

About the House

Picnic Lunches With Little Work.

Resting in the porch swing or hammock, these hot summer days, and dreading the task of fixing a regular dinner, one becomes interested in watching Robin Redbreast or Mr. Catbird catching his noonday meal, and one gets to thinking what a bother a civilized meal really is. Not that one minds it ordinarily, but during the hot summer months when appetites seem so fickle it is different.

What you and the family need at such times is a picnic; not the old sort which took a day to prepare for and two days to get rested from, but an easily prepared meal which you can tuck under your arm or in the tonneau of the car and hit the trail to some favorite nook or spot where one can really rest, where it is possible to forget for the time being, all the little worries and vexations that seem a part of everyone's life. The man of the house will enjoy this little change from the usual routine quite as much as the children and yourself.

Webster's dictionary defines a picnic as "A pleasure party whose members carry provisions with them." Surely a party whose members had tired themselves out with elaborate preparations could not be called a pleasure party. So when you begin your preparations, you should plan for something easily and quickly prepared. It is a wise plan to keep a few cans of something which may be used for sandwiches, on the emergency shelf.

The first food one always thinks of when picnics are mentioned is the sandwich, as this is the one staple food of the meal. These need not be elaborate but should vary from time to time.

Cut the bread in thin slices and butter lightly. The butter will spread more evenly if well creamed with knife or spoon.

Various leftovers may be utilized. Boiled or baked beans, mashed and mixed with mayonnaise or salad dressing and spread on buttered brown bread are good, as well as hard-boiled eggs, mashed and mixed with grated cheese, and seasoned with salt, pepper, sweet cream and mustard.

Left-over chicken, either boiled,

baked or fried, may be made into sandwiches that would be hard to beat. Run the chicken through the food-grinder and mix in enough melted butter or well seasoned stock to make a moist paste. To each two cups allow a pickled beet the size of an egg, well chopped. Add a little mustard and mix. Spread between buttered squares of white bread.

Canned salmon, shrimp, tuan fish, sardines and potted meats are all very good.

Salad at a picnic is usually a difficult proposition. However, if the salad proper is not mixed with the dressing beforehand, the dressing being carried in a sealed jar, you will find that all the annoyance and confusion will disappear.

One of the simplest and best chicken salad recipes is as follows: Cut cold chicken in small pieces, add half the quantity of celery cut fine, and a seasoning of salt and pepper. When ready to serve, mix with mayonnaise dressing.

Shredded cabbage, fresh sliced cucumbers and onions, make an unusual and delicious salad when mixed with sour cream dressing.

Of course, a picnic lunch would not be complete without some sort of cake or cookies. To supply this need, there is nothing more liked or easier made than drop cookies and gingerbread.

A favorite gingerbread recipe is as follows: Cream one cup of shortening and one and one-half cups of sugar. Add two cups of molasses, two cups of sour milk and three eggs. Mix and sift five cups of flour, one teaspoon of salt, three teaspoons of ginger, two teaspoons of cinnamon, one teaspoon of cloves, three teaspoons of soda and one teaspoon of baking powder; beat for two minutes. Bake in moderate oven for thirty minutes.

Typewriting Competition at The National Exhibition.

The business woman is to have unprecedented prominence in the Women's Building at the Canadian National Exhibition this year when a typewriting contest has been arranged on a large scale. A circular just issued from the Exhibition offices in

the Lumsden Building, Toronto, tells of eight events daily: three typewriting classes afternoon and evening, a class in the operation of adding machines, and a friendly contest between the successful stenographers and the judge, Mr. Fred Jarrett, who is champion typist of Canada.

Application forms are already being sent out to prospective contestants so that they may register in advance for the day and hour when they wish to take part.

The three classes arranged provide for expert typists, those of comparatively recent graduation, and those just through Technical School, Business College, or whatever institution they may have attended. First and second prizes in each class are bronze medals and certificates and either entitles the winner to a place in the big final competition in the Dairy Theatre, for which the Canadian National Exhibition Association is awarding silver cups. This contest will take place on the last afternoon of the Exhibition.

Those Reading Mothers.

I had a mother who read to me Sagas of pirates who scoured the sea, Cutlasses clutched in their yellowed teeth, "Blackbirds" stowed in the hold beneath.

I had a mother who read me lays Of ancient and gallant and golden days; Stories of Marmion and Ivanhoe, Which every boy has a right to know.

I had a mother who read me the tales Of Geler, that hound of the hills of Wales, True to his trust till his tragic death, Faithfulness blent with his final breath.

I had a mother who read me things That wholesome life to the boy heart brings— Stories that stir with an upward touch, Oh, that each mother of boys were such!

You may have tangible wealth untold: Caskets of jewels and coffers of gold. Richer than I you can never be— I had a mother who read to me. —Strickland Gillian.

Enamel Your Rusty Bread Box.

Nearly every farmer's wife owns a japanned bread box and cake box.

and the worst is yet to come



There was a time when this tinware didn't cost much money. If a box rusted out it was carelessly tossed on the rubbish pile and a new one purchased. But price one of these boxes now! You will think twice before you chuck it. And really, it isn't at all necessary to let it get into a condition that will suggest discarding it. If the japanning shows signs of wear go to the store and buy a small can of colored enamel. Clean the surface of the box and apply a thin coat of the enamel with an ordinary varnish brush. The rust will immediately be checked.

Mealy Bugs.

What can I do for my plants? They are covered with little white lice. I have tried to kill them but have been unsuccessful.—Mrs. A. H. S.

The small white lice on your house plants are mealy bugs.

Ferns, cortons, colens, ivy, peonies, geraniums, palms and many other house plants are apt to be infested with these insects. The dorsal surfaces of these bugs are covered with a white powder-like dust or wax and for this reason they are commonly known as the mealy bug.

The cheapest and most effective way of control is to give the plants a bath several times a week. Place the plant out of doors where the water can be applied freely, or where this is impossible hold the plant under the tap in the kitchen sink.

Where one does not have water pressure it is always possible to give a plant a good bath in soapsuds, after which it should be rinsed with clear water.

There is a proprietary preparation on the market, sold by all big dealers in seeds and greenhouse supplies, known as lemon oil. It should not be in any way confused with the ordinary oil of lemon sold over drug counters. Lemon oil should be diluted, using

one part of lemon oil to sixteen of water and applying either as a spray or as a dip. Dipping should be avoided when plants are in bloom or are well budded, since dipped buds sometimes blight.

What a Little Mental Chemistry Will Do.

Anyone can be a mental chemist by the practice of right thinking. And by right thinking we can free ourselves from all of our mental enemies; our health enemies, our success enemies, our prosperity enemies, our happiness enemies. By a little mental chemistry we can neutralize hatred, jealousy, envy, malice, all evil feelings and passions. It will drive out of our lives superstition, prejudice, all narrowness, bigotry and ill-will. It will cure our blues, our discouragement, our despondency, our timidity, our bashfulness, our lack of self-confidence. It will set us free from all our limitations because it is the application of the truth that makes free.

And this wonderful mental chemistry which can do so much for us—is just a question of applying the antidote to our mental enemies the moment they enter our mind. That is, if a hate thought enters, you can immediately neutralize it by the opposite—love. Opposite thoughts cannot remain in the mind at the same time; one drives the other out. Knowing this principle, what a mighty power we possess to determine our state of happiness or misery at any moment!—O. S. Marden.

The doorstep to the temple of wisdom is a knowledge of our own ignorance.

A church recently built by African Christians in Kenya Colony cost \$3.75 for nails; Government permits to cut poles from the forests were obtained, and labor was provided by the congregation.

Stories of Famous People

One of Britain's greatest women scientists is Dr. Martha Whiteley, the joint inventor of the famous S. K. tear-gas which was one of the British Army's most successful replies to the Germans' gas attacks.

Dr. Whiteley is a very shy person and it was with the greatest difficulty that she was persuaded to tell how she and Professor Thorpe, of the Imperial College of Science, saved Britain in the beginning of the war when it was impossible to obtain drugs from abroad.

They worked day and night every day for three months, and produced fifty pounds of synthetic drugs which filled the gap until fresh supplies were available.

I heard a good story about Sir James Barrie the other day. It was at the time of his first success, and an old townsman of Kirtlemuir—where Barrie spent his youth—was asked what she thought about it.

"Weel," she replied, "it's a gude thing the laddie can mek something at his writin'; he could never have made a leevin' at th' mills."

Our oldest scientist, Sir Oliver Lodge, spent his seventy-first birthday in making a number of wireless experiments. He is convinced that there is

a great future for amateurs under the broadcasting scheme.

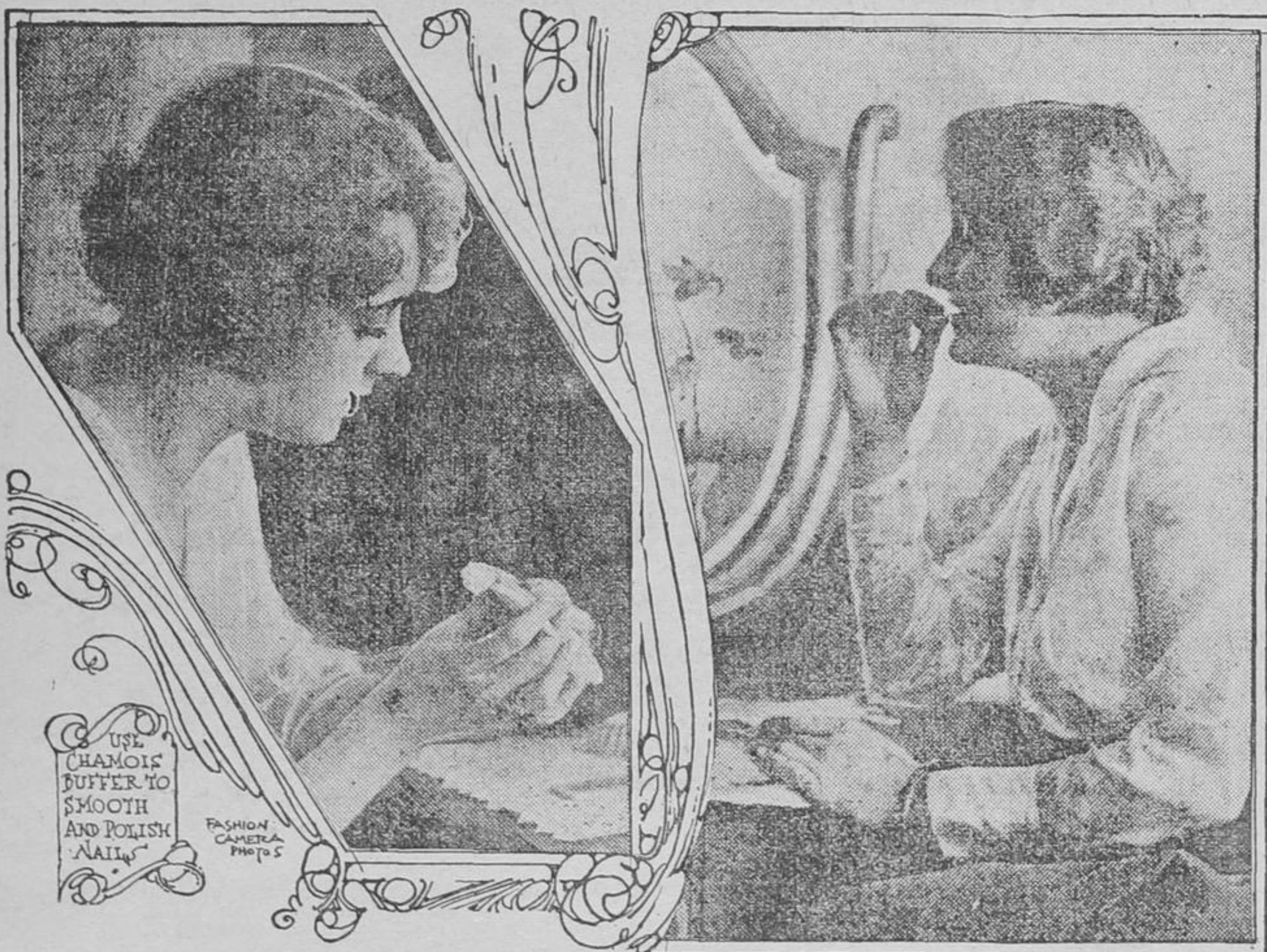
Another thing that is occupying his attention at the moment is the problem of how to make artificial rain. The present drought in England, he says, is due to the lack of electricity in the air. If we can charge the atmosphere with a powerful current there is no reason why we should not produce as much moisture as is needed. But that, Sir Oliver added, is a dream of the future.

The Chancellor of the Exchequer, Sir Robert Horne, has had a career equaled by few other politicians.

Like so many other Scots destined to eminence, he is a son of the Manse, and was born in the mining district of Slamannan, Stirlingshire. He won a bursary that enabled him to study at Glasgow University, and kept himself by bursaries and scholarships until he was called to the Scots Bar in 1896. He soon won success, and in 1910 took silk.

As a result of his war work he was made Third Clerk of the Admiralty; then he became first Minister of Labor; and later President of the Board of Trade. At the age of fifty he became Chancellor—a "self-made Chancellor"—after only two years of political apprenticeship.

BEAUTIFY YOURSELF AT HOME



NEVER REMOVE FOOD PARTICLES WITH TOOTH PICK.

OME women have an enviable knack of always looking charmingly well groomed, no matter how simple and inexpensive their clothes may be.

Without doubt the secret of their success lies in the careful attention which they pay to the little things about their toilet. For instance, every one should realize the important part that nails and teeth play in the personal appearance, and the woman who is wise will see to it that they are always in good condition.

It is not at all difficult to manure one's own nails, and this should be done religiously once a week, while the use of a chamolis buffer once every day will keep the nails smooth and polished.

Grease applications will make the nails shapely and tend to give them a satiny-like look with just that tinge of pink that is much to be desired.

Often the surface becomes ridged and coarse, and when this happens try soaking the finger tips in warm sweet almond oil for five minutes every night.

Then fill the cracks at the base of the

nails and around the cuticle with vaseline or cold cream.

Rub this in with a bit of chamolis and put on old gloves, whose heat will drive in the grease, and let them remain on until morning. Then polish the nails with a buffer.

The same treatment is excellent for nails that break constantly.

Wear old gloves when doing housework. They will do wonders in keeping out dirt and rendering the skin and the cuticle soft and white.

If it is necessary to plunge the hands into strong soap water rub them immediately after taking them out with grease of some sort.

It is rather a more difficult and generally painful matter to renovate the teeth.

The best plan to insure the possession of good ones is to take excellent care of them.

When the dental enamel is cracked the tooth stands in danger of becoming diseased, so it behooves one to refrain from trying to crack or crush any hard substance with the teeth.

Extreme cold may crack the enamel by causing the tooth to expand, thus splitting the outer shell. So the habit of eating ice

is a bad one and should not be indulged in even on the warmest day.

Allowing a small piece to melt in the mouth, however, does not do any harm.

Allowing little particles of foods and acids to remain about the teeth is most injurious. Both fruits and candy cause acids, and particular care should be taken after eating either.

After eating rinse the mouth with lime or soda water and be sure to brush the teeth thoroughly at least twice a day, and more often if possible.

Yet even the most careful brushing will not remove all the particles which are wedged between the teeth.

To accomplish this draw a piece of dental floss to and fro in these spaces, thus drawing any obstruction.

Never try to remove food particles with a toothpick. It will have the same effect upon the tooth as it would upon a gem if one were to try to clean it with such an article. The pushing and shoving will loosen the stone in its setting.

While with a tooth the "toothpick" treatment will tend to make the filling of the tooth leak and enlarge the cavity.

We all know the potency of an ounce of prevention, and it is the better part of wisdom to keep all the parts of our body in a first class condition.