eather Menus Given

-Cook Suggestions oo Much Work o Prepare

all I have for dinner?" ta roblems which confronts e daily? Of course, there s of combinations of evertheless a few readystions are welcome.

he summer time should but easily digested and as possible and not too s much of the work of ner should be done in ng as possible, and kept or automatic refrigere for cooking. Vegewashed and trimmed an be made, chilled be prepared and placgerator and, in short. aration possible will temper later in the

ER MENUS Fruit Cup Baked Fish Steaks Seans Brettone

Butter stial Loaf other beverage

Ils with Mint s in Casserole and Green Pepper Butter

Ice Pex Dessert verage ISH STEAKS pacon strips, salt, condensed milk. (any type of boned

etc.) about %-Place these in a ace two strips of hape on the steaks. and pepper. (Any , tobasco, etc., may dvantage). Nearly ith sweetened cone in a moderate ). Allow to cook

SBRETONNE butter, one medidespoor, flour, one k, half-cup water. ring beans, cut in alt, pepper, pap-

hinly-sliced enion browned. Stir in evaporated milk il thickened. Add cut in one-inch ng. Serves six.

r Is Dead

ederick Ogilvie Mohawk Indian ian history, died ge of 72. He had

the Tuscarora ded high school nd subsequently Prantford Exs he was a conlewspapers. pointed to the Ontario Hos-

a during the Canadian Forenant. He was by King Goo-

rs survive.

Lord Iddles-

AVY BLUE

from mosquisimply hate d like to rehe little bliblue, which een on dark Ochre, and sse and yel-These findn National d from reany recomlow topees mosquitoes

woman a f it? ress Mrs. randmothmother at reat-greataughter is

le latter's



# Woman's World

By Mair M. Morgan

SERVING MEALS OUT OF DOORS. | Cut one small pineapple into fine ing as well as dish washing. Very whipped cream. Mix the ingredients often the salad may be put on the together in an ice cold bowl and, table in an attractive salad bowl for when ready to serve, line a platter each member to help himself. If you with bits of crisp lettuce and put use compartment plates, the salad the salad in the centre. Garnish with plate is unnecessary.

Casserole dishes combining meat and vegetable pies are splendid main dishes for dinner al fresco.

And for bread, make bread and butter sandwiches or butter rolls and put them in the oven to heat.

Veal and Vegetable Pie. it. The crust will bake while you from the fire.

cooked onions, 1 cup diced cooked any other fruit beside the foodstuffs carrots, 1 cup cooked green peas, 2 commonly used with fruits. The extra cups cooked potato marbles, 2 table. materials may be chosen to make up spoons butter, salt and pepper, 11/4 for the lack in the rhubarb. For cup flour. 21/2 teaspoons baking pow- example, adding raisins to stewed or der, 2 tablespoons shortening 1/2 tea. baked rhubarb adds iron tothe dish

Choose veal from the small part of leg since it is usually cheaper and more meat must be cut in small pieces anyway. Cover with boiling there are numberless other desserts water and simmer until tender but which are delicious when made with not broken. Add salt and let cool in rhubarb. Frozen desserts, hot or cold stock over night if convenient, Re- puddings and gelatine desserts use move fat and bone from meat, mak. this common garden plant to exceling neat pieces for serving. Arrange lent advantage. Well sweetened rhu- plied to other delicate vegetables. meat in a buttered casserole. Remove barb sauce is amazingly good with Cook in as little water as possible fat from stock and strain through plain rice and cornstarch puddings, and for a short period of time. cheesecloth. There should be about Rhubarb shortcake is a simple destwo cups of stock. The liquid in sert. Make an old-fashioned short- chard will be criticized as "flat" if ed milk, one tablespoon sugar, few which the vegetables, with the ex- cake with baking powder biscuit not pepped up with a dash of lemon ception of the onions, were cooked, dough, After baking, split and but- juice.

salt and pepper. Add prepared vege- two ways. The fruit may be cooked and lemon juice, tables to meat in casserole and pour with tapioca and sugar in water, or over sauce. Mix and sift flour, salt the tapioca may be cooked and pour- ing to gain weight may add calories egg beaten until stiff. Be sure to and baking powder. Rub in short- ed over the rhubarb arranged in a to his diet by dressing his serving chill orange and egg as well as milk. ening and cut in milk with a knife, buttered baking dish and the whole with butter or a rich sauce. The veg- When you serve a drink made with Use enough milk to make a soft baked thirty minutes in a moderate etable, like broccoli and spinach, is egg you are adding 70 calories of prodough. Roll on a floured molding oven. Serve with sugar and cream at its best with a smooth Hollan- tein and fat as well as vitamins and serole with biscuits and bake in a hot oven until biscuits are thoroughly baked and brown on top. It glass of milk perhaps the novelty of will take about thirty-five minutes drinking milk through straws somefor baking the biscuits because the times helps a child to learn to like sauce, meat and vegetables retard the it.

baking. Serve from baking dish. Planked dishes are excellent for outdoor serving too. The hot plank keeps the food hot and of course a it is sometimes called, is one of the variety of vegetables always sur- most delicious succulent summer verounds whatever meat you are serv- getables on the market There are ing. The individual planks are just several varieties, some with dark the thing for families who do not green curly leaves and others with have the same ideas about meats broad light-colored leaves. But each used without cooking in salads. The have what he particularly likes.

NUTS IN SALADS.

gredients for summer salads. They ach. Thus, it's especially rich in iron, much to the taste of the dish. add the right amount of nourishment which makes it a perfect vegetable to A rich cheese sauce goes well over to a dish that otherwise might be serve during hot weather when meat chard, too. The vegetable and sauce considered too light to keep the con- is used sparingly. The vitamin con- may be put into a shallow baking senger service by the United Air sumer from getting hungry before tent is good and chard is a cheap dish and the top browned in a hot Lines. the next meal. The housewife who source of vitamins because the veg- over before sending to the table. has to consider the healthy appetites etable never is high priced and vitaof a husband and growing sons will mins are present in goodly amounts. do well to plans menus that centre Chard also has the peculiar virtue around salads which are "filling" as of supplementing the protein deficienwell as cool and appetizing.

everything but particularly do they stance which enables the body to lend themselves in a delectable way make use of all the mineral content to fruit salads. Here's a fine recipe available. for a main course summer salad that

uses chopped Brazil nuts:

The first consideration in planning strips, one inch long, and add one meals for serving away from the fam- diced pimento Then put in a dash ily dining room is to reduce the num- of curry powder (no more than can ber of dishes to a minimum. A one- be put on the tip of the blade of a dish combination of some sort with small knife), the juice of one lemon, a salad and dessert simplifies serv. a pinch of salt and one-quarter pint pieces of pimento, two sliced, hardboiled eggs and Brazil nuts cut lengthwise.

#### RHUBARB.

Care should be taken not to overcook rhubarb, Vitamin C stroyed if subjected to too great heat This is a delicious and attractive for too long a time. As little water dish that may be varied interest- as possible should be used to preingly. The vegetables may be cooked vent burning, because the fruit-vegeearly in the day and the meat cook- table is very juicy of itself. Cover ed the day before if convenient. When the sauce pan and as soon as the you want to prepare your dinner you rhubarb boils it should be "done." will need to make the crust and bake Always add sugar when removing

are setting the table and putting the Adding other materials to "pie finishing touches on the salad or des. plant" makes it possible to obtain dishes of increased food value, Rhu-One pound lean veal, 1 cup tiny barb combines excellently with almost and increases its efficiency.

Rhubarb Shortcake, Pie usually comes immediately to mind when rhubarb is mentioned, but

may also be used. Melt butter, stir ter and fill with sweetened rhubarb The person who is eating to re- grate rind. Combine grated rind and

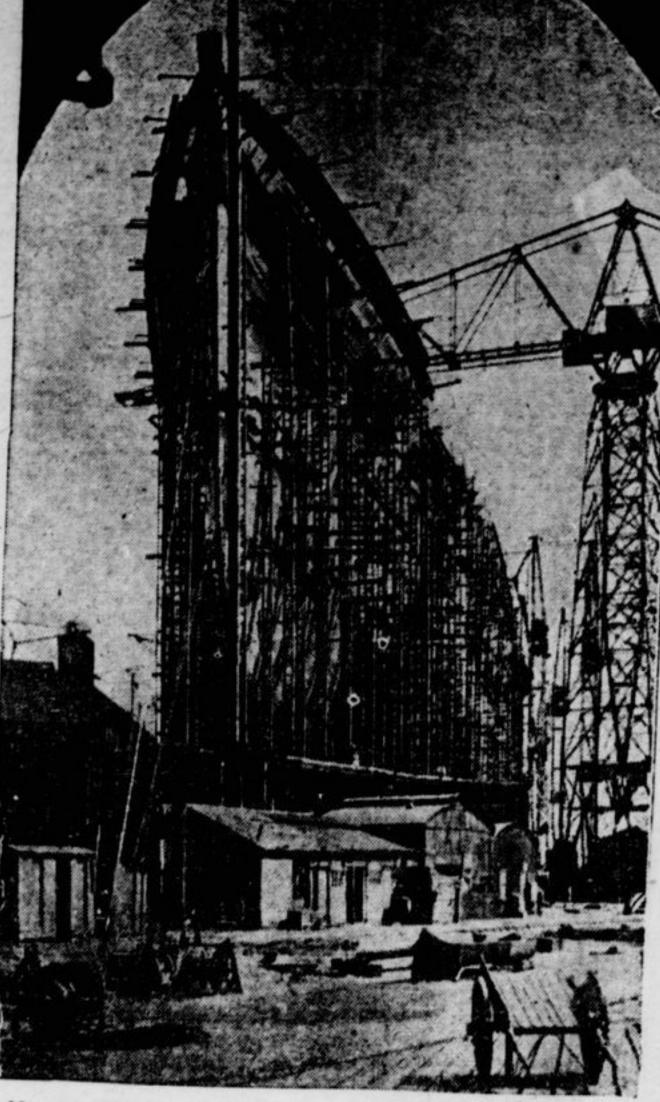
MILK PROBLEM, If little Johnny refuses to drink his

IDEAL VEGETABLE.

Swiss chard or 'spinach beet," as and vegetables because each one can variety has a thick white mid-rib that taste is rather like romaine.

cies of other vegetables and cereal Brazil nuts go well with nearly foods and contains a certain sub-

Cook In Little Water. Shred one-half pound of Brazil nuts, good for swiss chard that are ap- quarts. RAPID PROGRESS ON WORLD'S GREATEST PASSENGER VESSEL



No. 534, the great Cunard-White Star liner being built at Clydesbank, Glasgow, is rapidly nearing the point where she will look like a graceful ocean grey hound rather than a scaffold builder's nightmare. These two pictures show, a striking view of the bow, and a full length picture giving an idea of the way a ship more than 1,000 feet long looks like.

in flour and when bubbling add sauce. Serve with plain or whipped duce will find chard a good friend on juice and let stand while separating

Cut the thick centre rib in uniform lengths and tie in small bundles.

Cook the thin part of the leaves just teaspoons vanilla. as you would spinach—in the water that clings to the leaves. When ten- chocolate. Add boiling water to make der chop the leaves fine and arrange a smooth paste and slowly stir into them in a border on a deep serving two cups of boiling water. Boil until platter, Garnish with hard-cooked syrups. Cool and add vanilla egg and fill the centre with the thick ribs in Hollandaise sauce.

Use Leaves in Salad.

The tender small leaves may be

REFRESHING DRINKS Grape Punch. (Serves Eight.)

water until it spins a thread, Cool. York, 16 hours of Chicago, eight hours Add juice of six lemons and one of California. -Vancouver Sun. quart grape juice and let stand one to two hours. Dilute with ice water The same rules of cooking hold or carbonated water to make two wage reductions in Australia has been too much.

Orange Eggnog.

This rule for an orange eggnog wi

Bring to boiling point, season with Rhubarb tapioca pudding is made ity when dressed simply with salt with sugar and add strained juice. minerals to the usual glass of milk.

Chocolate Syrup. One-half cake bitter chocolate, 11/2 Cook in boiling water, adding salt cups granulated sugar, two cups after the first ten minutes of cooking. water, quarter teaspoon salt. two

Grate chocolate. Mix sugar, salt and

Use from two to three tablespoons

of this syrup to a glass of milk,

THIS NEW AGE.

Quietly, and with less ceremony is cooked and served like asparagus. Chard is also good cooked in the be heralded, there is announced in her son." The one whose turn it was while the leaf is used as greens, stock in which ham was boiled. All Vancouver a transportation revolution to bring her a new jar. "Bring me yet ation, The health composition of chard greens are appetizing cooked this as important as that which was mark- a vessel." The oil while it abode alone Chopped nuts are the perfect in- rivals that of the much lauded spin- way, the flavor of the meat adding ed here by the laying of the end of

On Sunday there will open between Vancouver and Seattle a daily pas- of all the neighbors it contined to in-A three mile a minute, ten-passes

ger, multi-motored air transport wi be used, the journey between the two important Pacific Coast cities taking about 55 minutes.

This will bring Vancouver within Boil one pound sugar with one cup 20 hours' actual flying time of New

# The Sunday School Lesson

LESSON VI.—August 5. — ELISHA of the rest." God's plenty not only Canadian quintuplets who promise to HELPS THE NEEDY., 2 Kings 4: meets our present needs, it cares al- break all previous records for long-Inasmuch as ye did it unto one of these my brethren, even these least, ye did it unto me .- Matt. 25.40.

THE LESSON IN ITS SETTING Time-Elisha is ordained a prophet, B.C. 909. The Shunammite's son born, B.C. 912. Elisha and the healing of Naaman, B.C. 897.

Place-Elisha's ministry centered in Samaria, but extended widely over Ishael.

Parallel Passage-The events of our lesson are recorded only in Kings.

"Now there cried a certain woman for help, as he was the chief of the of the Sea of Galilee. "And he said, prophets. "Saying, Thy servant my Give unto the people, that they may husband is dead." Widows were an eat." By the people he meant the sons especially helpless and pitiful class of the prophets who lived at Gilgal. among the Jews, who were constantto him my two children to be bond-

"And Elisha said unto her, What shall I do for thee?" The prophet himself was doubtless poor, and questioned what he could do to relieve poverty. "Tell me; what hast thou in the house?" A miracle always begins with something. Here it was condition of poverty. "And she said Thy handmaid hath not anything in the house, save a pot of oil." We are reminded of the widow of Zarphath, who share with Elijah her handful of meal in the jar, and a little oil in the cruse (1 Kings 17: 12), and found it increased to last through the rest of the famine.

"Then he said, Go, borrow thee vessels abroad of all thy neighbors, owners and suffering to infected anieven empty vessels; borrow not a few." The number of our vessels is the measure of our faith. Remember the outline of William Carey's pioneer missionary sermon: "Expect great things for God."

door upon thee and upon thy sons." of the Sulphur Fungus spores, over That which was about to be done was grass lands, water troughs, salt licks, too sacred a thing to permit the cur- and feed troughs. To control it is terested. "And pour out into all those vessels; and thou shalt set aside that the farm. Cattle should be looked receive an exceptional proportion of oil out of the cruse until the large vessel was full when her sons (verse 5) would substitute another jar into which she would pour, and so on.

"So she went from him." She might well have desired the prophet to go with her, that his presence might avail to work the miracle, "And shut the door upon her and upon her sons; Ontario Dept. Agriculture. she poured out." In faith and obedience she launched out upon the pro-| mises; and lo! they held firm. "And it came to pass, when the

sufficed not for herself only, but wasted away and the debt increased; but crease ever more and more; the more it is expended on others, the more it is itself augmented; thus as love increases the debt grows small. "And he said unto her, There is not a vessel more." How she wished, then, that she had borrowed more vessels, aside when coughing and sneezing, or that there had been more to bor- if they are facing another person. row! We do not expect enough of God.

#### of God." She came with a heart full of thankfulness. She was not one to leave her gratitude unexpressed. "And he said, Go, sell the oil, and pay

thy debt, and live thou and thy sons evity undoubtedly is Dr. A. R. Dafoe,

Those Quintuplets

Mow York Merald Tribune

"And there came a man from Baal- one of that too-seldom-sung band of shalishah." Conder locates this vil- country doctors who must cope day lage at the present village of Kefr after day with emergencies which Thilth on the lower hills of Ephraim, would tax the skill and resources of sixteen English miles northeast of great medical centres and who do so Lldda and thirteen and one-half mil- with astonishing success. es northwest of Gilgal. "And brought the man of God bread of the first- country doctor, Dr. L. C. Holcombe. A few weeks ago an American fruits. Such presents to prophets ap- of Vermont, described in "The Inpear to have been usual in ordinary ternational Journal of Medicine and was a time of dearth, one pious per-Surgery" and almost equally remarkable case in which he and the son brought his opportune gift to farmer father contrived a home-Elisha. "Twenty loaves of barley." made incubator out of pieces of The flat cakes of bread which are signified when loaves are mentioned board, some loose cotton wool and of the wives of the sons of the pro- in the Bible. "And fresh ears of grain a few beer bottles full of hot water phets. Sons of the prophets" is a in his sack." We think at once of the and saved and reared to maturity a term that does not mean children of lad's lunch of five barley cakes and premature infant weighing only one the prophets, but members of the two small fishes with which our Lord and a half pounds when born, all in prophetic order. "Unto Elisha." This fed five thousand men, besides women the dead of Winter in a remote New poor woman went naturally to Elisha and children, on the northeast shore England farmhourse. The entire world is wishing Dr. Dafoe an equal success in his fight to rear the first recorded set of quin-

"And his servant said. What should Multiplet births stid are events ly exhorted by their religious leaders I set this before a hundred men?" for which biology has but meager to care for them. "And thous knowest Likewise Andrew, in regard to the explanation. Mr. W. W. Greulich, of that thy servant did fear Jehovah." lad's lunch of five barley cakes and the University of Colorado, once col-Her husband had been a faithful pro- two small fishes, said, What are these lected statistics of more than one phet, and his widow deserved especial among so many? "But he said, Give hundred million births from official care for his sake, if not for her own. the people, that they may eat," Eli- records of various countries, comput-"And the creditor is come to take un- sha knew that the Lord could feed ing the ratios of twins, triplets, quadhis people with little as well as ruplets and others to single births. men." The poor widow, in order to with much. "For thus said Jehovah. There emerged the remarkable rule, obtain the bare necessities of life for They shall eat, and shall leave there- still quite unexplained, that the numherself and her children, had been of." Thus also, in the cases of ber of births of twins, triplets and obliged to go farther and farther in- Christ's feeding of the five thousand so on correspond closely to the first, and of the four thousand, much more second and other powers of an identiwas left over than was provided in cal number, approximately 87. the first place.

'So he set it before them, and they 87 single births. One triplet birth did eat, and left thereof." Not be- occurs among single births about cause their stomachs failed them, but once in the square of 87, or 7,569. because the bread increased in the One quadruplet birth occurs in apeating. "According to the word of proximate correspondence with the Jehovah." According to the word of cube of 87, or about once in 700,000 Elisha, God's servant, but he was single births. If the same rule holds careful to point to Jehovah (verse the proportion of quintuplet births 43) as the source of the miracle; should agree with the fourth power otherwise the would have been nb of 87, or one such instance in about 57,000,000

## Stop Lump Jaw

cause of this mysterious rule uncov-Lump Jaw causes loss to cattle ered by Mr. Greulichs statistics, it mals. The disease is becoming more six or seven births at a time. prevalent in some districts due neglect of cattle owners, to detect and of birth of sextuplets would be only treat the condition in its early stagabout one in five billion, while there es. Neglected open cases are at least four reasonably certain spreaders of the Lump Jaw disease, "And thou shalt go in and shut the through the wide spread distribution records of sextuple births within the last 40 years, and one less certain record of the birth of sextuplets In none of these instances did any of the babies survive. advised that all cattle with open For some reason also quite myscases of Lump Jaw be removed from over every week during the summer, quadruplets and presumably of quintso that new cases can be treated at uplets, since the relative percentages once. When new cases are found, the of twin, triplet and other multiple lumps should be opened by a veterin- births in any individual country seem ary and the wound saturated with to run more or less parallel. In Dentincture of Iodine. This will check mark, for example, both twins and further development, and healing triplets are more than three times will follow. A little attention in time will save loss and suffering.-L. S.

### Disease

Teach the children not to spit; it The ewe sheep that has walked in is rarely necessary To spit on a slate, floor or sidewalk is an abomin- And I will wind it slowly on my

Not to put the fingers in the mouth. Not to pick the nose, Not to wet the finger with saliva

in turning the leaves of a book, Not to put pencils into the mouth or moisten them with the lips, Not to put money into the mouth. Not to put pins into the mouth,

Not to put anything into the mouth except food and drink. Teach the children to turn the face

Children should be taught that their "And the oil stayed." You see how bodies are their own private posses. Out of the blue clay will I take my exactly the oil matches the capacity sions, that personal cleanliness is a and number of the vessels provided. duty, that the mouth is for eating My black from sumac, the ochre and Ten per cent. of the emergency There is not too little, there is not and speaking, and should not be used as a pocket, and the lips should not "Then she came and told the man take the place of their fingers.

more numerous than in Greece.

The Navajo Blanket

There is one twin birth for about

There is reason to believe, how-

ever, that whatever may be the

breaks down for instances of five,

According to the rule, the chance

I will take the sheeps' wool for my spinning.

spindle. My mother's mother gathered soft, wild cotton.

But I the wool long grown among the bowers. And I shall weave it on my loom of saplings.

And pound it with my batten from the scrub oak. The mountains and the plains will yield me colors,

As they have yielded to my mother's Past the time the ancients tell or I

Yellow from the goldenrod and dock

And from the rabbit bush that sweeps

From twigs of juniper will come my scarlet Mahogany that grows upon the moun-

And from the bark of alder, the black The mountain and the plain will yield

me color. Father Sky and Mother Earth give patterns for my blanket,

My fingers move the shuttle always leaving A tiny hole in honor of the Spider, The ancient hidden woman of our

Who past the time of all remember-

Proclaimed the art of weaving among women.

-Catherine Cate Coblentz. Progress always involves risks. You can't steal second base and keep one

foot on first. Man-Do you know that cyclones usually come from the Southwest. Friend-No? My wife comes from

MUTT AND JEFF-

