SUNDAY SCHOOL LESSON

LESSON I THE GOSPEL IS TAKEN INTO EUROPE-Acts 15:36-18:21 PRINTED TEXT, Acts 16: 6-15
GOLDEN TEXT.—Come over into Macedonia, and help us. Acts

THE LESSON IN ITS SETTING Time.—There is much differ ence of opinion among scholars in regard to the exact dates for the different events of Paul's life, but we can assume, with some degree of accuracy, that the events of this lesson occurrence A.D. 51 and 54.

Place.—Antioch was located in the northern part of Syria; Derbe and Lystra were in the great area we now know as Asia Minor, with Troas on the western coast of this then flourishing part of the Roman Empire. The cities of Philippi, Thessalonica, and Berea were in northern Greece, known Macedonia. Athens and Corinth were located in Greece pro-per, south of these cities just

In this lesson we find a wonderful illustration of a man who, day and night, was continually occupied with the glorious work of bringing Christ to the vast multitudes of men and women in the great cities of the Roman Empire. To accomplish what Paul here achieves, it is necessary for one to believe in the need of the human heart for the gospel which ne is preaching, to have an exerience of the redeeming power this gospel, and to be yielded one's personal life to the will

Paul's Great Work Begins How long Paul remained in the city of Antioch at the close of his first missionary journey, we do not know. Our lesson opens with the Apostle beginning pre-parations for the second great missionary journey of his life. He desired to revisit the churches he had founded on his previous journey. A map should be useful here in following Paul from this point to the end of the lesson. Paul chose Silas to accompany

Acts 16:6. "And they went through the region of Phrygia and Galatia, having been forbidden of the Holy Spirit to speak the word Asia; 7. and when they were come over against Mysia, they assayed to go into Bithynia; and the Spirit of Jesus suffered them not; 8. and passing by Mysia, they came down to Troas. 9. And a vision appeared to Paul in the night: There was a man of Macedonia standing, beseeching him and saying, Come over into Macedonia, and help us." While at Troas it would seem that no preaching was allowed. Just as Paul's calling of Timothy proved to that young man the great turning point of his life, coming so unexpectedly to him, so likewise in the life of Paul did God send an experience which was to change his entire program, the throwing open of a door, as it were, into a vast new field-Europe-which up to now apparently Paul had not been seriously considering as a field for immediate

Forth Into Macedonia

10 "And when he had see synagogue, compelling the Jews the vision, straightway we sought to go forth into Macedonia, conto meet on the Sabbath day either cluding that God had called us n a home, or in the open air. Paul always made inquiries where preach the gospel unto them. 11. Setting sail therefore from his fellow-Israelites worshipped. He was concerned primarily Troas, we made a straight course wherever he went, all of his life, to Samothrace, and the day fol-lowing to Neapolis." Inasmuch with souls of men, and he hunted out men and women in their as Luke is writing the Book of hours of worship, that he might Acts, he must have been with the speak to them about the Lord Jesus Christ. One good thing apostle Paul in all those places where he uses the pronoun about Paul he was not seeking We do not know where Paul first met Luke. It probably was here some new religion; he was proclaiming a divine revelation. While in the city of Philippi, Paul in the city of Troas. If St. Luke were a Macedonian and had been speaking to the traveller he enof course vigorously preached, and when Paul preached things happened. The whole city would countered about affairs in the province at the other side of the soon know that someone had come into their midst with a gospel Aegean, it is easy to understand how the vision came to St. Paul that could break the power of sin, with a message that could save men, with a divine anointing which in many cases enabled the one so preaching to perform miracles.

that night. 12, "And from thence to Philippi, which is a city of Macedonia, the first of the district, a Roman colony; and we were in this city tarrying certain days. 13. And on the Sabbath day, we went forth without the gate by a river side, where we supposed there was a place of prayer and we sat down, and spake unto the women that were come together. And a certain woman named Lydia, a seller of purple, of the city of Thyatira, one that worshipped God, heard us: whose heart the Lord opened to give heed unto the things which were spoken by Paul. 15. And when she was baptized, and her house-hold, she besought us, saying, If ye have judged me to be faithful to the Lord, come into my house, and abide there. And she constrained us."

At Philippi
Apparently Philippi did not
have enough of a Jewish populato warrant the erection of a

CAKE FOR SHOWER PARTY



and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. there has been an increase recently in the number of marriages. This Place over rapidly boiling water, means, translated in very personal beat constantly with rotary egg terms, that more of our friends are beater, and cook 10 minutes, getting married, which means in until the frosting will stand in turn, more entertaining for bridespeaks. Add coloring to hot frosting to-be. Since the summer is still to give a delicate shell-pink tint. the most popular time for weddings, Just a tiny speck of coloring on any time in the summertime is the the end of a knife or a few drops time for showers. It's not hard to of liquid coloring are enough. Re-move from boiling water, add vandecide on what kind of a shower to have, cup and saucer, stocking, illa, and beat until thick enough to kitchen, linen or miscellaneous, bespread. Makes enough frosting to cause most brides need almost everything. When you've decided cover tops and sides of three 9-inch layers with about one cup extra on the shower and invited the guests, then it's time to think frosting for special decorating. MAKE THE BRIDE'S CAKE about entertaining. Bridge, the type played at showers, is an excellent AT HOME way of passing the evening-it allows for plenty of conversation.

If there's a wedding at your house this summer you'll be giving some thought already to the Bride's Cake-as much of a tradition as old shoes and rice, or the Bride's bou-

table decorations and for the food, Perhaps you've overstrained your too. A color scheme for the table and for whatever you serve is a budget somewhat in making it the very loveliest of weddings. But good idea. Pastel green, blue or mauve crepe paper makes lovely with this bride's cake you'll save money for it's economical and far decorations and candles in a harmore delicious than anything you monizing shade can be used to light could buy. You've probably had experience with bought cakes that were very ornate and attracthe table. Small rolled sandwiches, (asparagus or watercress are nice), ice cream, cake and coffee make tive to look at, but quite disappoint-COCONUT MIST CAKE ing when it came to eating them So give your guests something they'll not only wish on but be de 2 teaspoons double-acting baking lighted to eat.

BRIDE'S CAKE

3% cups finely sifted cake flour 1 cup butter or other shortening 11/2 teaspoons double-acting baking l pound (3½ cups) confectioner powder 4 egg yolks, well beaten

Then comes the happy concluion of

Dainty should be the keynote for

the evening-the refreshments.

a simple and sufficient menu.

3 cups sifted cake flour

teaspoon salt

1 teaspoon vanilla

1 cup premium shred coconut 4 egg whites, stiffly beaten.

Sift flour once, measure, add

paking powder and salt, and sift

together three times. Cream but-ter thoroughly, add sugar gradu-

ally, and cream together until light and fluffy. Add egg yolks and beat

well. Add flour, alternately with

milk, a small amount at a time,

beating after each addition until smooth. Add vanilla and coconutt.

Fold in egg whites quickly and

thoroughly. Bake in three greased

9-in layer pans in moderate oven (375 deg. F.) 25 to 30 minutes.

pread tinted fluffy frosting b

TINTED FLUFFY FROSTING

2 teaspoons light corn syrup

POP-Tramp! Tramp!

3 egg whites, unbeaten

Red coloring

11/2 teaspoons vanilla

kle with coconut.

21/4 cups sugar

14 cup water

ween layers and over cake. Sprin-

powder

1 cup milk

1% cups butter 2 cups sugar 14 cups egg whites unbeaten

½ teaspoon vanilla ¼ teaspoon almond extract Sift flour once, measure, add baking powder, and sift together three times. Cream butter thor oughly, add sugar gradually, and cream together until light and fluffy. Add egg whites, ¼ cup at a time, beating about 3 minutes after each addition. Add flour, a small amount at a time, beating well after each addition. Add flavoring and beat vigorously. Turn into a 10-inch tube pan which has been greased, lined on bottom,

sides, and around the tube with heavy paper, and again greased. Bake in slow oven (275 deg. F.) 1 hour, then increase heat slightly (300 deg. F.) and bake 50 minutes longer, or until done. Insert favors, if desired, by wrapping each in waxed paper, and pressing into small slits cut in cake. Spread ornamental butter frosting smoothly on top and sides of cake. Decorate with simple borders, festoons, and osettes of ornamental butter fros ing, and trim with silver dragees. Serve on silver tray or platter surounded with sprays of ferns, freesias, cosmos, or bridal wreath. Place special bridal favor on top of cake, if desired, or the small wedding bells or other favors tied to white ribbons and intertwine through sprays.

ORNAMENTAL BUTTER FROSTING 4 tablespoons butter 5 cups sifted confectioners' sugar 2 egg whites, unbeaten

tablespoons cream (about) 4 teaspoons vanila 1/4 teaspoon salt.

Cream butter; add part of the sugar gradually, blending after each addition. Add remaining sugar, alternately with egg whites, then with cream, until of right consistency to spread. Beat after each addition until smooth. Add vanilla and salt. Spread frosting smoothly on top, sides, and inside center opening of Bride's Cake. Use re-

Rabbits

Have amusing habits— That's the reason We like rabbits.

They can hop And they can run; They can nibble When they stand They're thin and tall-When they rest nd their tails! bit of fluff tuck on tight And just enough. Fat fur cheeks And eyes like roses, rispy ears And nibbly noses.

Have such pleasant features That is why We like the creatures. Miriam Clark Potter in Christion Science Monit

to make borders, festoons, and rosettes on cake. (Fill tube only half full at a time.) Makes enough frosting to cover 10-inch tube cake and to use for special decorating. Because of the butter in this orna mental frosting, it remains creamy

FORUM

(A Department conducted Professor Henry G. Bell of the Ontario Agricultural College, Guelph, assisted by various other members of the faculty.)

QUESTIONS AND ANSWERS Q. We run our herd in

fairly large pasture, part of which is natural pasture and the other part is brought under cultivation periodically in the rotation. In a fairly moist year we get super abundance of pasture towards the end of June, but it fades off in July and early August. Have you any suggestions? "J.C.—Wentworth Co."

A. To take advantage of the

natural growth habit of grass, steps must be taken to utilize the peak of production in June. One suggestion to better distribute this s to limit cattle to a small section of the regular pasture when they are first turned out and force them to graze this portion closely. This allows the remainder of the regular pasture to get more growth, and after taking the cattle off this first pastured section it produces a substantial and early aftermath. Two problems are serious when

rotationally grazing pasture; fencing and supplying water. With the introduction of the elastic fence the fencing problem is partially solved, as it provides an efficient and inexpensive fence that can be quickly erected and readily moved. Its use in pasture management is highly recommend-ed, but do not use barbed wire when fencing the milk-cow pasture. The providing of a satis factory supply of water is largely an individual farm problem, and this will have to be worked out by each dairyman. Pasture management in Jun

is the problem of utilizing as much as possible of the best-quality feed with the milking section of the herd. It is often advisable to divide the herd into two groups, one the milking cows and the other made up of dry cows and heifers. Give the milking cows the fresh, luxuriant pasture, and follow them after the best is eaten off with the non-lactating animals. In this way the milking cows get the choice feed.

Another important factor in atilizing peak of production in June is to have the cows at the peak of lactation when the grass is abundant. This means spring calving and breeding in midsum mer. Watch carefully during the summer to see that the cows are in calf. Do not take chances

RADIO REPORTER

at 8.30, with breakfast tips at your daily smile. You will like to Nabob.

Two of the country's 'apach' baseball broadcasters will describe the All-Star Baseball Game to

WOR-Mutual isteners on Tuest Juy 8th—Red Barber of New Y

and Brooklyn, and Bob Elson

Starting time of the broadcast the big game which will be plan

p.m. In this part of Ontario die

CKW or WGN for the game,

Columbia's unique treasu

Jim Fleming, master of cerer

presents clues for strange

offers "Gold If You Find It"

isual objects requested by is

Micophones are peculiar thi

handle! One morning the cont

operator thought there was a "

n the mike on Jack Wil

Daybeak Serenade show

CKOC at 6.00 a.m. After a

and thorough check-up, the or

man finally discovered it was Yehudi in the mike at all. Jack

forgotten to shave that

and his stubble beard sen

against a starched collar v

cently that Rudy Vallee wen

TRIVIA: It was

truth of the matter

could take a little of tha

Jordan (Fibber McGee) has

1941 by the U.S. National Father

twenty-six years; has two chill

football star, was set to m

movies; he was drafted by

a month.

4 Matgrass.

6 Portico.

9 Breathing

constellation.

By J. MILLAR WATT

sound.

3 To sanction. 14 Grafted. 59 Dye.

38 Mends.

45 Part of

5 Roof

60 This fruit is 7 To weep.

VERTICAL

rightly called 8 Wild duck.

2 To be furious, 13 God of war.

BREAKFAST FRUIT

HORIZONTAL Answer to Previous Puzzle 16 Its tree is

U. S. Army and will make \$23

ers. This unique program takes

Chicago.

10.30.

WELL-WITCHER Thomas Goddard, a 70-year-old well-witcher, was responsible for a change in the location of the new transmitter building of CBY at Dixie. The new building is a short distance west of the site chosen by the architects and this is how it happened, according to H. M O'Neill, engineer in charge of the

"Engineers are profoundly skep tical, not one of them will admit that he has faith in a well-witcher, but the first man I had out here after the plans were put in my hands, was Mr. Goddard. I gave him a five dollar bill and he took his forked stick in hand and commenced walking around, Pretty soon he said "Here is the stream and here's where you'll strike water at about 80 feet." "We did strike water at 80 feet

and we had an overflowing well at 90, and today our building has a first-rate well in the basement. We are over the identical spot indicated by Goddard. He did it with a forked apple wood twig, but we got what we wanted and I am not going to argue about well-witchers. "It's quite true we moved the building 45 feet west of the spot chosen in the original specifications

o that we could get in on the AROUND THE DIAL For a pick-me-up with your morn-ing cup of coffee, dial in the Nabob, whose cheery voice comes to you from CKOC each week-day morning

on a shy breeding bull ruining a planned breeding program. Get-ting cows in calf at the right time is a vital factor in keeping up milk production. The Pasture Committee.

Central electric station Canada produced 7,673,572,000 kilowatt hours of electrical power in the first three months of 1941 s compared with 7,319,331,000 the corresponding period of

1 Juicy fruit. MERC

23 Sheep's call. DETAS

26 Ever (contr.). 54 Fastidious.

42 To do wrong. 61 To open pea

55 To scorch.

56 Broach.

58 Field.

7 It grows on a — tree.

11 Wine vessel.

hearing.•
16 At any time.

15 Organ of

20 Sells.

22 To chew.

28 To redeem.

33 Long-drawn

37 Cupidity.

40 Giver.

41 Valued

43 Redacts

46 Onager

52 Enamel.

FREE PHOTOS

as possible. I plan to keep her

"She's Staying With Me"

she had it fairly built. She turned

fix anything. He would fix this.

vely castle was tumbling before

rified eyes on Mark. He could

Mark was speaking, "It's simply

is," he said. "We appreciate it. But

As a matter of fact, Valerie isn't

of amiable bombshell.

to think-"

thought," he said.

Valerie shivered deliciously. When he said "we," it meant her.

She decided it was the most won-

"But a man-alone-with a child

Valerie risked a quick upward

glance. He was still smiling pleas-

antly, but somehow underneath she

"But you see, Valerie is my own,"

much as one human being can be

mine in the nicest way in the

makes it practically unanimous!

Congratulations to Valerie

she would say things she'd be sorr,

mnt of Valerie's trust fund himse

finally spoke.
"Of course—" she said—"of

right no matter what happene

Valerie's Shoulder. Shirley gathered

up her furs and gloves and purse and started for the door. Elise

weighed various possibilities from

under half-lowered lids and decid-

ed to follow. There would be plenty

"You'll be staying long, darling?

"We're leaving in the morning,

"Too bad," sympathized Elise.

To Be Continued

menage is waiting-"

he said "I promise you."

derful word she had ever heard.

-who isn't even his own-

just a few days-"

ALL THE LATEST PICTURES

DURHAM CORN STARCH

MARRYING

Violette Kimball Dunn

SYNOPSIS fark's beautiful wife, Ellen, has at died, and for the first time is aware of his adopted daughrays been submerged in Ellen's onality, just as everyone who w Ellen was submerged, but she stands out as a young timorous and fearful of have leave Mark. Ellen's sister ny, has already arranged for alerie to live with her, but Mark friends come in to hear Ellen's

CHAPTER III Ellen's child was her dominat on" said Dorothy, looking obat Mark. She was feeling ntal about Ellen for the time in twenty years. The ten been an enormous surprise. th five thousand each to Elise

and the trust fund for Valerie. a fortune, of course, but more child had any need of. " k's marriage settlement must een far more than anybody med. But that was Ellen's way n childhood. Secrecy.

ey was madness. Not that would have listened even if body had known she was going do it. Elise's alimony must run ands, and Shirley made gh with her best sellers to er like a princess Still, reting to the trust fund, no probrought-up child could use income for years. Lee Dagnall stopped on his way the great hall to shake hands. be getting along," he said to

Drop into my office when e time. There are a few I'll do that." Mark told him. He ripped Lee's hand. He liked the , although there had been no eally close contact between them "Good-bye, lovely ladies. That neans you too, young person," Lee said to Valerie. "I congratulate you n your father.' "Thank you." said Valerie. She

oice. She looked up at Mark, and There was something proprietary in the smile that vaguely troubled

ee, glad of his departing foot If Elise and Shirley would But Elise and Shirley showed n

ne on either side of Mark and his chatting pleasantly. I have the sweetest plan." Elise ding away for a while-just us not so far but what you could n up often-" She put a familian alerie could feel the spot turn

old. She edged toward Mark and she asked Dorothy. ther fingers on his arm. Shirley said Dorothy. "Paul will telephone for reservations tonight. I hoped perhaps I could help with readjust-ments here. But Mark and Valerie mouth twitched a little as she oked from Mark to Valerie. lerie liked Shirley, She liked seem to have made their own plans, and so-" rk lashes, and the lovely transncy of her skin. She made up "I mean, that you're not staying. mind to look as much like Shir was looking forward to seeing y as possible when she grew up. you. But you'll probably be rut ning back and forth—" rothy didn't smile at Elise. "One doesn't run back and forth over two thousand miles," said Dorothy. "And of course my ow

," she said sweetly. "But you see, were anxious to get the child settled and back to school as soon

New Maple Jelly Made From Syrup

It Has Excellent Jelly Characteratics, A Mild Degree o Tartness and an Attractive

Maple Jelly is the newest confecon to come from the laboratorie of the chemists at the State Ex-periment Station, Geneva, N.Y., in the search for new products from maple syrup which might widen the outlet for this commodity, par-ticularly at roadside stands, and thus ald in stabilizing the maple syrup industry. An improved meth-od for making the ever-popular maple cream has also been devised by the station workers.
HOME FREEZER

The improved technique for making maple cream developed in the station laboratories utilizes the home ice-cream freezer, and by providing temperature and contro by evaporation insures a product of superior texture and quality, say the chemists. The syrup is boiled to a temperature of 232 degrees, and churned in an ice cream freezou see, we made our own first. er which is surrounded with water at 60 degrees. Creaming begins in about 20 to 30 minutes and is com-

going anywhere. She's staying here at home with me." It fell like a sort pleted in 40 to 50 minutes.

A maple jelly comprised of 50 parts maple sugar, 400 parts cane "With you?" cried Dorothy, Of ourse he couldn't mean it. But sugar, 10 parts corn syrup, 1 part pectin and 0.4 part phospl looking at him closely, she knew pectin and 0.4 part phosphoric acid is said to have excellent jelly characteristics, a mild degree of tartness and an attractive color. The was incredible. The plans she had lain awake perfecting the night before were not to be swept away jelly can also be made from maple like this by a pleasant young man whose gray eyes rested on her with mount of the acid, but the color is a look she couldn't understand. "But of course you haven't stopped making maple jelly is still rather complicated, but the station work-Mark was smiling at her pleasers hope to simplify the procedure antly, his hand in Valerie's, "Oh, yes, we've really given it a lot o

Fall To Feature A Tapering Line

Narrow Hip Styles Will Ac centuate Wide Shoulder Effect in Autumn 1941 Women's Outfits

Previews of styles for fall and mination on the part of designers to transform women into big chested creatures with narrow tapering hips.

world. By the iron arm f the law! Maybe it's as well they let us in For some reason or other, she eems quite happy about it. Which on their plans so early, before we've discovered that we can't wear last summer's bathing suit. Valerie found herself wondering It'll give us time to do something what her aunt would say to that? -either to whittle down hips, or She was almost sorry when Paul to work up a loud protest. laid his hand on his wife's arm. He

WIDENED AT THE TOP The big-chested, wide-at-the-top knew if she grew angry enough, effect will be achieved in several for tomorrow. And summing Mark were often shown and seldom purchased in the early spring will be with us in abundance next fall Some designers use for the same had in mind. He had not been averse to a hand in the managepurpose deep-cut armholes, fullness attached to drop-shouldered yokes, and on coats, great big-shawl col-But after all, the money had come originally from Mark, who was a handy fellow to keep in with. "I'd like to be the first to con-

lars, vintage 1918.

Then after they've widened you at the top, they mean to narrow the rest of you. This is fairly easy graulate Valerie," he said. Valerie with evening skirts, which taper counted up to ten before Dorothy down to the ankle and allow for a split to the knee. But with day dresses, designers resort to pepcourse nothing is really final in this funny world, is it? I suppose
I was thinking of my dear sister—" lums, tunics, tiers and draperiesall devices to provide hip-room.

Mark's hand tightened on Valerie's shoulder. It seemed to be SOME EXCEPTIONS telling her everything was all There'll be two exceptions to the tapering rule-formal evening wear "We won't forget Ellen, either, and college girl clothes. He stood there with his hand on

Wide-Above-Waist Silhouette Is Here

The popular acceptance of the

wide - above - the - waist silhouette which has been seen in New York in high fashion clothes groups for several months past now has arrived to a wider acceptance i popular priced clothes. It is ineresting as one of the first major changes in sihouette since America took over her own designing The trends are obvious, to the casual shopper, who has seen the square shoulder line yield gradu-ally to the sloping shoulder and the wide hemline gradually become slimmer during the past year. Shoulder interest is achieved by devices other than shoulder pads Trims high on pockets, yoke effects, frilly jabots, costume jewelry and other wiles of fashion took the eyes from the shoulder while the pads were being lessened and gradually slipped out from the shoulder line.

He Took His Little Sister For a Ride

Eight-year-old Bobby Ocheltree of Manson, Wash., took his young sister Joan for a ride in an old automobile. The motor began to boil after the child had driven two miles. Bobby, unable to see through the steam, drove off the into a tree. Joan's face

TABLE TALKS By SADIE B. CHAMBERS

A Salad Chat

Salads always grace any menu firstly from the aspect of an ap-petizer and secondly, what better lends itself for the hostess to

thrilling — for greens — nothing but greens simply and cleverly dressed can have a very fine ap-

Always have your lettuce, cress celery and radishes as crisp as your best starched pinafore and as cold as the refrigerator can make them. With this basic advice you should be able to give every salad a character and every time you make them they can be

The Seasoning
The real art of salad making comes in the seasoning. Always test carefully, when assembling your salad—and touch up your flavors according to your own in-dividual tastes — Remember a salad dressing and seasonings either ruins your salad or gives it the flavor, which places you in the honor roll of salad makers -Do not make your salad dressing haphazardly. Choose a salad dressing, which from testing satisfies you as the best you ever tasted. Then onion has an incomparable place as flavoring and its twin sisters the leek and as for garlic, when a salad master rubs the salad bowl with a cut

garlic clove — it adds a touch nothing else can do. Salads are no longer regarded as "extras"—but take the place of honor in many a luncheon, supper or refreshment plan. If cations for such a role they must include tissue-building material. Meat, fish, poultry, cheese, eggs and nuts are of this variety, but fruit and vegetables require omething to "build them up."

These Add Flavor Cheese can be used as balls or cylinders—the softer type of

CASUAL STYLE WITH **GAY YOKING**

PATTERN 4775

By Anne Adams

This Anne Adams style, Pat-

tern 4775, is just what you need

whether you spend the season at home or vacationing—it's so cas-ual, smart and young. The

ual, smart and young. The bodice is soft and bloused below

spirited scalloped yokes. You may cut the neckline high and round or in a cool square. Notice the gay duet arrangement of buttons

down the bodice opening. Panels make both the front and back

skirt slim and line-perfect. A

style you really must have-order

Pattern 4775 is available in

misses' and women's sizes 14, 16, 18, 20, 32, 34, 36, 38, 40 and 42.

Size 16 takes 31/2 yards 35 inch

Send twenty cents (20c) in coins (stamps cannot be accept-ed) for this Anne Adams pattern,

Write plainly size, name, address

Send your order to Anne Ad-

ams, Room 425, 73 West Adelaide

and style number.

St., Toronto.

Miss Chambers welcomes personal letters from interested readers. She is plensed to receive suggestions on topics for her column, and is even ready to listen to your "pet peeves." Requests for recipes or special menus are in order. Address your letters to "Miss Sadie B. Chambers, 73 West Adelaide Street, Toronto." Send stamped, self-addressed Should Learn

Baseball Terms Games if They Know What's

You will be a lot better company at the baseball game if you can talk baseball with your escort, especially if he is a real basebal fan, says "Common Courtesy" wri

That means calling a shortstop a shortstop and a single a single grade. You can pick up a working knowledge of baseball terms listening to fans around you, or by

READ THE SPORTS PAGES If you must be an attention getter, try to find some way othe than by injecting alien subjects into the baseball talk, by jumping up from your seat at the slightes excuse, by waving furiously at a by wearing your lovely, mile-wide picture hat.

The woman who draws favorabl attention at baseball games follows the plays, yells at the right time. dresses sensibly and makes her es cort and his neighbors feel that h A new York designer shows the floor length dress for afternoon

Economy Tips

enjoyable companion.

Don't forget that the modest little blouse is a godsend to the hard up in summer. Make it yourself. Don't despise humble muslin and lawn—they will repay delicate stitchery. Faggoting always looks lovely; so does hemstitching. Emthe skirt. If you have a short coat and

skirt you are sick of, line the coat with a gay color, and make a blouse to match. It'll be a new suit

"Tops" are fashionable. Be bold; cut the worn top completely of an old trock, use it as a pattern for a new one in a gay print. Add a belt to match and you'll like yourself.

Treat your bag to a fresh lining Make "loose covers" to match your frocks. They are tricky to make because they have got to be a really good fit, but they are worth it.



course should be used. Cheese makes an ideal stuffing for fruits such as prunes, dates, figs, apricots or peaches. Cottage cheese may be added to your jellied salads, then cottage cheese may be a cheese may be a concern white cheese may be

or cream white cheese may be wrapped up in rolls, sprinkled with chopped radishes. Green

pepper adds a splendid decoration—and is unexcelled in flavor.

For building - material vege-tables use corn, lima beans and

peas—Of course you all know the value of the hard-cooked egg—

devilled eggs with vegetable salad

slices, sections or diced and served

is an admirable dish when cut in

Meat or Fish Patties—Shape as balls or cylinders, roll in chop-ped cress or nutmeats if desired and serve with vegetable salad.

Nutmeats may be used as salad

ingredients or garnishes. Cooked vegetables and certain of the raw

ones give more tasty ones if "marinated" — also your flaked fish and diced meat ones. To

"marinate" means to allow to

stand any time from one-half hour

until over night sprinkled gener

ously with salad oil and seasoned

vinegar or French dressing —
Fold in thick dressing before

serving.

Nothing is easier than the raw

vegetable salads — lettuce, toma-toes, cucumbers, cabbage, raw

carrot, young leaves of spinach— lettuce, cabbage and spinach shredded and the carrot grated.

Either cooked or raw vegetable

vegetable jelly in a ring moul

meat or fish salad.

can be set in a tart jelly-try

turned out and centre filled with

(Next week "Salad Dressings")

with or in the salad.

Try Sun Baths For The Baby

Rays Paint the Cheeks and Make Bodies Husky

reddens the cheeks and lips, hardens young bones and makes for radiant well-being like fresh air and sunshine. This was the advice given by Miss Marjorie K. Milligan in a recent talk on Sun Baths or baby given under the auspices of Montreal.

Miss Milligan said that sunshine was necessary for the normal growth of all children, particularly for the prevention of rickets, a disease of the bones. If the dow, the window must, however, e open, for the sun rays which paint the cheeks and make bodies husky do not penetrate ordinary window glass. BEST TIME OF DAY

The best time for sunbaths is cept on very hot days when the sun baths should be given before 10 or after 3 p.m. The object is slight reddening of the skin each day will lead to tanning. A heavy tan is not in itself of greet value; in fact, if it is too heavy it retards the absorption of the rays. Children of fair complexion

burn more readily than those of darker skin and should be more carefully exposed to the sun. If baby burns easily give him his sun bath in the shade of the house, as anything stronger than skylin may be too much for him at first. Always place baby with his feet pointing away from the sun, and see that he is protected from the

SHOULD BE GRADUAL

Starting with an exposure of four minutes, two minutes front and two back, Miss Milligan said the time should be lengthened each day until the child is en posed 30 minutes back and 30 arms should be bared to the sun, then after two or three days the legs, later the chest and back. It should take 3 weeks before the whole body is given a sun

Fashion Flashes

Tri-color theme still holds Probably no single feature of style has transformed the char-

> The broken heart pin is a novelty in costume jewelry. sings to and fro on a little chain, and is studded with multicol

> > Three-piece suits are being shown consisting of jacket, skirt

Sky blue is used for casual, boxy summer coats.

WAR SAVINGS STAMPS

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CAN BE QUITE WE'RE NOT LETTING THE THERE'S ONE THING YOU SURE OF "LUXURIOUS RUSTICITY" GRASS GROW UNDER OUR Vrite for booklet--rates: THE ALPINE INN,