



Baked Icing

Last week you had a recipe for broiled icing—this week we offer a delicious spice cake with baked icing, which calls for 1 egg white, 1/2 cup brown sugar, 1/4 cup broken nut meats. Beat egg whites until they hold a point when the beater is pulled out of them. Add brown sugar, beating it in. Spread top of cake batter, sprinkle on the nuts and bake in a moderate oven, 250 degrees F., until the cake is done, which will be in approximately 35 minutes. If it is in a pan 8 inches square. Make twice the recipe for a larger cake. The cake is made as follows: Cream 1/2 cup shortening and add 1 cup brown sugar gradually. Add to the creamed mixture 1 whole egg and 1 egg yolk well beaten. Sift 1 1/3 cups cake flour once before measuring. Then sift together flour, 1/4 teaspoon salt, 1/2 teaspoon soda, 1/2 teaspoon baking powder, 1/2 teaspoon cloves, 1/2 teaspoon cinnamon and add alternately with 1/2 cup sour milk. Pour into greased and floured pan. Bake 35 minutes. Temperature, 350 deg. F. Moderate oven. Size of pan, 8 inches square. For a larger cake double the recipe.

Another attractive way in which a baked icing may be used is on thin layers of cake, which are cut in strips after baking. These cakelets are a delicious accompaniment to ice cream and many desserts, and they are especially good with a cup of tea or coffee. The batter is spread about 1/4 inch deep in the greased pans, the nuts are sprinkled on and then the thin coating of icing is spread over the surface. The cake is baked in an oven registering 325 degrees F. and the strips are not cut until the cake is thoroughly cold.

A Serving Tip

When you are having a variety of greens in a salad it is an excellent idea to put all of them together in a large bowl. Mix them with the dressing at the table and serve the salad from the bowl.

Cold Baths

This is the season of cold tubs for those of us who like an exhilarating bath in the morning.

Have you ever really tried them, for a week, straight running? The first three are the hardest, but the rest are almost inevitable. For you get to feeling you need that brisk pick-me-up as much as you do your morning coffee, to get started right.

There are some women, women with weak hearts, who would never try a cold shower. But there are a lot who should, and don't.

If you have tried a cold shower and it doesn't work, to your way of thinking, try this. After a tepid shower, take a whole handful of kitchen salt, and give yourself a rub with it, quickly, an all-over rub. Then briskly rub yourself dry. This stimulates circulation and gets you in good form to start the day right.

Too many women use their baths just for relaxation. A very hot bath in mornings is enervating. You don't need relaxing after a night's sleep. You need awakening. That is where the cold shower is perfect.

You don't have to stay under long. Just a once-over will do the trick. For women whose flesh is soft and whose face's contour is no longer quite as clear cut as it formerly was, this cold shower daily does something to make the flesh firm.

Moreover, as a prevention of colds, any doctor will tell you its real value.

Bottles and Bands

Druggists are generous, and shower attractive wrappings and packets and bottles upon us with our purchases. Tablets and lozenges are no longer weighed out by the ounce and handed over in a thin white paper packet with a blob of sealing-wax at either end but are made up in neat little cartons, tubes or screw-top bottles, often wrapped up in a pamphlet or booklet brightly showing forth the benefits of the remedies they enclose. Tooth paste and toilet creams, too, throw in a supply of reading matter which is usually attached to the tube by a rubber band.

We are so much accustomed to these accompaniments by now that they are generally thrown away at once; but

even if put aside for a time they are apt to drift away, still unused, on the household tide of rubbish. Some, however, could easily be put to useful purposes.

How to Use Them

It is a good plan to put-up a small screw hook somewhere in the kitchen and to keep it specially for rubber bands, which are hung there as soon as they are removed from the packets. It is surprising how rapidly a collection accumulates and how often usefully the supply can be drawn upon. It is much easier, for instance, to use a rubber band to secure a small packet to be taken to the shops than to find (in a hurry) a suitable length and thickness of string. Rubber bands are also handy for fastening the covers on jam jars or potted meats pots, for keeping a hasty bandage in place on a cut finger, for securing kitchen lists and bills.

Some of the little screw-top bottles and pots should also be washed and saved. These will hold salt, tea, sugar, even an individual jam ration, for picnics. Made mustard can go into a little cream pot (safely marked). Small quantities of seasoning and spices may be stored in them in the kitchen cupboard and save the untidiness of paper packages. Tin lozenge boxes are useful for the same purpose or for the desk drawer, where they hold paper clips, drawing pins and so on. In the tool drawer they keep the different sizes of screws and nails neatly separated.

Spotted Net Curtains

Spotted net curtains should not be allowed to dry and then be damped down for ironing. They should be rolled tightly in a thick cloth after they have been washed and then ironed in about an hour. In this way they will come up crisp and fresh. Wash the curtains in lukewarm soapy water, rinsing them in several bowls of cold water. Add a little borax to the final rinsing water in preference to starching, as this method will ensure the curtains ironing to just the right stiffness. Iron the curtains on several thicknesses of blanket to obtain the best effect with the spots.

Kitchen Kinks

In cooking very sour fruit much less sugar is required if a little salt is added. The flavor will be improved.

When ironing, keep beside you an old perfume spray containing water, to be applied to any part that has become too dry. This gives the even dampness and perfect condition necessary for a pleasing finish.

When pouring fat into a basin, add 1 tablespoon of boiling water. This will make all pieces of meat sink to the bottom, and the dripping will be clear.

Sheets often tear when pegged to the line by the corners. To prevent this, stitch a small length of tape at each corner, and peg these instead of the sheet.

After washing ribbons, wind them evenly around a bottle. Fill the bottle with hot water and cork it. The ribbons will dry quickly and smoothly.

A sliced banana added to apples when they are stewed improves the flavor.

To prevent milk from boiling over, rub the edge of the saucepan with a little butter.

Vaseline rubbed well into the nails at night will prevent them from splitting and becoming brittle.

JUDGING OTHERS.

What is commonly wrong is to pass a judgment on our fellow-creatures. Never let it be forgotten that there is scarcely a single moral action of a single man of which other men can have such a knowledge, in its ultimate grounds, its surrounding incidents, and the real determining causes of its merits, as to warrant their pronouncing a conclusive judgment upon it.—W. E. Gladstone.

DEBT.

Debt comes under the eighth commandment. It hangs a millstone round the neck of the man or woman who incurs it. It corrodes honesty. Emerson was wise when he wrote his terse couplet:

With thou seal up the avenues of ill? Pay every debt as if God wrote the bill.

Sunday School Lesson

LESSON II.—JULY 9.
CALEB.—Numbers 13; Joshua, 14: 6-14.
GOLDEN TEXT.—Blessed is the man that maketh Jehovah his trust.—Ps. 40: 7.

THE PLAN OF THE LESSON.
SUBJECT: Caleb's Confidence.
I. Caleb's "We Can." Num. 13.
II. Caleb's Conquest, Josh. 14: 13, 14.
I. Caleb's "We Can," Num. 13.

The Exploration of Canaan. We are not told much about Caleb, but what we are told is enough to give him a secure place among Bible immortals, and make him forever an inspiration to the world. For he was that glorious sight, a gallant and indomitable old man, fighting to the last in the most magnificent of causes. We meet him first at the close of the march across the desert from Sinai to the northern part of the wilderness of Paran, at Kadesh-Barnea. They had reached the borders of Canaan, the promised land, the goal of their exodus from Egypt, the one great hope of the nation. But they were not to advance upon its vastness, in a foolishly rash manner, as the report of the spies indicated to the inhabitants of this rich territory. They were numerous and strong, the report was, and the spies enumerated their various tribes to indicate their strength. Their cities were fortified and very great.

So went the doleful report, and down went the hearts of the hearers. All their high hopes were crumbled in the dust. But there was a minority report, the report of two, Caleb and Joshua; and Caleb, stilling the wailing of the people, bravely made it. "Let us go up at once," said he, "and possess the land, for we are well able to overcome it. If Jehovah delight in us, then he will bring us into this land, and give it to us. Only rebel not against Jehovah, nor fear the people of the land. They are bread for us. We can eat them up. The Lord is with us, and they have no defence against us. Fear them not."
Caleb looks backward. Forty years old was I when Moses, the servant of Jehovah, sent me from Kadesh-Barnea to spy out the land. Now the honor is paid to Moses; he was "the man of God"; he was "the servant of Jehovah."

Nevertheless my brethren that went up with me, "Went up" from Kadesh to the north of the Jordan, the heart of the people melt. They weakened their spirit by their portrayal of the giants to be met in Canaan and the walled cities to be conquered. But I wholly followed Jehovah my God. What a glorious thing to be able to say this with truth, as Caleb could! Caleb's name signifies "all heart," and he was a hearty, whole-souled man.

And Moses swore on that day. Moses made that promise years before, but Caleb had kept his confidence in the word of the Lord. He was a man of his word. May our words be equally cherished as immutable! Saying, Surely the land whereon thy foot hath trodden shall be an inheritance to thee and to thy children for ever. Caleb had trodden the land of Canaan in faith, and so he had made it his own. Because thou hast wholly followed Jehovah my God. This is a noble refrain and a true one. It is the secret of the hiker's joy in the Alps. Occasionally one meets parties with portable tents. Usually they make for youth hostels or the wayside house which announces "bed and breakfast" within the modest means of the modern pilgrim.

Youth hostels usually charge around 25 cents a night for accommodation; and youth hostels now dot the countryside. A youth hostel welcomes those who would again wander in spirit with Chaucer to Canterbury. A youth hostel stands close by those romantic west country waters where John Ridd made strenuous love to Lorna Doone. From the mountains of Wales to the flats of East Anglia youth hostels await the wanderer. A youth hostel gives greeting in the wilds of Dartmoor. At Greta a youth hostel recalls the days when irate parents pursued eloping couples intent on marrying in haste and repenting at leisure.

In Scotland, too, hostels are springing up rapidly. Last year 4,000 names were added to the membership of the Scottish Youth Hostels' Association. Five hostels already span the magic triangle of Ben Lomond, Ben Ledi and Ben More.

And the "open road," be it understood, is not the highway of the automobile and the motorcycle. To the hiker such things are anathema. Armed with a one-inch ordnance map, he takes to the by-road and field-path, never seeking fresh woods and pastures new.

great and fortified. Giant cities as well as giant men, difficult on difficulty. It may be that Jehovah will be with me. Note Caleb's modesty. He is sure that he has wholly followed Jehovah in the past, but he knows man's tendency to weakness and error. II. Caleb's Conquest, Josh. 14: 13, 14. The Blessing of Caleb. And Joshua blessed him. The general called down on the heroic old man the blessing of the Almighty; and we may be sure that Joshua's prayers were heard by God, remembering the long period when he dwelt in the tent-sanctuary, never leaving it day or night. And he gave Hebron unto Caleb the son of Jephunneh for an inheritance.

Therefore Hebron became the inheritance of Caleb the son of Jephunneh the Kenizzite unto this day. The time when the Book of Joshua was written. Because that he wholly followed Jehovah, the God of Israel. This is the refrain which runs through this little epic and here concludes it. There is something singularly touching in Caleb's asking as a favor what was really a most hazardous and important service to the nation. Rough though these Hebrew soldiers were, they were gallant and chivalrous acts. There can be no higher act of courtesy than to treat as a favor to yourself what is really a great favor to another. Well done, Caleb!

Rural Farm Family Expenses

Few facts are available for reference on the cost of living in rural farm homes in Canada says the Economic Analyst, published by the Dominion Dept. of Agriculture. However, in a survey of 157 farms in the Red River Valley of Manitoba in 1931 by the Dominion Economics Branch, data on family living were obtained from 129 of the records. Cash expenditures per family averaged \$658.32, while farm furnished items amounted to \$438.42, making a total of \$1,096.74 for the average cost of living during the year.

Cash expenditures were 60.47 per cent of the total, while farm furnished items averaged 39.53 per cent. Fully 49.12 per cent of the total goods and services was spent on food, the average expense for food being \$534.84. Over half this amount was supplied from the farm in butter, eggs, milk, garden produce and meats. Clothing accounted for 9.58 per cent of the total, or an average of \$104.32 per family. The average farm family spent \$45.34 for health purposes; \$37.70 on education; \$44.29 on amusement; \$20.01 on churches and charity; and \$24.02, as half the amount spent on operating the automobile charged to family living.

Young Britons Take To Open Road

London. — With the approach of early summer, Young Britain is taking to the open road. By couples, by groups, by parties, by clubs they wander everywhere between the South Downs and the Grampians. Gone, largely, is the quaint equipment which, when the movement first opened, gave hikers the air of Tartarin on the Alps. Occasionally one meets parties with portable tents. Usually they make for youth hostels or the wayside house which announces "bed and breakfast" within the modest means of the modern pilgrim.

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Kin of Shakespeare Imprisoned For Debt, Court Records Disclose

Warwick, England. — Shakespeare's uncle, Henry, knew what it was to be a farmer during hard times in England more than 300 years ago.

Recently discovered Warwickshire court records disclose that farmer Shakespeare was detained in prison for debt. He owed one John Blyth six pounds, 13 shillings and four pence for a yoke of oxen.

A Useful Day Frock

By HELEN WILLIAMS.
Illustrated Dressmaking Lesson Furnished With Every Pattern.



Here's a charming day frock following the newest lines mode is favoring. Its simple bodice with slimming V neckline has a becoming tie-like trim. Pointed seaming slenderizes the hips. The lower skirt in panels gives decided height to the figure.

Materials such as rough crepe silks, crepe satin and thin woolsens are smart and wearable to fashion it. Style No. 2863 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust.

Size 36 requires 3 1/2 yards of 39-inch material with 1/2 yard of 35-inch contrasting.

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.



"Do you get a vacation this year?"
"Yes."
"What do you intend to do with it?"
"Turn it over to my wife, as usual."

Human hairs are stated to have an average life of between four and five years each.

Women to the number of 218 are working as deaconesses in the Church of England.

Nearly half the flying machines sold this year in Great Britain so far have been bought on the hire-purchase system. Motor-cars and power-boats have even been accepted in part payment.

Increased Activities Noted in Industries

Mining, Lumber, Pulp Mills, Steel Plants Report Good Outlook

Toronto.—Continental Car-Na-Va Corporation Limited, subsidiary of an Indiana concern, will open plant here to manufacture floor wax and soaps.

Montreal.—Robert Mitchell Company Limited report 50 per cent increase in monthly production; first increase in two years.

New Westminster.—All the big shingle mills located on Fraser River are working double shifts.

Halifax Sydney steel plant will operate at 50 to 60 per cent of capacity for balance of the year, the president announces.

Trail.—Consolidated Mining and Smelting Company announces a five per cent wage increase, effective July 1.

Toronto.—Rochester Circulator Company of Rochester, N.Y., will establish a plant here to make electrical circulating pumps for heating systems.

Quebec.—Montmorency pulp peeling mill working six days a week with two night shifts.

Vancouver.—Several B.C. lumber companies, employing 1,500 men, announce wage increase of 10 per cent for July, permanency of increase to be determined later.

Three Rivers.—International Paper mill operating at 75 per cent of normal capacity.

Vancouver.—Mining activity has increased express business on Pacific Great Eastern Railway to all-time record volume.

Paris To Have New Air Terminal

Ground Broken at Le Bourget —To Cater to Traveler's Every Need

Paris. — A simple ceremony this week began a new era for Le Bourget, when ground was turned for a large and luxurious air station. The improvement was made possible recently by an order of the Air Ministry which, transferring the military units to Villacoublay and other bases, definitely gave over Le Bourget to civil aviation.

Europe's busiest air terminal in a few months will have a concrete station providing every imaginable luxury and comfort for the traveler, from a hotel to cinema house. The station will be remarkable also for a series of balconies on the roof capable of accommodating 1,500 or more spectators.

The first balcony, or terrace, will be only a little more than twenty feet off the ground, being on the same level with the restaurant, which in hot weather will have open air service. Three other terraces will step up behind it, the fourth being forty-five feet off the ground.

Travelers entering the station from the Flanders Highway will see first a huge cement esplanade with room for parking. An arcade will lead into the main hall through five great doors. Offices and other rooms will be on the ground floor along with a film theatre.

Customs, information, propaganda and other bureaus will be in the main hall. An unusual feature will be the weather room, where passengers may see, just what kind of weather sign-boards, just what kind of weather they may expect on their journey. Next to this room will be a telegraph, telephone, mail and radio service. The work, costing \$,000,000 francs, is to be completed next May.

Protection for Milk Producers

The evidence adduced in the enquiry into the marketing of milk in Eastern Nova Scotia, by the Economics Branch of the Department of Agriculture, suggests that steps should be taken to protect not only consumers, but also those producers who are endeavouring to put on the market a product that will merit the confidence of buyers and meet accepted standards of quality and sanitation.

A godson of Sir James Barrie, Peter Scott, the 22-year-old son of Scott, the Antarctic explorer, has a picture "Pink-Footed Geese" in this year's Academy and has sold it for \$29.

MUTT AND JEFF— By BUD FISHER

