oven.

1 egg, well beaten  
1 cupful Swans Down Cake Flour  
1 cupful nuts



## THE BEST TONIC FOR THE AGED

With advancing years comes loss of physical and nervous energy, decreasing vitality, with the digestive organs usually impaired, often followed by weakness. Something is needed to offset these symptoms — something more than "mere nutriment." This something must tone up the digestive organs to enable them to properly assimilate the regular fare. It must be something which will convert that food into energy, life, vitality and force to the fullest degree. It must not react and must build up rather than stimulate.

The preparation which fully meets these requirements is CARNOL. CARNOL embodies the great and acknowledged curative and remedial properties of a combination of remedies, the effect of which on the system is both stimulating and nourishing. CARNOL possesses this advantage over other stimulants, and especially over alcohol, that it does not react and has no bad effect on the heart. CARNOL is at one and the same time an appetizer, a restorative, a nutrient and a nerve tonic. Its use is recommended in all wasting diseases, in the wasting affections of children, in nervous complaints, in convalescence from acute fevers, and particularly when convalescing from that insidious disease — influenza.

### SIXTY-THREE YEARS OF AGE — BUT ENJOYS GOOD HEALTH.

Cochrane, Ont., April 15th, 1924.

Dear Sirs:—

A few lines on CARNOL. I got a book out of the Post Office, and I asked my neighbor if she had used any of it, and she had not heard of it before. As I was not well, I went to the drug store of Biggs and got one bottle, and I took it, and I got another and took it, and I had a sick neighbor so I told her what it had done for me, so she said if she was able she would get one, so I got her one and when she had it used, she felt much better, so she asked me if I would get her another; so I did and got one more for myself, so now I am on my fifth bottle, and feel fine; it is the best medicine I ever took. I have sent it to my sister in Ottawa, and two of my friends in Buckingham. I am so glad to get CARNOL; I will always keep one on hand, I suffered so much before I took CARNOL, and I am so much better now. I told everyone to take it, so I hope this letter will help others that suffer like I did. My neighbor is so pleased with it; she is able to do her own work now. I hate to see anyone suffer when they can be helped by getting a bottle of CARNOL. I am now 63 years old, and have never felt so well for years, so I can't praise CARNOL enough for all it has done for me.

(Signed) Margaret HEWSIN,  
Cochrane, Ont. Box 34

## MISCELLANEOUS BUTTER CAKES

### POUND CAKE

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1¾ cupfuls butter or substitute | 1 teaspoonful baking powder |
| 2 cupfuls sugar                 | 1/8 teaspoonful salt        |
| 8 eggs                          | 1 teaspoonful mace          |
| ¾ cupfuls Swans Down Cake Flour |                             |

Cream the butter and add sugar gradually, creaming mixture well. Add the eggs, one at a time, without separating or beating. Sift the flour, measure, add the baking powder, salt and mace, and sift again. Add the flour gradually, and beat the batter hard. Turn into two greased and paper-lined, brick-shaped pans, and bake 1 hour in a very slow oven. Pound cake is not usually iced.

### APPLE SAUCE CAKE (Requiring 1 egg only.)

- |                               |                          |
|-------------------------------|--------------------------|
| ½ cupful butter or substitute | ¼ teaspoonful salt       |
| 1 cupful sugar                | 1 teaspoonful soda       |
| 1 egg, beaten light           | 1 teaspoonful cinnamon   |
| 1 cupful raisins              | ½ teaspoonful cloves     |
| 1 cupful currants or nuts     | 1 cupful hot apple sauce |
| 1¾ cupfuls S. D. Cake Flour   |                          |

Cream the butter, beat in the sugar gradually, then add the well-beaten egg, and the fruit, chopped and floured. Add the flour, sifted with the soda, salt and spices, and next the apple sauce, which should be strained and in the form of a comparatively thick purée. Bake in a tube pan lined with greased paper, in a moderate oven, about one hour.

### FEATHER CAKE WITH PINEAPPLE FROSTING

- |                               |                                  |
|-------------------------------|----------------------------------|
| ¾ cupful butter or substitute | 4 egg-whites                     |
| 1¼ cupfuls sugar              | 1 teaspoonful vanilla extract    |
| 4 egg-yolks                   | ½ teaspoonful lemon extract      |
| ½ cupful water                | 2½ cupfuls Swans Down Cake Flour |
| 2 teaspoonfuls baking powder  |                                  |

Cream the butter, add the sugar gradually, then the egg-yolks, beaten until thick. Sift flour once, measure, add the baking powder, and sift three times. Add flour and water alternately to the first mixture, beating batter hard. Add flavouring. Fold in the stiffly beaten egg-whites last, and bake in a sheet or layers in a moderate oven. Put the layers together and cover cake with Pineapple Frosting.

### DEVIL'S FOOD (Using Mashed Potatoes)

- |                               |                                 |
|-------------------------------|---------------------------------|
| ¾ cupful butter or substitute | 1½ cupfuls milk                 |
| 2 cupfuls sugar               | 2 cupfuls Swans Down Cake Flour |
| 3 egg-yolks, beaten light     | 3 teaspoonfuls baking powder    |
| 1 cupful mashed potatoes      | 1 teaspoonful vanilla           |
| ¾ cupful cocoa                | 3 egg-whites, beaten very light |
| 1 cupful finely chopped nuts  |                                 |

Cream butter, add sugar gradually. Add egg-yolks, then mashed potato and nuts. Sift flour, measure, add cocoa and baking powder, and sift again three times. Add the flour and milk alternately to the batter and beat hard; add vanilla. Bake in three layers about 20 minutes or in a loaf about 45 minutes. Put the layers together with fruit jelly. Cover the outside of cake with Mocha Frosting.



**WISHES SHE COULD TELL CARNOL MERITS  
TO ALL SUFFERERS**

Truro, N.S., April 1924

Gentlemen:—

To me, CARNOL is miraculous. Five years ago an almost fatal attack of dysentery left me in a very precarious state of health, and my weight had dropped from 130 pounds to 94 pounds. For three years I took numerous physicians' and patent medicines and tonics with little or no good results, and during that time my rundown condition subjected me to frequent and terrible attacks of neuralgia. Last winter I fell on an icy pavement, injuring my back, and was unable to throw off the effects of my fall. One day a friend told me her little boy had not recovered as he should from whooping cough, and that he had taken only one bottle and was as well as ever again. During the last year I have taken several bottles, and thanks to CARNOL, I have not had a return of neuralgia; the awful dragging pains have left my back, and I have gained 27 pounds.

CARNOL will always win sincere praise and high recommendation from me, and I only wish it were possible to tell all sufferers what it has done for me.

Very sincerely yours,

(Signed) Miss Helen WARMAN.

**RECOMMENDS CARNOL AS A REMEDY  
FOR DELICATE CHILDREN**

Oshawa, Ont., 203 King St., E., April 29th, 1924

Gentlemen:—

An attack of Scarlet fever in the fall of 1921, left my little girl Jessie, aged nine years, in a very weak and rundown condition. Almost all hopes of her recovery had been given up by the physicians, and it was feared that her life could not be spared. She had been from infancy, a very delicate and nervous child.

Having read in various newspapers of the benefits to be derived from the upbuilding properties of CARNOL, I decided to purchase a bottle of your wonderful remedy, as I felt, if anything could build her up, CARNOL would.

After using the first bottle a marked improvement was noticed. She commenced to gain both strength and weight. After two further bottles had been taken, my child had almost completely recovered.

I cannot speak too highly of CARNOL as a remedy for delicate and nervous children, as, I am pleased to say, my child is now 10 lbs. overweight, and is both healthy and strong.

(Signed) Mrs. M. HURLBERT

## SMALL CAKES AND COOKIES

### OATMEAL DROP CAKES

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 2/3 cupful butter or substitute | 1 teaspoonful baking powder     |
| 1 cupful sugar                  | 1/2 teaspoonful salt            |
| 2 eggs                          | 1 teaspoonful cinnamon          |
| 1/2 cupful milk                 | 1 teaspoonful nutmeg            |
| 2 cupfuls rolled oats           | 1 cupful chopped seeded raisins |
| 2 cupfuls Swans Down Cake Flour |                                 |

Cream butter, add sugar gradually, creaming mixture well. Add eggs well beaten, then milk and rolled oats. Sift flour, measure, add salt, baking powder, cinnamon and nutmeg and sift again. Add raisins. Add the flour mixture to the first mixture and thoroughly mix. Drop by spoonfuls on a greased baking pan and bake in a rather hot oven.

### DATE BARS

- |                                |                               |
|--------------------------------|-------------------------------|
| 5 eggs, separated              | 1 teaspoonful baking powder   |
| 1 cupful fine granulated sugar | 1 pound dates                 |
| 1 cupful S. D. Cake Flour      | 1 1/2 cupfuls English walnuts |

Beat egg-yolks until light, and add sugar. Sift flour once, measure, add baking powder and sift again. Add dates and nuts, finely chopped, to the flour, rubbing well through the flour so as to separate them. Add to the egg and sugar mixture. Fold in the stiffly beaten egg-whites. Pour to one inch thickness in shallow baking pans, and bake in a slow oven until a toothpick inserted will come out clean. When cool cut in bars, 1 by 3 inches, and sift confectioner's sugar over them.

### COCOANUT JUMBLES

- |                               |   |
|-------------------------------|---|
| 1 cupful butter or substitute | 4 tablespoonfuls milk                                   |
| 2 cupfuls sugar               | 1/2 tablespoonful vanilla                               |
| 2 eggs                        | Swans Down Cake Flour (enough to roll, about 5 cupfuls) |
| 3 teaspoonfuls baking powder  | Shredded cocoanut                                       |
| 1 teaspoonful salt            |   |

Cream the butter, add the sugar gradually, eggs well beaten, the baking powder, milk and vanilla. Roll thin, cut with a doughnut cutter, sprinkle with granulated sugar and cocoanut and bake about 10 minutes in a rather hot oven.

### ALMOND SLICES

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1/2 cupful butter or substitute | 2 cupfuls Swans Down Cake Flour |
| 1 cupful powdered sugar         | 1 teaspoonful baking powder     |
| 4 eggs, beaten separately       | 1 teaspoonful almond extract    |

Cream butter, add sugar gradually, then egg-yolks well beaten, beating mixture well. Sift flour once, measure, add baking powder and sift again three times. Add flour slowly to above mixture, beating hard after each addition. Add almond extract, and then fold in the stiffly beaten egg-whites. Spread mixture one-half inch thick in shallow baking pans and evenly spread on the following mixture:—

- |                           |                           |
|---------------------------|---------------------------|
| 1 cupful granulated sugar | 1/2 cupful ground almonds |
| 1 teaspoonful cinnamon    |                           |

Bake in a moderate oven till golden brown. When cool, cut in strips one by four inches.



**IS YOUR HUSBAND SPENDING SLEEPLESS NIGHTS, CAUSED BY BUSINESS WORRIES OR A RUNDOWN CONDITION OF HEALTH? BUY HIM A BOTTLE OF CARNOL. — IT WILL HELP HIM AS IT DID Mr. SINCLAIR. — READ HIS LETTER.**

Chatham, N.B., April 28th, 1924.

Gentlemen:—

I wish to give my testimony for your splendid medicine, for I was very much rundown and nervous, following a railway accident, some years ago, and after doctors failed to give any real help, I decided to try CARNOL. I did not have any real faith in Patent Medicines, but a friend of mine said CARNOL was far superior to any other of the so-called Patent Medicines. "Give it a trial, he said, and let me know what are the results." I am glad to say that this wonderful medicine has done for me what no doctor could have done, and it is therefore much pleasure for the writer to give this evidence in favour of CARNOL. I would advise all business men who need a good tonic, who feel after the strenuous life of the world, they need a building-up tonic to take CARNOL, for only by them giving it a fair trial will they know its splendid qualities.

After using the first bottle I noticed a marked improvement. My appetite improved, and after the second bottle, I could eat like a horse, even raw potatoes and onions would be as welcome as apples. I slept like a log, and after a refreshing sleep I was able to take up the strenuous work of the hustling insurance agent. This work calls for considerable nervous energy in closing business, and I can say with confidence, CARNOL has no superior in the medicine line, and I would suggest that your Company give this letter your most conspicuous place so that everyone may know what a great medicine is before the public as a restorative tonic, a flesh builder, and general all around tonic. I say with all confidence: I owe my life to CARNOL; nothing equals this medicine.

Wishing you every success, (Signed) Gordon Melville SINCLAIR,  
Confederation Life Association, Chatham, N.B.

**TRIED MANY SO-CALLED TONICS. — NOTHING HELPED UNTIL SHE BOUGHT CARNOL.**

527, 10th St., Brandon, Man.,  
April 4th, 1924.

Gentlemen:—

It gives me a great pleasure in writing about the merits of CARNOL. In the first place, my wife about two years ago, just before our baby was born, was suffering from anemia and indigestion in as much as she could keep nothing on her stomach; we tried a great many so-called remedies, Phosphates and even Beef, Iron and Wine tonics, but to no effect. One day I went into one of our local drug store, "Crawfords," by name, to give me a reliable tonic for my wife; he handed me a bottle of CARNOL, highly recommended it, and told me to give it a fair trial. After taking two bottles, my wife made rapid progress back to health; the color came back once more into her cheeks, and her appetite was completely restored. We find it also invaluable for our baby and serves as useful medicine, especially at teething time, and we are never without a bottle in the house.

Yours sincerely, (Signed) Arthur I. PERRY,  
527, 10th St., Brandon, Man.

SO REASONABLE TOO — ONLY \$1.00 PER BOTTLE — PLACES  
THIS WONDERFUL REMEDY IN REACH OF ALL.

Ivanhoe, P.O., April 6th, 1924.

Gentlemen:—

I feel as if it was my duty to write you in regards of your wonderful medicine CARNOL. I wish to state that it is the leader of all tonics. In January, I had an operation for appendicitis, and through what pain I suffered before the operation and the loss of blood afterwards, I was so weak and rundown I wasn't able to get around on my feet. I just had to lay around all the time; the doctor said I was to start and take Iron for my blood, for it was so thin that I had anemia, and had only a short time to live. CARNOL saved my life — many thanks to CARNOL. I have gained about 10 pounds in the three months. After every meal I eat I would have indigestion and heartburn, so bad that the pain was almost intense, I would just take a dose of CARNOL and it would relieve me. Now I can safely say I am absolutely cured of both, for I never have a symptom any more. I had severe headaches and pains across my back, but I never have headaches or backaches any more.

I will tell you how I started to use CARNOL. One day there was a CARNOL pamphlet came to me and I read carefully all through about the wonderful good it done sufferers and how they were cured, so I asked my friend if she knew anything about CARNOL; she said it was awfully good: her doctor had recommended it to her to take after her being in bed four months. I called up our druggist and asked him about CARNOL, and he recommended it to me, but he was just out of CARNOL, and he wanted me to take a bottle of Beef, Iron and Wine, and I said no; I wanted to buy CARNOL, so he said he would send and get me some, so he did and just as soon as it came, I commenced to take it, and I have taken it all the time, and it renewed my blood and gave me a wonderful appetite, and I never have to take a laxative with this medicine. I cannot recommend your medicine highly enough; it is just exactly what the system needs.

I think you should advertise your medicine more strongly and put it in all the druggists' hands and have lively agents through all cities and districts, and leave a bottle with every household, and once they have taken your medicine, they will never be without it, and it will always be the family medicine and will always be in our home. My mother is taking it now and received great results; anyone who is in need of a tonic or a system builder should use CARNOL, and now I can safely say I have been restored to health through your wonderful medicine. I haven't a pain or ache, I feel like a new person; I do all my own work now, with pleasure, when it used to be a burden and has all been through the use of CARNOL, and your medicine is very reasonable in price; only a dollar for a very large bottle. I have great faith in your medicine, and accept my thanks to your firm for this tonic. I will preach CARNOL wherever I go.

(Signed) Mrs. Wilson H. LEEMAN.



**LOST ALL INTEREST IN LIFE, TILL FRIEND ADVISED HER TO  
TAKE CARNOL.**

Truro, March 21st, 1924.

Dear Sirs:—

A few months ago I was feeling completely hopeless in regard to my health. I had spent a lot of money on medicines but none seemed to do me any good. I could not definitely state any thing that was wrong, but I had lost interest in my home. I was always tired and listless. It seemed as if I did not have the energy to do anything; in fact, I was discouraged, when a friend told me about CARNOL, that it had helped her, so I tried it. I shall always be glad I did. I cannot say enough in its praise. I am completely cured and feel ready for anything.

In regards to making its merits known I think CARNOL should be well known in every home. Almanac advertising is old and seldom read and no woman wants a vanity pencil with an advertisement on it, even if she does get it for nothing.

I am a married woman, the mother of a family, and I can think of no better idea than what you have hit on. A cook book, just a few nice recipes printed in an attractive booklet will find a welcome in any woman's pantry and is sure to be consulted every week. The woman has always your add before her, and if husband or children are sick, it is generally the wife and mother who buys the medicine or advises what to take, so in that way every member of the family would benefit by your way of advertising your name.

Wishing you every success, Yours sincerely,  
(Signed) Mrs. Geo. O. HILLS, Box 375.

**A WISE PRECAUTION :BE SURE YOU GET CARNOL WHEN  
YOU ASK FOR IT. — DO NOT TAKE A SUBSTITUTE.**

35 Britain St., St. John, N.B., March 21st, 1924.

Gentlemen:—

Please find label of a bottle of CARNOL, which is different from any I have yet bought.

I have always looked for the name "CARNOL," 40 St. Urbain Street, Montreal, and just this once I noticed that the label was not the same, so to make sure I was really getting CARNOL, hence this letter.

I have been taking CARNOL for about two months; have taken about 6 bottles in that time, and I want to say it has worked wonders on me, right from the first bottle, I would feel its invigorating qualities. I was always suffering from sick headaches, and took dizzy spells. I was trying different preparations with no avail, until a friend of mine told me to try CARNOL, as it had done her so much good. I am glad I took her advice. I would advise all sufferers to just give CARNOL a trial; it will be the best investment they will ever make for health sake.

If this label does belong to you, I would suggest that a uniform label be used and people advised to look for that label, when making a purchase, and if any person are putting imitations in the market, offer a prize to any person who sends in a label which proves to be an imitation.

Wishing you every success. Yours truly,  
(Signed) Mrs. R. E. STORY.

## CAKE FILLINGS

**PEACH FILLING.**—Mix 3 tablespoonfuls cornstarch with  $\frac{1}{2}$  cupful sugar and  $\frac{1}{4}$  teaspoonful salt. Add 1 cupful boiling hot chopped peach pulp (fresh, canned or dried)  $\frac{1}{4}$  cupful peach juice and  $\frac{1}{4}$  teaspoonful lemon extract. Boil 5 minutes, stirring often. Spread between layers of cake.

### CREAM FILLING FOR CREAM PUFFS.

$\frac{7}{8}$ cupful sugar	2 cupfuls scalded milk
$\frac{1}{3}$ cupful S. D. Cake Flour	1 teaspoonful vanilla or
$\frac{1}{8}$ teaspoonful salt	$\frac{1}{2}$ teaspoonful lemon extract
2 eggs or 4 yolks	

Mix dry ingredients, add eggs slightly beaten, and pour on gradually scalded milk. Cook 15 minutes in double boiler, stirring constantly until thickened, afterwards occasionally; cool and flavor.

**CHOCOLATE CREAM FILLING.**—To the above recipe for Cream Filling add  $1\frac{1}{2}$  squares ( $1\frac{1}{2}$  ounces) of melted chocolate to the milk when it is put on to scald; proceed as directed above, increasing the sugar to 1 cupful. Spread between layers of sponge cake.

**FIG FILLING.**—Chop fine  $\frac{1}{2}$  pound of figs, add  $\frac{1}{4}$  cupful water or grape juice and 2 tablespoonfuls of sugar, and let boil to a paste. Use at once or when cooled a little.

**CURRENT JELLY AND PEANUT FILLING.**—Chop (not too fine) enough fresh roasted peanuts to half fill a cup. Stir through a cupful of current jelly.

**ORANGE FILLING.**—Heat  $\frac{1}{4}$  cupful orange juice, 1 tablespoonful lemon juice, a little grated rind of orange, and 1 teaspoonful of butter in a double boiler; sift together  $\frac{1}{4}$  cupful of sugar and 2 tablespoonfuls of flour and stir into the hot liquid; stir occasionally and cook 10 to 15 minutes. Beat 1 egg, and a few grains of salt and  $\frac{1}{4}$  cupful of sugar and stir into the hot mixture; continue to stir and cook until the egg thickens. Cool and use between the layers.

**LADY BALTIMORE FILLING.**—Chop fine  $\frac{1}{2}$  cupful each of raisins and nuts. Cut 6 figs in shreds and mix through Boiled Icing.

### TUTTI-FRUTTI FILLING

1 tablespoonful granulated gelatine	$\frac{1}{2}$ teaspoonful vanilla extract
$\frac{1}{2}$ cupful cold water	$\frac{1}{3}$ teaspoonful orange extract
1 cupful sugar	3 tablespoonfuls mixed candied fruits
$\frac{1}{2}$ cupful hot water	3 tablespoonfuls chopped nuts

Boil the sugar and hot water until it threads. Soak gelatine in the cold water, then dissolve over steam, and pour the syrup slowly into it; add the vanilla and orange extracts. When cool beat until thick and then stir the candied fruits and nuts, chopped fine. Spread thickly between two layers of cake.



**WANTS OTHER SUFFERERS TO BE HELPED  
AS SHE WAS**

St. John, N.B., April 23rd, 1924.

Sirs:—

I feel it my duty to write you about your wonderfui tonic CARNOL, I being a sufferer for six months with nervous breakdown and could not get any relief. I tried doctors' prescriptions and everything I knew of. And one day, my little girl came in with a book she found lying in the hall. I was reading it through and saw about your tonic and I sent right away for a bottle. I have it nearly all taken and it worked like magic; I will continue taking it. I feel so well, like a new woman and will recommend it to my friends; and please use this letter for your little books, so some other sufferer will see it like I did.

Yours truly,

(Signed) Mrs. Frederick PYNE,  
285 Rockland Rd., St. John, N.B.

**NO BETTER MEDICINE FOR RUNDOWN CONDITION!  
WRITES NEW BRUNSWICK LADY.**

St. John County, N.B., R.R. No. 2,  
April 21st, 1924.

Dear Sirs:—

I have to tell you what CARNOL has done for me and mine. I was badly run down after having flu, pneumonia and pleurisy; my doctor gave me up; my sister advised me trying CARNOL; she used it, both her and her daughter was cured after having flu; I have taken five bottles, and can say I never enjoyed better health; my daughter is also taking it for a spring tonic. I advised a neighbour to give it to her little girl who has had bronchitis from birth, she has given her two bottles, and is getting well. We all praise your wonderful medicine, and only hope it will do as much for others as it has for me and mine. A long life to CARNOL.

You can publish this if you care to, as I know of no other medicine to take its place for rundown condition.

Yours very truly,

(Signed) Mrs. E. E. BAXTER.

**A REAL FAMILY MEDICINE. — HELPED HER WEAKNESS.  
RELIEVED HER HUSBAND'S COLD.**

St. John, N.B., February 22nd, 1924.

I am dropping you a few lines to tell you what good result I have received from your CARNOL medicine. For three years I could not do my housework; I was so weak and I did not have strength to walk across the kitchen. I got so weak that my husband and mother had to lift me about. I tried all kinds of medicines, and did not do me any good. I read of your CARNOL medicine in the Star, and I said to my husband, I would try it and before I took the second bottle, I am a new woman and I would not be one hour without it. I cannot praise it enough for what it has done for me and also my husband and children had a cold, and in a day they were better. I am telling everybody what a great medicine CARNOL is. I don't know what it is to have a day sick.

My address:

Mrs George BROWN,  
42 St. Andrews Str. St. John, N.B.

## ICINGS OR FROSTINGS

**CONFECTIONER'S ICING.**—Mix (about)  $1\frac{1}{4}$  cupfuls of sifted confectioner's sugar with  $\frac{1}{4}$  cupful of liquid — coffee, water, fruit juice, cream or milk. With fruit juice add a teaspoonful of lemon juice. With other liquid a scant half teaspoonful of vanilla or other extract.

**UNCOOKED CHOCOLATE CONFECTIONER'S ICING.**—With one square or ounce of melted chocolate add coffee, water, cream or milk, and confectioner's sugar as above. A little more liquid will be needed. Flavor with vanilla. Mix until perfectly smooth.

**BOILED ICING.**—Dissolve  $\frac{3}{4}$  cupful of granulated sugar in  $\frac{1}{3}$  cupful of boiling water. Let boil until, when tested in cold water, a little of the syrup may be gathered into a soft ball. Pour the syrup in a fine stream on the white of 1 egg beaten very light, beating constantly meanwhile. Beat continually until cold or stiff enough to spread on cake. If cooked or beaten too hard, beat in lemon juice or water a few drops at a time. If not cooked enough (too thin), set the bowl of frosting over the fire in a pan of boiling water, and beat constantly until the icing thickens perceptibly.

**FLUFFY BOILED ICING.**—Same as Boiled Icing except use 2 egg-whites. This icing is light and fluffy, and will not harden as quickly as Boiled Icing.

**MARSHMALLOW ICING.**—Cook  $1\frac{1}{2}$  cupfuls brown sugar,  $\frac{1}{4}$  cupful of butter, and  $\frac{1}{4}$  cupful boiling water as for Boiled Icing. Add  $\frac{1}{2}$  pound marshmallow melted in a double boiler and beat until thick enough to spread. Beat in  $\frac{1}{2}$  teaspoonful vanilla before spreading.

**MAPLE ICING.**—Same as Boiled Icing, except use 1 cupful maple sugar and 1 tablespoonful white corn syrup in place of the granulated sugar.

**EMERGENCY FROSTING.**—Put 1 egg white,  $\frac{7}{8}$  cupful sugar, and 3 tablespoonfuls cold water in the upper part of a double boiler and set over rapidly boiling water. Beat constantly with a Dover beater for 7 minutes. Remove, add  $\frac{1}{2}$  teaspoonful vanilla and beat until thick enough to spread.

**HONEY FROSTING.**— $\frac{1}{2}$  cupful honey, 1 tablespoonful corn syrup, 1 egg-white. Have the water boiling rapidly in a small double boiler; put the ingredients into the upper part and let cook 7 minutes, beating constantly meanwhile with a Dover egg beater.

**CHOCOLATE FUDGE FROSTING.**—Cook 1 cupful granulated sugar, 1 cupful light brown sugar, 1 cupful milk, 2 squares bitter chocolate, or four tablespoonfuls cocoa, until it forms a soft ball when tried in cold water. Add 1 tablespoonful butter and teaspoonful vanilla; remove from fire and beat until grainy, and the right consistency to spread.



**DAUGHTER WAS ALL RUN DOWN. — READ WHAT JUST ONE  
BOTTLE OF CARNOL DID FOR HER.**

16 Brindley St., St. John, N.B., April 2nd, 1924.

Dear Sirs:—

In the summer of 1922, my daughter was all run down at the close of school. On asking our druggist, Mr. W. J. McMillan, he recommended CARNOL. After taking one bottle I could see it was just what she wanted, and at the opening of school you would never have known she was the same girl. Ever since it has been used in our home. No less than six bottles we have used this winter. We cannot speak too highly of CARNOL, and what good it has done in our family. To make it known everywhere, it should be advertised more in every city and town. Many thanks to our druggist who recommended CARNOL, that wonderful tonic. I also advised all my friends to try it. Many of them now take it and find it a satisfactory and genuine tonic. So please accept my thanks to the makers of such wonderful Tonic — CARNOL.

Yours very truly,

(Signed) Mrs. M. LAHEY.

**JUST MUST BREAK INTO RHYME, SHE FELT SO HAPPY.**

**THE BLESSING OF HEALTH**

My health was broken,  
My hope was small,  
Ever again to be well at all.  
My spirit was listless,  
My foot steps dragged;  
I was always tired.  
My brain seemed fagged.

Till a passing friend looked it on me :  
"There is never a need to be sick," said she,  
"Do you mean to tell me you've never hard  
Of that wonderful builder of body and blood;  
Of that medicine pure, within reach of all;  
It was what cured me,  
Just you try CARNOL."

I tried your remedy, Dear Sirs,  
And I find,  
I'm completely cured in body and mind;  
I feel so well, in years the first time  
That I can't help bursting forth in rhyme.  
Be the ailment large or be it small,  
I shall always recommend "CARNOL."

(Signed) Mrs. GEO. O. HILLS

**CHOCOLATE FROSTING.**—Cook  $2\frac{1}{4}$  cupfuls granulated sugar in  $\frac{3}{4}$  cupful boiling water, until it reaches 238° F., or it forms a soft ball when a little is tried in cold water. Pour gradually on 3 stiffly beaten egg-whites beating constantly meanwhile. Add slowly 3 squares of melted chocolate, then the vanilla, and beat until stiff enough to spread.

### DECORATING CAKES

The process of forcing frosting or icing through a bag with tube attached, so as to trace a design upon the cake, is called piping. Only specially prepared icings can be used for piping. A frosted cake is decorated with piping alone; or colored sugars, citron, glacé fruits, nuts, small candies, and fruit jellies are combined with the piping.

The utensils needed in decorating are few. A sieve with a very fine mesh, 28 holes to the linear inch, through which the dry sugar should always be passed, is of the utmost importance. For ornamental icing a round-bottomed bowl, a spatula, a slitted wooden spoon for mixing, and bags, with tubes for piping the mixture, are also essentials.

The bags for holding icing that is to be piped may be bought, or, at very slight expense, made at home. Copper tubes may be bought, in sets of 6 or 12, at a confectioner's or a large kitchen furnishing store. These afford shapes for large and small rounds, stars, leaves, ribbons, cords, and frills. The angle at which the bag is to be held while at work depends upon the position of the surfaces to be decorated and the style of decoration. This is readily determined upon trial.

### ORNAMENTAL ICING

4 egg-whites	$\frac{1}{4}$ teaspoonful cream of tartar, or
$3\frac{1}{2}$ cupfuls confectioner's sugar (about)	1 tablespoonful lemon juice
	1 teaspoonful vanilla

Beat the whites of the eggs with  $\frac{1}{4}$  cupful sugar 3 or 4 minutes, then continue to add the same quantity of sugar, beating the same length of time, until half the sugar has been used; add the cream of tartar with the second quantity of sugar, or add the lemon juice gradually as the mixture thickens. Now continue adding the sugar, a spoonful at a time, beating several minutes between each addition, until a knife cut down into the frosting makes a "clean cut" that will not close again. The success attending the use of this icing depends much upon thorough beating between the additions of sugar. Particularly is this true of icing used for piping. This needs to be stiffer and tougher than that for merely covering a cake, and this condition is secured by the beating rather than by the addition of sugar. Without beating, it will not hold its shape. This icing dries quickly, and, if it is not used as soon as finished, cover with a damp cloth and plate.

### TABLE FOR COOKING ICINGS AND CANDIES

Small thread,	215° F	Soft ball,	238°-240° F
Large thread,	217° F	Hard ball,	248° F
Pearl,	220° F	Small crack,	290° F
Large pearl,	222° F	Crack,	310° F
The blow,	230° F	Caramel,	350° F
The feather,	232° F		

A candy thermometer is useful to obtain correct degrees



**NURSE ADVISES EVERY EXPECTANT MOTHER  
TO TAKE CARNOL.**

Box 519, Fernie, B.C., Jan. 31st, 1924.

Gentlemen:—

Allow me to express my appreciation of CARNOL, having a family of 3 boys and 3 girls, I have myself found it an ideal tonic for all of them. Some 3 years ago they contracted scarlet fever, and daughter (now 19 years old), was very sick with her kidneys. I tried several tonics, but she still remained the same; then our local paper came in, and after glancing through it, saw CARNOL advertised. Well I sent to our drug store, (Strachen, now Muntows) and got a bottle of CARNOL and after trying it, continued taking it for about six weeks, when she was entirely herself again. Now at any time, if any of them are sick, it's mother send one of the children to the drug store. I need some tonic myself; I am a maternity nurse, and recommend the taking of it to my patients after they get up. I think it would be a splendid idea if you published a small booklet for expectant mothers, and advised the taking of CARNOL before and after accouchment, and circulated the same. Many more people would take it.

Yours truly,

(Signed) Mrs. E. PEARCE.

P.S.—Hoping the above letter will be of interest.

**ULCERATED STOMACH BROUGHT THIS LADY TO DEATH'S  
DOOR. READ OF HER MARVELLOUS RECOVERY —  
THANKS TO CARNOL.**

812, Ave., North Saskatoon, Sask., March 5th, 1924.

Dear Sirs:—

Since 1914 I have been ailing from ulcerated stomach. At times I was so bad that I could not sit up at all; my weight was only 98 lbs., and I was still failing. My friends only gave me a short time to live; every one told me I was going to die; I had suffered so much that at last I was giving up my hopes myself. When one day I noticed a booklet advertising CARNOL. I went to the nearest drug store and purchased it there, and I started taking it at once.

In a day or so I could notice the marvellous change in myself, the old pain was gone, and by the time I had finished the first bottle, I had gained 6 lbs. CARNOL is a wonderful health tonic, and is marvellous, for it has done more for me than all the doctors: it saved my life alone. I consider CARNOL a wonderful tonic, as well as the most marvellous palatable tonic on the market to-day. CARNOL is easy to take, no nasty bitter taste. I can safely recommend CARNOL as I found it more successful than any other medicine.

(Signed) Mrs. Alice McKAY,

812, Ave. I, North, Saskatoon, Sask.

This letter is witnessed by Otto Pettman.

## PUFF-PASTE

Keep the hands or a wooden spoon and a mixing bowl for some minutes in very hot and then in very cold water.

Use the above to work and wash  $\frac{1}{2}$  pound (1 cupful) of butter in very cold water until pliable and smooth, pat into a rectangular shape rather less than  $\frac{3}{8}$  of an inch thick, fold in a cloth and set in a cool place.

Work  $\frac{1}{2}$  pound (2 cupfuls) of Igleheart's Swans Down Cake Flour and  $\frac{1}{2}$  teaspoonful salt with cold water to a dough and knead until elastic; cover with mixing bowl and let stand 5 minutes.

Pat and roll into a rectangular sheet rather more than twice the width and three times the length of the prepared butter.

Lay the butter lengthwise in the center of one side of the paste, fold the other side of the paste over the butter, and press the edges together. The butter is now enclosed. Fold one end of the paste over and the other end of the paste under the enclosed butter, evenly, and press the edges together all around.

Turn the paste half way round that it may be rolled in a direction opposite to the first rolling; pat with the pin and roll out, keeping the layers even.

Fold the paste to make three layers, turn half way round, and again roll out.

Rolling the paste, folding in three layers and turning half way round is called one turn. The pastry should be given six turns when it is ready for use as desired. The first rolling with butter is the first turn.

## BAKING POWDER BISCUITS.

2 cupfuls Swans Down Cake Flour	$\frac{1}{2}$ teaspoonful salt
4 level teaspoonfuls baking powder	2 tablespoonfuls shortening
	$\frac{2}{3}$ cupful (about) milk

Sift the flour, baking powder, and salt together twice; work in the shortening with two knives, gradually add the milk and mix with a knife to a soft dough; more liquid may be required. Turn upon a lightly floured board, roll with a knife to coat with flour, then knead slightly, roll into a sheet about three-fourths of an inch thick, cut in rounds, set in a shallow baking pan, and brush over the tops with melted butter. Bake about 15 minutes. The butter is to give a rich brown exterior. It may be omitted.

## RICH BISCUIT CRUST FOR STRAWBERRY AND OTHER SHORTCAKES.

$2\frac{1}{2}$ cupfuls sifted	$\frac{1}{2}$ teaspoonful salt
Swans Down Cake Flour	4 tablespoonfuls shortening
5 teaspoonfuls baking powder	$\frac{2}{3}$ cupful milk (or more)

Mix and sift together the flour, baking powder, and salt, and cut in the shortening; use the milk cautiously in mixing the dry ingredients to a soft dough. Spread the dough in two well-greased layer-cake pans. Bake in a quick oven about 15 minutes. Spread the crusts with creamed butter, finish with sugared berries between and above the crusts. Blackberries, raspberries, sliced fresh, or canned peaches and apricots make choice short-cakes.



**BEST MEDICINE SHE EVER TOOK. GLADLY RECOMMENDS  
IT TO ALL WOMEN SUFFERERS.**

101 Stanley St., St. Thomas, Ont.

Dear Sirs:—

I wish to tell you how much your medicine has done for me. I have had anemia, a weak rundown nervous state of health for years. Have just completed the first bottle of CARNOL, and I feel as though I had a new spring of life within me. I feel sure that after I take three or four bottles, I will be a new person and able to do all my own work.

I can say with truth that it is the best medicine I ever took, and can gladly recommend it to any who are weak, rundown or ill in any way. It is pleasant to take. Any child would take it without giving trouble. I was almost discouraged when, one day, I met a friend who had been a nurse, and asked her if she could tell me of anything that would help me, and she recommended CARNOL; so I got a bottle as soon as I could.

I received one of your books recently sent out, and appreciate it very much.

I fully believe advertising is the best means of reaching the people.

After taking one bottle they would not want to get along without it if sick or rundown. I never, for twenty-five years, weighed more than 99 lbs., and now weigh 112 lbs.

Wishing CARNOL, Ltd., all success, believe me,

Yours sincerely,

(Signed) Mrs. H. SHEPHERD.

**MAN OF 80 YEARS FEELS LIKE 35.**

Ottawa, Ont., February 27th, 1924.

Dear Sir:—

I want to recommend your CARNOL Tonic to everyone who is in need of a good tonic. I had very sore lungs and was in a very weak condition. All doctors said I wouldn't live past six months, and I was discouraged to think I had only a short time to live, so one night I was reading a newspaper and seen CARNOL advertised, so I made up my mind to try it, and the very first bottle I took I could feel myself gaining in weight and having good strength, so now I wouldn't be without it. I recommended it to several people and they said it couldn't be beat. I also recommended it to one of my brothers that had very weak lungs, after the flu, and also to my father. He is a man of 80 years of age, and he said he feels a man of 35 years to-day by taking CARNOL. Everybody I recommended CARNOL to, they said they wouldn't be without it. My father's name is Thomas Henry Colborne, Mattawa.

(Signed) Thomas COLBORNE,

13 Champagne St., Ottawa, Ont.

## ECONOMICAL BUTTER CAKES

### ONE-EGG CAKE

$\frac{1}{4}$  cupful butter  
 $\frac{2}{3}$  cupful sugar  
1 egg well beaten  
 $\frac{1}{2}$  cupful milk

$1\frac{1}{2}$  cupfuls Igleheart's Swans Down  
Cake Flour  
2 teaspoonfuls baking powder  
 $\frac{1}{2}$  teaspoonful vanilla

Cream the butter, add gradually the sugar, beating hard, then the egg; sift flour and baking powder together; add alternately with the milk, a little at a time. Add vanilla. Bake in a shallow pan in a moderate oven about 30 minutes. Ice as desired.

### EMERGENCY CAKE

1  $\frac{2}{3}$  cupfuls Igleheart's Swans Down Cake Flour, after sifting once  
1 cupful sugar  
 $\frac{1}{4}$  teaspoonful grated nutmeg (or  $\frac{1}{2}$  teaspoonful vanilla)

2 teaspoonfuls baking powder  
2 egg-whites  
Soft butter as needed  
 $\frac{1}{2}$  cupful milk

Sift together the flour, sugar, and baking powder. To the whites in a measuring cup add enough soft (not melted) butter to half fill the cup; add milk to fill the cup; turn into the dry mixture with the nutmeg and beat vigorously 7 minutes. Bake in a loaf or sheet. Frost with any desired frosting.

### CREOLE CAKE

1 cupful sugar  
2 eggs, beaten light  
3 tablespoonfuls melted butter or substitute  
2 ounces melted chocolate  
 $\frac{1}{2}$  teaspoonful cinnamon

$\frac{1}{2}$  cupful milk  
1  $\frac{1}{3}$  cupfuls Igleheart's Swans Down Cake Flour  
2  $\frac{1}{2}$  teaspoonfuls baking powder  
 $\frac{1}{4}$  teaspoonful salt

Gradually beat the sugar into the eggs; add the melted butter and chocolate, and alternately the milk and flour sifted, measured, and sifted again with the baking powder, salt, and cinnamon. Bake in a pan 7 x 11 inches, about 25 minutes. When cool cover with Creole Frosting.

### MILKLESS, EGGLESS, BUTTERLESS CAKE.

$\frac{1}{3}$  cupful lard or substitute  
1 cupful raisins  
1 cupful chopped nuts  
1 cupful water  
1 cupful sugar

$\frac{1}{2}$  teaspoonful salt  
1 teaspoonful cinnamon  
1 teaspoonful cloves  
1 teaspoonful nutmeg  
 $\frac{1}{2}$  teaspoonful baking powder

2 cupfuls Swans Down Cake Flour  
 $\frac{3}{4}$  teaspoonful soda

Mix the raisins, sugar, lard, salt, spices, and water together and cook in a saucepan for 3 minutes. Put aside to cool. Sift, then measure 2 cupfuls of flour, add the baking powder and sift again three times. Dissolve the soda in 1 tablespoonful of cold water. Pour the cooked mixture in a mixing bowl, add the flour, then the dissolved soda, and beat the batter hard for several minutes. Bake in a loaf or sheet in a slow oven. Ice if desired.



**SHE RECOMMENDS IT TO EVERYONE—  
FROM ONE TO 100 YEARS OLD**

Medicine Hat, Alta., April 25th, 1924.

Dear Sirs:—My little son was rundown from lack of appetite, when I asked the druggist if he could recommend anything to renew it. He said I have found CARNOL to be the very best. It certainly was, for in a week or two, he was a real hearty eater. My daughter took it and was relieved of her catarrh. They are both on their third bottles. CARNOL is also good for delicate people, and for those who lack of blood.

I recommend CARNOL to every one, from one to one hundred years.

Yours truly,

(Signed) Mrs. H. B. MUIR,  
934 Ross St., Medicine Hat, Alta.

**QUICK RECOVERY AFTER THE FLU**

Pembroke, Ont., April 16th, 1924.

Dear Sirs:—

I would like to let you know that we are well pleased with CARNOL. I was in such a weakened condition, that I could hardly walk. When I took sick I weighed 125 lbs., and I shrunk from that to 96 lbs. On the recommendation of my friends, I began to take CARNOL.

Before finishing the first bottle, I felt a great improvement. When I took four bottles, my improvement was so great that at the end of 6 months, I weighed 135 lbs., that is the most I ever weighed in my life. I can safely recommend CARNOL to anyone who is in a rundown condition.

My girl aged 14 years, had pimples on her face; when finishing the first bottle, it relieved her of the pimples. I consider CARNOL a wonderful medicine.

(Signed) Mrs. J. PETERS,  
615 River Road, Pembroke, Ont.

**KNOWN FROM COAST TO COAST**

650 Rayside Ave., Burnaby, New Westminster, B.C.,  
April 15th, 1924.

Dear Sirs:—

I am now living close to Vancouver, and am writing to say what I know about CARNOL. The first time I took it was in Montreal, when Dr. Ross, of Westmount, told me to take it. It is one of the most splendid tonics I have ever taken. I am never very well, and was so glad to find something that picked me up in such a short time. I might also mention my doctor at Burnaby, where I live at present, recommended it. Dr. McTock, the chemist at The Owl Drug Store, corner Hastings and Main Sts., Vancouver, B.C., where I bought it, told me I could not take a better tonic. I always tell my friends of the results it has upon me.

(Signed) Mrs. Mortimer LAMB,  
650 Rayside Ave.,  
Burnaby, New Westminster, B.C.

## PIE CRUST

(For a 9-inch lower crust. Double recipe for two-crusts)  
1 1/4 cupfuls Igleheart's Swans Down Cake Flour 1/4 teaspoonful salt  
1/4 teaspoonful baking powder 5 (level) tablespoonfuls shortening.  
1/4 cupful cold water (about)

Sift together the flour, baking powder, and salt; cut in the shortening, then add water, a little at a time and mix with a knife to a paste of a consistency to clean the mixing bowl of all flour and paste.

## PIE FILLINGS

### PRUNE PIE

Take half the plain paste, turn on a board lightly dredged with flour, to coat the surface with flour; then pat and roll to fit the plate or tin. Roll the rest of the paste into a thin sheet; make slits through the center. Put the prunes in place; add sugar, flour, salt, and butter, in bits, also lemon and prune juice. Brush the edge of the pastry with cold water. Set the second piece of pastry above, cut it even with the paste below, press the edges together and brush with cold water. Bake about 30 minutes.

### FILLING

3/4 pound cooked and stoned prunes 1 teaspoonful butter  
3/4 cupful sugar 1/2 teaspoonful salt  
1 tablespoonful S. D. Cake Flour Prune juice 1/2 lemon

### APPLE FILLING FOR PIE

2 cupfuls sliced apples Gratings of nutmeg.  
1/2 teaspoonful salt 2 tablespoonfuls cold water  
1 cupful sugar (about) 1 tablespoonful butter

Set the pared and sliced apples in a plate lined with plain pastry; sprinkle on the salt, sugar, and nutmeg; add the cold water, if the apples cook dry, otherwise omit it; add the butter here and there in bits. Cover with second piece of pastry and bake.

### BUTTERSCOTCH PIE (With Meringue Topping)

1 baked pie shell 4 tablespoonfuls S. D. Cake Flour  
2 eggs, separated 2 tablespoonfuls butter or substitute  
1 1/2 cupfuls dark brown sugar 1 teaspoonful vanilla extract  
1/8 teaspoonful salt 2 egg-whites  
1 1/2 cupfuls milk 2 tablespoonfuls powdered sugar

Follow recipe for Pie Crust, line a pie tin and bake. To make the filling, separate eggs and put the yolks into a saucepan, beating slightly; add brown sugar, flour, salt, milk, butter and vanilla. Stir constantly over fire until it thickens and comes to boiling point. Pour into baked pie shell. Beat the egg-whites until stiff, add the powdered sugar and spread on the pie. Return to a slow oven for 10-12 minutes to lightly brown the meringue.



**A LUCKY DISCOVERY.—SHE FOUND THE CARNOL  
BOOK IN THE SNOW.**

Lacombe, Alta., April 17th, 1924.

Dear Sirs:—

On my way to school, one morning, I found your book in the snow, which someone had lost. I picked it up, took it home, and read it. The next time my father went to town, I sent for a bottle of CARNOL, as it seemed to be what I needed.

I had a very bad cough, which had resisted all the different remedies I had tried. I got one bottle and took it, which cured me completely.

I think a good way to advertise your medicine would be to sell the medicine with a guarantee that if it did not give satisfaction, the price of the bottle would be refunded, or if you do not like this, send CARNOL out in sample bottles for a time.

I feel certain if one gave CARNOL a fair trial, they would be entirely satisfied with the results.

Yours sincerely,  
(Signed) Goldie JARVIS.

**SUFFERED FROM NERVOUSNESS; WORRIED SO MUCH SHE  
COULD NOT SLEEP.**

Meadow Elgin, Albert County, N.B., R.R. No. 1

For two years I suffered from nervousness; some times I could not sleep nights for worrying, and the next day I would be so tired that my work was a burden to me. I began using CARNOL, and before I had used 2 bottles, I felt as though I am entirely cured of nervousness, but intend using a few more bottles; as I was in St. John, to visit a friend of mine, she advised me to try a bottle of CARNOL, so I did: now I am glad of it. If you wish to use my name in recommending CARNOL, you are welcome.

Sincerely yours,  
(Signed) Mrs. Geo. W. COLLIER.

**SHE COULD NOT WORK FOR FIVE MONTHS, AFTER EFFECTS  
OF FLU CAUSED TERRIBLE HEADACHES. — CARNOL  
PROVED ITS WORTH IN THIS CASE.**

39 Forrester St., Truro, N.S.

Dear Sirs:—

I thought I would write to tell you what good CARNOL did for me. I had the flu a year ago, which left me in such a condition I could not do any work for about five months: I suffered with terrible headaches, and did not have any appetite. After taking three bottles of CARNOL, I feel like a new woman. I can recommend CARNOL to any person in a rundown condition.

CARNOL is a medicine which every family should always have in the house. You can use my recommendation anywhere. I remain,

Yours truly,  
(Signed) Mrs. John HARVIE,  
39 Forrester St., Truro, N.S.

### SOUTHERN BEATEN BISCUITS

2 cupfuls Swans Down Cake Flour  
2 tablespoonfuls butter  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{2}$  cupful cold milk (about)

Mix and sift flour and salt. Cut the butter in with a knife and add enough ice-cold milk to make a stiff dough. Knead until it forms a smooth, easily handled dough. Toss on a slightly floured board and beat dough with a rolling pin until it blisters. Roll to  $\frac{1}{3}$  inch thickness, cut into small rounds, prick with a fork, place on a greased tin, and set in refrigerator for about 1 hour. Bake in a moderate oven about 30 minutes.

### PIN WHEEL BISCUITS

2 cupfuls Swans Down Cake Flour  
4 teaspoonfuls baking powder  
 $\frac{1}{2}$  teaspoonful salt  
3 tablespoonfuls butter  
 $\frac{2}{3}$  cupful milk  
 $\frac{1}{2}$  cupful seeded raisins (finely chopped)  
2 tablespoonfuls citron (finely chopped)  
Sugar and cinnamon

Mix dry ingredients and sift twice. Cut in the shortening, add the milk gradually, mixing to a soft dough with a knife. Roll in a rectangular sheet to  $\frac{1}{4}$  inch thickness, brush over with melted butter, and spread with the fruit. Sprinkle with sugar and cinnamon. Roll like a jelly roll, cut off pieces  $\frac{3}{4}$  inch thickness, place cut side down on a greased tin and bake in a hot oven 15 minutes.

### BRAN GEMS

1 cupful Swans Down Health Bran  
1 cupful Swans Down Cake Flour (sifted)  
 $\frac{1}{2}$  teaspoonful salt  
-1 tablespoonful sugar  
2 teaspoonfuls baking powder  
1 tablespoonful melted butter  
1 egg, well beaten  
 $\frac{1}{4}$  cupfuls buttermilk  
 $\frac{1}{2}$  teaspoonful soda

Put in mixing bowl the bran, sifted flour, salt, sugar, and baking powder; mixing well. Add melted butter and well-beaten egg, then buttermilk with soda in it. Beat well. Fill greased and heated muffin tins two-thirds full, and bake in a hot oven for 25 minutes.

### QUEEN TEA MUFFINS

4 tablespoonfuls shortening  
4 tablespoonfuls granulated sugar  
1 egg, beaten light  
 $\frac{3}{4}$  cupful milk  
 $1\frac{3}{4}$  cupfuls sifted Swans Down Cake Flour  
4 teaspoonfuls baking powder  
 $\frac{1}{2}$  teaspoonful salt

Cream the shortening; gradually beat in the sugar; add the egg, milk, and flour sifted again with the baking powder and salt. Beat thoroughly. Bake about 20 minutes in hot, well-greased muffin tins.

### IGLEHEART POP-OVERS DE LUXE

3 eggs  
 $\frac{1}{2}$  teaspoonful salt  
1 cupful Igleheart's Swans Down Cake Flour (sifted)  
1 cupful milk

Break the eggs into a bowl, sift in the salt and flour, and add the milk. Beat until smooth with a Dover egg beater. Have ready hot muffin tins, greased thoroughly. Fill as many of the cups as are required to  $\frac{2}{3}$  their height. Set into a hot oven near the bottom. Bake about 35 minutes. Decrease the heat after the pop-overs are well puffed.



## A PERIOD OF GREAT DANGER

Very often when people reach the convalescent stage, great difficulty is experienced in getting them beyond that stage. When the store of vitality is exhausted, when we tire quickly, when we feel depressed, then it is that CARNOL, the Great Tonic and Body Builder, is found most effective, bringing back health and vigor. CARNOL by increasing the appetite, enriching the blood, and toning the nerves hastens recovery.

### CLERGYMAN SAYS : WITHIN THE REACH OF ALL.

96 Cremazie St., Quebec, P.Q., Dec. 30th, 1921.

Dear Sirs:—

Many thanks for the CARNOL which you sent me. All the good that is said concerning this product seems to be well founded as I noticed for myself the good it could do. This is the reason I recommend it to my confreres and my family. It is a product which every family can get, as the price is not too high.

I beg to remain,

Yours very truly,

L'abbé Auguste CANTIN.

### DRUGGIST SAYS HE BELIEVES IT IS ONE OF THE VERY BEST.

New Westminster, February 5th, 1923.

Gentlemen:—

We have sold CARNOL for two years. During that time we have seen many other so-called Tonics tried out but they did not repeat and people did not advise their friends to buy them. CARNOL has been bought by people who have used it before, it has been recommended by people to their friends, and has enjoyed a good sale. We believe it has the ingredients that go to make up one of the very best nerve builders and all year round Tonic ever put before the public.

Wishing you success in its sale, I am

DAVIS, THE DRUGGIST,

Columbia and 6th Ave.,  
New Westminster, B.C.

A delicate child should be constantly watched and if it shows any signs of weakness, or lack of vim and energy, its system should be immediately toned up. No preparation will do this more effectively than CARNOL. Your child will never fight against taking it as all children like its taste. Physicians and druggists everywhere are recommending CARNOL as the very best remedy for all run down and delicate conditions.

**SHE TELLS THE STORY IN HER LITTLE VERSE. — IT IS SOLD  
ON A MONEY BACK GUARANTEE.**

52 St. James St., St. John, N.B.,

March 1st, 1924.

Dear Sirs:—

The suggestion to take your tonic  
Came to me through the little book;  
At first I was interested only  
In the dishes it told how to cook.  
Then I read the letters from people  
Who were not feeling fit at all,  
But had been restored to health again,  
By a few bottles of CARNOL.  
Now, I had that tired feeling,  
That so many complain of in spring,  
So I started in on your medicine,  
And it surely is a good thing.  
You take no chances, as all will agree,  
For it is sold on a money back guarantee.  
It gives you vim, and pep, and all,  
And you feel right up to the minute.  
If you can't tell the world about CARNOL  
You can tell the people in it.

Yours truly,

(Signed) Charlotte CARR.

**OUR GUARANTEE**

CARNOL is not a Cure-All — just a real Good Tonic —  
relieves coughs, colds and run down conditions generally.

So sure are we that it will do all we claim for it, that if  
you find on purchasing a bottle that it does not help you, your  
Druggist is authorized to refund you your money for that  
bottle when you return him the empty or partly empty bottle.

“ We pay the Druggist. ”

**CARNOL, LIMITED.**



DRIVER Q131.1

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**V**ERY often when taking Carnol  
a laxative may be necessary—  
your druggist can supply you with  
a mild laxative tablet, which we  
have named

**“JUSTALAX”**

the name signifies just what it is  
—just a laxative not a purgative.  
The price is 50c per box — for one  
month's treatment, 1c per dose.

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