RASPBERRIES ARE "IN"

"Giving the family the raspberry" is something every homemaker i should indulge in at least once a year. But it takes on-its original meaning these days when the rosytoned berries have come on the market. They are fine berries this year, to make them luscious.

Raspberries make delicious desserts and variations from the berries-and-cream theme give the cook a chance to serve more of the fresh fruit. Raspberry Fluff is nutritious and a perfect finish for a light lunch or cold plate summer dinner.

RASPBERRY FLUFF 1/3 cup quick-cooking taploca

- 1/2 cup sugar 14 teaspoon salt
- 1 or 2 egg yolks 4 cups milk
- 1 or two egg whites, stilly beaten sparingly at first.
- 1 teaspoon flavouring

I cup fresh raspberries 1/2 cup whipped cream

Combine quick-cooking tapioca, of double boiler and stir enough to to make. break egg yolk. Place over rapidly boiling water, bring to scalding point minutes, stirring frequently. Remove er spread. from boiling water. Fold a small amount into egg white; add to remaining tapioca mixture and blend. Cool-mixture thickens as it cools. in whipped cream and slightly crush- intending to eat it. Keep them waited barries. Pile in sherbet glasses. ing, rather than the omelette! Garnish with a few whole or crushed berries and additional whipped ing pan to get hot. cream.

Raspberry flavour can easily pre- the yolks and whites together. Do served for winter now. Long ago. it not whick. was impossible to make raspberry jelly because the fruit is deficient in that jelly-making substance called pectin. But the new short boil recipes give a perfect raspberry jelly with all the colour and flavour of the of a walnut-in the pan. It will fresh ripe fruit. It is made in a few minutes at low cost from this tested recipe.

#### CURRIES TAKE CARE OF LEFTOVERS

Some of the housewives like curried dishes in restaurants but evidently suppose them to be too complicated low, runny mixture, take the pan for home manufacture. ·curry is easy to use and a fine change once in awhile for the family. good way to use up left-overs, too, and make them look "partified" at the same time.

Curry sauce was designed originally to make the East Indains' inevitable bowl of rice more patatable and to stimulate lagging appetites during whole upon it or pieces of cooked hot weather. Paradoxical as it may bacon may be added to egg mixture. sound, the highly seasoned sauce does tempt the appetite and is a good addition to summer menus.

Curries look nice, because you put the rice on a hot serving dish to celery, cut fine, 1 can pork and form a border and the vegetables, beans. Place thin slice of raw onion meat or whatever the foundation in bottom of bowl. Add 2 tablemay be in the centre.

fled to please Western palates.

CURRY SAUCE One scant tablespoon curry powder, 1 table spoon flour, 2 tablespoons butter, 2 cups tomato juice or meat 1/8 teaspoon pepper.

Melt butter and stir in curry powder and flour. Cook and stir until frolly. Slowly add tomato juice or drainer, tie the fish in muslin so meat broth, stirring constantly. When that it may be removed without Potatoes a la Suisse-Bake five po- (his English publishers) or Carey smooth add minced onion, chutney, breaking. lemon juice, sugar, salt and pepper. Simmer for thirty minutes. If chutney sauce is not available, chopped clean indoors. Just cut the prop in ricer. Season, with butter, sait and adds Mr. Bryant. cucumber rings or minced sweet two. On one side put a small hinge pepper and add a small quantity of So the "Esays" were published pickle may be used. If you like you and on the opposite side a bolt. You milk. Slip an egg into each potato in England, and won an instantanemay add I tablespoon claret or port can then fold it up.

to the sauce when ready to add the

Almost any kind of left-over meat may be reheated in this sauce and served in a border of well cooked rice. Or cheap cuts of meat may be cut in dice and browned quickly in hot fat. Then simmer them in the sauce on top of the stove or in the too, having had good rains in June oven, casserole fashion, until tender, A cheap cut of lamb is delicious cooked this way. Fish and eggs are also good curried. Hard boil eggs and reheat in sauce.

If you are entirely unfamiliar with the taste of curry it may help you in judging the amount to use if you know that curry powder is a combination of several condiments, including corlander seeds, tumeric and fenugreek seeds as well as other spices. It naturally varies in strength, flavor and "bite" according to its composttion, so it's a good idea to use it

#### OMELETTES

There are many who say-and try sugar, salt, egg yolk, and milk on top to prove-that omelettes are difficult

We do not want to minimize the talent of our fellow-cooks. But we (allow 5 to 7 minutes) and cook 5 should like to see those talents wid-

> And particularly in the matter of ome'ettes.

They are easy. Try, and see. But there is one essential to a good ome-Add flavouring and chill. Then fold | lette-absolute puncuality of those 1. Put a very strong, shallow fry-

2. Break your eggs and lightly beat

3. Season well. If you want chopped ham, herbs, or mushrooms, etc., put them in now. Add no other mois-

ture whatever. 4. Put a piece of butter-the size sizzle and spit. If it browns, pour it away and put in another bit.

5. Pour in the eggs. As the sides begin to set, slip a turner teneath them to allow the more liquid part to run beneath. Do not stir, but put turner under the centre to prevent it sticking.

6. While there is still a lot of yel from the fire, and slip the turner under the mixture on the handle side of the pan. (There is no denying that this needs practice.)

A Spanish omelette is served flat. and contains small pieces of potato, pimento, tomato and onion.

A bacon omelette is also flat-well seasoned and with a rasher of bacon

## BEAN SALAD

I head lettuce shredded, few stalks spoons French dressing, pepper and Here's your basic curry rule, modi- salt to taste. Remove onion before serving. Good for meatless meal.

## HOUSEHOLD HINTS

When binding with thin material, broth, 1 onion. 1 tablespoon chutney fold the bias strip down the centre orange, lemon or grapefruit juice. sauce, 11/2 tablespoons lemon juice, and sew the two raw edges to the This same treaatment will keep peel-1 tablespoon sugar, 1/2 teaspoon salt, edge of garment, thus leaving the ed apples from discoloring. folded edge for sewing on the inside.

If you have not a fish kettle with

Off For Crimes Talks



Lewis E. Laws, noted warden of Sing Sing Prison, pictured with Mrs Lawes and their daughter, Cherie, as they sailed for Europe from New York aboard the French liner Normandie. He will attend conference on crime and prisons.

ideal garden seat for them. Remove bake until eggs are set. Arrange on one side, shorten the legs, and, if shabby, give a coat of bright paint. Cover the mattress with cretonne and make cushions to match.

When making sandwiches grate the cucumber instead of slicing it. and it will not slip out.

Irish Potato Soup

Two large onions, three large potatoes and about two ounces of bacon. Slice all ingredients very thin, add salt and pepper and boil in 2 quarts of water for 2 hours.

#### Potato Meat Pie

Place alternate layers of raw or uncooked meat of any kind and uncooked onions and potatoes in a deep bowl. Season plentifully with salt and pepper and other seasoning that may be desired. Cover over with a short crust and bake in a slow oven.

## Treacle George

In the bottom of a four-inch cake tin place a quarter inch layer of fairly when well mixed, drop by spooner of bread crumbs thick enough to paper. hide the syrup layer. Continue alternate layers of syrup and crumbs until the tin is full, a little, not too much lemon juice on each. Bake in a fairly quick oven and serve either hot or cold.

## Keeping Bananas White

To keep sliced bananas from turn-

#### MAKE OLD POTATOES MORE POPULAR

case and force potato mixture ous success.

When the children have outgrown through a pastry bag and tube their cot it may be made into an around edge. Return to oven and serving digh and garnish with watercress.

pare potatoes of uniform size. move from each two portions, us- youths that are of your own age? so ing an apple corer. Fill cavities would ye endanger my head with the and understanding, concerning which thus made with sausages and insert rounds of potatoes to concear sausages. Put in a pain and bake in a hot oven until potatoes are soit. Saratoga Chips - Wash and pare

potatoes. Slice thinly (using vegetable slicer) into a bowl of cold water. Let stand two hours, changing water twice. Drain, plunge in kettle of boiling water, and boil minute. Drain again; and with cold water. Take from water and dry between towels. in motion with a skimmer.

Potato Fritters-2 cups hot riced subordinate official. potatoes, 2 tablespoons cream. tablespoons wine. 1 teaspoon salt, ten days; and let them give us pulse few grating nutmeg, few grains cayenne, 3 eggs, yolks 2 eggs, 1/2 cup flour. Add cream, wine, and seasonings to potatoes: then Described by its inventor as eco-jeggs well beaten, having bowl connomical, wholesome and attractive. taining mixture in pan of ice-water, and beat until cold. Add flour, and were included in this particular diet, short pie crust. Over this a thin tay- fuls in deep fat, fry until delicately to vegetables. er of molasses or syrup. Then a lay- browned, and drain on brown

# **ANECDOTES**

"The world will never starve for want of wonders, but only for want of wonder."-G. K. Chesterton.

But his hand was forced - foring black, pour over them a little tunately, you will agree - by the appearance in England of copies of the American edition, from which he received not a penny of the profits, nor had he the least say in its publication.

"The question was now merely tatoes and cut a slice lengthwise and Hart, of Philadelphia (the from each. Scoop out most of the American publishers) should supply A folding clothes-prop will keep inside and force through a potato the English market with them."

LESSON VI.-August 11. HEALTH):-Daniel 1: 8-20. GOLDEN TEXT .- Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God?-1. Corinthians 6: |

THE LESSON IN ITS SETTING. salem in 597 B.C., while, no doubt, a ten be tempted to secretly enjoy some young man about sixteen years of of the richer food and drink they age. The date of his death is not had voluntarily declined. recorded in the Scriptures, though we know he lived at least into the God gave them knowledge and skill park and there are life-guards there third year of the reign of Cyrus, 534 in all learning and wisdom."

that he would not defile himself with the king's dainties, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself." The meat might be that of animals not the king had appointed for bringing slaughtered in the proper manner them in, the prince of the eunuchs hibited for Jews as food (Lev. 11: 4- nezzar." Nebuchadnezzar unconsci- the fellows? We'll take our bikes wine might have been consecrated to did a great service to mankind by the Babylonian gods by portions hav- his purpose to seek out the talent of ing been offered to them in sacrifice the Hebrew captives, and giving it so that to partake of either would an opportunity to expand, and be tantamount to the recognition of ripen into usefulness. a heathen deity.

your faces worse looking than the cally and intellectually. phrase, "worse looking," means, "mo-. here, a pitiful look in consequence of in all his realm." The magicians inferior food, corresponding to the were those skilled in the learning of "sad countenance" of Matt. 6: 16.

whom the prince of the eunochs had | that day. appointed over Daniel. Hananiah, Mishael and Azariah." Daniel is not content to abide by the adverse verdict of the prince of the Eunochs. Fry in His conviction is so deep that he is deep fat until light brown, keeping going to do his utmost to obtain per-Drain mission to live as he thinks God on brown paper, and sprinkle with would have him live. In this verse, he addresses another request to

"Prove thy servants, I beesech thee, to eat, and water to drink." Pulse, in the original Hebrew word, refers to those things which are sown, the add Greeks translating the word as spermato, literally, seeds. Of course, we do not know what particular plants but certainly it was strictly limited

"Then let our countenances looked upon before thee, and the countenance of the youths that eat of the king's dainties." God has created and formed the human body so that the face, that part of the body seen by every one we meet, becomes an open book, wherein are written al our deeds and thoughts, which together make up our character. "And as thou seest, deal with thy servants." It was not in offensive selfassertion that these youths declined the king's viands. An obstrusive plety is never of God. True religion is always courteous, modest and anxious to avoid unnecessary collisions.

"So he hearkened unto them in this matter, and proved them ten days." No doubt he watched the experiment with greatest interest: it surely was something he had not had the opportunity of previously observing. "And at the end of ten days their countenance appeared fairer, and

they were fatter in flesh, than all the youths that did cat of the king's dainties." Men and women who live simply, whose fare is wholesome, who do not allow themselves to overin-

dulge their appetites, almost always DANIEL (TEMPERANCE A N D have a healthier appearance than those who eat rich food in large abundance.

"So the steward took away their dainties, aand the wine that they should drink, and gave them pulse. It would not be hard to keep to the simple diet the first ten days; it was after it had become the daily routine the danger of pools and children get-Time.-Daniel was taken to Jeru- of these youths that they would of- ting germs from the water. I am

Place.-The land of Shinar is the all true wisdom, see, e.g., Ex. 31: 2, early name for the land of Babylonia. 3; Isa. 28: 26; Joh 32: 8; Jas. 1: 5; "But Daniel purposed in his heart in all visions and dreams." On later visions, see 2: 19; 7: 1-15; 8: 1, 2, 13-17, 26; 9: 21-24. For his later interpretation of dreams, see chapters 2 and 4, and 5: 12.

(Deut. 12: 23, 24), or of animals pro- brought them in before Nebuchad- "Mother, can I go on a hike with 20), while both the meat and the ously, and doubtless undesignedly, and some lunch."

"And the king communed with "Now God made Daniel to find them." Literally, talked with them. It kindness and compassion in the sight was an oral examination. "And amof the prince of the cunochs. The ong them all was found none like meaning here appears to be that this Daniel, Hananiah, Mishael and Azakindness was extended to Daniel at riah: therefore stood they before the the very time his request was made. king." That is, they were officially "And the prince of eunochs said appointed to royal favor, to carry out unto Daniel, I fear my lord the king, the wishes of the king in more imwho hath appointed your food and portant matters of state, because of Deerfoot Potatoes - Wash and your drink: for why should he see their unquestioned superiority, physi-

-"And in every matter of wisdom king." The Hebrew original of the the king inquired of them, he found them ten times better than all the rose, disagreeable, looking sad, and magicians and enchanters that were their age, especially in the interpre-"Then said Daniel to the steward tation of literature of the sciences of

> The fame of Lord Baden-Powel as a military scout is world-wide, but there was one occasion when, as ie confesses, "I was taken down a peg in my boasted tracking by a young lady." She was the daughter of the late Lord Meath. Here is the story - told by the founder of the Boy Scout movement (in "Lessons of a Lifetime"):

"As we were walking in the gar den she suddenly pointed to foot prints on the path and asked what they meant ...

"I said indulgently: 'A common or garden cat has recently passed this way.'

" 'Yes, even I could tell that,' she replied, 'but I can further tell what was the color of the cat—can you?

I set to work to examine any twig thers. The mother has to use her or spray that might have caught a best judgment. She reasons that you hair from the animal. But search as can't deprive a growing boy, or girl I would I could find no clue that either, of all experience in this unwould indicate the color of that certain world, and that the more cat.. My companion looked at the they are protected the less they will track again closely and said: 'Yes, know of avoiding danger and man-I am not mistaken. It was a light aging their bodies. tortoise-shell cat.'

sed myself beaten.

or?' I asked. " 'I saw the cat,' she replied."

Professor--And whatever on earth made you write a paragraph like that? Stoudent-I quoted it, sir, from Dickens.

Professor - Beautiful lines, aren't

# PROBLEMS OF MOTHERHOOD

Parents Ought To Settle Responsibility For Child -Where He Goes and What He Does-Between Them -It Shouldn't Be Left Entirely To One.

"Mother, may I go swimming?

Everybody's going." "I don't know just what to say, Charles. I have read so much about

"Well, what've they got pools for if they're not safe for people? "Now as for these four youths. They've filled that big one in the That and policemen and everything. It it is from God we ultimately have looks as clean as the water right in our own bathtub."

"Yes, it does seem all right. The 3: 17. "And Daniel had understanding city wouldn't take any chances on health, I guess. They eitheir chlorinate it or keep changing the water." "Then I can go?"

"'Well-yes, I guess so. But be very careful, and try not to get wa-"And at the end of the days which ter in your nose and mouth. wouldn't dive."

Next day it was something else.

"I don't like little boys going off by themselves on long trips. Where were you thinking of going?" "Over to Miller's Mills. It's just a

little piece."

A SUCCESSFUL PLEA

"I think it is too hot and sunny. You have a big hill to go over and there isn't a bit of shade there. You'll have to push your wheel almost a mile."

"Shucks that isn't anything. We're strong. And it's shady when you get there. Oh come on, Mom, let me go. I only need some sandwiches. And can I have a dime for a bottle of pop? Oh, goody. I knew you would let me. You're the nicest mother ever. Don't worry. I'll be all right."

And that WAS all right too, because Charles came home tired as a dog and a bit upset amidships but otherwise sound. He also returned little the worse for wear next day after a ride on a truck out to Billing's Corners and back with Jeb Shane, who was delivering ice. No ice fell on Charles' toes, he didn't get into poison ivy, the truck didn't turn over at the bad bend and Charles came in safe at five o'clock.

Each day it appeared Charles was after permission to do things just over the line of absolute safety and except for a cut toes and some blisters on his arms he escaped any serious results. Then one day right in front of his own house he was hit by a car. He was up and about in a week, but in that week his father hac plenty of time to blame the boy's mother for not keeping here

eye on him. A CONSTANT PROBLEM

This is one of the greatest problems of all motherhood. During the, day, naturally venturesome children "This put me on my mettle and have no one to ask but their mo-

If she consents, it is not because

"I also looked more searchingly she is unaware of danger, but beon the ground but it gave back no cause she senses the driving need of helpful, sign At long last I confes- some adventure. As a rule fathers are anxious for their sons to be able "'How did you arrive at the col- to take care of themselves. In truth, they will take the apprehensive child in hand from sheer exasperation and try to force him to show Better by far for parents to have

an understanding in the matter and draw mutual lines and agree to certain privilege, as far as it is possible to do so. It would be a relief to mothers. Otherwise, when they do the best they can, it is hardly fair 39 to put all the blame on them.

## LIGHT AND HEALTH

An invesigation has just been commenced into the amount of light needed in different occupations to get them done properly and to protect health. Sometimes we like to amuse ourselves over the immense work put into an inquiry of this kind, and to be smurt, about the technical terms in which its resolt is expressed. But no one now would question an inquiry into whether a factory gets enough fresh air. Investigations of this kind are good for health and wealth. - London Daily Herald.

"We are all Dramatis l'ersonne in a vast deep tragical Play, of which we know neither the beginning nor the .end."-John Cowper Powys.

"If the world were stable and everyone's economic position were secure I do not believe that the different races of the world would hate each other."-Bertrand Russell.

THE ZYAT KISS--Amith Sees a Light





I had gone back to the window ( and was gazing out again, hoping for a glimpse of our late visitor. Smith joined me there. "Never mind the decoit, Petrie," he said. "Nemesis will know where to find him."



