#### ANDOVER NEWS

PUBLISHED WEEKLY By J. HARVEY BACKUS & SON

OUR KEYNOTE: "If There Is Not A Way, Cut A Way"

Subscription Rates Three months

# "Flowing With Milk and

flowing with milk and "money."

cerned that the movement succeed and produce tangi-their primitive haunts uninhabitable. ble results. The primary result sought is increased consumption of fresh milk and cream.

New York State has produced and is producing a real flood of milk but too much of it has flowed in what A FEW seasons ago "use your dimmers" was a popuis called the surplus classification for which the dairy A lar slogan and campaigns were carried thru by the at temperatures that range from 55 farmers receive all too little in cash returns. This has police in many communities against the owners of mobrought the great dairy industry to the brink of bank- tor cars with unnecessarily bright or improperly reguruptcy. More milk consumed as fresh or fluid milk is lated headlights. the latter part of the clogon "It's good for you" sug-drivers of approaching cars, but too often they are not. should. They are made of boards gests the other phase of the campaign othe health

should know. That should give us pause.

Milk, believe it or not, is the only gift of Mother down beam that it is difficult to see past them. Nature which is designed for food and for no other purpose; it is, in other words, the only natural food. An astonishingly large number of automobiles are on Foundation Biscuits, using the stand-It follows, therefore, that milk must contain all the the roads with only one, of the two headlights required and flour method, but use only two life giving and life sustaining substances. Milk has by law, in operation. And or many more are locking tenspoons fat for dumplings, instead been couled the "master food" and that is a fine disig the rear warning light. around to wander away from this fundamental.

material prosperity. There is merit in the objective which is sought in necessarily large number of accidents.

this campaign: "A pint of milk daily for every adult, "A quart of milk daily for every child." 

Friendship costs least in money and makes most in profits.

It's good policy to save for a rainy day, but don't make the mistake of spending it on a wet night.

Residence

Andover—376

### Longer Between Bites

IN SPITE of conservation and restocking of streams, fishermen everywhere are lamenting that the time y getting longer and longer between bites.

It isn't for lack of tackle. Man has journeyed fa

tort of ingenious. They have invented all manner o preposterous lures that would be laughed off the face mention the name of this paper you waters if some fish weren't fool enough to fall will receive a direct reply to your ments of rod and reel and fly. Yet to what purpose? letter or on one post card. The millionaire in all his glory has no more chance than many questions as you like, but the boy with his worm and rude pole, and for both, make each one a separate communthese are dark days.

Millions of dollars are being spent every year by Mrs. A. A. K., writes: "What are federal and state governments, individuals and organ- good substitutes for citrus fruit to ANCIENT country is described in Biblical history izations of sportsmen in a nation-wide effort to restore prevent colds?" Has "a land flowing with milk and honey." They good fishing for everyone. There has been gradual im- Miss Lorna K. Barber of the coltell us from Albany that the State's "drink more milk" provement in many sections, but fishing is still far lege of home economics replies: "We campaign is endeavoring to make New York a land from being "good" in the old meaning of the word.

Experience has shown the conservationist that The Empire State, of course, has been flowing with pouring hatchery-raised fish into the stream is not cod liver oil, and sunshine, helps to milk for a long time, but we can scarcely say that it enough. A large percentage of the protected and hand-raise the resistance to colds. brought with it a flood of money. That, of course, is fed fish starve to death or are eaten by their more a general, well-balanced diet with one of the reasons the Legislature provided ways and cannibalistic brethren between the time they are placed plenty of sleep and fresh air aids in means for the campaign that is now going on, and why in the streams and the time they are large enough to the prevention of colds." Governor Lehman and Charles H. Baldwin, Commis-catch. Deforestation has deprived them of their natcioner of Agriculture and Markets, are so vitally con- ural food and protection, and stream pollution has made

#### Night Driving

the only solution for the economic difficulties of the With the supposed improvement of automobile month in the fall at the recommendsituation. That is one of the objectives of the State's headlights, however, such campaigns went out of style ed temperature." advertising campaign. The great refrain of all the and the over-enthusistic claims of the manufacturers promotional activities is: "Drink more milk; it is good of this equipment to the effect that it was impossible for you." We are urged to drink more milk; note the to be blinded by the new type headlights, were too tilators in my dairy stable. The inword "drink;" that means the use of fresh milk for implicitly accepted. The lights on all cars today may outlets above the peak, and they which the dairy farmer receives the best price. Then be deflected toward the road so as not to blind the do not seem to draw as well as they

trouble to flip the switch which removes the menace Whether we realize it or not, here in New York of the bright lights of his car and in passing the other THE NATIONAL State our people in recent months have been drinking half, one is forced to either come to almost a stop to far less milk than is safe for public health, according be safe or take the risk of driving for a few seconds to the best estimates of distitions and physicians who thru a blind spot. Many of the cars that one mosts on the road at night have such bright lights on the Nor are bright lights the only danger at night.

There is more travel on principal highways today Mix the dough quickly and drop

than ever before, the average speed of motor cars is in pieces about the size of a small' "The Drink More Milk" campaign is going to ac | considerably greater than it has been and is constantly biscuit over your stew or into your complish a great work if it does nothing more than increasing, and there is more driving after dark. The steamer. Cover closely and cook 15 impress upon the public mind what—we instinctively need of proper number and of properly regulated audito 20 minutes. know, but more or less disregard, and that is what we tomobile lights, consequently, has become a great one. are here blessed with Nature's choicest gift and that The indifference of a great number of motorists to the the greater us of it means finer health—and greater most elemental rules of the road after night constitutes a very marked danger and is responsible for an un-

Things that are sometimes made a laughing ter are not even a good joke.

Accidents will happen, which no doubt explains some of the salads we are asked to eat.

biscuit flour method. due but he never forgets his pay envelope.

sugared dates with a few drops of squeezed over them, or other' Sprinkle raw fruit with little sugar and dust lightly spice you like best-cinnamon. meg or mixed pudding spices.

Dampen the edge of the piece lough and fold it over to enclose the Dumplings Steamed or Baked

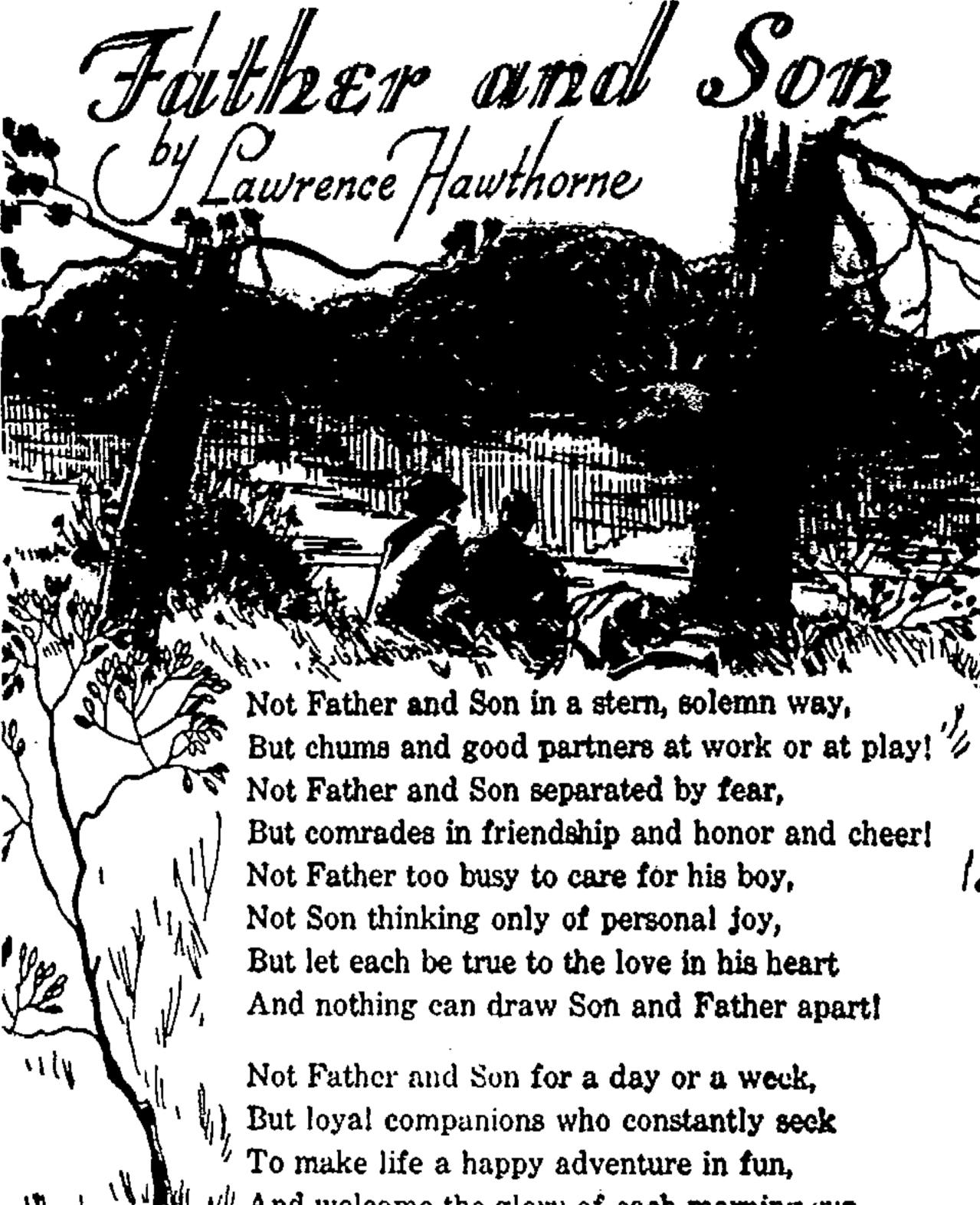
syrup sauce, or a custard sauce. These same dumplings may baste them often while baking. you will never feel that the serving of hot biscuits (or any of their in-

Notice to Creditors Pursuant to an order of Hon. Wal. finite and interesting variations) ter N. Renwick, Surrogate of the need be a burden. Not only have County of Allegany, notice is here we first-aid in the form of excellent by given to all persons having methods and materials, but we also claims against the estate of James have the convenience of being able . Cannon, late of the Town of to prepare our biscuit dough some Andover, N. Y., deceased, to present hours ahead and storing it, covered the same with proper vouchers there in the well-chilled ice-box until bakof to the undersigned administrators ing time. Left-over biscuits may be .. East Center Street, Andover, N. Y. at the Office of the Administrators served as fresh-baked by putting Hours: 8-9 a. m., 1-8 and 7-8 p. m. at the James P. Cannon Company them in a paper bag, closing it care-HAROLD VAN DYKE, W. M. Thursdays and Sundays by appoint. Store in the Village of Andover, N. fully and placing in a hot over, 450 ., on or before the 20th day of degrees F., until warmed thru. (This January, 1935. Dated July 9th, 1934. SARA R. CANNON, cious split and toasted.

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PLAYING IN THE SUN!

I ITTLE AMERICA, ANTARCTI- | youd the Bay of Whales as far as CA. Sept. 11 (via Mackay Ra he could see. We have thought all dio):—The return of daylight has along that we were shut in by a had a marked influence on all of the solid sheet of ice extending for hun-62 men in this camp and, I presume, dreds of miles. This is one of the a similar effect on Admiral Byrd most interesting scientific discovand the three men with him at Bol- eries of this expedition so far. The ling Advance Base. A new spirit big Ford plane is being dug out pervades the entire group and the from under eight feet of snow irritability and the sharp tempers where it has rested for five years developed during the long, gloomy since the first Expedition left. winter night are disappearing. Each | These days, when we are so busy morning before the sun actually ap-outdoore, the buildings are deserted peared, as the faint glow on the the stove is out and the arguments

a fanaticai group sun worshippers. Each day until August 22 the sun approach ed closer to the horizon until the group were rewarded finally l a glimpse of its

the distant ice Beach, N. J., one way damaged and was invaluable barrier. The day- of our aviators, to the expedition in its early trip. light was only daylight by courtesy. Presently we are going out to get it. It was grey and cerie on the ice but It will be brought in as soon as the it was daylight nevertheless and a weather moderates. welcome change from the impene. I have been living for the past trable blackness of the Antarctic few months in the main administration building in an upper bunk With the advent of daylight the over Steve Corey, of Winchester,

weather seemed to get colder and Mass., our supply officer. The asthe men piled on more and more sociations and the arguments here clothing, especially socks. Our win- have been a liberal education to me ter shoes, all right for indoors, - an unparalleled post-graduate were replaced by fur mukiuks and course supplementing my work at heavy leather helmets replaced the Harvard. I have acquired great selfwoolen helmets we had been wear confidence because I have learned ing. And, as the boys began to play to do so many things. I can now around or work outside, numerous do anything from observing and cases of frostbitten noses and toes checking meteors to properly foldand fingers began to appear. Those ing paracoutes, adjusting magneof the who were working outdoors tos or butchering a seal-not forhave had to watch each other close getting my really great proficiency ly to check the tell-tale white as a plain and fancy wielder of a patches that indicate freezing faces snow shovel. That is one art I am and must be attended to instantly going to try to forget the minute by rubbing snow on them and get. I get home. ting out of the extreme cold for a Up where you are colleges are re-

while. A merked change also ec- opening. Already almost 400 encurred in our living conditions. Dur tire classes have ensolled in our ing the winter night it was our club, and thousands of other people habit to foregather in the living interested in aviation, exploration Quarters after meals and argue and adventure. If you haven't joined every question under the sun day, yet now is a grand time. Memberand night. The conhistores were red ship, big working map of the Bouth hot said the arguments even hotter. Polar region and membership card Now all this is cheaged. We have are all free. Simply seed a clearly had an opportunity to dis out the soil-addressed stamped surveiope to autogiro and Bill McCormack, of our American headquarters ad-Lansdowne, Pa., has taken several dressed as follows -- Asthur Abele wonderful altitude flights in it to Jr., president, Latte America Avia observe weather conditions. To our tien and Exploration Chip. Hotel astonishment he reposts that the Louisston, 48th Street and Lexing-Ross, Bee is entirely free of ice be ton Avenue, New York, N. Y.

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BISCUITS

ve make with mixtures like it.

o which we only add liquid.

fork, or a wire pastry blender.

used, or sour milk or buttermilk

(with which baking soda is used t

for fancy tea biscuits, etc., but

not used in plain biscuits.

I make a dough which is only

makes light, tender biscuits.

to coat lightly with flour.

at all than too much.

rest of biscuits.

lenough to handle, as a soft dough

4. Turn out dough on "light"

. Knead dough with 3 or 1

6. Pat dough with palms of hands!

Shape with cutters dipped in

or roll with covered rolling pin

replace some of the baking powder);

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By Katherine Caldwell

hour to 1 cup of liquid. (For ex- as described in Foundation Recipes making biscuit dough in this lesson

der or substitute, shortening and gredients and increase shortening to 4 tablespoons; if you want to add liquid and about 2 teaspoonfuls less (b) Using prepared flour method. Biscuit dough is mixed by a meth-

add 2 to 4 tablespoons sugar to 2 od entirely different from that we Sift flour once, measure mix other dry ingredients with Richer Dough—(a) Using stand-2. Measure hard, cold shortening a knife, two knives, a steel-pronged

(b) Using prepared flour method hop 2 tablespoons hard, cold shorting (butter, lard or any solid neu-

Lemon or Orange Sweethearts---Grate a little rind into some lemon

ened Dough." Shape small biscuits, softened butter, place second piece When biscuits are ready, dip a on it. For individual cakes, roll out dough, shape with large biscuit cutown, into center of hiscuit. Bake ter, and put together in pairs with as usual. The biscuit will puff up butter between.

Cheese Biscuits - Add two thirds cuits-425 degrees. This is still a cup grated cheese to dry ingredients hot oven. in Foundation Recipe, using either method: and for very quick and easy results, just make the Drop Biscuits, instead of rolling and cutting dough.

Date Pockets Using either meth- hard, cold shortening (butter or any Roll out to 14 inch thickness! pared biscuit flour before adding and shape with large cutter. la spoonful of date or other fruit filling (see Lesson 10) on each piece cake—two pieces with soft butter! of dough, keeping it to one side, and between, so as to split easily-or in fold the other half of the dough individual large biscuits.

'| flour, or cut in squares with a flourover to enclose it; moisten edges of Like all other prepared just gather it together without turn-over tart. A soft pitted date, this ingredient requires more lifting from board, and stamp out instead of cooked filling. Butterscotch Biscuits — Using 450 to 475 degrees F.—just a little and 8, make dough just a little soft Richer Dough and roll out to 4 made with prepared biscuit er-add milk until dough is linch thickness. keeping shape lenough to drop from a spoon. by teaspoonfuls (or a little bigger)

when desired) on well-greased pan. We call these Drop Biscuits. 9. Bake in a hot over, 450 de-And keep these things in mind: The softer the dough, the better

Mix quickly, handle lightly, bake mixture from running out. Foundation Recipe, Using Flour Maple sugar, finely shaved, Two cups flour ½ teaspoon salt

4 teaspoons baking powder Two-thirds cup liquid (you may for Butterscotch Biscuits. require more or less? Mix and bake as I have described Prepared Biscuit Flour Method

It is now possible for the child six, or for the woman who has never or sultana raisins and a small amount over the top of very hot shortcake)' been able to make good biscuits, to of shredded, candied ginger; or biscuits. turn out beautifully light and fluffy equal parts currants and sugar, with Cream (either the rich pouring iscuits in two minutes—and to 1/2 teaspoon cinnamon; or thick kind or whipped cream) can be know that every time they will be paste of stewed, sweetened dried served with the dessert shortcake: perfectly successful. This quick way of making either voring, or better still, a few finely plain or whipped. Sometimes you white or whole wheat biscuits calls | shredded almonds. Use about for the use of one of the new pre- cup combined filling. Roll up, slice extract in your cream or milk. You

pared biscuit flours, which you buy and bake same as Butterscotch Bis- can also serve with your sweet shortin an exceptionally well-sealed pack- cuits. salt, the baking powder and the ard flour method only, substitute! shortening. They are all carefully sour milk or buttermilk for sweet Measure prepared biscuit teaspoons baking powder and with flour straight from the package in it 1/3 teaspoon baking soda. Crush amounts directed (do not sift be- lumps from soda and sift it and the

cause of the fat in it, which makes baking powder with the flour. Measure prescribed liquid, be used in all the same ways. White. using milk or water, whichever is Graham or Whole Wheat flours may handier; add all at once to pre- be used. pared biscuit flour, mixing it quick- Soda Biscuits-Same as Sour Milk ly and lightly with knife, for just Biscuits.

Short-cut-Instead of kneading, dough or add up to 3 tablespoons not rolling and cutting dough, as in 8 hard, cold shortening to prepared pot.

with plain flour; 475 to 500 degrees —either the light Foundation Dough be heavy. Trust your 475 F. is ideal for whole wheat bis- above.

'added as just described. Roll either plan flour or biscuit! for both biscuit methods. Make the flour dough to one-sixth inch thick-Biscuit dough, and all the things Foundation Dough with enough ex- ness, keeping shape as nearly recto drop by teaspoonful (or larger) melted butter, sprinkle lightly with I am going to teach two ways of on greased pan. Bake same as brown sugar and cinnamon. Roll up like jelly roll. Slice down 14 -and a number of ways to vary Rich and Sweetened Biscuits—(a) inch thick, place cut-side down on a Using standard flour method, add greased baking sheet. Sprinkle with 1. Using flour, salt, baking pow- 2 to 4 tablespoons sugar to dry in- coconut, bake as usual.

To Glaze Biscuits 1. Brush top with milk before Using a prepared biscuit flour egg, use 1 beaten egg as part of the baking. 2. Brush with beaten egg diluted with milk or water before baking. SHORTCAKE

cups prepared biscuit flour; if you biscuits, you can make wonderful' want to add egg, use beaten egg as shortcake. Real, old-fashioned, bispart of the liquid and about 2 table- cuit-type shortcake is just made with rich biscuit dough. Just as in making biscuits, there are two ways of making shortcake. \

Standard Shortcake Two cups flour teaspoons baking powder tablespoons sugar ⅓ cup hard, cold shortening Two-thirds cup milk

Mix shortcake dough by exactly or orange juice to steep while you the same rules I gave you at the make biscuit dough. Have ready beginning of this lesson for biscuit some small diced sugar-the tea- dough made with ordinary flour. cube size; or break large lumbs of Divide dough in half for large! Using either shortcake. Roll out to 1/2 inch thick-! method, make Foundation Dough or ness and pat into shape to fit pan. Richer Dough, or "Richer and Sweet- Spread first piece of dough with!

with a little less heat than plain bis-

Biscuit Flour Method For the richer dough that most chon finely 3 or 4 tablespoonfuls of unflavored pure white fat) into pre-

Shape the dough in one large rolled in fruit sugar, may be used than the corresponding mixture with' ordinary flour; use a temperature of

comfort and beauty artfull because of the added richness. Don't keep shortcakes for straw-Spread with 1/3 cup butter and berry time-have them every month' that in the year! Besides fresh straw-' have been well creamed together; berries, raspberries, peaches and so' add a little spice if you like. Roll forth, we can use many of the can-

a slices about ¾ inch thick; place peaches and apricots, flavorful can-HORNELL, N. Y. cut-side down, and bake in a greased ned pears, too, make excellent shortpan. Tiny muffin tins are ideal for cake. The cooked filling made with these biscuits, as they save the sugar dates and other dry fruits (see Les-) son 10) will also make a delicious

in- shortcake. So also will stewed dried' stead of brown sugar, gives an un- fruits such as peaches and apricots. Make shortcakes for your meat Fruit Pin-Wheels-Using either or fish course, too. Put diced cold method, roll out sheet of dough as cooked meat or fowl, or flaked with creamed butter and sugar, then cream sauce of medium thickness, with a mixture of finely chopped such as you learned in Lesson raisins and candied citron and or- (using 1 cup solid to 1 cup sauce),' of ange peel; or with currants and peel and serve between the layers and

HORNELL" apricots with few drops almond fla- or you can use evaporated

cakes a hot pudding sauce flavored! age containing the finest flour, the Sour Milk Biscuits-Using stand- with lemon, orange, vanilla, etc. There are two kinds of dumplings milk, using only two and two-thirds

1/3 may like a little almond flavoring

Both steamed and baked dump-1 lings may be made with ordinary) drop-biscuit dough, following either make plain or richer doughs and can pared flour method. Dumplings to serve with a meat stew, stewed chicken, etc., can bel cooked in the steamer over rapidly boiling water (the steamer must Scones-Using either biscuit meth- have a tight fitting cover); or 3. Scrape out dough on floured od, add 2 or 3 tablespoons sugar to dumplings can be placed right in the

board or canvas or paper, and dry ingredients, and replace about stew pot so that they will rest knead lightly with finger tips for 10 2 tablespoons milk with 1 beaten the solid meat and vegetables and egg, adding milk to egg and using cook in the steam of the stew; ir 4. Pat or roll out to desired as liquid. A richer dough makes this way, they absorb the delicious ss and shape with cutter or delicious Scones—you can use up to flavor from the cooking itself. The , make it softer by using 2 flour dough before mixing with li- without raising the cover from your

Current or Raisin Scones-Add 4 be like holding your oven door open! Bake in a very hot oven-hot- to 1 cup washed and dried currents when a cake is rising. It would chill ter than for biscuit dough we make or sultana raisins to Scone Mixture the mixture so that it would fall and makes best white biscuits, and or the Richer Dough, just mentioned when you give them plenty of steam Sour Milk Scones-Using standard

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they should be examined every

year. If a change is not

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and WHY

Can Foods Prevent Colds? do not feel that we can say any one!

Keeping Green Tomatoes B. L. B., asks: "Should green tomatoes be placed in cold storage? Professor G. J. Raleigh of the department of vegetable crops ans-"Under no circumstances! should green tomatoes be placed in

cold storage. They should be stored to 60 degrees Fahrenheit. than at lower temperatures. "Green tomatoes that are free from blemishes can be kept for a Trouble With Ventilators G. W. E., says: "I have two ven-

## Not over half the motorists on the road take the of only one thickness. COOKING SCHOOL

(Continued from Page Three)

Standard Dumplings Make exactly the same dough that; you make for the drop type of the 2 tablespoons fat used in the

Biscuit Flour Dumplings 2 cups prepared biscuit flour % cup milk, or % cup water. Stir all the liquid at once quickg and lightly into prepared flour, and drop small dumplings over sur-

face of stew or into steamer. Cover closely and cook without disturbing 15 or 20 minutes. Dessert Dumplings Apple dumplings and other fruits cooked the same way, make excel-

Make shortcake dough either by the standard flour method or by the Roll either dough out in a sheet Cut in squares big enough to enclose a pared or cored apple; for

Place the dumplings in the steamr and cook over rapidly boiling water long enough to cook the dough! and make the fruit tender. Serve with a hot pudding sauce, flavored with lemon—or a butterscotch baked plain, or with a sugar-and-| water syrup (1/2 cup sugar, 1/2 cup | boiling water, some grated rind) poured over them and used These are just a few of the things you can do with biscuit dough. You' will find more suggestions when you' reach Lesson 12, on Desserts, and you will think up many more after! studying this lesson and "getting your hand in" at biscuits. I hope

too, may be done with the bread

Tea biscuits are also deli-

Just how far these biscuit-doughs

Planning the Party.



s are forgotten. In five weeks our trail parties will leave with their tractors and dog sledges on the long and dangerous exploration journeys to the Queen Maud Mountains and other distant spots. An air of tension lies over the whole camp. The tractors are all overhauled and ready for the trail except the big Cletrac which lies out in the anow 67 miles south of it shining edge ap- issao Schloes. Its carburetor was put out of bust

pearing just over bach, of Bradley ness by the cold but it is not in any



RANGE



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