

## A PICNIC KIT MADE AT HOME

A picnic becomes easy when, at short notice, one can put a well-equipped kit in the car. Such a kit ought to be in the possession of every picnicking family. Except for food it should be kept ready during the season in an accessible closet from which it can be taken without trouble and packed with the desired edibles.

If the family is not too large an old suitcase may be just the thing needed for a foundation. A strong wooden box, light in weight, may better serve the same purpose if the trips are to be frequent or long. The size of the box to be chosen should be determined by the place on the car where it may be carried most conveniently, whether on the running board or near the tire carrier. Some people prefer a long box as wide as the running board and just high enough to be cleared by the doors when they must be opened. Such a kit opens at the side and the door is so hinged and supported at each end that it forms a table when needed.

### THE EQUIPMENT.

Cover the outside of a box with black pebble oilcloth to make it waterproof, tacking it on neatly. Before lining the inside of the box determine just where one will put the various articles it is to hold. The purpose is to pack as advantageously as possible half a dozen knives and forks, a dozen teaspoons, two or more tablespoons, a stack of paper plates, a few aluminum plates, paper napkins and tablecloth, salt and pepper shakers, sugar shaker, a small screw-top candy jar for sweet cream or salad dressing, a case knife, paring knives, can opener, small strainer, nickel pocket match-box and a small canned heat outfit for emergencies. The bottom of the box should be left free for food at serving time if the door of the kit is to be used as a table.

### LINING THE KIT.

To line the box, first fit carefully to each side of it and to the top and the bottom, a piece of heavy cardboard or wallboard if the box is large. The wallboard may be cut with tin snips as easily as the thin pasteboard is with scissors, or with a sharp knife. Cover each piece with smooth white oilcloth by sewing back and forth at the back of the cardboard with heavy thread. Lay on the right side of each lining the articles to be held in place there and with a pencil mark where the elastic should come to keep each piece where it belongs. With an awl make holes at these points through the oilcloth and cardboard. Draw round white elastic through these holes, up through one end and down through the next, in such a way as to hold the articles in the desired places. Cut the elastic at the ends and fasten the ends securely at the back of the cardboard. As the lining for each side

is finished, fasten it into place with brass-headed tacks.

When a suit case is used for this purpose the oilcloth covering will be unnecessary unless it is to improve the appearance of the kit. And the covered pasteboard linings must be glued into place instead of tacked. In some cases it may be necessary to tie them in by making holes through both the lining and the suitcase and lacing the two together with stout cord. In view of this possibility, it is well to line a suitcase first and cover it last, if at all.

A TABLECLOTH THAT DOES NOT BLOW UP. A picnic tablecloth of a size to meet the needs of the owner's family is always a convenience during the picnic season. One width of wide ginghams or chambray, in a plain color, and sufficiently long to allow ample table space for each member of the family is a good allowance. A gay border of checked material may be used to make the cloth wider if desired, but do not make it too wide because it is difficult to reach across too much space when one is sitting on the ground Turkish fashion. A little triangular pocket at each corner, which can be weighted with stones when the cloth is spread to keep it from blowing away, will be found quite a convenience.

### CATCH-ALL POCKETS.

Two thicknesses of cretonne put together and so stitched as to form pockets with a flap over each is a great convenience to hang from the robe rail if one's family indulges often in picnics or automobile tours. The size of the pockets and their arrangement should be determined by the needs of each particular family. If the children of the household are very small, the pockets will probably be needed most for extra clothing and toilet articles, with one or two large divisions for soiled garments. With children a little older, such a series of pockets will greatly help to keep the car looking neat, affording as it does places for toys and many a treasure the little owners want to keep unbroken until they reach home. Children of the 'teen age will delight in pockets in which to keep their bathing suits until needed, and a big receptacle in which damp suits may be placed without injury to the upholstery of the car and discomfort to the occupants. A piece of oilcloth or part of a worn mackintosh will serve well as a lining for such a pocket. It is a good idea, too, to fasten to the middle of the front side of the pocket, a slender stick of wood about 8 inches long that can be used to hold the damp pocket open so it can dry after being emptied. Fasten to the cloth with a cord where it cannot be seen, this will always be appreciated when it is needed.

## Treatment for Colic of Horses.

Some of the common causes of colic are: Sudden change of feed; damaged feed; too much or too little feed; irregularity in feeding; feeding when hot, tired and sweaty; allowing much cold water when hot and tired; allowing much water just after a meal; feeding new hay or new oats; exposure to wet and cold; standing in a cold draft when hot; excessive use of drugs; cooked feed; lack of salt; impure water, etc.

In the medicine-cabinet at the barn there should be some remedies to use when a horse is attacked by colic and while waiting for the arrival of the veterinarian. When a horse suffers an attack of spasmodic colic, give him a pint of raw linseed oil in which may be shaken up a teaspoonful each of essence of ginger and peppermint and an ounce of pargoric. These medicines, with the exception of pargoric, will help in flatulent colic, but it is well to add one to two ounces of pure turpentine and one teaspoonful of fluid extract of nuxvomica. The medicine should be given very slowly and carefully to avoid getting some of it into the windpipe and lungs. For flatulent colic it is even better to give at first two to four ounces of hypodermic of soda dissolved in a cupful of hot water and to which is added, when cold, half an ounce each of aromatic spirits of ammonia and sulphuric ether or sweet spirits of niter, and one teaspoonful each of essence of ginger and peppermint, with cold water to make one pint. This may be followed in an hour with a pint of raw linseed oil, one to two ounces of pure turpentine and one or two teaspoonfuls of fluid extract of nuxvomica. Rectal injections of soapy warm water and a little glycerin may also be given at intervals of an hour.

A good drench to keep mixed up for colic is composed of two parts of oil of peppermint, 15 parts each of pure turpentine, essence or tincture of ginger and sulphuric ether, and 32 parts of raw linseed oil. One pint is the dose. It is better, however, to add the other at time of administration and keep it, for the purpose, in a closely stoppered bottle in a cool place and away from fire. It is very inflammable, so must be carefully handled.

### For Better Than Weeds.

In potatoes that have been harvested, cross-harrowed, three times cultivated and laid by, we sow millet. We broadcast it generously at the first cultivation, about three pecks to the acre, preferably just before a shower. The rain beats the seed in between feedings.

to the soil. If it does not rain, a light cultivation with a harrow that passes between the rows of the potatoes will get the same effect.

Millet so planted last year came on rapidly, making a growth of over five feet, with heavy heads. In the fall we mowed and stacked it for roughage. This left the land clean at digging time and the roots had penetrated so as to make the soil mellow and porous.

Knowing that most potato patches turn into weed patches after laying by, and seed the farm to weeds, we consider that this double cropping is a good practice and know that it is profitable.—Mrs. Lillian Perry.

### Early Molting and Eggs.

There is a close relation between egg production and the molt. Few hens lay while they are dropping their feathers. In general it is true that the early molters are the poorer hens, whereas the late molters, those that molt in late summer or fall, are usually the superior producing individuals. The early molters require longer to drop their feathers and grow their new ones, and hence are out of production much longer than the late molters. The late molters drop their feathers rapidly and grow in new plumage with extreme rapidity, being in a rearing or dormant condition but a relatively short time. If, during July and August, in culling the layers we find the birds molting their feathers and growing in new feathers, it is a pretty good evidence that such birds can be profitably marketed for meat immediately.

### Cleaning Coil Bed-springs.

One of the bugbears of house-cleaning time used to be the cleaning of the coil bed-springs. The writer has found that a cotton yarn dish mop which has been thoroughly oiled or saturated with kerosene does the work beautifully. When pushed down into the coil and twisted around it cleans all the surfaces of the wire. Anyone trying this simple suggestion will save time and strength.

### Summer Don'ts for the Baby.

Do not overclothe your baby on hot days; keep it comfortable. Remove all clothing and give an air and sun bath of at least a few minutes daily. Keep all mosquitoes and flies outside the screen. Cut down the amount of food during the hot days, and give cool boiled water with a spoon frequently between feedings.

## S.S. LESSON

August 7. The Deliverance at the Red Sea, Exodus 12: 17-27. Golden Text.—The Lord is my strength and song, and he is become my salvation.—Exodus 15: 2.

### ANALYSIS.

I. THE OUTWARD JOURNEY, 12: 17-22. II. FEAR OVERCOME BY FAITH, 14: 10-16.

INTRODUCTION.—The crossing of the Red Sea is described in chapters 13 and 14, and is recounted in poetry in chapter 15.

I. THE OUTWARD JOURNEY, 12: 17-22.

"Not through the way of the land of the Philistines." The reason given is that Moses, instructed by the voice of God, chose to avoid the direct road to Palestine, which lay along the sea shore and which led through the Philistine country, in order to avoid the possibility of having to wage war, for which the people were as yet quite unprepared. Going out by this road they would have had to pass the strongly garrisoned Egyptian military posts at the eastern frontier, and it is altogether likely that the warlike Philistines would have disputed the passage through their territory. However, Egyptian records seem to show that the Philistine settlement of that time, and if we may assume that the historian, writing at a later time, is simply using the name by which the road was then known.

The Red Sea was known to the Hebrews as the Sea of Reeds. A study of the map will show that it has two northern arms between which lies the peninsula of Sinai. The western arm, the Gulf of Suez, seems to have extended much farther north in ancient times, and may originally have made connection with the Mediterranean Sea. In Moses' time it may have reached to Lake Timnah, which is marshy and full of reeds and which lay at the eastern side of Goshen, the province of Egypt which the Israelites had occupied and which they were now leaving. The route taken by Moses is unknown, but it was, in all probability, a road which led to the eastern wilderness by way of some narrow part of the sea which could be forded at low tide. Such places still exist both north and south of Suez. We can hardly think of Moses as deliberately leading the people into a trap from which there could be no deliverance except by the miraculous intervention of God.

"They went up harnessed." The Revised Version renders "armed." The meaning of the word is doubtful, but it is, probably, that the men were furnished with arms of some kind for defence against possible enemies.

"The bones of Joseph." See Gen. 50: 24-26 and Josh. 24: 32.

"From Succoth." See 12: 37. Succoth is mentioned in Egyptian inscriptions as either a name of the city of Pi-hahyot, or of the district, or of the region near it. It is known in the edge of the wilderness, however, must have been the wild Arabian country, stretching away to the eastward, which they were about to enter. "The Lord went before them." The pillar of cloud and pillar of fire were the visible symbols of God's presence. The suggestion has been made by some modern writers that there may have been actually a brazier, filled with burning wood carried in the van of the marching host, from which a fire would be lit in the encampment at the door of the sanctuary (33: 9), and which would be visible to all as a column of rising smoke by day and of fire by night. Such a fire, symbolizing the divine Presence, would be carefully guarded and never allowed to go out. Compare the promises in 23: 20-23 and 33: 14-16.

II. FEAR OVERCOME BY FAITH, 14: 10-16.

"When Pharaoh drew near." The king of Egypt had chased his mind and was pursuing with his army, horses and chariots, v. 9. It is no wonder that the people of Israel "were sore afraid." The sea was in front, impassable at high tide, and the Egyptian army behind. At the first glimpse of danger they turn against their courageous leader. Beeter to "serve the Egyptians" than to "die in the wilderness." The answer of Moses to the people's complaint is the answer of a great courage and a great faith: "Fear ye not, stand still, and see the glory of the Lord. Compare 2 Chron. 20: 14-17 and Isa. 41: 10-14.

"Speak unto the children of Israel that they go forward." The time for standing still was now passed; the time for action had come. The night was now far advanced and the tide had turned. The story tells us that the Lord used both wind and tide to deliver his people (v. 21). A changed wind and returning tide (v. 27, 15: 10), overwhelmed the Egyptian army which sought to follow. The deeper waters on either side of the sands upon which they crossed were an effective wall preventing any flank attack upon the Israelite people as they crossed. The whole impressive and dramatic scene is vividly pictured in the story of chapter 14, and the exultant joy of the rescued host when they beheld from the farther shore the destruction of their enemies, in the song of chapter 15. They never doubted that it was indeed Jehovah who fought for them. Thus the refrain of the song:

"Sing ye to the Lord for he hath triumphed gloriously; The horse and his rider hath he thrown into the sea." echoed by the modern poet: "Sound the loud timbrel o'er Egypt's dark sea; Jehovah hath triumphed, His people are free."

### A Meringue Secret.

When making meringues, if the cook adds to the egg-white a pinch of baking powder, before the beating is begun, the result will be a meringue abundant and fluffy and with no suggestion of toughness.



### THE JUMPER COSTUME STILL PLAYS A WINNING GAME.

The sun never sets on the activities of the inimitable two-piece mode. Here we see it in its smartest and most approved version—straight simple overblouse and softly arcing skirt, so charmingly youthful for the slender figure, and equally flattering to more mature lines. The blouse opens at the neck under a flat plait and chooses a collar of the boyish type. There are gathers at each shoulder where the back joins the front, and two set-in pockets furnish the only trimming note. The long sleeves are set in at the armhole and finished with linked cuffs. The blouse, No. 1414, is in sizes 34, 36, 38, 40 and 42 inches bust. Size 36 requires 2 1/4 yards 36-inch plain material; 3/4 yard contrasting color. The flared skirt, No. 1298, is joined to a body lining, and is in sizes 34, 36, 38, 40 and 42 inches bust. Size 36 requires 2 1/2 yards 36-inch material; bodies top 3/4 yard 36-inch lining. Price 25c each pattern.

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### HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of each pattern as you want. Enclose 25c in stamps or coin (coin preferred, wrap carefully) for each number and address your order to Pattern Dept., Wilson Publishing Co., 73 West Adelaide St., Toronto. Patterns sent by return mail.

### Cost of Rearing Chicks.

An especially interesting experiment to ascertain the rate and cost of growth in rearing chicks is chronicled in the annual report of Mr. J. A. Ste. Marie, superintendent of the Dominion Experimental Station at Ste. Anne de la Pocatiere, Quebec. Three hundred and forty chicks were used and at the end of the experiment, which lasted 26 weeks, that is, from April 6 to September 26, all the chicks were still alive. The feed consumed consisted of a home-sized grain ration, dry mash, rolled oats, eggs, skim-milk, charcoal, grit, oyster shells and greens (sprouted oats) kept constantly before the birds. Unfertilized eggs taken from the incubator were boiled and served during a week at the rate of one egg per pound of mash, which was composed of equal parts of cornmeal, shorts, sifted oat meal and meat meal. The mixed grains fed in the litter consisted of equal parts by weight of wheat, cracked corn and oats. When hatched the chicks weighed an average of 2 ounces each, at the end of the first month three-quarters pound each, at the end of two months 1 1/2 pounds, at the end of the 26th week 3.88 pounds each. The total cost of feed, as statistically detailed in the report, was \$150.88 and the cost per pound gain 11.4 cents. The total weight when hatched was 42.5 lbs., and at the end of the experiment 1,320 lbs.

### Cucumbers in the Spuds.

My "man people" are too busy with big farming to notice how weeds look next to the yard. Last year, as soon as the potatoes were "laid by," I planted cucumber seed in the furrow left between the rows and in hoeing the cucumbers, I of course kept the potatoes clean. We picked the first cucumbers on July 30th and had the finest cucumber patch we ever had.—Mrs. J. H. D.

Poison-ivy is the most prevalent poisonous weed in America. All parts of the plant are poisonous to the touch—even the wood in winter. When the plants are burned, the smoke may carry the poison. To distinguish this plant from Virginia creeper or woodbine, remember that poison-ivy has white berries and three leaves in a group, while Virginia creeper has red berries and five leaves in a group. Poison-ivy can be killed by giving every plant a big dose of common salt. The salt will keep other plants from growing for a few years—but better an empty house than a bad tenant.

## OLD-FASHIONED HOSPITALITY

BY MARCEL JANE McILWAIN.

Every once in a while some reminiscence of the fact that the old-fashioned hospitality, as practiced in our grandfathers' day, is disappearing and it is usually conceded by all present with a sigh, that "they were the good old days!"

Maybe the women of that generation were made of different stuff from their granddaughters? It always has seemed to me that their backs must have ached and their feet burned, just as my own do when I stand, hours at a time, ironing bed linens and towels or baking waffles for the lover of "hospitality."

Be it far from me to deny true hospitable impulses. I firmly believe that "the ornaments of a house are the guests that do frequent it." I also believe that there would be a very lonely, miserable existence could she not gather congenial people about her for a "feast of reason and flow of soul" as well as to partake of the good things to eat.

The English are famous for their generous hospitality to friends. An Englishman's house is truly his "castle" and no one who knows him would dream of intruding for an overnight visit, without an invitation, and an invitation to spend a week-end at an English home reads something like this:

"Sir Robert and myself would be charmed to have you spend the next week-end with us. You can get a train from Charing Cross station at 2.30 Saturday afternoon. Our man will meet you at the station here and you can get a train from here at nine o'clock Monday morning.

"Hoping we shall have the pleasure of seeing you, I am,

"Most sincerely,

How I wish such a custom might become prevalent in all our farm homes!

My father, one of the old pioneers, bragged that he never took a penny for keeping man or beast overnight. His home was a half-way point between a large valley and the city. The consequence of his mistaken sense of hospitality was that the house went unpainted and we children went uneducated, save for such learning as we could get at the country school, until we were able to get out and secure some schooling for ourselves. Literally tons of hay and storehouses of provisions (that had a market value) were fed out each year to these comers-in. City people came and raved about the good things we had to eat, and came again and again. They would say, "How lovely to have real cream and fresh butter that doesn't cost you anything!"

### THINGS HAVE CHANGED.

Have times changed, much since then? Speaking from my experience as a countrywoman, I say No! Transportation is much easier now and more people come.

After living several years in the city, my husband and I decided, a few years ago, to get back to the soil from whence we sprang. Our present home is on a paved highway forty miles from the city in which we lived. Every Sunday our friends and acquaintances immediately began pouring in on us, literally in hordes. Not only did our own acquaintances come, but their friends and relatives would "stop by," explaining, "Edith said for us to be sure and call on you." I got so I dreaded to see a machine stop, for it usually meant people to cook for. Sometimes they brought their lunch, but more often did not. And even when they did, they looked upon our cherries, peaches, berries and milk as their legitimate prey and we were considered very stingy—very unhospitalable—if we did not offer them these things.

So my husband and I decided that in self-preservation we had to take some drastic measures. The first thing we did was to sell every bit of ripe fruit and cream on Saturday and then calmly say to all who appeared on Sunday, "So sorry, but we haven't any fruit or cream to offer you. Our market day is Saturday now."

Then I learned to say to self-invited guests, "I'm sorry but I am not able to ask you to stay overnight. There is a splendid inn ten miles farther on and the rates are very reasonable."

### CITY FOLK'S IDEAS.

City people do not realize that it costs a farmer anything to live. They do not stop to think that his cream check, after expenses are deducted, is the same as their own salary checks. They think the strawberries and cherries cost nothing. Sometimes they are worth their weight in life blood!

Then, too, entertaining is more complex than in the good old days of O. F. H. Grandmother put the chance visitor in with Willie or Johnnie and was not always particular to change the sheets. But the people who demand my hospitality, expect dainty guest rooms, immaculate linens, hot water and to appear at breakfast when it suits them.

Someone, reading this, will say, "What a stingy, disgruntled woman!" I deny the imputation. If you were my neighbor you would see that I entertain joyfully and frequently, many dear friends; that I throw wide the doors of my guest rooms to some working girl's from the city, who are not able to pay for country vacations. What I am saying here is a protest against the people, who are abund-

antly able to pay but who are making free outings at our expense—that type I had forced on me not long ago.

A young couple I never had seen before drove in. The young lady introduced herself as the sister of a friend of mine. They were taking a belated honeymoon trip, having been married several months before. I was cordial to them and served tea, wishing to extend some courtesy to the sister of my friend. Then I gave them a bag of rice fruit. They were within twenty minutes drive of a delightful inn and a little over an hour from the city to which they were going. Dinner time approached. They made no move to go. Finally, when I heard the young wife ask her husband to get one of the travelling bags from the car, it dawned on me that I had unwittingly overnight guests. I had earned fruit all morning and was very tired. We had eaten heartily at noon and were going to have a bread-and-milk supper. I had been just glancing in the fact that my work was over for the day and I could have a little greatly needed rest.

But I got out my nicest preserves, good linens and best silver; made blanchet, salad and an omelette.

I was too tired to sleep that night. They stayed until after lunch the next day, entirely unimpaired my day's program. I could have borne it all for the sake of my friend, the sister of my guest. But when I heard the young woman say to her husband, in a loud or tone that she realized, "Let's go to the opera tonight, if we can get tickets. Just think what we've saved in hotel and restaurant bills since yesterday," I saw red. I hadn't felt able, financially speaking, to attend the opera that season.

### THREE COURSES OPEN.

Why should a farm woman be expected to entertain uninvited guests any more than the woman living in town? Why shouldn't her home be just as private as a city home? She is usually a much busier person than her city sister. I wouldn't dream of descending upon a town acquaintance, with my suitcase and announcing myself as an overnight guest, just because I was acquainted with my "unwilling" hostess' cousin. Would you? I trow not. You know too well what it means. Nor would I walk along the edge of her grounds and pick her flowers nor help myself to fruit from her trees. But people do these things to me (and to my neighbors) all the time, or did until I made a declaration of independence. I have learned to say "No." I try to say it courteously but I certainly do say it firmly.

By all means let's keep the fire of hospitality burning in our hearts and on our hearthstones but let's quit being doormats. Let's demand the right to say whom and when we shall entertain and not deplete our health and bank accounts for the sake of making, not friends, but parasites. A parasite has no respect for those on whom it feeds!

There are three courses open: One is quitting the farm as I have known more than one couple to do on account of too many guests who do not contribute to the exchequer; another is putting up a shingle and charging for meals, as a friend of mine did, with comical results as far as her former seekers after O. F. H. were concerned; the third is to do as I did.

### To Keep Flies Away.

A formula for sprays to keep flies off cattle follows: Four quarts coal-tar dip, four quarts fish oil, three quarts coal oil, three quarts whale oil, one and one-half quarts oil of tar, three pounds laundry soap.

Dissolve the soap in warm water, add the other materials and mix thoroughly. Then add enough warm water to bring the amount up to 30 gallons. Spray cows with this twice a day—once in morning (after milking and milk has been removed from the barn) and once in the afternoon.

If you have 40 cows, the amount called for in the formula will make enough "dope" to last a month. If you have only ten cows, use one-fourth the amount of each material. Apply to the animals' coats with a spray pump—one of the compressed air-tank sprayers would be fine.

### Mushroom Soup.

The skins and scraps left from preparing mushrooms for the table may be used for soup. Wash thoroughly and put into a saucepan with a small sliced onion and a small raw potato cut up finely. Pour on hot water and simmer slowly for an hour. Strain and set aside. When ready for the soup, reheat it, putting in butter and cream or milk. Thicken slightly with cornstarch. The skins and fragments from a half pound of mushrooms will make the stock for two medium-sized cups of soup.

### Eggs Piquante.

With the slice of an onion thoroughly rub the inside of a frying pan. Cook together over a slow fire, stirring almost constantly for 10 minutes, a generous tablespoonful of butter with an equally generous tablespoonful of creamed tomatoes (the more acid part). Season rather highly, and stir in 6 slightly beaten eggs. Cook only until done softly, and serve on rounds or triangles of well buttered toast.