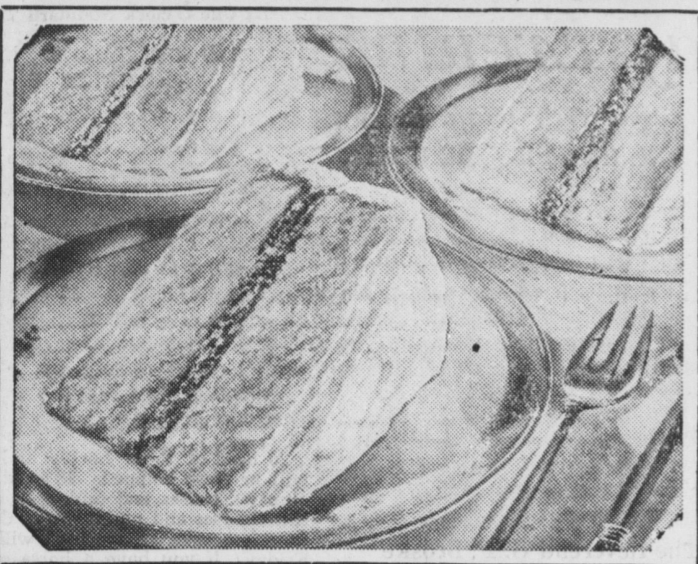


Cakes That Win Compliments



WHAT an honest sense of achievement we have when our cake receives that sincere compliment—"another piece please!"

Such cakes have a delicate flavor and fragrance, with a fine, moist, tender texture which is described by judges of cake as "velvety crumb."

Each of these cakes is a "velvety crumb" cake if you will follow directions carefully:

- Lady Baltimore Cake**
- 3 cups sifted cake flour
 - 3 teaspoons combination baking powder
 - 1/2 teaspoon salt
 - 3/4 cup butter or other shortening
 - 1 1/2 cups sugar
 - 1/2 cup milk
 - 3/4 cup water
 - 1 teaspoon vanilla
 - 3/4 teaspoon almond extract
 - 3 eggs whites, stiffly beaten
- Sift flour once, measure, add baking powder and salt; sift together three times. Cream butter thoroughly, add sugar gradually, cream together until light and fluffy. Add flour, alternately with liquid, a small amount at a time. Beat after each addition until smooth. Add flavoring; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 20 minutes. Spread Lady Baltimore Filling between layers and Lady Baltimore Frosting over cake. Double recipe to make three 10-inch layers.
- Lady Baltimore Frosting and Filling**
- 1 1/2 cups sugar
 - 1/2 teaspoon light corn syrup
 - 3/4 cup boiling water
 - 2 egg whites, stiffly beaten
 - 1 teaspoon vanilla

- 6 figs, chopped
 - 1/2 cup raisins, chopped
 - 1/2 cup pecan or walnut meats, chopped
- Combine sugar, corn syrup, and water. Bring quickly to a boil, stirring only until sugar is dissolved. Boil rapidly, without stirring, until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240° F.). Pour syrup in fine stream over egg whites, beating constantly. Add vanilla. Continue beating with a rotary egg beater 10 to 15 minutes, or until frosting is cool and of right consistency to spread. Use wooden spoon when too stiff for beater. For filling, add enough frosting to fruit and nuts to make a filling that will spread easily. Spread between layers. Spread remaining frosting on top and sides of cake. Makes enough filling and frosting to spread between layers and top and sides of Lady Baltimore Cake.

- Hungarian Cream Cake**
- 2 cups sifted cake flour
 - 2 teaspoons combination baking powder
 - 1/2 teaspoon salt
 - 1 cup sugar
 - 2 eggs, well beaten
 - 1 1/4 cups heavy cream
 - 1 teaspoon vanilla
- Sift flour once, measure, add baking powder and salt, and sift together three times. Add sugar gradually to eggs, and beat well. Add flour, alternately with cream, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in a greased pan, 8x8x2 inches, in moderate oven (350° F.) 50 minutes. Spread with your favorite chocolate frosting.

Far Fields

By LEETE STONE

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THEY were companions, and they spoke to each other; each in his fashion; from their separate cages. One was a trusty in a penitentiary and the other was a golden canary. The lilting song of the bird and the crisp whistle of the man exchanged daily greetings across the straggling space that separated them.

This was one of the first days of spring to capture glorious geniality from the gently warm sun and faintly stirring air—nature's farewell to a dragging, bitter winter.

Number 991 pressed his cheekbones against the bars of his open window. Even the metal felt less cold and unyielding than usual. Zephyrs stirred his sandy hair which had become much thinner during the ten years of incarceration. This morning out of the ruts of resignation which had claimed his spirit from the first rose a consuming desire for the far fields of freedom and the nomad life that had once been his.

Eyes bent on his little chum whose cage hung in another open window over the way this wondrous April day, Number 991 indulged his whimsicality of guarded conversation: "Can we stick another winter here, little one?" he whispered.

Notes of song trilled over to him as if in direct answer. "Meaning 'Cheerio' and 'Carry on' and all the rest of the uplift stuff," Number 991 muttered with a wry mouth. Nevertheless his shoulders straightened and he responded with a clear whistle.

About to turn away from the window, his gaze—which had been riveted on the cage—was caught by the sight of a child scrambling onto a chair which stood beneath it. The child was small, and had trouble making the grade; but finally stood on the chair and commenced fussing with the door of the bird's prison. At once a woman appeared on the scene, reined the child with apparent scoldings, and pushed the chair away.

The significance of this ordinary incident flooded the man's mind with the conviction that some day the child would succeed with its mischief and his little companion would escape to those far fields of freedom that nagged their hearts perpetually.

Thus the idea of escape was born in Number 991 on this day of lovely promise which had suddenly new meaning for him. Amazed, and somewhat bewildered, he for the first time realized how many opportunities he had missed; wrapped as he had been during the years in the dull inertia of confinement and prison shop labor. The check-up of tools was often lax. It would be simple to confiscate and conceal files and oil. Nights were long in which to softly sever his bars.

He felt that escape for the little pal was destined. Why not for him, too?

The chance to secure tools came soon and Number 991 became a different man. He stepped out of the prison rut of resignation into the province of love of life. A thousand sleepless nights had taught him where the night guard of his cell-block would be at any given moment. No detail of secrecy eluded him. Night by night the four little rifts in two of his bars grew imperceptibly deeper.

Intimacy, also, progressed between the bird and the man. Never a morning that they did not exchange buoyancies:

"How you coming, friend?" Carolled over.

"Fine! How 'bout you, little one?" Whistled back.

And often the mischievous child stretched its arms high for the cage, reinforcing Number 991's premonition that freedom for them both was a certainty.

The morning came when all but the last few strokes of the file had been taken. A few more deft moments' work would spell separation of the steel, and—escape! Watching the bird across the way, the man's body stiffened suddenly and his cheekbones pressed the bars so closely that he feared they might give way.

The child was dragging a chair under the canary's cage again. Today! The child climbed on the chair, fussed with the cage door, and opened it. The golden bird winged swift flight through the open window, and downward, beyond the man's impetuous gaze that strove to follow.

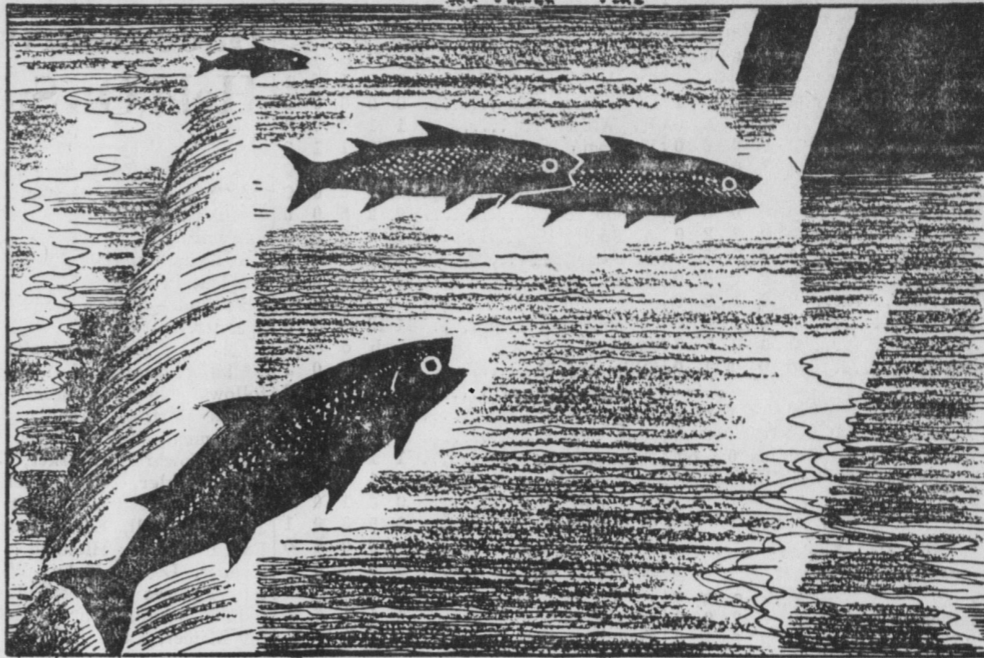
Number 991's joy mounted to the peak of elation. The little pal was free to travel the far fields—travel with him—to indulge fantasy.

Number 991 remained long at the window planning his own escape for that very night. He dreamed as he sniffed the blossom-scented air hungrily. Then he noticed the little boy; shoulders drooped in penitence; go out of the house opposite and disappear around the corner.

But why did the child return running followed closely by a sleek black cat, and carrying something in small, cupped hands as he screamed for his mother. Number 991's eyes strained to see! They caught a glimpse of a lifeless little blob of yellow from which the feathers drooped awry. Number 991 turned away from his nearly severed bars, despair in the deep lines of his sagging face. With a watchful look everywhere first, he flung the tiny flies through his bars and they disappeared in the tall grass of prison acres just as the morning shop bell clanged through the corridors. Far fields indeed!

NRA MEANINGS

Everybody has a pet meaning for NRA. There are lots of them floating around and you hear many new ones each day. Of course NRA stands for the National Recovery Administration or Act and everything under the Blue Eagle. But even in times when recovery is necessary people like to joke as well as be serious. That is why we hear the various "interpretations" of the NRA.



SAVORY SALMON

OF all the fish in the sea, the salmon is the most sentimental. It never forgets the scenes of its childhood. It is the only fish that stages an Old Home Week. After spending the first two years of its life in a river, it sets forth to see the world. It reaches the ocean and leads a gay life under the ocean waves. But finally it turns from the sea and makes a pilgrimage which involves both weariness and hunger back to its native watery heath. There it spawns and dies.

A Salmon Run

No one knows exactly what causes salmon "runs" in which thousands of these silver-mailed fish travel rapidly homeward. They leap miraculously over high waterfalls and weirs in their determination to cover the long distance which lies between them and the rushes of the river bank where they were born. Science has ceased trying to hinder them or to persuade them to be content with rivers other than their own. In fact, it now lightens some of the perils of their journey by means of fish ladders. These are steps four feet wide and less than a foot high. They are built at the side of steep rapids so that the fish can ascend slowly rather than be bruised by dashing against rocks while leaping wildly.

We gladly humor the whims of the salmon. For it is not alone the dramatic story of its homesickness that interests us. The "big, handsome, symmetrical fish," as an old cook book describes the salmon, is very rich in phosphor-

us, minerals, and in iodine which is indispensable to the diet of both adults and children. Salmon are caught in the sea when they are in their prime, just as they are congregating to make their run. Canneries are maintained near the fishing banks—in some cases on the fishing boats themselves—in order that salmon may be put into the cans at their best and freshest. That is interesting to remember that no iodine is lost in canning.

It is fortunate that salmon is liked by children, since it is so good for them. And it is popular with almost everyone. Some like it cold; some like it hot; some like it in salads; some like it in tasty combinations such as the following tested recipes give you. It is always substantial, savory, and, for all its value to our health, very cheap. Try these interesting new ways to serve salmon.

Savory Salmon

Chilled Salmon Loaf: Remove bones and skin from the contents of one 1-pound can of salmon. Flake. Add half a No. 2 can of peas and half a No. 2 can of diced carrots, well drained. Add two cups cooked spaghetti, half a cup lemon juice and half a cup mayonnaise, and season to taste. Pack in buttered loaf pans and chill thoroughly. If refrigerator trays are not in use, pack the mixture in them. Chill for an hour or two, being careful not to freeze it, if in trays. Turn out, slice, and serve on lettuce with mayonnaise garnish. This serves twelve.

Creamed Salmon, Peas and Cucumbers: Make a white sauce of

four tablespoons butter, three tablespoons flour and two cups milk. Season to taste. Add the contents of one 8-ounce can peas, half a tall can salmon, and half a cup diced cucumber. Serve very hot. This serves six.

Sautéed and in Salad

Sautéed Salmon with Deviled Egg Sauce: Remove four salmon steaks very carefully from their cans. (One can of salmon steak serves one person.) Lay them in a hot skillet with a little butter. Sauté gently on both sides, turning with a wide spatula to prevent breaking. Add three-quarters of a cup hot water slowly, and cook until thick, stirring all the time. Add one tablespoon lemon juice, a quarter of a teaspoon mustard, salt, pepper, and paprika to taste. Mash the yolk of one hard cooked egg, and stir into the sauce. Add finely chopped egg whites. This serves four.

Metropolitan Salmon Salad: Chill one 7-ounce can of salmon in the can, open the can and transfer contents to a small bowl lined with lettuce, being careful not to break up the meat. Mix a quarter of a cup mayonnaise, one tablespoon thick sweet or sour cream, one teaspoon vinegar, one tablespoon chopped celery, one tablespoon chopped pimiento, one teaspoon capers and one teaspoon India relish or chopped sweet pickle. Mix thoroughly and then spread over the salmon. This serves two or three.

Produce & Live Stock Market

CORRECT INFORMATION FURNISHED WEEKLY BY THE PA. BUREAU OF MARKETS FOR THE BULLETIN

Beef steers and yearlings, fully 25c higher than close of last week, with all grades showing advances. Cows look steady with no early sales. Bulls in demand at prices 25-50c higher; a few choice country bulls sold up to \$6.00. Stockers and feeders active and steady with demand largely for good quality, common kinds slow and weak. Liberal supply on hand. Calves active, fully 5c higher, general top choice vealers \$8.00-\$8.50. Hogs slow but steady, choice Westerns retail 4.75 wholesale 4.45-4.65. Sheep and lambs steady.

Receipts: 2318 cattle; 274 calves; 726 hogs; 122 sheep.

STEERS	
Choice	\$7.00-7.75
Good	6.50-7.00
Medium	5.50-6.50
Common	4.50-5.50

HEIFERS	
Choice	6.00-6.50
Good	5.50-6.00
Medium	4.50-5.50
Common	3.50-4.50

COWS	
Choice	4.00-4.50
Good	3.50-4.00
Common and medium	2.75-3.50
Low Cutter and Cutter	1.00-2.75

BULLS	
Good and choice	4.25-5.75
Cutter, common & medium	3.00-4.25

VEALERS	
Good and choice	8.00-8.50
Medium	7.25-8.00
Cull and common	5.50-7.25

FEEDER & STOCKER CATTLE	
Good and choice	5.25-6.25
Common and med	3.50-4.50

HOGS	
Good and choice	4.50-4.75
Medium and good	3.50-4.25

SHEEP	
Choice spring lambs	11.00
Choice lambs	9.00-9.50
Yearling Wethers	4.50-5.50
Ewes (all weights)	1.50-4.00

THAT GLUTTONOUS COD

According to the Bureau of Fisheries, not even a fish expert has any idea what to expect when the stom of a big codfish is opened. Not only is the celebrated cod a cannibal but is a glutton that gobbles just about everything in sight besides the every day diet of smaller fish, crabs and lobsters. They are not averse to swallowing a bird such as a duck if the opportunity presents itself and the cod is large enough. Besides edible objects, such things as clam shells, piece of rope, chunks of wood, stones and even old shoes have been found in their stomachs.

Here are some of them sent in by our readers: Now Roosevelt's Appreciated, Now Real Aid, No Rights Anymore, No Reds Allowed, Nuts Run America, Nothing Runs Alone, No Real Action, No Rusty Anvils, Now Run Again, Now Resume Advertising, etc.

Coffee Increases Efficiency

If Fresh, Experiments Show



RECENT experiments at Cornell

University show that coffee has a very definite effect on steadiness and coordination between a person's hand and eye. Subjects of the experiments tested their accuracy by focusing an electric light on a moving photo-electric cell. After drinking coffee their coordination was appreciably improved. The same Cornell scientists found that when a subject drank coffee and followed it immediately with coffee his coordination dropped off, due to the effect of the alcohol. But as soon as the coffee took effect his coordination returned nearly to normal. One way to drink liquor and stay sober! Of course people haven't been drinking coffee for the taste alone all these years. Coffee drinkers know the "kick" it gives, but no until now have its benefits been proved scientifically. As little as three cups a day, scientists say, enable the drinker to think faster, clearer and longer at a time. He associates ideas better, remembers more accurately. Fatigue and drowsiness disappear.

But it has not been so well known that fresh coffee also stimulates digestion. A series of experiments at Colgate University have shown serious digestion disorders to be caused by the ordinary noises of modern life, and that they can be corrected by adding fresh coffee to the diet.

In another set of experiments, made in a New York laboratory, thirty medical students and labora-

tory assistants were fed stale and fresh coffee for months. All the equipment of modern science measured the results. When the subjects drank fresh coffee before meals, it sharpened their appetites. When they drank it during meals, digestion was stimulated. Stale coffee increased the acidity of the stomach abnormally and slowed up digestion. Drinking stale coffee made the students nervous and irritable, subject to headaches and sleeplessness. One subject became so ill after four successive days that he was unable to continue the experiment.

Stale coffee seems to be distinctly unwholesome. Many chemical changes take place in roasted coffee as it ages. Some of these changes take place in the coffee oil. The oil of coffee carries the delicate aroma and flavor. With age, the oil absorbs oxygen; stale coffee oil has a musty, rancid odor. Scientists found that this delicate flavor-bearing oil evaporates rapidly after roasting; whether the coffee stays in the bean or is finely ground. They learned also that no available method of packing coffee after roasting could preserve it satisfactorily. It is the time that counts—the time lost between roasting and drinking determines the freshness of the coffee.

One well known coffee manufacturer has met this problem by dating his coffee and rushing it from several roasting plants to grocers in all parts of the country within a few hours after roasting.

EASY TO BAKE IN THE FLAVOR-SAVING OVEN



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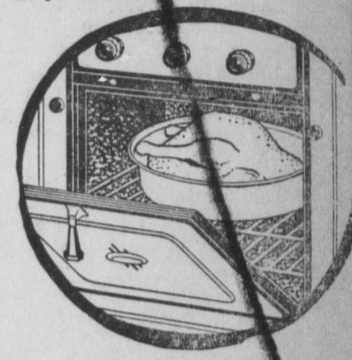
Delicious, appetizing hot-breads, biscuits, meats and pastry of all kinds are easy to bake in the Coleman "flavor-saving" oven. It's a real pleasure to bake with these modern stoves.

The DeLuxe models have extra large open ovens, lined with easy-to-clean porcelain, and insulated with Rockwool that conserves heat and reduces fuel cost.

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One of the many amazing new features of these remarkable ranges. Produces a clear-blue band of clean heat. Cuts fuel cost one-fifth; gives wider range of cooking heat. 90% greater heating efficiency.

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That Are Salted in the Shell

Are Healthy—Wholesome Sanitary Delightfully Delicious

Contain no grease or excess salt. Pure iodized salt blended right in the kernel.

Tap Rooms are giving them away at a profitable advantage.

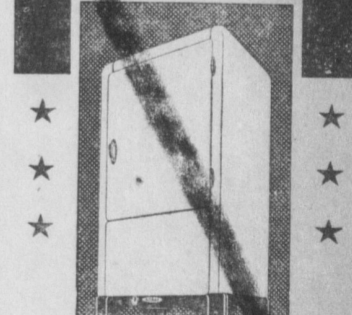
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To All Who Suffer Stomach Agony, Gas and Indigestion

Money Back If One Bottle of Dare's Mentha Pepsin Doesn't Do You More Good Than Anything You Ever Used.

Why bother with slow actors when one tablespoonful of this splendid and pleasant liquid remedy will cause gas, bloating, heaviness, heartburn or any upset condition of the stomach to speedily vanish. And why should any man or woman suffer another hour with indigestion or any stomach misery when the remedy that acts almost instantly can be easily procured? But there is more to say about this remarkable remedy—something that will interest thousands of despondent people.

Dare's Mentha Pepsin not only quickly relieves stomach distress, but it also conquers stubborn indigestion, dyspepsia and gastritis, and puts an end to dizziness, nervousness, headache, sleeplessness and despondency which distressing troubles are nearly always caused by chronic stomach disturbance. Dare's Mentha Pepsin is a supremely good remedy that druggists everywhere guarantee—a fine tonic that builds you up and makes you work with vim, eat with relish and sleep soundly.

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