Woman's World

By MAIR M. MORGAN

"A Woman's Place is in the Home."

Salads Are "In"

Salads are practically synonymous with summer menus. Most family lunches and Sunday night suppers centre around the salad bowl. Of course, everybody needs at least one hot dish a day no matter what the thermometer may register. Let that hot dish make its appearance at dinner. In so far as lunches are concerned, the home-maker will do well to look to her salad recipes as long as hot weather is with us.

Lettuce, endive, chicory, watercress and all the other salad greens are rich in vitamin content. They are not to be overlooked, particularly when planning diets for growing children.

Use Fresh Fruits

The fruits which go to make up that old standby, fruit salad, are healthful in themselves. At this time of year you can serve fruit salad composed entirely of fresh fruits. Time enough to use canned ones when the season prevents you from getting fresh varieties. Pineapple, strawberries, cherries, grapefruit and oranges are abundant right now. Take advantage of them.

The dressings which top your salads furnish ample fat for a meal. Mayonnaise is rich in fatty content. French dressing is, or should be, about one-half olive oil.

An ideal summer salad for the main course of a luncheon or Sunday night supper is cottage cheese with sour cream surrounded by a ring of fresh vegetables.

Place crisp lettuce around the edges of a huge platter. A mound of cottage cheese goes in the centre. Sprinkle the cheese with paprika and fine chopped chives or green onions. Whether you mix onions or chives all through the cheese depends on your family's taste. You have to add salt and pepper to most cottage cheese sold in stores. If you make your own it will have been seasoned while it was warm.

Around the outer edge of the cheese put small portions of various cold vegetables. Diced carrots, beets, peas, string beans, and whole kernels of corn may be included. Celery, radishes, cucumbers and tomatoes can be used to garnish the lettuce between the vegetables.

Put a spoonful of salad dressing on top of each mound of vegetables and pour a little sour cream over the cheese. Everyone helps himself as the platter is passed.

French Dressing

The principal reason so many people fail to make good French dressing is that they do not put enough ingredients into it. Just olive oil, vinegar and paprika are hardly enough. Try using pickle juice instead of plain vinegar. Two small slices of garlic, two or three whole cloves, a half cup of sugar and plenty of salt and pepper to one cup of vinegar and one cup of olive oil give your French dressing a zest that it never had before.

Cottage Cheese

A delightful addition to the summer menu, and easy to make, is cottage cheese.

There are so many attractive ways to serve it and it combines so readily with appetizing food accessories that it is a favorite standby with many housewives.

Cottage cheese may be made at home and it's an excellent way to use milk when it sours. If you follow the rules carefully you can't help but have successful results and the cheese will be most delectable. Because it is the protein part of the milk, cottage cheese will take the place of meat or eggs for luncheon or supper or the picnic meal.

Simple Directions

Thick curdled milk that has soured quickly is the best foundation for a good quality of cottage cheese and while there are several ways of making the cheese perhaps the following is the easiest:

Place the bowl containing the thick sour milk into a large pan of hot water. Never let the milk become more than "blood" heat. Too high a temperature toughens and hardens the curd. Let stand until thorough separation takes place. Then pour into a large square of double cheese-cloth placed over a colander. Gather up the four corners of the cheesecloth and hang up to drain. Let it drain until the curd is firm and all the whey is drained out. Remove from cheesecloth to a bowl and beat with a fork, adding cream, either sweet or sour, to make the mixture of the right consistency. Add salt to "taste," usually about ½t teaspoon to two cups cheese.

Serve a big dish of cottage cheese plain, or sprinkle with chopped chives, or mix it with minced onion, olives or cucumber dice, or use shredded green pepper or pimento. Two or three of these additions may be used in combination.

An unusual and delicious dessert for summer meals combines unmixed cottage cheese with whipped cream, using equal parts of whipped cream and cheese. Serve with strawberry or currant preserves and crisp crackers.

Cool Drinks

As the thermometer mounts, refreshing drinks made with fruit juices become most welcome.

More than this, any drink made with fruit has a definite place in the diet. We all recognize the importance of eating fruit for its mineral content and vitamins, and we should remember those necessary six daily glasses of water. In a fruit punch, we find these essentials combined in a pleasing fashion.

Scientists tell us that "water has the property of absorbing more heat and being less affected by that heat than any other substance. It will absorb the heat from your body, and in passing off in the form of perspiration the evaporation cools you; hence there is a good reason for sipping a cooling beverage not only in the immediate cooling effect but in the ultimate effect."

Charged Drinks Healthful

It is also interesting to know that ginger ale and innumerable other bottled beverages made with "charged" or "carbinated" water are healthful drinks, according to chemical research. These beverages are of some food value due to the sugar used in their making, while the fruit juices, acids and extracts and other flavors from aromatic herbs and roots as well as the carbon dioxide gas present act as a tonic and mild stimulant.

In making drinks for summer refreshment, take care not to make them too sweet. A sugar syrup is better than plain sugar for sweetening. The flavor of the finished drink is more bland and smooth. However, it should be remembered that the syrup acts also as a dilutent as well as a sweetener and must be considered when water is added.

Fruit Juices Handy

Ginger ale adds sparkle and pep to a fruit punch. Carbonated water gives a tang, while tea distinctly changes the flavor. These all give character to a mild punch whereas plain water merely lessens the fruity taste and increases the quantity.

Don't hesitate to combine fruit juices. The excessive juice left from the canning of small fruits may always be used to advantage in summer drinks.

Lemon or lime juice give a pleasant tartness to all fruit punches and should be added, if at all possible.

Feather Biscuit

Mix together: 1½ cups flour, 1 tablespoon lard, 1½ teaspoons baking powder, ½ teaspoon salt. Add 1 cup milk (or enough milk to make a soft dough). Bake in a quick oven. These biscuits are so easy to make and are always "as light as a feather," too.

Dressmaking Hints

When cutting out a garment always use sharp pins and scissors. Blunt ones are apt to move the material out of position. Always use the scissors at the right side and hold the pattern firmly with the palm of the left hand.

Pleats, and so on, in silk material, should be tacked with silk thread. Cotton or mercerized cotton will mark the stuff when pressed.

Always thread a needle with the end of the thread that first comes off the reel—not the end that you cut—and you will have no trouble with continually knotting threads.

When sewing on a button place a pin between it and the material. Sew the button on in the usual way but before finishing off, take out the pin and wind the thread several times around the stitches between button and cloth. This will form a "shank," and prevent dragging when the garment is buttoned up. On thick material use a match stitch in place of a pin.

When sewing buttons on thin material place a piece of strong tape on the wrong side and sew through both material and tape.

In a pleated dress, make a small cross stitch at the base of each pleat, on the inside of the hem. These will show the position of the pleats when the garment has been washed, and help you to iron them straight.

Organdie For Evening

By HELEN WILLIAMS.

Illustrated Dressmaking Lesson Furnished with Every Pattern

A tremendous number of the newest Paris frocks feature low flounce skirt treatment. They are circular in cut.

Today's little formal afternoon or dinner and dance dress is yellow plaided organdie. It is cut along very slender lines. It can have pleated or puffed sleeves. And see how smartly it buttons down the back.

It is very simple to make and will cost you next to nothing.

Such a model could well be carried out in crepe silk chiffon cotton voile prints, plain organdie, etc.

Style No. 2620 is designed for sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust.

Size 16 requires 5 yards 45-inch and 1¼ yards 2-inch ribbon.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 15c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

Mrs. Leghorn: I hear that you don't like Dr. Duck.

Mrs. Plymouth Rock: No indeed I'll never let him attend my family, why they say he's a regular quack.

A bullfight in which the matadors were mounted on motorcycles instead of horses was held at Bilbao.

Sunday School Lesson

LESSON LLL — July 16. DEBORRAH — Judges, Chapters 4, 5. Judg. 4:4-10, 13-15; 5:1-3. Golden Text — God is our refuge and strength. A very present help in Trouble. — Ps. 46:1.

I. DEBORAH'S SUMMONS TO BARAK, Judg. 4:1-10. The Judges. The Book of Judges is the account of the long period after the death of Joshua and before the rise of Eli and Samuel, when the Israelites had no truly national leader, when they were harassed by heathen tribes. The people were saved from destruction by the rise at different emergencies of military leaders who forced back the foreign invaders, and gave the land peace for a longer or shorter time. These leaders appeared in different tribes, some of them simultaneously.

These leaders were called Judges, and their period extended through about two and a half centuries. There were twelve of them, not counting Abimelech, who was a local king and not called of God. The first of the Judges was Othniel of the tribe of Judah, who saved the people from the king of Mesopotamia. Next Ehud of the tribe of Benjamin delivered the Israelites from the Moabites. Shamgar, perhaps of Judah, saved the people in an attack of the Philistines. Then came Deborah of Ephraim and Barak of Naphtali who delivered the people from the aggressions of the Canaanites. Gideon of Manasseh fought and conquered the Midianites, who came in upon Israel from the eastern desert. Jepthah of Gilead was victorious over the Ammonites. Ibzan of Zebulun, Elon also of Zebulun, and Abdon of Ephraim were Judges successively. Then came Samson of the southern division of Dan, who struggled heroically against the Philistines on the west. These were the twelve Judges, though Eli who came next, while high priest, was also a Judge, and Samuel, the last and greatest of all, was a Judge but pre-eminently a prophet.

A Woman Judge. After the victory of Ehud over the Moabites, the land of Canaan was at peace for eighty years. Then after Ehud's death the Israelites, untaught by their past misfortunes, again fell under the ever-present temptations of idolatry, and the Lord "sold them into the land" of another oppressor.

The "purchaser" this time was a Canaanite king, Jabin, whose capitol was Hazor, "the Fort" or "the Castle," situated far in the north, near Lake Merom, in the territory of Naphtali. Jabin means "intelligent," and he was at least able enough to do a great injury to the Israelites. He accomplished his cruel deeds through a pewerful general named Sisera.

"Now Deborah." Her name means "a bee." Rebekah's nurse had the same name. "A prophetess." She was a woman through whom God revealed His will, as he revealed it through the prophets. "The wife of Lappidoth." A man of whom we know nothing except that he was the husband of Deborah. "She judged Israel at that time." At the time when Jabin and Sisera were harrying the people to the north of her. Though far away from the scene of their depredations, Deborah had a heart of sympathy for all suffering, and she was a true patriot.

"And the children of Israel came up to her for judgment." For the decision of disputes, the settlement of difficulties. "She did not go on circuit like Samuel, but sat at home in Mt. Ephraim under the tree to which she gave her name." "She was the one person of her day in whom the authentic word of God found utterance."

"And she sent and called Barak." His name means "Lightning"—a good name for a soldier. "And said unto him." He came, eidently, a distinguished general, at the command of a woman. "Hath not Jehovah, the God of Israel, commanded." A definite statement put in the form of a question. "Saying, go and draw unto mount Tabor." "And take with thee ten thousand men of the children of Naphtali and of the children of Zebulun? These, with Issachar, which also sent a strong contingent to the battle, were northern tribes, and so mose erposed to Sisera's inroads.

"And I will draw unto thee." So influence that he will come to attack thee. "Sisera, the captain of Jabin's army, with his chariots and his multitude." "The original is very expressive of the mixed host which constituted Sisera's army. "And I will deliver him into thy hand." God promised to put Sisera into the power of BaBrak, though Barak was so weak, comparatively, and Sisera so mighty. Thus God always chooses the weak to confound and overcome the strong.

"And Barak said unto her, If thou wilt go with me, then I will go." Barak was less heroic than Deborah; for though the general would not go to the battle without the prophetess, Deborah, we may be sure, would have gone to the battle without Barak, if necessary. "BBut if thou wilt not go with me, I will not go." "Barak's refusal to go without Deborah may reasonably be attributed rather to piety than to fear. Especially as we read of no hesitation in coming at the first call of Deborah.

"And she said, I will surely go with thee." No hesitaiton here, no doubt, no cowardly conditions. Deborah might have said, "I will go, if I may stay protected in the rear"; or, "I will go, if first you will raise an army of a hundred thousand men." But Deborah simply said, right off, "I will surely go with thee." "Notwithstanding, the journey that thou takest shall not be for thine honor; for Jehovah will sell Sisera into the hand of a woman." "Sixing upon him a look in weich pity, sorrow, and indignation were blended, eaoetaoin h shrdlu wcmfw sh up m the prophetess replied, "If this is thy decision, I will surely accompany thee. Since thou wilt not go except a woman go with thee, the Lord will deliver thine adversary into the hand of a woman, and her name and not thine shall be handed down to future generations as the deliverer of her people.'" "And Deborah arose, and went with Barak to Keresh." It was not an easy journey, especially to a home-loving and home-keeping woman like Deborah; but she cared not for thehardships of the way.

"And Barak called Zebulun and Naphtali together to Kedesh. He called the chiefs together at Kedesh, and they summoned their followers quietly. In small companies, so as not to attract the attention of the enemy, they proceeded to the rendezvous. "And there went up ten thousand men at his feet." "On foot," perhaps; Maffatt translates it, "at his back." "And Deborah went up with him." "Evidently to Tabor, in accordance with her instructions."

II. BARAK'S VICTORY OVER SISERA, Judg. 4:11-24. Sisera's Great Power. "And Sisera Gathered together all his chariots, even nine hundred chariots of iron." "Tidings soon reached the headquarters of Sisera.

"And Deborah said unto Barak, Up; for this is the day in which Jehovah hath delivered Sisera into thy hand." Her wards sound like the peal of a trumpet. She was the real commander-in-chief. "Is not Jehovah gone out before thee?" That was the real confidence, the true omen of success. "So Barak went down from Mount Tabor, and ten thousand men after him." Barak allowed Sisera to selec this own ground. Hsi men were highlanders, used tofighting in the hills; but they abandoned the mountain fastness, and went forward boldly to meet Sisera and his iron chariots on the plain. It was a splendid evidence of trust in their Divine Leader.

"And Jehovah discomfited Sisera, and all his chariots, and all his host, with the edge of the sword before Barak." "And Sisera alighted from his chariot, and fled away on his feet." None of his boasted multitude of iron chariots remained to succor him. The course of the battle we are left to draw from Deborah's ode of triumph.

"Sisera, vanquished, is forced to trust to his own feet, and, jaded, and exhausted, he arrives at the tent of Heber the Kenite. Jael the wife of Heber comes forth to meet him, invites him hospitality into her tent and provides him with food and a couch. He falls asleep, imagining himself safe. Then Jael, taking one of the pins of the tent, drives it with a hammer into the temples of the sleeping man, and he lies slain after all his valor and distinction, by the hand of a woman. Opinions have been divided as to the character of Jael's act. It was that of an assassin, but was the assassin a heroine or a criminal? Did she avenge the wrongs of her country and so take her place beside such women as Joan of Arc, Charlotte Corday, and others whose patriotism none can doubt? Or was she simply a woman who committed murder with a diabolical ingenuity? Deborah, whose magnificent song of triumph runs the entire gamut of melody, said that Jael was blessed above all women. Deborah voiced the sentiment of the time. The stars in their course had fought against Sisera, and it was his destiny to perish in the way that he would have most hated."

A doctor pronounced Mrs. Tsuru Kiso, a 92-year-old Tokyo woman of Shirohama-cho, dead. When the funeral service began the mourners were astounded to hear a noise in the coffin. They opened it. Mrs. Kiso calmly stepped out and began to eat one of the rice cakes placed on the altar erected for the service.

Police to Decide If Dress is Modest

Parks Board Declines to be Censor of Public Manners and Mode of Attire

"The Parks Board declines to be censor in advance of Vancouver manners and mode of dress on the bathing beaches this year, and sensible people, we should think, will say that the Parks Board is wise," says The Province editorially. Whether the police authorities will view the board's decision with so much approval is another matter. The board says it is the function of the police to enforce the legal regulations of he bathing beaches, and bathing dress 'must be modest.'

Public the Arbiter

"But surely the common sense of this question is that finally it is only public opinion that can be the arbiter. This is essenially a question of manners, and not of morals at all.

"It is interesting to note that he presen by-law, although since amended, goes back for 20 ears. It enjoyed the use of a bathing dress which was nothing if not Victorian, but was certainly much more than nothing at all. The general idea of it was that the human body, for purposes of public bathing, must be swathed, almost literally, from head to foot, in wrappings and flappings of concealing fabric, the more the beter and the more concealing the best. The bathing costume of that age would be a figure of fun for this, and we can imagine nothing more likely to cause disorder on the bathing beach than a sudden reversion to it by some reactionary or frivolous exponent of that forgotten mode.

Jewels Made By Chemical Process

Synthetic Gems of Remarkable Beauty and Flawless Appearance

A farmer's wife of a bank clerk's daughter may go to a party today bedecked in jewels as flawless as those of any duchess—at the cost of no more than a few pounds.

The scientist with his electric furnace and a few inexpensive chemicals has conquered every jewel except the diamond, and thanks to the new tariff Great Britain is now making the finest synthetic gems in the world.

Any one today may buy a collection of laboratory-made gems equal in brilliance, beauty and weight to those that constitute the Crown Jewels of Britain—except for the diamonds—for the price of a country cottage.

What is more, the laboratory-made gems are flawless.

"We are now making in London rubies, sapphires, emeralds, and other synthetic gems that defy detection, except by the scientist with a microscope," said the head of a large London laboratory.

Clap of Thunder Causes Drowning

Digby, N.S.—Startled by a heavy clap of thunder, Budd Shortlisse, 26, fell off a pier and was drowned in Round Lake.

He and his faher, Charles Shortlisse, were on a fishing trip.

Hearing his son's cry for help, the father plunged fully clothed into the water, but the son did not reappear after the first cry. The body was recovered a short time later.

Edith: Going to have a new bathing suit this year?

Gertrude: No, the one I wore last year is just as good as new. You know I didn't get it wet once.

For Foreign Lands

About $35,000,000 will be spent by American tourists who will "do" the continent this year on vacation, the American Automobile Association reports.

MUTT AND JEFF— By BUD FISHER

A Little Misunderstanding