

Strawberry Treats

A Collection of Delightful Recipes That Will Add Charm to Our Timely Berry

Fairy Food

1 pint of strawberries, 1/2 pint of heavy cream, 2 tablespoons lemon juice, 1 1/4 cups sugar, 1 cup flour, 3 egg yolks, 3 egg whites, 1/2 teaspoon salt, powdered sugar, 2 teaspoons baking powder. Mash and strain enough berries (about half a pint) to make 1/2 cup of juice. Put this juice with the lemon juice in an aluminum cup and set in a pan of boiling water to heat. In the meantime beat the egg yolks and sugar slowly. Add the hot juice and mix well. Add flour mixed and sifted with salt and baking powder. Last fold in the stiffly beaten whites of eggs and bake in a tube pan (over 325 degrees). Allow the cake to cool.

Dice the remaining berries. Add a pinch of salt and a few drops of lemon juice, sweeten to taste with powdered sugar. When ready to serve, whip the cream, add the berries and fill the center cavity and spread over the top of the cake.

Strawberry Kiss Puffs

Whites of six eggs, 1 cup of sugar, 1 teaspoon of vinegar, 1 teaspoon of vanilla. Beat the eggs very light, fold sugar in gradually and add the vanilla and vinegar. Grease gem pans with lard or oil, as the salt in the butter makes the puffs stick. Put about two and a half teaspoons of batter into each pan. Bake fifty minutes in a very slow oven.

When cool make a small hole in the top of each puff, being careful not to break the delicate meringue. A sharp pointed paring knife cuts a neat triangular opening half an inch each way, which is large enough. Crush one quart of strawberries, mixed with one cup of sugar. Fill each cup with berries and put a tablespoon of whipped cream on each puff. Top with a whole strawberry or half an English walnut.

Strawberry Meringue Tarts

Make pie crust for six tart tins; make the pastry shells quite deep. The filling requires: 1 cup sugar, 4 tablespoons water, 1 egg white, strawberries to fill the forms.

To make the icing, boil the sugar and water together until it threads, and beat slowly into the whipped egg whites. There should be no graininess. Spread a tablespoon of icing on the bottom of each tart shell, which has been previously baked a delicate brown. Then fill each crust level full of strawberries. Four or five enough icing over the berries to cover them. Spread on top of each a meringue made of 2 egg whites, 2 teaspoons of sugar, a pinch of cream of tartar. Beat all stiffly together and spread. Bake in a moderate oven until the meringue browns. Serve cold.

Sweet omelets have a clan of devoted followers, but we venture to assert that very few of those devotees have tried out a strawberry omelet. It proved an interesting diversion for the jaded appetite of the selecting committee, which was growing a little groggy with so many puddings and mousses and whips. The simplicity of the recipe will make it welcome in the most hectic kitchen; and, besides, it provides an excellent way to use up the few berries which may have been left over from dinner of the night before.

Strawberry Omelet

Make a French omelet in the usual way. Spread with a strawberry sauce and fold. Serve immediately. This makes a very dainty summer lunch dish. The sauce is made with 1/4 cup butter, 1/4 cup sugar, 1 cup crushed strawberries. Cream the butter and sugar and stir in a cupful of crushed strawberries.

Hot-Scotch Shortcake

Crush berries and let them stand in powdered sugar long enough to sweeten. Two pieces of fresh bread, sliced three-fourths of an inch thick, should be trimmed evenly at the edges. Have ready a deep hot frying medium. Immerse bread in hot fat and when it is golden brown take it out and drain it. Dust with powdered sugar and keep hot. Cover both pieces of bread with crushed strawberries and place one on top of the other.

The brown little two-storey affair which resulted from this recipe is always received with enthusiasm.

Strawberry Vol-au-Vent

A vol-au-vent is made of puff paste baked as a pastry shell in a dainty shaped, deep, greased mold.

The pastry top to fit the mold is baked separately.

When baked both must be turned out of molds very carefully in perfect shape. When ready to serve, the pastry shell, which should be hot, is filled with crushed sugar covered strawberries which have stood in the syrup for an hour or more.

Whip half a pint of heavy cream with two tablespoons of sifted confectioner's sugar and put on the berries. The pastry top is then put on the filled pastry shell. It is very important not to put the crushed strawberries and whipped cream in the pastry shell until the moment before it is to be served. The vol-au-vent is put on a paper dolly placed in the center of a small shallow platter. This recipe makes a most delicious as well as an unusual dessert.

Fresh Strawberry Sandwiches

Cream one-fourth cup of butter, add one cup of confectioner's sugar. When well blended add a tablespoon of lemon juice. Mix in seven or eight large, ripe but firm strawberries. If medium use ten; if small a dozen. They must be well washed and drained. If their addition makes the paste too liquid add more sugar. The mixture should be about like thick cream. Set in the ice-box for about three hours to harden. Spread on butterless whole wheat or fresh white bread and serve as soon as possible.

Canada Outlines 1928 Air Program

Royal Force to Co-operate With Other Departments in Expanding the Work

COMMERCIAL ACTIVITY

Each year aviation is playing a greater part in the development and conservation of the natural resources of Canada, says the Department of the Interior at Ottawa, in outlining its flying program for the coming season, and goes on:

"Aerial transport is solving the most urgent problems of the forester, surveyor, geologist and explorer in their work in the more remote and unexplored parts of the country, as well as in the settled districts, and new applications of aerial methods to other lines of research are constantly enlarging the field of usefulness of the airplane."

The 1928 program of the Royal Canadian Air Force in civil operation for Government departments includes the following work:

Forest Service—Provision of twenty hours flying time, for emergency fire periods in British Columbia; continuation of air control as in 1927 in Alberta; continuation and intensification of aerial patrols over 14,500,000 acres of forest in Saskatchewan, and continuation of the work in fire prevention and suppression covering 40,000,000 acres in Manitoba.

Photographic survey in the Nelson River watershed in connection with possible pulp and paper developments and in the Saskatchewan patrol area in order that base maps may be prepared for use of air patrols.

Topographical Survey—Vertical aerial photography in connection with mapping the Rouyn, Sudbury and the Pas mineral areas, and in the Gatineau, Opinaka, and Chicoutimi districts in Quebec; vertical photography in the Shelburne and Guysborough districts in Nova Scotia and the Moncton district in New Brunswick; oblique aerial photography for mapping the Dryden, Quetico, and Rainy Lake districts in Ontario; in Saawatchewan, oblique photography of the Lac La Ronde, Lac Mironde and Reindeer Lake areas; in Alberta, vertical photography in the St. Ann area, and oblique photography of an area in the vicinity of Lake Athabasca; oblique photography to complete the mapping of Wood Buffalo Park near Fort Smith, N.W.T., in co-operation with the Northwest Territories and Yukon Branch.

Department of Indian Affairs—Transportation of treaty paying parties in Northern Manitoba.

Department of National Revenue—Transportation of officers of the Preventive Service as necessary.

Department of Marine and Fisheries—Aerial patrol of Hudson Straits to determine ice conditions in connection with the navigation of Hudson Bay. Contracts have been let for air services in connection with fishery protection work on the Pacific Coast.

Department of Agriculture—Experimental dusting for the prevention of wheat rust in the Prairie Provinces, and for the control of the spruce bud worm in the Muskoka district in Ontario.

Department of National Defense—(Geographical Section)—Vertical aerial photography for mapping in the Eastern Townships in Quebec, and in Central Ontario.

Department of Mines (In Co-operation with the Topographical Survey Department of the Interior)—Vertical aerial photography of mineralized areas in Quebec, Ontario and Manitoba.

Department of Public Works—Vertical and oblique photography of harbors and harbor works.

Department of Railways and Canals—Transportation service and photography in connection with the Hudson Bay Railway, and Fort Churchill terminal and harbor construction.

In addition to the work of the Royal Canadian Air Force, extensive programs are being carried out by Provincial Governments and private interests.

"The year 1927 saw a great advance in the establishment of regular air services in the remoter parts of Canada and in 1928 a further great advance is anticipated," says the department. "It is now possible to travel by air to the principal mining fields in northern Saskatchewan, Manitoba, Ontario, and Quebec, with ease, comfort and safety."

"In addition to these services, a large number of aircraft will be employed on transportation for mining exploration, prospecting, forest inventory, and other similar work in the remoter parts of Canada. Regular winter air mail services have been contracted for by the Postoffice Department to the Red Lake area from Hudson, Ontario; to Anticosti and Seven Islands from Murray Bay, Quebec; to Charlottetown, and Mag-

The New Touring in Merry England



A SPORT SURE TO REVIVE HORSE INTEREST
"Old Berkeley" stage coach, as it made its appearance in London, Eng., driven by Bertram W. Mills, noted London society man, shown passing Hyde Park corner.

Crusaders' Castle Under Investigation

French Mission Finds 50,000 Tons of Fertilizer in Ancient Fortress in Syria

It has been estimated that fully 50,000 tons of manure cumber the underground galleries of the Kal'at el Huan (Krak des Chevaliers), said to be the most perfectly preserved of all the architectural works of the Crusaders, whose four towers still rear themselves from one of the summits of the Aloutie Mountains, twenty miles northeast of Tripolis, in the French mandate of Syria. A French archaeological mission working under the auspices of the Academie des Inscriptions of the Institute de France, is now making measurements of the castle, and the report on its progress would not have been transmitted for some time had it not asked Paris for information how to dispose of the valuable fertilizer they had found in the subterranean galleries.

This revealed that many hitherto undiscovered features of the place had been brought to light. Behind the talus, or embankment wall, there was uncovered a circular underground passage and various defensive works, long since covered up and forgotten. Canals, wells and cisterns, all the necessary equipment for the water supply of a garrison of 2,000 have been traced. The underground galleries, which the modern natives in their ignorance used as a dump, form part of a system of vast subterranean halls

25 feet wide, 30 feet high in places, and, in one case, 360 feet long.

The object of the French mission is not only to take measurements, which may be of both historical and modern value, but also to determine, if possible, the origin and date of the different parts of the structure. It is only known that in 1031 the Kurds had established on the site a military camp designed by the Emir Homs, and that this was held until it was captured by the Crusaders in 1110. They were survivors of the first Crusade. It became an important strategic position on the road to Damascus and the Knights of St. John were entrusted with its occupancy by the Count of Tripolis, a reference to a successor of whom was recently discovered at El Mima, the port of Tripolis. This reference, an inscription in old French, said to have been made by Behemond VI, who was Prince of Antioch and Count of Tripolis between 1251 and 1268, reads:

"In the name of the Holy Ghost, I, Behemond, by the Grace of God, Prince of Antioch, Count of Tripolis, have caused this tower to be made with the money of the Community of the folks of Tripolis, in the year of the Incarnation of our Lord Jesus Christ, MCCLXII."

The Krak des Chevaliers, under his predecessors, and his successors, withstood many sieges, notably one in 1163 led by the Emir Noureddine, whom the Hospitallers routed, and another led by Saladin in 1188, and it was not until 1271 that it was wrested from them by Sultan Malek el Dabir Bibars after prolonged fighting. Then, after ten years, it was abandoned only to be used, from time to time, as a place of refuge for nomad tribes.

Exports of Canadian Honey

Ottawa.—Exports of honey from Canada have increased since 1923 by 200 per cent. In 1927 the Dominion exported 1,568,712 pounds of honey to the British Isles, the United States, France, Belgium, Denmark, Germany, Holland and Sweden.

With the phenomenal increase in the production of honey in Western Canada in recent years the eastern provinces have had to look for new markets, and the natural turn has been towards export with encouraging results so far.

Cross Country Horseback Riding Brings Most Health

If you must ride something—ride a horse.

Such is the advice given by Edgar Wolfe in the current issue of "Physical Culture Magazine." Mr. Wolfe conducts the Outdoors Department of the health magazine. He writes: "In a brief canter on a horse there isn't a muscle or fibre in the entire body that isn't revived with new vigor, that isn't twisted and shaken into new life, and the exhilaration of it causes the veins and arteries to course with new blood that feeds the entire system with glowing health."

"But," he warns, "it isn't enough to take a brisk canter of an hour or so in a city park. This is better than no horseback riding at all; but to get the best bodily good out of a horse, take him out into the country where lonely trails wind up steep hills and dip down mountain sides into deep valleys. The constant muscular exercise necessary to ride a horse that is climbing like a goat up a narrow trail treading the side of a mountain, and the next minute is skidding down into a valley with its front feet braced out and its hind legs doubled up under its belly, while the saddle in which you are trying to sit slants at a forty-five degree angle, is not to be sneezed at. This type of horseback riding represents health on horseback at its best."

Growth in Bee-Keeping in Canada

Ottawa, Canada.—Beekeeping in Canada is approaching the major industry class with Western Canada as one of the most important centres. The honey crop of the Dominion in 1927 totalled 23,647,268 pounds valued at \$3,660,629 compared with 13,312,056 pounds valued at \$1,827,244 in 1926, an increase in production last year over 1926 of 77 per cent. Of the 23,647,268 pounds of honey produced in 1927 the five provinces of Eastern Canada accounted for 14,474,000 pounds, of which 9,000,000 pounds was produced in Ontario, 5,300,000 pounds in Quebec and the provinces of New Brunswick, Nova Scotia and Prince Edward Island the remaining 174,000 pounds. The four western provinces produced 9,173,268 pounds in 1927. Manitoba leading with 7,355,576 pounds, British Columbia in second place with 986,719 pounds, Saskatchewan third with 509,974 pounds and Alberta fourth with 30,000 pounds.

In 1920 the total honey production in Western Canada was only 268,111 pounds. The increase therefore, since then has been 3,321 per cent. In Manitoba alone the increase in seven years has been 6,468 per cent. It was thought a few years ago that bees could not live on the prairies. Last year Manitoba imported 10,000 packages of bees from the United States. The Peace River Country, in the province of Alberta, famous as a grain growing country, has been found ideal for bees. Though only introduced there in recent years yields were reported last year up to 200 pounds per colony. There is a ready market for honey produced in Canada.

A model marriage is one in which the wife is a treasure and the husband a treasury.—Dallas News.

After all, it need surprise no one that Germany is now in favor of world peace.—Des Moines Register.

An "accessory after the fact" is one who harbors or assists a known criminal; however, a married woman who screens her husband is never charged with being an accessory.

Why Tennis is Such Good Exercise



LAWN TENNIS CHAMPION TAKES FLYING LEAP
Helen Wills in action while at play with Penelope Anderson in a French national Open Tennis championship contest at Anteuil, near Paris.

Sunday School Lesson

June 24—Lesson XIII.—Jesus the Saviour—Zeph. 3: 14-17. Golden Text—Choose you this day whom ye will serve.—Josh. 24: 15.

Aim—To challenge the class with the claims and appeal of Jesus to accept him as their Saviour and crown him king of their lives.

Introduction—About whom have all our lessons this Quarter centred? In which Gospel have we been studying the life of Jesus? Who was Mark? Where did he get his knowledge of the life of Jesus? Where in the life of Jesus, did we begin our studies this Quarter?

Presentation—Have an outline map before the class, and then, calling for the places of interest, such as Caesarea Philippi, The Mount of Transfiguration, The Road to Jerusalem, Bethany, Jerusalem, The Mount of Olives, Gethsemane, Golgotha, have them marked by the scholars on the map and the events of interest associated with them told.

Give a short account of each of the following: (1) The Transfiguration; (2) On the Way to Jerusalem; (3) The Triumphal Entry; (4) The Trial of Jesus; (5) The Story of the Crucifixion.

What did Jesus teach about the following: (1) Being a Christian at home; (2) How to Be Great; (3) The Cost of Discipleship; (4) About Himself.

Fill in the blanks in the following:

Who shall it profit a man.....
Whosoever will come after me.....
Suffer little children.....
Whosoever will be great.....
Render unto Caesar.....
The stone which the builders.....
As they did eat, Jesus took bread.....

General Questions on the Lessons—What disciples did Jesus take with him to the Mount of Transfiguration? What did Jesus ask the disciples at Caesarea Philippi? What did Jesus teach about little children? Who wanted to sit at the right and left hand of Jesus? How did Jesus enter Jerusalem? Why? What did Jesus mean by cleansing the Temple? Why did the Jewish leaders dislike Jesus? How did they get Jesus in their power? What was the charge they brought against him? On what charge was Jesus put to death? Where was Jesus buried? What three women came to the tomb that first Easter morning?

What was the impression that Jesus made on: (1) The disciples; (2) The people in general; (3) The priests and Pharisees; (4) Pilate; (5) The Centurion.

Application—Who do you say that Jesus is? Do you let him govern your life? Would you follow Jesus if it meant to lose your position or your wealth? How have you answered Pilate's question of what to do with Jesus? Will you accept Jesus as your Saviour and crown him the king of your life?

The British in Arabia

For some time after the war there was a great deal of opposition in England to the continued presence of the British forces in parts of Arabia, and even to the Iraq Mandate itself. The present situation, however, if one but clearly understand it, can hardly fail finally to silence this sort of opposition to British Near Eastern policy. For it is a fact that thousands of the peaceful and friendly natives, their crops, herds and villages, as well as not a few Europeans, would be wiped out within a few months were it not for the protection now afforded them by the power of Britain.

Since the British have been in Iraq, Transjordan and along the Persian Gulf coast, the natives have lived in some degree of security for the first time in centuries, free from the raids that have made their existence uncertain almost since antiquity. Moreover, never before have the desert warriors been so active and so ferocious as at present, and never before in the Arabian desert has religious feeling been so strong, fanaticism so flaming and vindictiveness so clamorous.

There are other considerations scarcely less important. Of late, especially under British guidance, the agricultural prosperity of the peaceable Arabs has been marked. They possess more than they once did and they are, therefore, more desirable prey for the nomads who live under a constant economic urge in the vast stretches of the arid Nejd desert. It is idle to contend that these nomads are affame because of the presence of the powers in Arabia and the attendant Christian influence they bring. England, as a power, never attempts and never has attempted to influence the religious views of her subject peoples. There are, it is true, a constantly increasing number of Christian Arabs throughout this region; but that is only one, and by no means the most compelling, of the inciting causes of Wahabi hostility.

It takes but a casual glimpse of the country to appreciate that Great Britain is in Arabia for the good of its people even more than for her own benefit. And the increasing ferocity of the warring desert tribes is due very largely to the fact that they are aroused by the protection which Britain is affording to their prey of hundreds of years. These masses of peaceable Arabs Britain will continue to protect, which is the best of reasons for her presence in Arabia.—Christian Science Monitor editorial.

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