



The Children's Vacation

Are you enriching your children's vacation by making it different from the rest of the year and filling it with new experiences which will be broadening to their lives? Every child likes to go away from home for a trip, at least once a year. If you can, arrange that your child shall visit a friend or relative for a few days or a week and so get a glimpse into another home life and a different environment, as well as being placed on his own responsibility, to an extent, while out from under your care.

If you cannot go to a camp, pitch a tent in the yard and let the children eat and sleep in it at times. Overnight hikes, picnics, nature study, swimming will change their routine and enlarge their horizons and build muscles.

The older children will enjoy working at some interesting employment during vacation, getting business experience and earning some money of their own. Vacation is a good time to attend a Bible School, join a recreation class, camp with the Scouts or the "Y," learn to play tennis or golf, raise pickles, or tomatoes, or help a neighbor gather and can fruit.

A nice thing for the children to do is to give mother one week of vacation, in which she is not to cook a meal nor wash a dish nor perform any other of her regular duties. Treat her as a guest, a lady of leisure, for one week, while the children divide the necessary work among themselves. This is only fair to Mother, who packs the lunches, washes, rinses, cleans the house and provides the background for the family the rest of the year.

As your children enjoy their vacation, remember with pity the poor little child laborers who work in mine, factory and field, bearing heavy responsibilities, laboring long hours a day, with no vacations and some of them as young as six years old.

The Gypsy Meal

Get some of your vitamins through your skin by long hours of sunning on beach sands or chasing a golf ball over sunny meadows. Follow this by the hearty family meal, outdoors, where "hunger is the best sauce," but there is something filling to back it up.

It is fun to cook, make cocoa, roast corn and toast marshmallows over a bonfire—but it is satisfying to take along a substantial hot dish prepared at home. may be creamed peas, baked beans or scalloped potatoes. Use the thermos jug for the liquids which you wish to keep hot or cold—but you can improvise an excellent thermos device in which you may keep your baked dish hot or cold for many hours. Cook the potatoes in an earthen crock and transfer it hot from the oven to a large pasteboard carton or packing box which you have lined well with newspapers. Shut up snugly in this, the contents will keep their even temperature for a long time.

Steam your corn among the coals, first soaking it in its sheaf. Corn bread may be baked in an iron fry pan, browned first on one side, then the other, much after the manner of a pancake. A salad is always acceptable for the outdoor meal. Potato salad is probably the most easily carried and kept in condition.

Porch Arrangement

Break up that stiff formality of a row of chairs against the rear wall of the porch. It should have an interesting arrangement, just as any indoor room has. Group the furniture about some centre of attraction, or set the chairs in a little cluster where a few friends may drop down and talk. Get as far away as possible from that old time row of persons rocking back and forth in a line and only daring to glance sideways at one another at the risk of a twisted neck.

Small tables, a porch swing, rocking chairs, foot stools, floor cushions and benches of various kinds are appropriate for the porch. They should be light weight and easy to move. They may be painted to resist the weather. A teawagon is a convenience on the porch.

A Slender Vase

It is difficult to keep the inside of a slender glass vase clean and shining. It must be carefully washed and wiped after each using and thus takes effort and time, and the proper utensils. An aid in this is a piece of reed such as they put in shoes in the store to keep them stretched in shape. Fasten a sponge to the end of this, or use small bits of clean cloth for the washing and wiping. The reed will push the cloth to all parts of the inside. Put away carefully the stick or reed which serves the purpose and have it conveniently near for the next washing.

The Dresser Set

An array of odd bottles and boxes on milady's dressing table is no longer regarded as "the thing." Fashion decrees that the popular ensemble idea should be carried out, even to the dressing table. Here one should find sets of things, arranged in a group. It is a mistake to buy odds and ends of

trinkets which do not belong to one another. The proper dresser might contain three bottles all alike, two jars of the same vintage and perhaps an atomizer which is akin. The set may be pottery or glass or silver, but whatever its material or design, all pieces of it should be parts of one harmonious whole.

Paper Towels

When something is spilled on the stove or table or floor, a paper towel "will wash away the deed, and then, how easy is it," as Lady Macbeth said. This will save laundry as the paper towel can be thrown away. The paper towel can be used, too, as a paper napkin, in many instances. It can be spread out when peeling an orange, or a peach or an apple, and the peelings gathered up in it and thrown away, and to save dish-washing. If paper towels are not available, a pile of old newspapers stacked in the kitchen near at hand for all these purposes, can serve very nicely as a labor saver. Have you noticed how glass can be made to shine if rubbed with soft paper? Try it on your windows.

Variety

The housewife who constantly orders her meats, groceries and baked goods by phone will fall into a monotonous rut of diet. To avoid this, visit the markets and shops frequently and see what new varieties they have to offer.

Instead of the same old breads, try rye, whole wheat, nut bread, hearth bread with its brown crust, or buns and muffins in wide variety. There are more kinds of meat than steak and roast and stew. Try tongue, fish, sweetbreads and liver. The green grocer will reflect the seasons in changing fruits and vegetables, even if spinach is a year round staple and strawberries and tomatoes appear with blizzards.

Why Is Cake Coarse?

A coarse cake is the result of too much baking powder which creates too large air holes. Or, the shortening and sugar may not have been creamed until they were light and fluffy. The shortening used may have been hot and melted. Cold, solid shortening should be used. The oven may have been too hot.

With Tea

One of the very nicest things to serve with an afternoon tea, is wee biscuits, an inch and a half square. When done, split them and insert a little butter and strawberry jam and serve them hot.

Mrs. Solomon Says

To be happy is to keep at equal distance from idleness and overwork.

Abandoned Roads

We are the abandoned roads. Beside the great highways we linger. We have faltered, stumbled in the onward march. And now we look wistfully on. Resigned, like old people in chimney corners. We watch these young roads, smooth of face, broad-backed, strong-muscled.

How they swagger! How they conquer all obstacles! "Narrow," they sneer, swerving past us.

Yes, we are narrow. No time had our makers for broad roads. They must press forward! But they stirred up our dust with their laughter. Packed it down with their tears and the sweat of their bodies.

Through the years we have bowed to their burdens. In their triumphs, defeats; in joyous procession, in mourning. They have deepened our ruts, they have furrowed our faces.

In silence we watch while the young roads lift all care from our shoulders. Soon our last faint traces will be hidden by grasses and wild flowers.

But we have lived abundantly. We abandoned roads.

—Amy May Rogers.

The Little House Upon the Hill

The little house upon the hill. Stands high for all to know. The winds of God blow sweet and shrill.

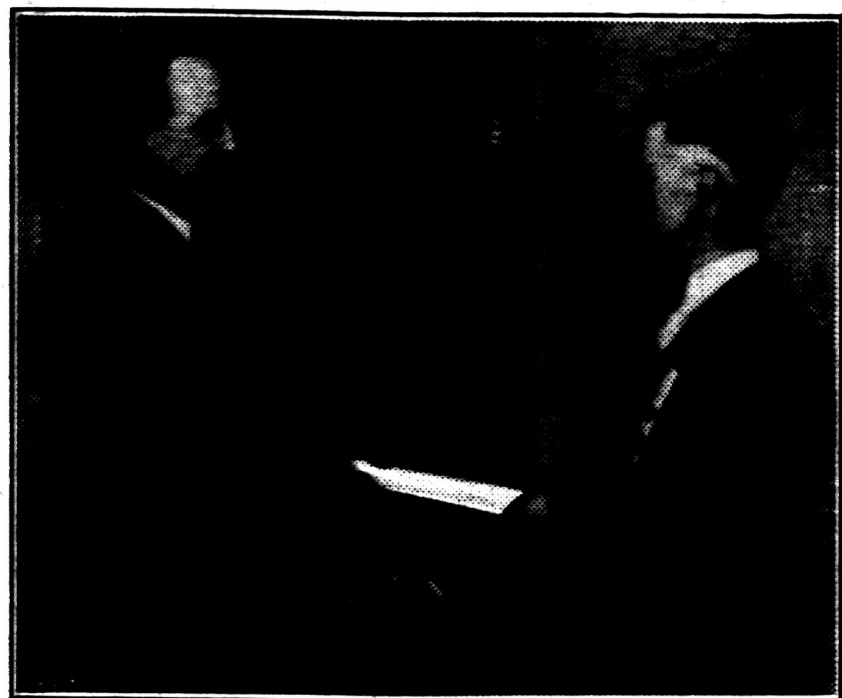
About the casement window sill. Where swallows come and go.

The downs by all the breeze fanned. Roll outward from the door. In faint lines, in faint hedges stand. Marking the surge of alien land. Like foamdrift on a shore.

And mighty galleons in the sky. Sail by, serene and free. They guard this little peace-filled prize.

A treasure-house of memories. Drawn from the world's wide sea. —Constance Smedley.

Honor Heroic Fireman



Clifford Kneeshaw, of Calgary, young Canadian Pacific fireman, was the guest of honor at a banquet of the Brotherhood of Locomotive Firemen and Enginemen, held at the Palliser Hotel, Calgary, recently. In August of last year he made a courageous attempt to save the life of a young woman in the flood waters at High River and he is here shown being handed the parchment of the Royal Canadian Humane Society by A. Halkett, general superintendent for the Canadian Pacific Railway, Alberta district.

Schneider Cup Contest For 1931 Disputed by Britain and Italy

London. — Whether the Schneider Cup contest for 1931 will be held in Britain or Italy is the query now stirring international air circles as a result of the dispute between the Royal Aero Clubs of these two countries, as to conditions which shall govern entries for the forthcoming contest.

According to a statement by Lieut. Col. Merwyn O'Gorman, chairman of the racing committee of the British Royal Aero Club, British delegates at the meeting of the Federation Aeronautique Internationale in January, 1930, persuaded other nations to bring in the rule that challengers for the Schneider trophy in 1931 should pay 200,000 francs (approximately £1600 or \$8000) for each machine entered, instead of \$225 as hitherto. This sum would be returned after the contest to entrants whose machines arrived at the course ready to take part.

The new regulation was fixed to govern the contest for 1931 if challengers were forthcoming. In June this year, however, another meeting of the federation was held, at which Italians announced they were ready to accept entries at \$225 on each machine if the contest was held in their waters, and finally 25 against 23 voted to change the rules back to the former figure. The British Aero Club disputes the validity of the change on the

ground that the sporting committee of the federation undertook public responsibility in framing rules for the Schneider contest, thus becoming a power outside the general conference.

Then, a few weeks ago, the Italian Royal Aero Club sent a challenge to London, with entrance fees for three machines under the old ruling. The British club replied it was unable to accept the entries, pointing out it held a fiduciary position regarding the Schneider Cup and could not accept an entry even if wishing to do so, because the rules for 1931, as fixed in January, 1930, cannot be altered by anyone.

Now, however, it is reported from Rome that Italy has suggested to the federation that the Italian Aero Club should organize a 1931 contest without payment of any sum in guarantee at the time of entry. The British reason for the proposal to alter the amount of the entrance fee was to avoid the possibility of any person who wanted cheap advertising, entering a machine with little chance of actual flying in the contest.

The British saw in 1929 how close the vast, expensive arrangements came to being nullified, when both French and American entrants failed to turn out, and Italians very nearly so.

Life Processes Within Body Recorded by Motion Pictures

Berlin.—Taking motion pictures inside the human body, within the chest, is the latest development in the motion picture art, as exhibited by Dr. Werner Siebert, of the Charite Hospital. The device which permits the pictures to be made is, according to Dr. Siebert, expected to be useful in many scientific investigations, such as determining how the lung tissues work to absorb oxygen from the air, as well as what happens to these tissues when subjected to various types of disease.

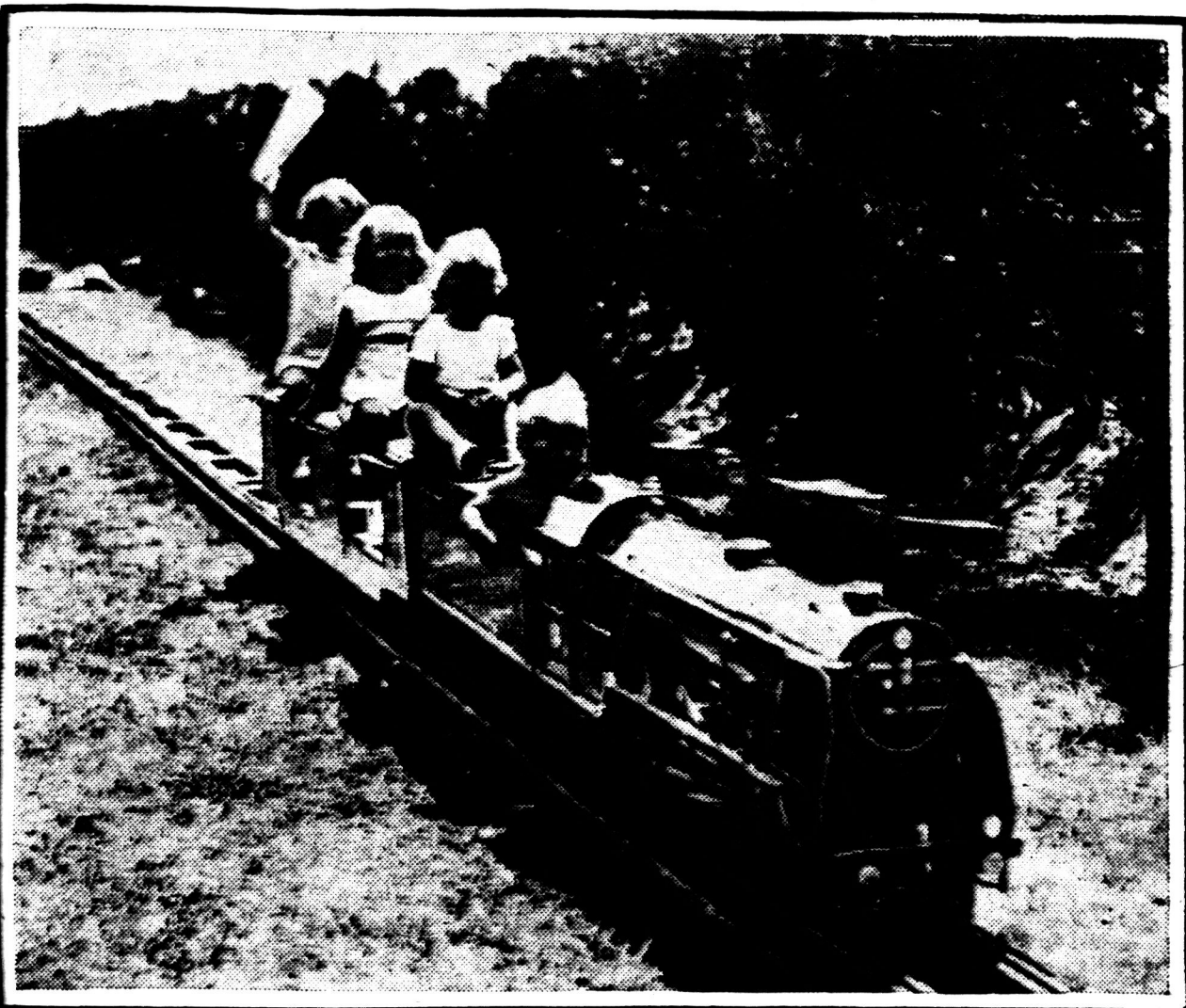
The new device is not a microscopic motion picture camera; this would be too difficult a task for even the best of technicians to work out. It is a long, narrow tube equipped with special lenses and a tiny electric torch. It may be inserted down the bronchial tube into the lung. The other end of the tube, which is equipped with other

lenses on the same optical center as those inside the lung, is then connected to an ordinary motion picture camera.

When the lights are turned on a motion picture of the lung tissue may be taken by directing the light, reflected from the walls of the lung, up through the tube to the other lenses, which focus the rays on the eye of the motion picture machine. In one test the tube was properly placed in a part of the left lung next to the heart and the internal lense transmitted the view to the camera and recorded on the moving film the rhythm of the beating heart of the patient, just as if the chest had been opened.

This unique lung camera will probably become useful in medicine for the diagnosis of obscure cases of tuberculosis and other lung disorders.

Mixed Enjoyment



These babies at inauguration of miniature railway at Hove, Eng., recently, in aid of charity, are getting some kind of thrill, whether pleasure or disapproval is subject for conjecture.

English Physician Tells How to Dress

From a health point of view the proper clothing of the body is important. Modern woman's dress, allowing the free play of air and sunlight upon the skin is fast approaching the ideal. But men's clothing has not moved with the times and is still deplorably unhealthy.

The most important principle in clothing the body is to allow free ventilation to every part. The skin, to a large extent, regulates the body temperature. It is an active agent, requiring constant stimulation by light and air. Overclothing is harmful because it strifes this natural defence and weakens its heat-regulating mechanism.

How Chills Begin

The best clothing is the least possible in the circumstances. But beware of under-clothing. Too little clothing is as bad as mufing, and renders the body susceptible to chills. Strike a happy medium. The right underclothing is vital. Wear next to the skin a material that is light and porous, and at the same time a poor conductor of heat.

Wool answers all these requirements. The heat-conducting power of a garment depends more on the method of weaving than on the material itself. The looser the texture, the more air gets through and the warmer it is. So choose a light, loosely-woven woollen under-garment for regular wear. Avoid smooth, closely-woven materials, particularly if they are starched or glazed.

Silk is the next best substance for underwear, and is better than wool in warm weather, except for delicate persons. Linen and cotton materials make unsuitable under-garments. They become clammy and cold and chill the skin.

Never wear tight garments — they embarrass the organic functioning of the body. Tight corsets, tight collars, tight garters, tight hats, should be abandoned. But be careful to keep the middle of the body sufficiently warm; this part is particularly sensitive to changes of temperature. If you have been accustomed to wearing a light and pliable belt, don't give it up. The elastic varieties are often unhygienic, because they cling too tightly and do not afford adequate ventilation.

Proper footwear is as important as the right underwear. The feet should always be kept warm and dry with watertight shoes and boots. Cold feet are a cause of general bodily disturbances.

High Heel Danger

Avoid tight shoes and high heels. Tight shoes deform the feet and help to develop corns. Too loose shoes cause sores as well as painful and inflamed corns. The shoes should be an exact fit. Too high heels drive the toes into the forepart of the shoe and alter the position of the centre of gravity on the whole body, throwing undue strain upon the muscles of the back.

Socks and stockings should, in cold weather, be of wool. If silk stockings must be worn, a mixture of silk and wool is desirable. Should shoes or stockings become wet, they should be changed as soon as possible.

Be very careful about the clothing of children. See that they wear nothing tight and that their extremities are warmly clad. Infants and toddlers are particularly sensitive to low temperatures.

Spanish Eggs

Place the strained pulp of six tomatoes in a frying-pan and stir with a little butter. Let the pulp bubble well, and pour in six eggs prepared as if for scrambling. Stir in this case until the mixture becomes rather dry. It should be drier than scrambled eggs and served very hot.

Sunday School Lesson

August 10. Lesson VI—Hannah (A Godly Mother)—1 Samuel 1: 9-18, 24-28; 2: 19. Golden Text—My son, hear the instruction of thy father, And forsake not the law of thy mother.—Proverbs 1: 8.

ANALYSIS

I. A CHILD OF PRAYER, 1: 1-28.
II. A SONG OF THANKSGIVING, 2: 1-10.
III. GIVEN TO GOD, 2: 11, 18, 19; 3: 1-18.

INTRODUCTION—In the story of Hannah we find ourselves still in the period of the Judges. The story takes us away from the conflicts of those days from wars, and courts, and armies, to the simple and sincere piety of a country home. Like the story of Naomi and Ruth it takes us among the common folk of Israel, and then from the home in Ramah to the temple at Shiloh. We may very well believe that there were many such homes in Israel, and that from them came very much of what was best in the life and in the thoughts of that remarkable people to whom the world owes so much. We are reminded again, as we read, of the infinite possibilities for good which are bound up in the relations which exist between a good mother and a child. Samuel, the child of Hannah's prayer, educated to the priesthood, called to be a prophet, chosen as judge by the people, witnessing to a pure life by his Nazirite vow, finally maker and counselor of kings, stands forth in Bible history as one of its purest and noblest men—reckoned by the Jews in later ages as first of the great prophets whose inspired teaching still stirs the hearts of men. I. A CHILD OF PRAYER, 1: 1-28.

The place called Ramathaim-zophim, or Ramah of the Zuphites, was some distance north of Jerusalem in the Ephraimite country. Here was the home of Elkanah and his two wives, the childless Hannah and her rival, Peninnah, who provoked her sore for to make her fret. The national sanctuary where Eli and his sons ministered as priests was at Shiloh, and thither this family went once a year to worship and to sacrifice unto the Lord of hosts.

The custom at such annual festivals was for an ox or a sheep to be slain, fat portions of the meat to be burned with fragrant spices upon the altar, a portion given to the priest, and the remainder of the meat served in a sacrificial meal at which the family and their guests would be present. On these occasions Hannah offered special and very earnest prayers for the gift of a son, promising to consecrate him to the service of the Lord. The vow referred to in verse 11 was that of the Nazirite described in Numbers, chap. 6. It was taken sometimes for life, sometimes for a definite shorter period, and seems to have been intended as a protest against drunkenness and other evil practices associated with the Canaanite altars and frequently imitated at the altars of Jehovah. In the cases of Samson and Samuel the vow was taken by the parents for the child, and was regarded as binding for life.

Hannah's earnestness of prayer was misunderstood by the priest Eli, but when she told him of her trouble of mind and great desire, he gave her his blessing. In fulfillment of her vow she took the child to the temple while he was still very young and left him there in the care of Eli to be *granted to the Lord*. It is remarkable that he was accepted and trained as an attendant at the temple, and later became a priest, though not a member of the tribe of Levi. The law which restricted the temple ministry to Levites may have been of later origin, or perhaps not yet strictly enforced.

II. A SONG OF THANKSGIVING, 2: 1-10.

Some doubt has been expressed as to whether or not this song could have been composed by Hannah. But with the exception of the reference to a king in v. 10 there is nothing in it that she might not have said. It must be remembered that the language is that of poetry. By her enemies she may mean her rival whom she exhorts to talk no more so exceedingly proudly, and in v. 5 she may, in the most general way, be dwelling upon her own experience. The song was ascribed to Hannah by the editors of the books of Samuel, and represents the faith of an early writer.

Moffatt translates v. 3 as follows: "No more of your proud vaunts! No mouthing of your taunts! For the Eternal is a God who knows it all. And what men do he judges."

The close parallel of Luke 1: 46-53 to this song should be noticed. There in the Magnificat Mary pours out her soul in thankfulness in language which is reminiscent of the words of Hannah. III. GIVEN TO GOD, 2: 11, 18, 19; 3: 1-18.

In the service of the temple, under the care and instruction of the old priest Eli, the child did minister unto the Lord. There girded with a linen ephod, the priestly garment, and happy in receiving from his careful mother a little robe when she came once a year to the festival, he grew in years and knowledge until the time came for his call to a larger and much more difficult task, to be a prophet of the Lord. The story of chap. 3 is well known. Samuel lying down to sleep in the temple where the lamp was still burning and where the ark of God was, heard what he thought must be the voice of Eli calling him and ran to wait upon him. But Eli had not called him. Three times this was repeated, and the old man knew then that it was no ordinary voice that disturbed the sleep of his favorite pupil.

Home C Reading

A visitor to a narrow indent white surface of the tepalcates. He had it a subject of stopped and rattled hollowed trail in "I suppose you this long much said the farmer it, for on top of in the evening of a flickering of light and then he slant against the ceeded to read family. He did for years until t



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