

**Course  
Summer Meals**

en for Special  
in Menus  
elow

always have plenty  
them, crisp cool and  
and refreshing bev-  
divisible to have one  
meal whether it be  
fish, a drink or a  
as are planned with  
recipes are given

**DINNER**  
Frappe  
Lamb Stuffed and  
Marbled  
Pots Juliette  
Pears and Cream  
Mint Jelly  
Russe  
Coffee

**FRAPPE**  
If cups tomato  
stock, 1 table-  
few drops onion  
ar. 1/2 teaspoon  
granulated gela-  
old water, dash  
ices and cook  
tender. Rub  
move seeds and  
dry leaves and  
for ten min-  
and add  
sugar, salt and  
just to the  
time which has  
water and stir  
add lemon  
e. Turn  
and freeze to a  
in a freezer  
ed in 4 parts  
salt.

**HEON**  
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Whipped  
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one to make  
the rice and  
well seasoned

**LES**  
cups granu-  
er, 2 table-  
candies, 1/2  
tablespoon  
tablespoons

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apples are  
cold water  
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syrup and  
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**Woman's  
World**  
By Mair M. Morgan

**CRISP, COOL SALAD**

Summer menus cry aloud for crisp, cool salads. The eye does half the eating in hot weather and so color and beauty in food are of double value. Try this molded crab-meat salad with watercress sandwiches for luncheon on the porch some hot noon.

**Molded Crab-Meat Salad**

Two cups flaked crab-meat, 1/2 cup diced celery, 2 tablespoons shredded green pepper, 1/4 teaspoon onion juice, 1/2 cup mayonnaise, 1/2 teaspoon salt, 4 tablespoons lime juice, 2 tablespoons vinegar, 1 tablespoon granulated gelatin, 4 tablespoons cold water, 4 tablespoons boiling water.

**Ham Salad**

Two cups finely chopped but not ground cold boiled or baked ham, 1/2 cup shredded new cabbage, 1 shredded green pepper, 1 package lemon flavored gelatin, 1/2 cup boiling water, 1/2 cup cold water, 1 cup mayonnaise. Pour boiling water over gelatin and when dissolved add cold water. Let cool and add ham, cabbage and green pepper. Mix well and fold in mayonnaise. Turn into a brick shaped mold and let stand on ice for several hours to chill and become firm. Unmold and serve on a bed of lettuce with a garnish of pickle strips and mayonnaise.

**COOL DRINKS**

Of all the deliciously simple and simply delicious concoctions in the category of summer foods, fruit granites come first. Chilled to the degree without the actual forming of ice crystals, granites are refreshing and decidedly cooling.

To make a granite a heavy syrup is combined with fruit juice and water and the mixture is half frozen. It always is liquid enough to drink, but so thoroughly chilled that it just misses being an ice. Chill it until it looks white with frost and ice crystals gather against the sides of the mold.

The combinations are almost countless for these granites. All the canned fruits and most of the fresh ones may be used singly or in combination. The combination of fresh and canned fruit produces many novel flavors that are delightful.

**Berry Granites**

Berry granites are seasonal and easy to prepare. Wash and drain one quart of berries. Put into a deep bowl and cover with 2 cups granulated sugar. Mash and cover with a clean towel. Let stand two or three hours. Extract all the juice and strain through a fine wire sieve or cheese cloth. Add two cups of water, pouring it through the fruit pulp. Pour into a mold and freeze. Serve with a garnish of mint.

Canned fruits must be cooked with additional sugar to make a heavy syrup, crushing the fruit as it cooks.

Then the syrup is strained and combined with water as for fresh fruit. You may use jelly, too. Combine it with a citrus fruit juice. Orange, lemon, lime and grapefruit juices all are good and each produces a distinctive flavor. Currant jelly and orange juice, blackberry jelly and lemon juice, red raspberry and lime—these are a few combinations that will suggest others to you. Use one large glass or standard measuring cup of jelly to one cup of fruit juice, 1/2 cup sugar and 3 cups water. A tart juice such as lemon may require up to one cup of sugar. Make a syrup of the sugar and water by boiling them for 10 minutes. Add jelly and when cool add fruit juice. Strain and freeze.

**Plums Good Choice**

Plums make a zesty granite. Add a few whole cloves and a two-inch stick of cinnamon broken in small pieces when making the syrup. Red, yellow or blue, they make a rich fragrant beverage. Cook them just long enough for the juice to flow freely, pour over the prepared syrup and let stand until cool before straining and freezing.

**Orange and Lemon**

An orange and lemon drink is very refreshing and easy to make. Peel four oranges and two lemons very thin and put in a vessel with a pinch of salt. Allow to simmer and finally bring to the boil. Take out the peel, and, when cool, add the juice of the fruit. This makes a good syrup and may be diluted with water or soda water as required.

**Ginger Frappe**

1 cup tea, 1 cup ginger chopped, 1/2 can cherries and juice, juice 3 limes, 1 cup lemon, 1 cup sugar and water syrup, 5 bottles ginger ale, 1 bottle plain soda, 1 qt. raspberries.

**Gooseberry Quench**

Gooseberries simmered with sugar and water then strained, make a good fruit syrup especially if a little thin orange peel is added. Rhubarb, too, will give a tang to a syrup which, when diluted, makes a much appreciated drink.

**Lemon Squash**

The children all love lemon squash. Here is a good recipe: Boil 2 cups sugar in 1 pint of water for ten minutes, then leave to cool. Mix 2 oz citric acid with two teaspoons of essence of lemon, and stir into the cold syrup.

**Lemonade**

Extract the juice from six lemons and put this, with 1 cup sugar into a jug, pour in a quart of boiling water. When the sugar has dissolved, strain the lemonade through muslin and allow it to get thoroughly chilled before serving.

**Cherryade**

Crush 1 lb. picked-over cherries and break a few of the stones. Put the fruit into a saucepan with the kernels and one pint of water, bring to the boil and boil steadily for five minutes. Sieve, stir in half cup sugar, and when cold store in bottles. Serve two tablespoons diluted

**Chocolate Milk Shake**

One cup chilled milk, three tablespoons chocolate syrup, one tablespoon whipped cream, dash of cinnamon.

**Grape Lemonade**

To make 2 qts. of this drink, use juice of 4 limes, 3 cups grape juice, 5 drops oil of peppermint, 4 cups plain soda and plenty of ice. Sweeten with syrup made of sugar boiled with water. Add mint to syrup and mix all together. Add ice and water. Serves 6.

**Mint Cup**

Place in a large bowl 2 cups hot tea and add a cup crushed mint leaves. Let stand until cold and strain. Add to the mint flavored mixture the juice of 3 oranges and lemons, 1 cup shredded canned pineapple, 1 cup sugar and water syrup, 1 pint grape juice. Let stand on the top to chill and ripen. When ready to serve add 1 qt. cracked ice, 1 qt. chilled soda water and 3 drops oil of peppermint. Mix well, stir in two diced bananas and 1/2 pint maraschino cherries with the juice. Serve in tall glasses and garnish each with bouquet of fresh mint. Serves 12.

**Frosted Root Beer**

Turn into a tall glass 4 tablespoons thick cream. Then pour in slowly so that it will not foam up and run over glass, a chilled bottle root beer. Top with 2 spoonfuls sweetened whipped cream, flavor with lemon and serve immediately. Cracked ice may be added if desired.

**Pineapple Lemonade**

1 pint water, 1 cup sugar, 1 qt. ice water, 1 can grated pineapple, juice 3 lemons. Make syrup by boiling water and sugar 10 minutes. Add pineapple and lemon juice, cool, strain and add ice water.

**Fruit Punch**

1 cup water, 2 cups sugar, 1 cup tea infusion, 1 qt. plain soda, 2 cups strawberry syrup, juice 5 oranges and 5 lemons, 1 can grated pineapple, 1 cup maraschino cherries. Make syrup, add tea, strawberry syrup, lemon and orange juice and pineapple. Let stand 30 minutes, strain and add ice water to make 1 1/2 gallons of liquid. Add cherries and plain soda. Will serve 50.

An eggnog served with sandwiches

with each tumbler of water or soda water.

and cookies or cake makes a nourishing lunch for the children and on hot days particularly their diet must be watched. If you serve a chocolate drink you're sure to please the youngsters. We doubt if there is a more popular flavor with little people, and a great many grown-ups too.

which the elders of the town sat as judges.

"Therefore he that is prudent shall keep silence in such a time; for it is an evil time." The wise, in such a time, would not give their advice or warning, since neither would be accepted.

"Seek good, and not evil, that ye may live." No one deliberately and consciously seeks evil, but all sinners virtually do seek it, make it the object of their lives. "And so Jehovah, the God of hosts," Jehovah, Sabaoth, the Lord of all the armies of heaven—God's awful and most majestic title. "Will be with you, as ye say." In spite of their many sins they flattered themselves that God was with them.

"Hate the evil and love the good" it is never enough merely to do good or merely to refrain from evil.

"And establish justice in the gate." But, we may say, we are only private citizens, and obscure at that. We can do what we can, and that is all that God asks of us. "It may be that Jehovah, the God of hosts, will be gracious unto the remnant of Joseph." It may be that the Lord will spare a remnant and call to mind the true-hearted Joseph, your forefather.

"I hate, I despise your feasts." Your counterfeit worship, the worship of the true God under an idol symbol (the calf-worship established by Jeroboam 1). "I will take no delight in your solemn assemblies." Literally, I will not smell the savor of them; they will not be a sweet fragrance to the Lord. Wicked men often go to church to hide their wickedness. They join in public worship as a salve to their consciences.

"Yea, though ye offer me your burnt offerings and meat offerings." Burnt offerings were animal sacrifices consumed on the great altar of the temple. "I will not accept them." All these acts may have a value as aids to devotion, but they can never be made a substitute for it. "Neither will I regard the peace-offerings of your fat beasts." Beasts specially fattened for sacrifice.

"Take thou away from me the noise of thy sons." The best of aids to devotion is mere noise when for any reason it ceases to appeal to him who hears it. "For I will not hear the melody of thy viols." We may play loudly as we can on the finest of organs, but God will not even hear us unless our hearts are in the music.

"But let justice roll down as waters." But in contrast to this hypocritical worship, substitute the real worship in which God takes delight, the just living that makes this earth a heaven. "And righteousness as a mighty stream." Let justice which has hitherto been too often thwarted and obstructed in its course, roll on as waters to a perpetual flow.

"When the destination is desirable, expectation speeds our progress." — Mary Baker Eddy.

"For I know how manifold are your transgressions, and now a shily are your sins." Jehovah is now represented as speaking; however, ignorant men may be, he knows.

"Ye that afflict the just." Those who should be honored and protected by their rulers, rather than afflicted. "That take a bribe." The idea involved in the word rendered 'bribe' is a ransom which the poor and defenceless were obliged to pay. "And that turn aside the needy in the gate from their right." The gate here again is the city gate, before



Clipping four days from England-Australia women's flight mark, held by Amy Johnson, New Zealand miss, lands in Australia, setting mark of 15 days.

**The Sunday School Lesson**

**Amos Pleads for Justice. — Amos 5 and 6.**

"Hear ye this word which I take up for a lamentation over you, O house of Israel." Amos begins his denunciations far away, with distant Damascus.

"They hate him that reproach in the gate." The city gate, the open square before which being the place for public gatherings, the place where Amos himself would find the largest audience for his fiery reproofs of the ruling classes.

"And they abhor him that speaketh uprightly." The righteous like Amos, seek only the approval of the righteous people; they do not want the approval of the unrighteous.

Forasmuch therefore as ye trample upon the poor." Trample is a hard word, but not too hard. These rich oppressors, were squeezing the very life out of the poor, as if they trod upon them with iron-shod boots.

"And take exactions from him of wheat." This common tax does not refer to bribes given to corrupt judges, but to presents which the poor peasants had to offer to the grasping aristocrats in order to secure permission to retain at least part of their products.

"Ye have built houses of heaven stone." Not houses of brick, dried in the sun or baked in the furnace as in the simple days of old, but luxurious and costly houses made of stone laboriously chiseled out by masons.

"But ye shall not dwell in them." The fierce Assyrians were coming to carry down the stone houses and to pull their owners into captivity.

"Ye have planted pleasant vineyards." Perhaps in the way Abah took in the case of Naboth. "But ye shall not drink the wine thereof." Much has been said and written, and vastly more will be said and written about the iniquities of trade and the possibilities of overcoming or preventing them, but all will be vain until the heart of the trader is touched to new motives and new aims.

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**Toll of Autos Is Decreased**

Ontario Heaviest — Death Rate Higher Than Any Other Province

Ottawa.—Death from automobile accidents in 1933 numbered 954, a decrease of more than 100 as compared with 1,129 in the previous year, says a report issued by the Dominion Bureau of Statistics. The death rate from this cause was 8.9 per 100,000 population as compared with 10.7 in 1932.

All provinces with the exception of Alberta and Prince Edward Island showed a smaller number of automobile fatalities in 1933 than in the preceding year. In Alberta the number increased from 49 to 64. Prince Edward Island had two deaths as against one in the preceding year.

Ontario had the heaviest death rate from this cause of any province in 1933, 11.8 per 100,000. British Columbia stood second with a rate of 11.0. The next highest rates were 8.8 in Nova Scotia, 8.6 in Quebec and 8.5 in Alberta.

In the City of Montreal 194 deaths took place in 1933 as compared with 121 in 1932. In Toronto the number was 65 as against 41. In Ottawa, 25 as against the same number in the preceding year. In Hamilton 22 as against 20, in London 20 as against 12, in Winnipeg 18 as against 22.

Death occurring in cities due to automobile accidents are not in every case the result of accidents which have taken place within the city limits, as those injured in accidents outside city limits are frequently taken to city hospitals.

**Thrills Cost Him Plenty**

Will Spend \$150,000 For Tractor Trip Through Bush

EDMONTON, Alta. — Chas. E. Bédau, multi-millionaire Frenchman, likes his thrills so well he is going to pay more than \$150,000 for one this summer.

Bédau and his party have left Edmonton for Jasper, where he will undergo a two weeks' "training period" prior to attempting a tractor dash across 700 miles of unexplored wilderness in northern British Columbia.

With a party of 30, including three women, he plans to leave Fort St. John and hopes to arrive at Telegraph Creek on October 15th.

The party includes several exploration experts of international reputation and numbers among its equipment five specially built caterpillar tractors.

Nothing has been left to chance. Supply bases have been established along the route and radio equipment will be carried. Should anything unforeseen happen that makes outside aid necessary, help will be summoned by radio and sent by airplane.

The three women are Mme. Bédau, wife of the leader; Mme. Alberto Chiesa, wife of a famous Cannes and Paris sportsman, and their maid.

Bédau said the trip primarily is for adventure, but he expects to find mineral deposits, important fossil remains and some new tropical valleys, formed by hot springs.

**WHITE IS FAVORITE FOR WEAR IN EVENING**

Paris.—White was in the ascendant in the evening stylescape, blues and pinks took second and third places. Elegantes wearing voluminous snowy draperies that rivaled those of the visiting Bey's suite hinted that a new Tunisian silhouette may be expected in the future. Untrimmed velvet evening wraps in deep colors were favorites, often they echoed the velvet trimmings on the bodies of white frocks. Tiny beaded Eugenic and Peter Pan hats were extensively revived for evening; they often accompanied feather caps.

**A Cup of Tea on the Continent**

Englishwoman Writes of Her Search for White Brewed As It Should Be

Of course we had been warned, writes, Evelyn Ives in the London Daily Telegraph. Before we set off in the baby car for Spain, our friends had reminded us that we should miss our English tea. We had laughed lightly and spoken of the excellence of continental coffee—but, just in case, had packed a canister of our favorite blend.

For myself, I am no addict, and Robert, for all his regulation six cups a day when at home, was very cheerful at the prospect of doing without his early-morning awakener and his afternoon restorative. This was at first. Somehow it seemed to me that his temper was not quite so good on our first morning in France, and although the wine at lunch improved it, after another 100 miles of tree-lined dusty roads, I felt myself that the tea problem was beginning to be important.

In A Jug. We stopped at an imposing looking cafe, and Robert, purely, as he said afterwards, "to convince me, demanded "deux tres anglais" — we didn't bother about our special blend, in five minutes we were offered a jug of pale fluid and another jug of hot milk. When mixed they made a grey colored liquid of quite unspeakable flavor.

We persevered miserably for the next two days. The nearest thing to a drink that we obtained was a most expensive and delicate blend of tea which tasted of lilac.

Once we had crossed the Spanish frontier our hopes rose — so much smiling sympathy for the weary and travel-stained, so much anxiety to be helpful. The delight of the cheerful little waiter at Gerona at understanding my faltered English was altogether touching. Alas, his tea was hardly better than the rest. We were now drinking coffee, very grimly, and the canister was badly depleted.

**The Old Yearning**

The sun and sea at Sitges made us forget our troubles, but after three days the old yearning returned. Minutes instructions in English, French and pidgin-Spanish at our very cosmopolitan and up-to-date hotel resulted in tea that was just drinkable, but only just. So then I made inquiries. I learnt that on the Continent water is held to remain boiling for some ten minutes after it has left the fire, that kettles and teapots are rarely used, and that coffee-pots are considered eminently suitable receptacles for the brewing. There is also the method which involves hanging the tea in little linen bags, one for each person, in the hot water. Armed with fresh data, I plotted, as well as I could, with the entire staff, chambermaids, waiters, and manager. Only Robert was kept in the dark.

Punctually at 7.30 next morning an astonishing procession arrived. First came a smiling comrade, bearing a silver spirit lamp. Next the waiter with a tray and teapots, two kinds of cups, two kinds of sugar, and hot and cold milk. A second waiter brought silver jugs of hot water and a giggling chambermaid brought up the rest. My instructions had evidently not been explicit, so nothing had been left to chance. Slipping on a dressing gown, I supervised operations while the crowd watched. The pot was warmed, the tea allowed to expand in the heat, before the water, really boiling, but for not a moment too long, was reverently poured upon it. The great moment had come, and there was no disappointment. Gratefully Robert and I drank our first cup of Continental English tea.

**Science Threatens Future of Countless Operatic Singers**

Anna Roselle, opera singer, is concerned for the future of the thousands now training for an operatic career. They are threatened, she believes, by radio, by television and by records. "It will be a little bit like the poor chap who took his harp to the party and no one asked him to play," she says.

The battle between science and musical art is lamented by Miss Roselle: "It is so very difficult for me to believe that such a thing, the limitation of artists, will come about. It is like curbing nature, is it not so? It is like canned peas. Ah, yes, canned peas are very good. But they are not so good as peas one picks and cooks from one's own garden. So it is with voices. New, real, fresh voices—nothing is better."

**And She Just Loves Elsie Books, We Bet!**

Aberdeen, Scotland.—Mas West is a regular church goer and the general public has "got her all wrong." Canon J. F. Mitchell, pastor of Holywood's Little Church Around the Corner, said her recently.

"People have Miss West all wrong," the canon, visiting his birthplace here, said "She is one of the regular worshippers at my church, and is among those quite numerous film stars who have never tasted intoxicating liquor."

**MUTT AND JEFF**



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