

Cynthia Grey's Answers
Helps for Every Woman
Follow the Bill-o'-Fare

A PAGE FOR WOMEN

Daily Hints on Styles
Women at Work and Play
Stories for Children

"Camp-Meals" Should Be Really "Camp-Meals;" Here's How to Make Some Truly "Outdoors-Dishes"

BY MRS. EMILY RIESENBERG.

While camping, each day the principal meal should contain one good substantial dish, as outdoor life whets the appetite. If you rely on gun and rod to supply the main sustenance, fish or fowl will be your stand-by, but if you purchase meat at small markets you will probably have little choice or very poor cuts, so any deficiency must be made up by the cook using some tasty condiments.



MAKING A COLLAPSIBLE MEAT SCREEN.
If you need something to protect your meat or game from flies try this simply contrivance, which can be made at home and carried for emergency. Take a piece of thin cheesecloth or netting, thirty by twenty inches, sew into a long bag open on both ends and insert a wire or wooden hoop near each opening to form a cage, tie a strong cord to the meat with a long loop on one end. Now slip this into the bag, tie both ends firmly with a string, letting the loop project from top. Hang to a branch or suspend from a pole, dry, but does not decay. In moist atmosphere it can be used only for a short time to keep out flies and insects.

FRIED FISH.
METHOD—Scale fish, cut open and remove entrails, cut off heads; then cut into pieces or leave whole. Large fish can be carefully split down the back and bones removed. After washing, it is best to salt the fish and let stand an hour to harden, then dip in flour, sprinkle with pepper and fry in lard, butter or bacon fat.

BROILING FISH.
METHOD—Prepare as directed for frying, split to spread out flat and broil on wire rack until well done. Season with salt and pepper and pour a little melted butter over.

BAKED WHITE FISH.
METHOD—Prepare as for frying, split fish whole, salt well inside and out, then fill with following filling:
INGREDIENTS—One-half loaf stale bread, one tablespoon minced onion, two tablespoons butter or bacon fat, one-half teaspoon salt and pepper and water as needed.

METHOD—Cut bread into pieces, pour on some water and, when soft, press the bread dry and pick apart; stir in other ingredients and fill cavity of fish. Lay strips of bacon over fish and place in baking pan. Bake in rather hot oven until tender.

COOKING SMALL BIRDS OR YOUNG CHICKENS.

Method of Preparing Chickens for Cooking—Pick, draw and cut off heads and feet; wash well, removing any loose membrane on inside, turn into halves down back and through breast, or divide as desired; place in a kettle and pour on enough boiling water to keep from burning; cover and let simmer from ten to twenty minutes. This heats and plumps out the birds and there is less waste in the final cooking.

METHOD FOR FRYING—Heat enough lard, butter or bacon fat to cover the bottom of pan, season birds with salt and pepper, then fry nicely on all sides. If not tender after being little browned add a little boiling water.



MRS. EMILY RIESENBERG.

SUMMER CAMP STEW.

INGREDIENTS.—Two pounds meat, four carrots, two large onions, two cups shelled peas, three tablespoons flour, salt and pepper to taste, water as needed and two tablespoons meat drippings or butter.

METHOD.—Select lamb, beef or veal and have it cut into suitable pieces for serving, removing superfluous fat or gristle. Heat fat in kettle and drop meat in, let sear on lower side, then turn and cover to simmer until all meat juice that cooks out has again been taken up by the meat; then add four cups water and cook at least one hour; scrape and cut carrots into quarters, if no fresh peas are at hand take one can of peas and drain off the liquid; peel and cut onions into slices; then add all of these to the meat, cover and cook until everything is tender; then dissolve the flour in water, season the stew to taste; if you have catsup or Worcester sauce add a spoonful. Now stir in the dissolved flour and cook until gravy is thickened. During the process of cooking keep kettle well covered and do not cook too fast or water will evaporate. At the last, if needed, a little more water can be added. Boiled potatoes, spaghetti or broad egg noodles can be cooked and served with this stew.

sticky flypaper tacked on the underside of the shelves is another method.
2. One cup of brown sugar, one-half cup butter, one-half cup sweet milk, two eggs, one small teaspoon soda, one heaping teaspoon baking powder, one teaspoon vanilla, two cups of flour.
Part two—One cup brown sugar, one cup grated chocolate, one-half cup sweet milk; heat until melted, and stir into first part; bake in layers.

Filling—Two cups brown sugar, one-half cup cream, one-half cup butter; boil for ten minutes, when it becomes thick, remove from fire; stir to a cream; spread filling on top and between layers.

9. They are both well above the average. I compliment you on them.

She Sends Sample.
Dear Miss Grey: This is the first time I have written to you, but as you helped so many others I know you can help me.

I got a stain on a light gray dress. I don't know what it is, but it is a stain and it is a stain and it is a stain. I don't know what it is, but it is a stain and it is a stain and it is a stain.

I made some red currant wine a year ago and kept it bottled tight for six months, but it turned sour. I made it with the same recipe and it was perfect. Maybe you could tell me something to put in it.

Hoping to see this in print soon.

MOON WINKS.
A—1. It is no trouble at all, friend. I sincerely hope my suggestions may be of help to you. Make a paste of French chalk or magnesite and benzine or alcohol, and spread it on the stain. Let paste remain for an hour or two, then brush off, and with the tip of the finger rub the place where the ring was the most noticeable. This treatment usually merges the stained part into the rest of the fabric in a manner as to scarcely show.

2. An old remedy for sweetening powdered charcoal into the stain. You will have to empty it out of the bottles to do this. Shake well, and after it has remained still for 48 hours bottle again in fresh bottles. Personally, I do not know if this is reliable, but a trial could not hurt, anyway.

FOR WOMEN BOOKS.
The most beautiful books are bound with leather. If in constant use the calf or morocco soon becomes worn. To remedy this condition use equal quantities of white of egg and water beaten together. Apply with a soft brush or piece of flannel. When thoroughly dry, polish with a fresh piece of flannel.

WOMEN'S INSTITUTES

The Coldstream Women's Institute extend a cordial invitation to all ladies to attend their meeting on Tuesday, Aug. 12, 1913, at 2 p.m. sharp in the town hall, Coldstream. Sentiments are to be humorous. Question drawer open to all ladies.

Daily Healthogram
This is swimming and outdoor bathing time. Be sure to wet the top of the head before going into cold water. If you don't the cold water, striking the feet and legs first, is likely to drive the blood to the head and cause illness. Don't stay in the water too long. Don't eat a heavy meal just before going into the water.

KATHERINE LESLIE'S HOME CHAT



The Men Folk and Women's Dress

Somewhat too much of this talk of the general immodesty of women in dress on the part of our lords. Nothing is more fair game for ridicule, for caricature, or even for condemnation than a fashion, for fashions never fail to lay themselves open to caricature and ridicule in some way or other. But because a handful of women in a big city, or a girl of two in a smaller town goes to some extreme length in carrying out a fashion, is the whole world of women to be called immodest—indeed even immoral in dress? Suppose some silly misguided typewriter girl goes to her work scantily clad in a day of 93 degrees and is requested by the office in person to return and put more clothing on, is that a reason for speaking as though the whole fine working class of girls did likewise? And if there are some women, or even a hundred women, in a city whose population touches upon the half million, who wear their skirts slashed up to the knee—personally I've never seen a slash longer than a couple of inches—does that mean that the whole world should stand in the highways and shout that all women are mad, immodest, and immoral? For these are the beautiful adjectives that our gallant lords are hurling at us in these days, adjectives that any nice feeling man would hesitate to apply to even the most misguided of women. And what about it if women's dresses do reveal the ankle and leg a bit? Are these not well clad and what is there indecent in the sight of a decently-clad leg and well-shaped foot? A few of the shocked and prudish men folk, who are startled at the sight of women's ankles and feet very assuredly give a meaning to the word modest that the word does not possess. One thinks of George Meredith and his saying that "men have not doubled Cape Turke yet." For the essence of all this talk on the part of men of women's immodesty in dress is found in that true saying. One thing is sure, and that is that the men whom women call "nice men" never dream of troubling themselves over much with women's gear. They trust their womenkind to do what is proper and modest in the matter of dress, and when other women fall short of their standard they do not make such feminine follies the subject of any serious consideration.

The Poets' Corner

TWO LOVERS.

Two lovers by a moss-grown spring;
They leaned soft cheeks together
And gazed at the daisy and sunny hair,
And heard the wooing thrush sing,
O budding time!
O love's blishest prime!

Two wedded from the portal steep;
The bells made happy carolings,
The air was soft as fanning wings,
White petals on the pathway slept.
O pure-eyed bride!
O tender pride!

Two faces o'er a cradle bent;
Two hands above the head were
locked;
These pressed each other while they
rocked.

Those watched a life that love had sent,
O solemn hour!
O hidden power!

Two parents by the evening fire;
The red light fell about their knees,
On heads that rose by slow degrees
Like buds upon the hilly spire.
O patient life!
O tender strife!

The two still sat together there,
The red light shone about their knees;
But all the heads by slow degrees
Had gone and left that lonely pair.
O voyage fast!
O vanished past!

The red light shone upon the floor
And made the space between them
wide;
They drew their chairs up side by side,
Their pale cheeks joined, and said,
"Once more!"
O memories!
O past that is!

—George Elliot.

TIT-BITS

Lady Aberdeen held a brilliant reception in Dublin last Saturday night for the members of the American commission on agriculture, which is now touring Ireland.

Poll-men of Sharon, Pa., have been indicted to make arrests when dancers attend the turkey trot, jellyfish wobble, bunny hug, bruin drag, chicken glide or the tango.

Love has no such sacredness, is incapable of such exaltation with man as it has with woman. To him it is an appanage of egotism; it is flattered vanity; it is selfishness glossed with sentiment. He loves to be loved. She loves to love. —Junius Henri Browne.

Mrs. Dorothy Josephine Rossbach.

The Top and the Ball

AS TOLD BY AUNT GERTIE.

CHAPTER II.

The little master hunted and hunted in the grass and in the boughs of trees which were long enough for him to reach. But nowhere could he find his beloved ball!

"Oh, I know where she went," thought the Twirling Top, sadly. "She went up into the tree and is now celebrating her wedding with the Swallow. She has left me. She is gone forever. I shall always be alone now. What is the use of my beautiful, bright coat if there is no one to admire it?"

One day, while the Top was bemoaning his fate and spinning away for the amusement of his little master, he forgot what he was doing, or where he was going, and fell into the gutter.

"Dear me, I am all dirt!" he cried in dismay. But the little master found him, brought him home, had him cleaned and then ordered him to be gilded all over.

Just think, a Twirling Top all gilded! With his new splendor the Top was greatly delighted; so much so that he was very anxious to spin every day for his little master.

Days and days he twirled and spun and buzzed and made fun for the boy. At last, when he was least expecting it, he took a double-header one day and landed right in the rubbish can.

"Oh, oh, my beautiful gold coat," he wailed. "Alas, here I lie right beside cucumber peelings and potato eyes and cabbage stalks, and all sorts of discarded, dirty things from the kitchen table. How can I bear it?"

As he talked to himself in this sad way, he suddenly spied a ball over on the other side of the can.

"Why, if there isn't an old, worn-out, tired-out ball yonder!" he cried. "At the same moment the ball spied him and said to herself: 'Why here it is! It is my equal! A top! How glad I am. Now I shall not be so lonely any more. She rolled across the rubbish can over near where the Twirling Top lay on his side.'

Then she said: 'I am made of real morocco, sewed together by a young lady's hands. I have worn in my body. But no one will ever notice me any more. I was just going to marry a swallow, who lives nearby, and then—woe to me—I fell into a gutter!'

"I lay there for five long years. I am now soaked through with dirty ditch water. I don't believe I shall ever be fit to look at again."

Twirling Top listened, gazed, thought hard and what do you suppose he thought.

(To Be Continued.)

CLEARING OF 67 SUMMER DRESSES



SEE WINDOW

Women will hurry to Kingsmill's Monday for these Dresses. Every Dress now in stock is on sale at greatly reduced prices. This season's prettiest styles, in Gingham, Chambray, Voile, Embroidery and Fancy Wash Goods. You will want two or three of these charming frocks when you see them, especially when you see the greatly reduced prices.

\$20 Dresses Now \$13.00

\$12 Dresses Now \$7.00

\$8 Dresses Now \$5.00

\$5 Dresses Now \$3.49

\$3 Dresses Now \$1.98

Eat Less Meat In Hot Weather

BY A PHYSICIAN.

The hot weather is here. Are you changing your diet to suit the occasion or are you still eating as heavy food and as much food as you did when it was necessary to generate heat to offset the cold?

Are you considering the wisdom of cutting the meat diet in half, perhaps, and placing lighter foods in its place? If you haven't, consider the matter. It would be wise to think of it now!

The liver usually swells a little in the summer. The liver of a heavy eater is likely to swell appreciably. Most people know the discomfort of this condition. But perhaps most people do not know, or take the trouble to act upon, the fact that a heavy diet usually causes this.

Now's a good time to begin to change the diet. It need not be done all at once. Make it moderately. Substitute fruits and vegetables and salads for the big meat course.

If you've never tried this plan in the hot weather it will pay you to give it a trial.

Gifts for the Child's Birthday

Little lockets of gold on fine neck chains are prime favorites with young girls. Small hearts, circles, ovals and squares are all popular, but those of an elongated oval shape are the newest, and, of course, it is important to have the very latest styles, even for the children.

Hand-engraved bracelets are also in high esteem and strings of gold beads are always liked. Then there are matchless sets of locket and bracelet or of bracelet and three little brooches, miniature of the grown-up's house.

Gifts of watches please both boys and girls. The latest decoration for a watch case is an enameled monogram. Any desired color may be used and the initials are arranged according to fancy. This kind of watch would especially please a girl. In pink or pale blue these watches are extremely pretty.

Gifts for girls who are somewhat older may contain gems, but with the exception of pearls precious stones are not considered becoming to girls still in their teens. Semi-precious stones are more suitable in jewelry for schoolgirls and even college students except at their graduation.

Necklaces and pendants, finger rings and ear-rings and brooches are to be seen in an endless succession of pretty designs. Some are set with gems, preferably birthstones. Many are of hand-wrought gold with attractive patterns without the addition of either gems or precious stones.

SHE GAUGES THE FRUIT.
A housewife who has made careful records of the amount of fruit she has used for preserving or jelly-making, keeping at the same time a record of the amount after the canning cooking process, says that five boxes of currants will yield nine glasses of jelly.

Seven pounds of peaches will make 15 glasses of marmalade.
Four quarts of quinces will make 10 glasses of jelly.
Four quarts of crab apples will make 10 glasses of jelly.

Six pounds of peaches will make eight pint jars of preserved peaches.
Four pounds of plums will make five pint jars of preserves.

We can never replace a friend. When a man is fortunate enough to have several, he finds they are all different. No man has a double in friendship.—Schiller.

Vacation Days For Royal Kiddies

Because of the warm weather Queen Helena of Italy and the four royal children hastened their departure from Rome for San Rossore on the seacoast near Pisa, where they will spend a month before going to their alpine summer residence of Sant'Anna di Valderi.

At San Rossore the royal children lead the real simple life, and they are practically in the open air from morning till night. The Queen had a small village built for them near the sea. It consists of four wooden houses in the fifteenth century style of architecture, with a well and a stable.

The four houses have been assigned to a child each and the stable is used for their pets. Princess Yolanda has a cow, Mafalda a goat and Giovanna a pair of doves, while the Crown Prince has a donkey.

The houses, which consist of a dining-room, a bedroom and a kitchen, as well as their plain furniture, have been designed by the Queen. Attached to each house is a garden, which the children must cultivate.

The Queen wants her children to learn how to keep house, cook, wash and attend to ordinary household duties and to grow as democratic as possible, and this explains the novel system provided for their summer vacation.

Household Hints

One of the best ways to keep the eyes clear and healthy is to give them a bath night and morning in a salt solution, using a level teaspoonful of salt to a pint of boiled water. Let the salt settle and use the solution with an eye-cup.

If a book gets grease spots on its leaves, they can be removed by dipping the book in turpentine and moistening the spot. When the latter is dry, moisten it with spirits of wine and the turpentine will disappear.

If the sink pipe to the drain gets clogged and boiling water with washing soda has no effect, try syringing the hole in the sink with a good garden syringe. The force of the water will clean the pipe.

One way of lessening housekeeping cares in summer is to do away with window curtains and use only shades. It saves both washing and trouble when sudden storms come and curtains are apt to be soaked.

Delightful scent bags or pillows may be made with any dry, fragrant leaves or flowers—geranium leaves, rose petals, heliotrope, lemon verbena. Tie in bags of gauze or make pillows of gauze.

Treacherous Memory.

The palm of absent-mindedness is probably taken by a learned German. One day the professor noticed his desk placing a large bouquet on his desk. "What does that mean?" he asked. "Why," she exclaimed, "don't you know this is the anniversary of your marriage?"

"Ah, indeed, is it?" said the professor politely. "Kindly let me know when yours comes around, and I will reciprocate the favor."—Exchange.

Parlor Suites

AT GREAT REDUCTIONS AT OUR AUGUST FURNITURE SALE.

H. Wolf & Sons

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Mischievous, Meddlesome Monkey Plays Tag, Hangs by Tail, Eats Nuts



BY AUNT GERTIE.

The most mischievous, meddlesome member of the big Zoo is the monkey. Its strange little voice sounds something like the scream of a very angry child.

It picks things up with its forefeet, much as a child would pick a thing up with its hand.

And, oh, children, it has the quickest, brightest eyes you ever saw! There isn't a thing it doesn't see, and it would be simply impossible to get close to the little animal without it knowing you were there.

Monkeys are most at home in trees where they love to climb up and down. Young monkeys, when at play with each other, like to play tag in the boughs of a tree, jumping from one branch to another as lightly as a rubber ball.

The monkey in the Zoo likes to crack nuts and pick out the inside of them. It always seems to be hungry and is never still for a minute.

The monkey's fur is usually some shade of brown or gray. Quite often the hair on its back is made from the monkey skin for women to wear in the shape of a wig.

The monkey's face is next to man in features and physical structure. Next time you go to the Zoo take particular notice of the monkey's face. See how it is shaped. Notice its hands (forefeet) and watch how well it stands erect.

The tail of the monkey, which is very long, is used, just as a fifth leg would be, to hold on with. Have you ever seen it wrap its tail around the trunk of a tree or a pole in its cage and then drop from the tree, suspended by its tail only?

The monkey family belong the orangutan, the mandrill, the chimpanzee, the baboon and the gorilla.

The gorilla is the biggest of all the tribe and it lives in the forests of West Africa. Some gorillas are as tall as a man. They have long arms, and the hands are like a human being's hands.

They are very, very strong creatures and a grown one is almost impossible to catch alive.

PROBLEMS OF THE FAIR SEX SOLVED BY CYNTHIA GREY
[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letters can be answered privately.]

Going To Give a Play.
Dear Miss Grey—1. Please name and give address of a few suitable plays for a small club of young persons?
2. Does my writing show character, if so, what is it?
3. I am a very busy mother. I think that if you fly to the public library and ask the obliging librarians for some books along this line, you will find a nice variety there.
4. Your writing is attractive, and probably shows character, but "Aye, diluted in water. If possible find the character by writing in this column, I place carboles in that, too. Sheets of