SANDWICH FILLINGS FOR PICNIC TREATS

Cheese Sardines

Spread crackers with bits of cheese and bake until the cheese melts. At lunch time, drain the oil from a can of sardines, and pour over the fish the juice from ½ of a lemon. Each diner makes his own sandwich by placing a sardine between 2 cheese crackers.

Radish Sandwiches

Put radishes through the food chopper, using the coarse knife, and mix with enough salad dressing to form a stiff paste. This is especially good for use with rye bread.

Sardine Sandwiches

Three parts of chopped hard-boiled eggs to 1 part of minced sardines, is delicious with brown bread.

Cream Cheese Sandwiches

Into cream cheese mix minced pimolas to suit the taste. Use with brown bread.

Mix finely chopped English walnuts with cream cheese and season with salad dressing.

Into a ball of cream cheese work a small onion chopped fine and 1 tablespoonful of minced green pepper.

To a cream cheese add ½ of a cupfull of chopped English walnut-meats, 1 green pepper—from which the inside has been removed—minced fine, 1 teaspoonful of Worcestershire sauce and a few drops of lemon juice. Spread between buttered slices of bread or between thin unsweetened wafer crackers.

English Luncheon Sandwich

Butter lightly slices of whole-wheat or white bread and sprinkle with cayenne pepper. Lay between the pairs a slice of boiled ham glazed with orange marmalade. This is unusual, piquant and delicious.

Honey Sandwiches

Mix honey with lemon juice to suit the taste, then add chopped nutmeats to make the paste quite stiff. This is good on brown or whole-wheat bread.

Rolled Celery Sandwiches

Cut thin slices from fresh bread, remove the crusts and butter each slice. Lay a lettuce heart across one corner of the bread and roll the slice toward the opposite corner. Sprinkle lightly with salt and roll in oiled paper. The grooves in a tender stalk of celery may be filled with cheese and the sandwich rolled as just described.

Pimento Cheese Filling

Put through the food chopper 3 times: 1 pound of yellow cheese, 1 can of pimentoes from which the juice has been drained, and 1 teaspoonful of salt. Mix to spreading consistency and use as a filling for sandwiches with any kind of bread.

Ham and Chicken Filling

Put through the food chopper enough cold boiled ham and cold cooked chicken to make 1 cupful of each, then enough chives to make 1 tablespoonful, nut-meats to make ½ of a cupful, a few sprigs of parsley and 1 small green pepper. Add enough boiled salad dressing to make the mixture of good spreading consistency. Use with crisp lettuce leaves between thin slices of buttered rye or brown bread.

Anchovy Rolls

Boil 4 eggs for 15 minutes, then mash them fine with 2 teaspoonfuls of butter, 1 teaspoonful of finely chopped parsley and enough anchovy paste to give the mixture a good pink color. Lay each slice of fresh bread on a moist cloth, spread with soft butter, then with the paste. Roll the slice from one corner to the opposite corner, then roll the sandwich in oiled paper and twist the ends.

Devilled Almond Sandwich

Butter slices of bread and cover them with bits of cheese; bake in a hot oven until the cheese is melted. Have ready 1 cupful of blanched and shredded almonds seasoned to taste with salt, and to this add: 3 tablespoonfuls of minced olives or grehkins, 1 tablespoonful of chili sauce and 1 teaspoonful each of French mustard and Worcestershire sauce. Mix well together and spread on the hot cheese. Put the sandwiches together quickly and wrap in oiled paper to enable the moisture to counteract the drying in the oven.

Piquant Beef Roll

Spread a very thin slice of fresh bread with soft butter, then sprinkle with 1 teaspoonful of finely chopped mustard pickle with which has been mixed a slice of onion finely minced. Lay on this a wafer-thin slice of cold roast beef and roll the sandwich from one corner to the other. If these are to be served immediately, they may be held together with a toothpick. If for a picnic, roll them in oiled paper.

Piccadilly Filling

Chop fine: enough cold cooked chicken to make 1 cupful, cooked chicken livers to make 1 tablespoonful, cold boiled ham to make ¾ of a cupful, celery to make 2 tablespoonfuls, 8 stuffed olives and a thin slice of green pepper. Mix all together with sufficient mayonnaise to produce a good spreading consistency.

Celery and Ham Roll

Through the food chopper put enough cold boiled ham to make ½ of a cupful, 1 hard boiled egg, 1 canned sweet pimento and celery to make ¼ of a cupful. Mix well together and spread on buttered slices of fresh bread. Roll from one corner to the opposite corner and wrap in oiled paper.

KITCHEN TIPS

Creaming sugar and butter will be a much easier task if the bowl in which they are creamed is placed in a larger bowl containing hot water. The creaming will thus be expedited greatly.

Linen will improve its looks and gloss if soapy water is used in making starch. The items will not stick upon linen washed in this fashion.

Try granulated sugar in rinsing water in washing laces instead of starch. The result will prove highly satisfactory.

In ironing remember to iron with the thread of the goods and iron until the garment is dry, otherwise it will pucker.

A satisfactory proportion for making jelly is three-fourths of a cup of sugar to one cup of fruit juice.

Bearing It Gravely.

Despite the fact that an open safety-pin is gradually working its way through her sister, little Nell Clark, of Austinville, near here, to-day was apparently little worse for her experience.—Vicksburg paper.

"Waiter I'd like a good rare steak." "Good steaks are always rare here, sir."

She—"I'll never marry a man whose fortune hasn't at least five ciphers in it." He (exultantly)—"Oh, darling! mine's all ciphers."

LOOKING 'EM OVER

France and Belgium Will Investigate Razed Fortifications on Eastern Border

Berlin.—French and Belgian military experts attached to their respective diplomatic corps in Berlin have received instructions to accept the invitation of General von Pawelkatz to inspect the destruction of the Eastern fortifications carried out by Germany in accordance with the decision of the Ambassadors' Council.

The tour will begin early in July and it is estimated that three weeks will be required to view the thirty-eight emplacements ordered razed.

German officials express confidence that the experts will find everything to their satisfaction and that when the trip is ended the entire question of Eastern armaments will be settled permanently. There is surprise expressed here that three weeks should be necessary to view these points, but the Government is determined to allow the Allies to satisfy themselves to the fullest rather than have the accusation brought up that all facilities for the investigation were not freely given.

The marriage relation would be a success oftener if it were not for the relations by marriage.

MIGRATORY BIRDS CONVENTION ACT

A Summary of the Migratory Birds Convention Act is Given Below. This is the Law Which is Based Upon the Treaty With the United States

Open Seasons

ONTARIO

Ducks, Geese, Brant and Rails—Sept. 1-Dec. 15, both dates inclusive.

Wilson's or Jack Snipe—Sept. 1-Dec. 15, both dates inclusive.

Woodcock—Sept. 15-Nov. 30, both dates inclusive.

Closed Seasons

There is a closed season throughout the year in Ontario on Band-tailed Pigeons, Elder Duck the latter may be taken during the open season in that portion of Ontario, north of the Quebec, Cochrane, Winnipeg line of the Canadian National Railway), Swans, Cranes, Curlew, Willets, Godwits, Upland Plover, Black-bellied and Golden Plover, Greater and Lesser Yellow-legs, Avocets, Dowitchers, Knots, Oyster-catchers, Phalaropes, Stilts, Surf-birds, Turnstones, and all the shore birds not provided with an open season in above schedule.

There is a closed season throughout the year on the following non-game birds: Auks, Auklets, Bitterns, Fulmars, Gannets, Grebes, Guillemots, Gulls, Herons, Jaegers, Loons, Murres, Petrels, Puffins, Shearwaters, and Terns; and there is a closed season throughout the year on the following insectivorous birds: Bobolinks, Catbirds, Chickadees, Cuckoos, Flickers, Flycatchers, Grosbeaks, Hummingbirds, Kinglets, Martins, Meadowlark, Nighthawks or Bull Bats, Nuthatches, Orioles, Robins, Shrikes, Swallows, Swifts, Tanagers, Titmice, Thrushes, Vireos, Warblers, Waxwings, Whippoor-wills, Woodpeckers, and Wrens, and all other perching birds which feed entirely or chiefly on insects.

No person shall kill, hunt, capture, injure, take or molest migratory game birds during the close season. Sale of these birds is forbidden.

The killing, capturing, taking, injuring or molesting of migratory insectivorous and migratory non-game birds is prohibited.

The possession of legally taken migratory game birds is allowed until March 31st, following the open season. In Ontario it is an offence to kill or attempt to kill any migratory game bird between sunset and sunrise.

Bag Limits

Ducks 25, but not more than 200 in a season; Geese 15; Brant 15; Rails 25; Wilson's Snipe 25; Woodcock 10.

Guns and Appliances

The use of automatic (auto loading), swivel, or machine guns, or battery, or any gun larger than number 10 gauge is prohibited, and the use of any aeroplane, power-boat, sail-boat, or night light, and shooting from any horse-drawn or motor vehicle is forbidden.

Penalty

Every person who violates any provision of this Act or any regulation shall, for each offence, be liable upon summary conviction to a fine of not more than three hundred dollars and not less than ten dollars, or to imprisonment for a term not exceeding six months, or to both fine and imprisonment.

Any enquiries concerning this law may be addressed to the Commissioners of the Canadian National Parks, Department of the Interior, Ottawa.

Cheerful Bystander.

Badly Bruised Boxer — "I can't 'ardly see 'im, now."

Second—"Never mind—'it 'im from memory."—London Opinion.

Ghostly Accuser.

Forks Man Arrested. On Wife's Complaint. Following Her Death.—Minot (N. Dak.) paper.

Vanishing Americans.

There were no inhabitants east of the Pueblo of Pecos until 1794. West of the Rio Grande there were even less."—St. Louis Globe-Democrat.

These Boys Were Hot.

A petition singed by 1,200 undergraduates was presented to the corporation.—New York World

Sunday School Lesson

ANALYSIS.

I. FIRST MEETING OF DAVID AND JONATHAN, 18: 1-4.

II. JONATHAN AS TRUE FRIEND AND PEACEMAKER, 19:1-7.

III. THE COVENANT OF FRIENDSHIP, 20:1-42 and 23: 15-18.

IV. DAVID'S LAMENT OVER SAUL AND JONATHAN, 2 Sam. 1:17-27.

INTRODUCTION—Nothing in Bible story is more impressive and beautiful than the story of the friendship of David and Jonathan, and it may safely be said that there is nothing finer in all literature, and nothing more true to the best that is in human nature. The character of Jonathan especially stands out in strong relief. Brave, generous, absolutely unselfish, loyal both to his father and to his friend, unwilling to believe evil of either one, he is the "very gentle perfect knight" of Hebrew story, without fear and without reproach.

I. FIRST MEETING OF DAVID AND JONATHAN, 18:1-4.

It was when David returned to Saul bearing the grim trophies of his victory over Goliath that Jonathan saw him and loved him. This is their first recorded meeting. Whether or not they had met before we do not know. Jonathan as an officer in Saul's army bearing an important command may have been very little with his father, and David as a humble musician in his father's court, or even as an armor-bearer, may not have hitherto attracted his notice. Jonathon's friendship, once given, was whole-hearted. He clothed David in his own garments, outer robe, military dress, and girdle, and gave him his own sword and bow. They made a covenant of friendship which remained unbroken even when Jonathan discovered that David was to succeed his father upon the throne. David's shepherd days in Bethlehem were at an end, and he became a member of the king's household and a captain in the king's army (18:5).

II. JONATHAN AS TRUE FRIEND AND PEACEMAKER, 19:1-7.

The intervening paragraphs tell of David's rapid advance in popularity with the people, in success in war, and in rank in Saul's court, and of the king's growing jealousy. Saul's fits of insanity returned with greater violence, and in his frenzy of jealous madness he sought to murder David, who was now his son-in-law, 18:20, 27, 28. Saul even went so far as to instruct his son and his servants to kill David. Here is where Jonathan's friendship proved itself. First, having warned David to hide himself, he went to his father and interceded with him. He boldly defended his friend and maintained his innocence of any wrong toward the king, recalling especially his victory over Goliath and the Philistine army. In his saner moments Saul was able to put aside his jealousy and his earlier affection for David revived. Now he yielded to Jonathan's pleading, declared that David should not be slain, and Jonathan had the joy of seeing his father and his friend reunited.

III. THE COVENANT OF FRIENDSHIP, 20:1-42 and 23: 15-18.

Saul's jealousy soon returned with the fame of David's further success in war against the Philistines, and again he tried to kill him. Compelled to flee for his life, David took refuge for a while with his old friend, Samuel, in Ramah. Together they retired to a college or settlement of the prophets among whom Samuel had a leading place. Pursued thither by Saul, David fled again, this time to his friend, Jonathan, indignantly asking, "What have I done? What is mine iniquity? and what is my sin before thy father that he seeketh my life?" Again Jonathan would have played the part of peacemaker if he could. He tried to defend his father and to make light of the danger. Finally, he agreed to find out from his father on the occasion of the new moon festival just what his disposition toward David was and to let him know. Outside the city in the quiet of the countryside the two friends renewed their covenant and David remained in hiding until Jonathan should bring him news from the king. Jonathan, after being in peril of his own life, brought back news of Saul's continued and deadly enmity, and they parted to meet only once again long afterward in the wild country south-east of Hebron, where David was still a fugitive and an outlaw (23:14-18).

IV. DAVID'S LAMENT OVER SAUL AND JONATHAN, 2 Sam. 1:17-27.

Saul's long warfare with the Philistines ended in tragic defeat on the battlefield of Gilboa. Deprived by his own insane folly of the services of his ablest general, and himself broken in spirit, he faced the Philistine army there with fear and trembling. In the battle that followed he and his three sons died. David, warrior, musician, and poet, though he had been pursued by Saul with jealous and unrelenting hatred, was genuinely grieved when he heard of their death, and paid them tribute in a noble elegy, rightly regarded as one of the earliest and finest passages of Hebrew poetry. It should be read in the translation of the Revised Version, and special attention should be given to verses 25 an 26, in which David commemorates the pure and unselfish love of his noble friend. It is greatly to his credit also that he has nothing but words of praise for Saul, and recognizes fully the great service he had rendered to Israel.

Saul and Jonathan were lovely and pleasant in their lives,
And in their death they were not divided.
I am distressed for thee, my brother Jonathan;
Very pleasant has thou been unto me;
Thy love to me was wonderful,
Passing the love of women.

A CHIC DAYTIME FROCK.

This smart one-piece frock will be found quite simple for the home modiste to fashion. There is an inverted plait in each side seam and useful patch pockets. View A is shown with a V neck, shaped collar, and long sleeves attached to the short kimono sleeves. View B has a round neck and is effectively trimmed with contrasting material. No. 1574 is in sizes 36, 38, 40, 42 and 44 inches bust. Size 38 requires 3⅝ yards 54-inch; ⅝ yard 36-inch additional contrasting material for View A; ½ yard for View B; ¼ yard less 36-inch material is required for dress with short sleeves. Price 20 cents the pattern.

The secret of distinctive dress lies in good taste rather than a lavish expenditure of money. Every woman should want to make her own clothes, and the home dressmaker will find the designs illustrated in our new Fashion Book to be practical and simple, yet maintaining the spirit of the mode of the moment.

Price of the book 10 cents the copy.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number and address your order to Pattern Dept., Wilson Publishing Co., 73 West Adelaide St., Toronto. Patterns sent by return mail.

Pledge of Affection.

He—"Still love me?"
She—"Yes."
He—"Very much?"
She—"Bushels"
He—"Then, say, honey, couldn't I keep six bits out of my salary this week?"—Oklahoma Whirlwind.

FARM NOTES

The Canning Season

The canning of fruit and vegetables need no longer be done by what may be called as "the rule of thumb." The preservation of these foods is now so well understood that no risk need be taken with respect to loss by fermentation. The Department of Agriculture at Ottawa, through the Division of Horticulture, Experimental Farm, has carried out many experiments in this work, and has issued in Bulletin No. 77, N.S., a most excellent treatise for the guidance of those who would preserve their winter supply of garden products. Four principal methods of canning are realt with known as the Cold Pack Method, Fractional or Intermittant Sterilization, Open Kettle and Steam Pressure. These are all fully explained in a Bulletin which is available at the Publications Branch, Department of Agriculture, Ottawa.

Directions are given for canning, and preserving in other ways, apples and other tree fruits, gooseberries and other bush fruit, as well as strawberries and such imported fruits as pineapples. Recipes are also given for the canning of such crops as asparagus, spinach, beans, peas, etc. Jelly making is also explained fully, as well as the making of pickles and relishes, of various kinds. Particular stress is laid on proper storage which should be cool, dark and dry. It is shown by the Bulletin that different varieties of various crops require more sugar than others. Correct amounts for each of the very many varieties are shown.

Whole or Crushed Oats for Horses

To try to find out whether it is worth while to crush oats that are fed to horses the Experimental Farms carried out a test from the 10th of June to the 5th of December.

The test was confined to four two horse teams. One horse in each team was fed a grain ration consisting of whole oats, while its mate received crushed oats. These grain rations were alternated for two weeks, one horse receiving whole oats every other period and crushed oats in the intervening period, while the other team was fed just the reverse way.

The results of these tests are reported in the 1926 Annual Report of the Animal Husbandry Division where it is shown that there is every little, if anything, to be gained by crushing the oats for working horses. In the 168 days when the test was going on the horses fed on whole oats showed gains in 6 periods totalling in all 255 pounds, while in 7 periods losses in weight were shown totalling 210 pounds, which shows a net gain of 45 pounds for the whole period. When crushed oats were being fed gains were recorded in 6 periods totalling 330 pounds, while during the other 6 periods the losses were shown totalling 305 pounds, showing a net gain for the full period of 25 pounds as against 45 pounds when whole oats were fed.

An exhaustive table showing the results of this test is interesting particularly in the consistency of the results obtained with the two feeds in the same period. Any gains or losses made were therefore attributed more to the work to which the horses were subject rather than whether the oats given were crushed or fed whole.

Imperial Fruit Show

The Dominion Fruit Commissioner, G. E. McIntosh, has been notified that the next Imperial Fruit Show will be held at Manchester, England, from October 28 to November 5. Mr. McIntosh points out that the shows held in Manchester are always particularly successful and draw several times the attendance that patronize the shows when held in London.

This year's Fruit Show promises to be the most successful on record and holds unprecedented advertising possibilities. The area covered is one of the most populous in England and furnishes one of the best markets for Canadian fruit. The retail and wholesale trade of the Manchester district are out to make the show a success, and among other attractions there is a grant of $10,000 to be spent in giving every visitor a free sample of Empire apples. It is therefore particularly important that the display of Canadian apples in the Overseas Section of the show should be as large and comprehensive as possible. Full particulars of the rules and regulations of the Imperial Fruit Show, and of the prizes offered, may be obtained from the Fruit Branch at Ottawa.

Ottawa Meets Ideal as Capital

Site Selected as Outcome of War of 1812

If the forces of the United States had not invaded Canada during the War of 1812 the city of Ottawa, the present capital, might never have existed. The invasion called attention to the need for a more accessible site than those occupied by the cities along the St. Lawrence.

As the capital of the Dominion, Ottawa naturally is the centre from which radiates the political life of the Canadian Confederation to-day. Its selection in 1858 was made by Queen Victoria after the various Canadan statesmen had failed to reach an agreement. The city was named after river on whose banks it was built. Prior to 1854 th site was known as Bytown, after Col. By, a military engineer, who in 1826 constructed the Rideau Canal, between Ottawa and Kingston.

Of recent years the conception of Ottawa as the capital of the country and not as merely an individual city has grown in favor, and it is approaching nearer to its ideal of a national capital. Millions of dollars have been spent to accomplish this

Nature has done much for the city, and to assist nature the Ottawa Improvement Commission has beautified the outer fringe of the capital with a series of driveways and parks until, to the tourist, it is a place of unusual beauty. An atmosphere of quiet dignity, befitting a capital, seems to surround it.

Occupying a commanding position, the houses of Parliament, consisting of a group of three imposing Gothic structures, seem to overshadow all else. The river flows along the city's northern boundary, and from Parliament Hill one may gaze across the water to the range of hills that constitute one of the many spurs of the Laurentian system.

RUMORS SET AT REST

Specifications for That New Ford

Cylinders—Six or else the public has been misinformed.

Chassis—Special slide trombone design enabling owner to reduce length of car to fit any parking space.

Body—Two stories, including kitchenette and bath. In building his car with an upper story Mr. Ford has given extra room without additional length. Body can be folded up when not in use and stored in clothes closet thus simplifying garage problem. Body has new finish upon which it will be impossible to scrawl inscriptions like "Don't cry, Girls; I'll Be Back," "10,000 Jolts," "The Flying Fool," &c.

Springs—Much as the deviation from this policy will pain him, Mr. Ford announces that the new car will really have them.

Extras.

Cigar Lighter — Every small car owner knows the yearning he has felt for a machine with an electric cigar lighter. At last the millennium has come. The Ford engineers have not only put a cigar lighter in each of the new cars, but have equipped all service stations with cigars to fit any smoker.

Radio—The new model will be wired for distant stations and will carry a twelve-tube set. Complete programs will be receivable while the car is in motion, and a charming feature of the new car is that it can be carried into the parlor and used as an indoor radio cabinet.

Electric Refrigerator — There are few experiences more disheartening to the motorist than to spend all Sunday driving out into the woods with the family only to find that the box lunch has gone bad. Mr. Edsel Ford, after three years of intensive study, has perfected the "Edseldaire" or Ford self-charging icebox concealed in the dashboard, with special rack for eggs.

Bed.—In the back of every car will be a Murphy Folding Bed hidden within the body; it can be let down by pressing a button or blowing a whistle or something. The advantage of a folding bed in an automobile in these days when one is likely to be held up for hours at any street crossing can be well imagined.

Seats—Mr. Ford is happy to announce that the seats in his new car will be exact reproduction of genuine antiques, the style running to early Massachusetts.

Fiddles.—While fiddles will not be part of the standard equipment, the company will be glad to provide them to those motorists who are musically inclined. The possession of such a fiddle will entitle the owner to consideration in the picking of Mr. Ford's annual Old Fiddler Acts.

Spinning Wheels.—Optional.

—H. I. Phillips, in N.Y. Sun.

Hush-a-by, baby, pretty one sleep,
Hush-a-by, baby, pretty one sleep,
Daddy's gone golfing to win the club sweep,
If he plays nicely—I hope that he will—
Mother will show him her dressmaker's bill.

Hush-a-by, baby, safe in your cot,
Daddy's come home and his temper is hot;
Cuddle down closer, baby of mine,
Daddy went round in a hundred and nine.

—Boston Transcript.

MUTT AND JEFF—By Bud Fisher.

They Throw a Clever Bluff on a Golf Link in Florida.

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