

For the Woman Reader

Flaree Kiddick Boys

Outdoor Comfort

A cozy porch, a wicker chair, fresh magazines, a bit of home lawn, with roses perhaps, may make you glad you decided not to go away vacationing this year. Then there is your own bath room and your own bed at night, which complete the argument. But you will want to make the home cool and cheery and colorful.

Gay crotonne and chintz draperies, grass rugs, and plants in painted pots will help furnish atmosphere. Quietly and at ease you can sew on your own cool porch, or you can invite a few friends for a quiet game of cards or an afternoon, or you can pack up a picnic basket and head away to the lake for a sunset plunge and a campfire supper afterwards.

Possess some large low heeled shoes for hiking and stretch your legs in this almost forgotten, but very choice sport. In our cars, we sweep past beauty spots, with our eyes glued to the road. Revive the pleasure of following a stream, climbing a hill, or sauntering in a woodland. Nature puts something of poise and sweetness into the soul, if we but commune with her.

If you live near to a lake, you can dress for swimming before you leave home, wearing beach pajamas or a beach coat over your swimming suit. People within a radius of five or ten miles often dress at home. Have you seen the funny, colorful wooden sandals they wear on the beach these days? The latest frivolity is a necklace made of colored rubber beads. Many lakes and streams are slimy or weedy and the cleanly bather wants to take a clean rinse before dressing. That is another reason for dressing at home. It prolongs the life of a bathing suit if you wash it and dry it quickly after each use.

Hot Weather Food Care

Food is a very perishable article and especially is it so in hot weather. It is not the decomposition of the food so much as the attack of bacteria upon it which hastens its decay. To preserve food the most important thing is to keep it free from bacteria. Warm air and dampness encourage the presence of bacteria. To store food in a dry, cool place will help to keep it in good condition. Do not wash chicken or any other meat and then put it in the ice box wet, or lay it on the ice. Put it away dry, and in the compartment under the ice, since that is the coldest section. Never put meat away wrapped in the paper in which it is delivered. It helps to preserve meat to brush it tightly with a mixture of equal parts of vinegar and olive oil.

If you put fish in the ice box, cover it that the odor may not mix with the other foods. Milk is particularly likely to absorb odors and should always be tightly covered, never left in the open pitcher.

Bread may be wrapped to keep it from drying out, but to wrap it too tightly encourages mold. The bread box should be ventilated. Do not wash berries before putting them away. It makes them mold and sour. Spread them on plates and put them in the ice box and wash them immediately before serving.

Cheese molds rapidly, but keeps best when wrapped in a waxed paper. Use quickly any left-over egg mixture, for egg does not keep well. Never mix fresh milk with old, nor warm food with cold. Do not wrap the ice in a newspaper or cloth as this prevents the ice from melting and keeping the ice box cold.

Ironing Hint

The busy housewife who wishes to cut corners can do so by folding away towels, sheets, pillow slips, pajamas and many other articles of common use, without ironing them. At the other extreme we have the particular housewife who sprinkles and irons meticulously every tiny rag.

It saves time to iron handkerchiefs and lay them aside to fold, all at the same time, after the ironing is done.

When ironing, put together all articles which need mending. This will save sorting afterward. If you would iron rapidly, do not sprinkle the clothes too wet. It takes time to iron out all that water. Common things, which need only slight ironing, will be made sufficiently damp by being piled in the clothes basket beside the dampened things.

When you have ironed dresses or fine shirts, hang them on hangers until they are thoroughly dry. This will make them keep their shape better and keep clean longer. In ironing linens, do not fold them in creases in the same places each time. Too frequently creasing in the same spots breaks the fibres of the goods and makes them wear out along the line of the fold.

If a dress you have worn is wrinkled, hang it outdoors when the weather is damp and the wrinkles will fall out. This will save ironing it. If you have a screened-in porch, hang it out during the night. It is not good for silk to iron it when the perspiration is in the goods as this rots the material. Too much ironing is harmful for silks. The less they are ironed, the longer they will wear.

Porch Furnishings

Two chairs, a divan and a table, all of reed, make attractive porch furniture. They should be gaily, even loudly, upholstered in chintz of the waterproof variety. A jute rug or matting makes a good floor covering. A lemonade set is almost a necessary accessory. If the pitcher and glasses are gay colored they will seem more in keeping with the outdoors. Next in order comes the sandwich tray, a large plate with a handle in the centre, and perhaps one of those duplex pickle and jam dishes with two or more compartments.

Canning Contest

Women of the United States are entering their second annual canning contest to find the best jars of canned fruit, vegetables or meat. Last year twenty-five thousand entries were made and more are expected this time. The contest will be held in Shenandoah, Iowa. \$4,250 in cash, besides loving cups and ribbons, comprise the more than four hundred prizes.

Poison Ivy

This annoying vine may be recognized by its notched leaves growing in clusters of three and its greenish flowers which ripen into green waxy berries. If you have been where it is and fear you may be poisoned, wash thoroughly all parts exposed, using plenty of lather soap. Wash any clothing which may have come in contact with the ivy.

Roast Corn

To roast corn over a bon fire, find long green sticks with which you may pierce each ear of corn. Leave the husks on the corn and put it on the point of the stick. Hold the corn over the hot coals, turning frequently, until it is tender. Remove the husks, add butter and salt and eat.

Melon Cocktail

In sherbet glasses, put cubes of watermelon and cubes of muskmelon. Over them pour a mixture of grape juice and lemon juice, to enrich the color and flavor. Set away in the ice box to chill and mingle flavors, then serve as a curtain raiser for a meal.

More Flowers

When your perennials have blossomed if you cut back the stems, removing the seedpods, and cultivate around the plants, you may expect more flowers after you think they are through blooming.

Mrs. Solomon Says:

The most pleasing conversationalist is generous in thoughts but stingy in words.

Will 1930 Vacations Be Laughed At in 2030?

In 1730 Ebenezer Colburner yoked his team of oxen, primed his flintlock and, piling his family aboard a on a vacation trip to this sister, Priscilla, who lived forty miles away over the hills. It was a long and adventurous trip and furnished a fund of reminiscence for years to come.

In 1830 Ebenezer Homesteader spent his vacation by taking the family to Boston on the stage-coach. It was an epochal journey; 100 miles were jolted over the ruts, and Grandmother Homesteader, years after, entertained the children by recounting its incidents.

In 1930 Ebenezer Flatdeweller stepped on the self-starter of his automobile and, with a tent on the running board and his family in the rear seat, started on his annual vacation tour. He covered 1,000 miles easily, and returned home entirely unconscious of having done anything extraordinary.

That the Ebenezer of 2030 may look back on today's vacationists as a romantic and primitive folk may seem a conjecture too ludicrous for consideration. Nevertheless, predictions of aeronautical experts indicate that within ten years the circle of the vacation tour of even the man of modest means may be expanded far beyond its present horizon.

Who, then, shall declare that the Ebenezer of a century hence may not embark in a device not yet imagined and soar forth to spend his recreational period disporting in the canals of Mars? Surely the transition from ox cart to airplane furnishes grounds for supposing that even such a feat may yet be made easily practicable.

Keeping It Up

Rupert and his young lady-love were sitting in the pale moonlight. Love was the subject of their conversation.

"Suppose," he murmured, "that I should steal another kiss?"

She sighed.

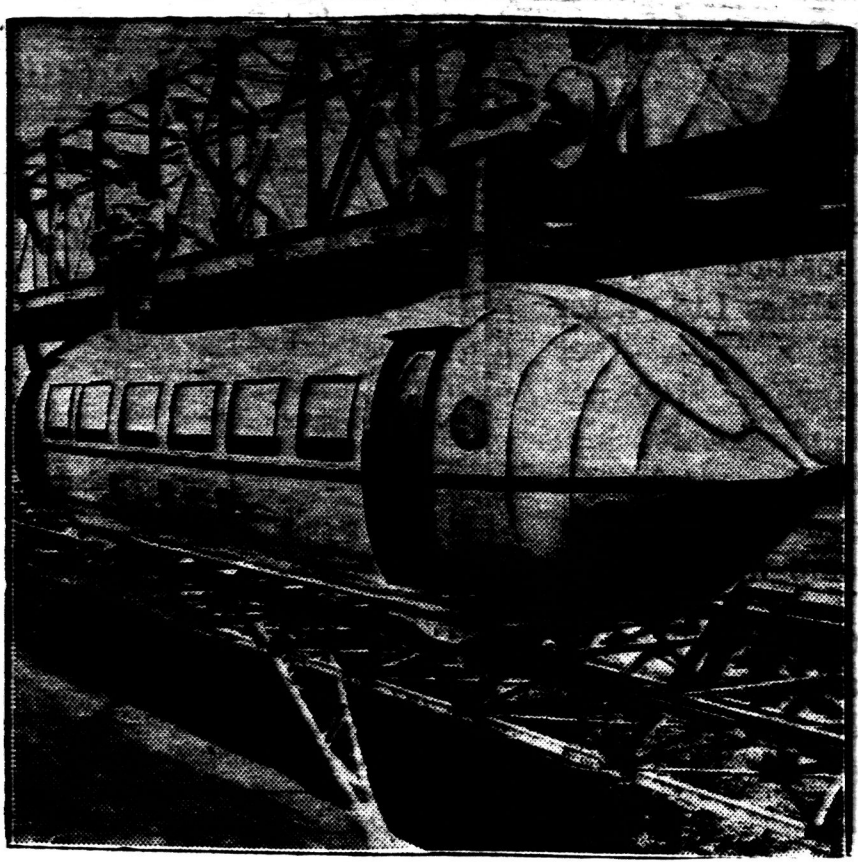
"I defy you," was her reply.

"And suppose," he persisted, "that I should steal two or three?"

"I would never give up," she returned. "I would go on defying you."—Answers.

When is man a horse? When he coughs himself (hoarse) horse.

Scotland's Dream Successful



New railplane invented by George Bennie, who is said to have developed the idea to a high degree of practicability at Glasgow, Scotland. It is driven by air screws and cars are suspended from steel girders.

Antarctic Noises Impossible to Get At 70 Below Zero, Byrd Says

New York.—The two-fold part which motion picture apparatus played in the Byrd antarctic expedition, recording discoveries of new territories and providing relaxation and amusement for the men, was described by Rear Admiral Richard E. Byrd in a recent interview.

Admiral Byrd told some of the difficulties of "shooting" scenes with the camera in temperatures ranging as low as 70 below zero and said he wished they had been able to bring back a sound record of the antarctic. Sound apparatus, however, in its present development, does not function properly even at 30 below zero, according to Willard Van der Veer, who was in charge of the photographic work of the expedition and who was present at the interview.

The roar of the wind in the south pole region, noises of whales blowing, or of Eskimo dogs howling which, Admiral Byrd declared, is "unlike anything in civilization"; the curious grunts of seals, the sharp reports of ice when it cracks at 70 below zero, or the grinding of crevasses which is "like teams going over a rough road," would make an interesting and characteristic background for the pictorial record of the expedition, he declared.

"The pictures show conditions which existed when we were there," he said. "One of the things science wants to know is how the barrier changes. If pictures are taken of the same territory five years from now, and are then compared with those we took, they will give an idea of the changes that have been going on during that time."

Admiral Byrd said the pictures were taken by Harold I. June and that he personally did not take any in the antarctic. The photographs of his north pole flight he took himself.

Admiral Byrd described the cozy winter evenings in the antarctic when the party would gather in the mess hall on Sundays to see the motion pictures provided as part of their entertainment program and to "kid" each other.

Pictures of adventure and comedies were the favorites, Admiral Byrd said, and each of the latter were run several times. Sometimes, to break the monotony, odd reels were run together and once a variety film was run backwards, to the great amusement of the men.

Safe at Last

Smith obtained a job as a packer in a big chinaware store.

On the third day from his arrival he slipped while carrying a valuable vase, and it smashed into a hundred pieces.

At the end of the week when he went to draw his money he was told by the manager that a little would be deducted from his wages each week until the vase had been paid for.

"How much was the vase worth?" inquired Smith.

"Something like \$500," the manager replied.

"What are you looking so pleased about?" snapped the manager.

"Well, it looks as if I've got a steady job at last," Smith explained.

—Answers.

In 109 houses in the Harrow Road district of London 1,665 people were living; of these 1,192 were adults.

What is it that has four legs, a head and one foot?—A bed.

Live and Let Live Advises Doctor

"With the holiday season at hand no apology need be offered for some notes on a doctor's dairy about safety on the roads—the science of keeping alive as well as fit," writes the Medical Correspondent of the "Times Trade and Engineering Supplement."

"Years of motoring have convinced the writer," he adds, "that by far the most fruitful cause of accident is inattention to the driving. The inattentive driver neither sees clearly nor judges accurately. Worst still, his faculties of imagination are blunted. He is thing about something else and so is not wholeheartedly in his immediate task."

"This man makes miscalculations as a matter of course—for example, the miscalculation of the speed of an on-coming vehicle which expresses itself in an attempt to pass when there is insufficient time and space in which to carry out that operation. Enlightenment comes too late; either a narrow 'squeak' or a crash is the penalty."

"The cultivation of attention is no easy matter. Every driver knows how readily the mind goes to sleep at the wheel, how strong is the temptation to talk to passengers, how seductive are the scenes to right and left of the road, and so on. Can steps be taken in advance to discount these various distractions?"

"It should be an absolute rule never to drive a car when one has not had a good night's sleep. The individual suffering from sleep-starvation is always inattentive. Again, nobody ought to go on driving after the time at which he is accustomed to go to sleep. This is much more important than the distance driven at a stretch, which will vary, within the limits of safety, according to the type of car and the skill of the driver."

"These are negative safeguards. It is a matter of experience that good drivers keep their eyes fixed on a point ahead so situated that they can pull up easily before reaching it. As soon as this point disappears 'round the corner' they become alert. The question arises in their minds: 'What is happening round that corner?' The result is a reduction of speed and an increase of watchfulness."

"It is possible for anyone to acquire this habit of anticipation. And the mental effort necessary to acquire it forces the student to attentiveness. He learns, almost unconsciously, how to fight against distractions. Incidentally he acquires the faculty of imagination without which no driver is safe."

A little rose-water in the water in which you bathe your face will keep the skin cool.

Witch-hazel is a refreshing tonic, lightly patted in with the fingertips. Olive oil, which is quickly absorbed, makes an excellent hot-weather cleansing lotion.

Talcum powder dusted into your stockings before you put them on saves the unnecessary friction in walking.

A balm or liquid face-cream makes a better foundation for powder on a hot day.

Sunday School Lesson

August 17. Lesson VII.—Saul (A man of Great Possibilities Who Failed).—I Samuel 9: 15-17, 25-27; 10: 1; 19: 9-11; 31: 1-4. Golden Text.—Wherefore let him that thinketh he standeth take heed lest he fall.—1 Corinthians 10: 12.

ANALYSIS

I. CHOSEN TO BE KING, chaps. 8-11; II. A FATAL WEAKNESS, chaps. 13; 15; 16: 14-23; 19: 9-12.

III. THE TRAGIC END, chaps. 28 and 31.

INTRODUCTION.—Saul was the first of the kings of Israel. The days of the judges, when "every man did that which was right in his own eyes," were ended. Samuel, first of the great prophets, last of the judges, ever solicitous for the welfare of the people and for their unity in the pure worship of Jehovah, had been startled and displeased by the demand of the elders of Israel, assembled at Ramah, that he make them a king. Had they become dissatisfied with his government? Had he not ruled them fairly and justly? But the people had no fault to find with Samuel, though they did not trust his sons, 8: 1-6; 12: 1-6. What they wanted was a strong man to lead their united forces against their Philistine oppressors, 7: 7. When Samuel found Saul he believed he had found the right man, "a young man and a goodly, and there was not among the children of Israel a goodlier person than he" (15: 2). It was not an easy lesson that Samuel the prophet had to learn, the lesson that "The Lord seeth not as man seeth; for man looketh upon the outward appearance, but the Lord looketh on the heart," 16: 7.

I. CHOSEN TO BE KING, chaps. 8-11.

It seems clear that Samuel himself, both as prophet and judge, did much to preserve the unity of the great self-governing tribes of Israel. He was known and trusted by all, 3: 19 to 4: 1. He assembled representatives of the people from time to time for common worship, and that he might instruct them and exhort them to serve Jehovah and not the Baals, 7: 3-4, 5-6. He held circuit court in cities of western Palestine, 7: 15-17. The way was thus prepared for the closer union of the tribes in a kingdom. It seemed at first to Samuel that the demand for a king (8: 4-7) was not only a rejection of himself, but was disloyalty to Jehovah, Israel's true Lord, and King, 8: 7-8. He yielded to their demand, but warned the elders that under their much-prized freedom and independence, 8: 10-22.

The story of Samuel's meeting with Saul (chap. 9) is well known. Saul and a servant are seeking his father's lost asses. When they were returning without success the servant proposed a visit to the seat of Ramah. At Ramah Samuel met them. Saul's goodly appearance attracted him and moved by the inner voice, "Behold the man," Samuel invited them to a banquet in the "high place, made them sit in the chiefest place," and gave Saul the choicest portion of the meat, reserved for the most distinguished guest. Saul's surprise must have been very great, especially when the prophet said to him, "On whom is all the desire of Israel? Is it not on thee?" (9: 20, R.V. margin), and when, on the following morning, Samuel talked long with him and poured upon his head the holy anointing oil. Samuel's choice was ratified by the people in another popular assembly (10: 17-24), and yet again, after his heroic relief of the besieged city of Jabesh-gilead, by an outburst of approval on the part of the people, whom Samuel then summoned to the ancient sanctuary of Gilgal that they might "renew the kingdom there" with sacrifices and rejoicing, 11: 12-15.

Saul's reign began well. He received his honors with becoming modesty. Evidently Samuel expected great things of him. But at first he had neither crown nor palace, neither court nor army. He returned to his father's house at Gibeah. There were certain worthless fellows, "sons of Belial," who said, "How can this man save us?" His opportunity came when "following the oxen out of the field" he heard the pitiful appeal of the messengers from Jabesh-gilead and rallied the men of Israel to their rescue, chap. 11. Here and in other events of the earlier years he showed courage, energy and resourcefulness. He gathered about him Israel's fighting men and made them into an army able to meet the Philistines on some sort of equality and to hold that dreaded foe in check. There is no doubt that he had noble and kingly qualities and was a man of great possibilities.

II. A FATAL WEAKNESS, chaps. 13; 15; 16: 14-23; 19: 9-12.

The first verse of chap. 13 is wrongly translated. The Hebrew text does not give either the age of Saul or the number of years he reigned. His reign must have been longer than two years.

The two stories told of Saul in chaps. 13 and 15 reveal a serious and in the end fatal weakness in his character. The friendship and wise counsel of Samuel was his from the beginning. But, nervous and impatient in a critical moment, he chose to ignore the prophet. To Samuel his conduct seemed nothing less than disobedience to the Lord, who would have made his kingdom strong and enduring.

III. THE TRAGIC END, chaps. 28 and 31. It is a pitiful story that is told in chap. 28 of the king who, facing the crisis of his fortunes, sought the help of Samuel now dead, whose help and phet lived. But he heard no word of comfort or of hope from the spirit of Samuel. Next day, with his brave sons, he died on the battlefield of Mount Gilboa (chap. 31).

Sport On High Seas



Staff-Captain C. M. Wray congratulates Virginia Winkle of Kentucky, winner of ankle contest held recently aboard liner Berengaria in midatlantic, homeward bound from New York.