

THE FASHIONS

One of the daintiest of the cotton frocks is a pale green organdy. Another, is a soft gray voile, with a Russian blouse of grey Georgette belted and trimmed with silver. The various shades of green and gray are favored in these cotton dresses, as well as the other pastel shades, soft tones of blue, pink, lavender, and purple. An especially pretty striped voile frock in lavender and white, is made with white Georgette, vest and sleeves, and a white leather belt. Tiny pockets and fine tucks make the skirt interesting. Yoked effects are good also, and another frock in stripes, is fashioned of an awning-striped sheer linen, with deep yoke, sleeves, and sash of plain white. While both of these frocks are unusually simple, they are perfectly appropriate.

Unusual Freedom Shown in Dress

While a few years ago, we should perhaps have frowned upon these simple cottons and the great vogue of bright colors now favored in the sports clothes, at the present moment we find them perfectly appropriate and becoming, not at all a breach of taste. First of all, comfort and simplicity go hand in hand, and along



Purple and White Striped Voile

with our other emancipated ideas, we have come to the point where we dare to assert ourselves in the matter of dress instead of following blindly as we have done for ages. The brightly colored sports clothes, which are daily becoming more popular, are very becoming and youthful; there is life and spirit in the bright greens, oranges, blues and purples, which are used in the skirts, coats and hats—composing nine out of ten of the costumes. The sports clothes idea promises to be one of the strongest notes of early fall, and in all probability sports clothes as we know them at the moment, will have a permanent place in woman's wardrobe.

Wide, Drooping Brims on Mid-Summer Hats

The wide, soft-brimmed, Bankok, Wen-chow, Panama, Leghorn, hair or hemp hats with just a suggestion of trimming, are the favored hats of the moment. These may be worn with sports clothes, and quite as effectively with linen, cretonne, and the various



A Smart Yoked Frock

striped canvas weaves are liked for sports wear, combined with harmonizing coats and skirts.

These patterns may be obtained from your local McCall Dealer or from the McCall Co., 70 Bond St. Toronto, Ont.

GAME AS A NATIONAL ASSET.

Preserves Are Necessary to Protect What Remains.

Judging from the rate at which the wild creatures of North America are now being destroyed, fifty years hence there will be no large game left in the United States nor in Canada, outside of rigidly protected game preserves. It is therefore the duty of every good citizen to promote the protection of forests and wild life and the creation of game preserves, while a supply of game remains. Every man who finds pleasure in hunting or fishing should be willing to spend both time and money in active work for the protection of forests, fish and game.

In the settled and civilized regions of North America, there is no real necessity for the consumption of wild game as human food; nor is there any good excuse for the sale of game for food purposes. The operations of market hunters should be prohibited everywhere, under severe penalties. The highest purpose which the killing of wild game and game fishes can hereafter be made to serve is in furnishing objects to overworked men for tramping and camping trips in the wilds, and the value of wild game as human food should no longer be regarded as an important factor in its pursuit.—Code of Ethics, Michigan Wild Life League.

THE SUNDAY LESSON

INTERNATIONAL LESSON

AUGUST 27.

Lesson IX.—Journeying to Jerusalem

—Acts 20, 16-38. Golden

Text—Acts 29, 32.

Verse 16. The decision to take a ship that would not touch at Ephesus illustrates the immense importance Paul attached to his offering the gifts of the Gentile Christians at the time when there would be a large concourse of Jewish Christians in the Holy City. Still keeping up the practice of coming to worship at one of the great feasts, if no more, they naturally chose Pentecost, the church's birthday.

17. Miletus—Some thirty miles south of Ephesus, and in early history much more important. The elders or presbyters (margin), who in verse 28 are called bishops. In the first century the names were interchangeable, denoting the same work from different point of view; indeed, they are hardly technical titles at all yet. Those who "watched on behalf of souls" were called variously superintendents (bishops), seniors (presbyters), servants (deacons), or leaders. A stereotyped constitution, with a monarchical "bishop" set above his "fellow elders" (compare 1 Peter 5, 1), is a development of the second century. Providence ordained that the authoritative books should have no fixed form of church government, so that ages might be free to determine his purely administrative matter in their own way.

19. Lowliness—Till Christ made this a virtue, the word suggested only "meanness, grovelling." Tears—Of joy and sorrow and anxiety, the natural self-expression of an Easterner's emotions. We are by temperament

less demonstrative. 21. Testifying—This recurrent word describes an appeal based upon the deepest personal conviction. It must be carefully distinguished from the similar word bead witness of what one has seen or heard. Repentance—"Change of mind," which brings to God one formerly at war with him.

22. Bound in the spirit—Compare Matt. 5, 3, etc. The "poor in spirit" may have outward wealth, but lives as if he had none. The "bound in spirit" wears no chains, but acts as if a prisoner already. The spirit is that part of man in which the Holy Spirit has his throne.

24. Course, or race, Paul's favorite figure (compare especially 2 Tim. 4, 7). One of many links between the Epistles and this report of Paul's great Apologia, which they authenticate.

25. Luke obviously knows of no happy reversal of this strong presentiment, and unless Acts was really written immediately after the "two years (compare Acts 28, 30) and prior to a release and new travels (compare 2 Tim. 4, 20), we may be sure there was none.

26. Probably Paul was thinking most of the solemn passage in Ezekiel (33, 1-9) where the "watchman's" responsibility is enforced.

27. The whole—Warnings as well as blessings, irksome duties as well as privileges. "His will is our peace," if we accept it all.

SAVE THE TREES.

More Attention Is Being Paid to Their Protection.

That the shade tree increases the value of property, and adds much to the beauty of surroundings is being more and more appreciated. Municipal corporations are encouraging the planting of trees in greater numbers as well as protecting those they already have. Many estimates have been made as to the actual cash value of a growing shade tree, but all concede that its aesthetic greatly exceeds its monetary value. In the transfer of real estate, a favorably situated shade tree will enhance the value of the property out of all proportion to the intrinsic value of the tree. From a financial standpoint, therefore, the shade trees should be protected.

Several railways are giving careful attention to the trees. Not only are they protecting, by special patrols and otherwise the forests along their lines, but, at no inconsiderable expense, they are protecting them on their rights-of-way. One railway line was diverted from its originally planned route to save two handsome maple trees. Considerable attention and much favorable comment has been bestowed upon this considerate action of the railway corporation.

An Abundance of Obscurity!

With an idea of testing his pupils' knowledge of their mother-tongue a schoolmaster wrote on the blackboard the well-known proverb, "A wink is as good as a nod to a blind horse." Then he told the class to re-write this saying, using their own words, but retaining the original meaning of the proverb. Some of the results were good, and others bad; but the schoolmaster nearly fainted when he read the attempt of one bright little lassie. She had written—"A spasmodic movement of the optic is as adequate as a slight inclination of the cranium to an equine quadruped devoid of its visionary capacities."



Delivering Smashing Blows Against Germans.

The veteran Russian General Kashalinski, who commanded the Russian divisions which recently captured twenty thousand Germans by smashing blows in Galicia.

HEALTH

Infantile Convulsions.

When a baby has convulsions, it generally means one of two things; either it is suffering from toxemia, or poisoning, which is usually the result of errors in the diet, or else there is some serious trouble with the nervous system. If feeding is at the bottom of the trouble, find out the error and correct it, and the attacks will cease. When there is organic trouble present, the case is more serious. The attack may be stopped but it is likely to recur if the underlying cause persists. Such are the convulsions caused by meningitis, or acute inflammation of the brain coverings, and by hydrocephalus, or water pressing on the brain.

It is unnecessary to describe the symptoms, for the most inexperienced person knows when a baby is having a convulsion. In other people a tendency to convulsions indicates an unstable nervous system, and that is probably true of infants who have convulsions in consequence of dietary errors that would leave stronger children unaffected. Children who have convulsions in their first year often suffer from night terrors, tics, and other signs of nervous instability later in life. Sometimes convulsions are the first signs of an epilepsy that is to appear in after years.

The first thing to do when a baby falls into a convulsion is to get it into a warm bath as quickly as possible. That is done to relieve blood tension and equalize the circulation, and to this end it is well to give cold applications to the head at the same time.

Do not hesitate to give the hot bath. Sometimes inexperienced people who dread to make a mistake insist on waiting until the doctor comes. But the hot bath for a baby in convulsions can never be a mistake. The doctor should be called without delay, because in severe cases the bath must be followed by sedative and relieving treatment that he only will know how to employ. There is one important "don't" to remember—don't put anything into the child's mouth—either food, medicine or stimulant—while you are waiting for the doctor.—The Youth's Companion.

VARIETIES OF GRAIN.

Farmers Should Know the Names of Seeds They Sow.

Twenty per cent. of the 400 farmers visited in the Agricultural Survey in Ontario in 1915 did not know the name of any variety of grain sown on their farms. In Dundas County, where 100 farmers were visited, of a total of 86 the variety grown varied only 11 knew the variety grown. Fifty-two per cent. of the 400 farmers visited in the province were growing barley and only 15 per cent. knew the name of the variety.

Only 64 per cent. of all the farmers visited knew the name of the variety of oats they were sowing. Those who do not know the variety used may be sowing grain unsuited for their farms. There is very little excuse for the prevalence of such conditions. Every farmer sowing an unknown grain lives within reach of some farmer who grows a known sort of proved excellence. Farmers wishing to obtain seed for next year should arrange for it early and choose a variety which has been tested and proved to be good. The Central Experimental Farm at Ottawa and the various Agricultural Colleges have carried on such tests for the benefit of farmers, the results of which may be obtained free upon application.—F.C.N., in Conservation.

About the House

Useful Hints and General Information for the Busy Housewife

Selected Recipes.

Pumpkin Preserves.—Make a rich syrup. Peel and slice pumpkin in chips about 1½ inches long and ¼ inch thick. Cook pumpkin in the syrup until clear. When about half done slice in a lemon to each quart of pumpkin and finish cooking. Seal in glasses.

Canned Pears.—Steam pears in a colander till tender. Have ready a syrup to which you have added two or three cloves; add the pears and cook slowly till transparent. The syrup and fruit will have a pink cast and taste much better than those which have not had the cloves added.

Mustard Pickles.—One gallon vinegar, two cups sugar, one cup salt, one cup ground mustard. Wash fresh, new, cucumbers and drain. Then pour the above mixture over them. Use a stone jar that has never had lard in it. They will be ready to use in one week.

Nut and Potato Balls.—To four cups fresh peas, six lamb chops, one teaspoonful salt, one-fourth teaspoonful pepper, juice of one and one-eighth lemons, one teaspoonful corn starch, one teaspoonful onion juice if desired. Brown lamb chops, add peas and seasonings and boiling water to cover. Boil until peas are tender and meat done about thirty minutes. Remove the chops and thicken the gravy with the corn starch moistened in cold water. Add lemon juice, arrange chops on a platter, and pour peas around them.

Lamb Chop with Peas.—Two quarts fresh peas, six lamb chops, one teaspoonful salt, one-fourth teaspoonful pepper, juice of one and one-eighth lemons, one teaspoonful corn starch, one teaspoonful onion juice if desired. Brown lamb chops, add peas and seasonings and boiling water to cover. Boil until peas are tender and meat done about thirty minutes. Remove the chops and thicken the gravy with the corn starch moistened in cold water. Add lemon juice, arrange chops on a platter, and pour peas around them.

Cucumber Catsup.—Twelve large ripe cucumbers. Four medium-sized onions. Peel the cucumbers and remove all seeds. Grate the cucumbers and chop the onions fine. Mix well together. Put in bag and let drain over night. In the morning squeeze out all the remaining water. The juice from the cucumber must be well removed in order to preserve the pulp. Then moisten this pulp with vinegar until about the consistency of horseradish. Add pepper and salt to taste. Seal in air-tight jars. It will keep indefinitely and will retain the fresh cucumber taste till the last. This is a delicious meat relish.

Tomato Jelly Salad.—One can tomatoes, two tablespoons granulated gelatin, one-half cup cold water, two teaspoons salt, one piece bay leaf, three peppercorns, one teaspoon sugar, one slice onion, three cloves, one green pepper, one cucumber pickle. Soak gelatin in cold water until soft. Cook tomatoes, bay leaf, peppercorns, sugar, onion and cloves for twenty minutes. Strain and add salt. Pour hot liquid over softened gelatin and stir until dissolved. Add green pepper and pickle, chopped fine. Pour into wet molds or cups. Serve cold on lettuce leaves or cress with mayonnaise.

Jelled Soup.—Iced bouillon is mighty refreshing on a hot day. To a quart of the beef bouillon add a level teaspoonful of white gelatine, dissolved in a small quantity of the cold broth. Season to taste, using salt, pepper, paprika, a bit of celery salt and onion. Heat over a slow fire, but do not boil. Strain. Cover and leave standing by the ice for five or six hours. It may be served in small bowls with a slice of lemon on the top. Or parsley may be used. It is not necessary to have the soup like jelly, it should be just slightly "jelled." Half strained tomato juice and half bouillon may also be used with very good results.

Stuffed Green Peppers.—Soak firm green peppers for twenty-four hours in brine strong enough to float an egg. Cut off the tops, saving them to serve as covers. Chop enough firm white cabbage to fill the cavities and mix with it one-fourth part of chopped celery, green cucumbers or green tomatoes, sprinkle with salt and let stand for four hours, then drain in a colander. Add one chopped onion, one-half teaspoonful whole mustard seed and three tablespoonfuls olive oil. Then fill the peppers, place covers on top and tie firmly with fine twine. Place peppers in parcellined pan, cover with warm vinegar and let stand overnight. Next day pour off vinegar, reheat and again turn over the peppers. Pack in layers in large stone jar and cover, and in six weeks they will be ready for the table. For a sweet pickle sugar is added to the vinegar when it is scalded.

Things Worth Remembering.—A flannel dipped in turpentine will clean a porcelain tub well.

Too much starch will cause linen to crack in the folds.

Bananas are more digestible baked than in their natural state.

Ether is a very good thing for removing stains from clothing.

When ironing linen, move the iron with the threads, never diagonally. It is never economy to buy cheap eggs or meat. Only the best is good food.

Make more use of cheese by providing savory cheese dishes instead of too many sweet puddings.

If there is a pool near that breeds mosquitoes, stock it with tadpoles; they will destroy the mosquitoes.

If a few drops of vinegar are added to the water in which eggs are poached the whites will not spread.

A rice pudding that is cooked slowly and long will be richer and of better flavor than if cooked quickly.

Restore the flavor of scorched milk by standing it in a pan of cold water to which a pinch of salt has been added.

If there is any corn bread left from breakfast, soak it in milk and make up into griddle cakes the next morning.

Green vegetables can be freshened by cutting off the ends of the stalks and all untidy, decayed bits and putting into cold salt water for three or four hours.

An excellent household remedy for burns is olive oil or vaseline. The great thing is to exclude the air from the burned surface, and this the oil will do.

The feet of young chickens can be easily skinned by pouring boiling water over them; they can then be skinned and boiled, and you will have a delicious broth.

There is no more efficacious way of removing finger marks from woodwork, window panes or porcelain than by wiping them with a cloth moistened with kerosene.

When giving sticky medicines to children, heat the spoon by dipping it for a moment in hot water then pour in the medicine and it will slip easily from the spoon.

Vegetables that can be cooked the day before serving and reheated without loss of flavor are the following: spinach and potatoes that you intend creaming, string beans, tomatoes, asparagus, Cut the fingers and thumb off any old pair of kid gloves and sew the top up according to the size of the toe of the baby's shoe. Pad with wadding and button over the boots or shoes baby is wearing. You will find it a great saving when baby is creeping about for baby's shoes will not wear so fast.

KILLS WHOOP GERM.

Does Garlic, Says British Medical Journal Correspondent.

Persons having whooping cough, and the endless thousands who probably know they deserve it, will be interested in a communication sent in cold blood to the British Medical Journal by T. Mark Howell, of London. Mr. Howell has given to the world a cure for the endless whoop, which is guaranteed to ruin any neighborhood and in all cases to keep strangers away from the sufferer.

The remedy is to take segments of the garlic bulb, the bouquet of which has been less famous than notorious, cut them into thin slices and place the slices between two pairs of socks in the shoe. In less than a half hour the remedy can be detected in the sufferer's breath, and within twenty-four hours the whooping germs have turned their little pink toes to the heavens and died of asphyxia.

In obstinate cases, the patient should wear the aroma for a week or more, depending upon the severity of the case or the result of the neighbors' actions at law. Onions have been used in the same way with success, but while they only confuse the germ the garlic murders the little wretch outright.

If Mr. Howell had suggested rubbing the elbows with dynamite or wearing spaghetti in the ears to cure housemaid's knee he could not have annoyed a greater group of outpatients.

HARVEST THAT NEVER ENDS.

Wheat Cut Throughout the Year in Different Countries.

All through the year wheat is being harvested. In January it is being cut in the great fields of the Argentine and in New Zealand. In February and March it is cut in the East Indies and Egypt. The wheat fields are harvested in April in Cyprus, Asia Minor, Persia and Cuba, and in May in China and Japan. June is the busiest harvest month of the whole year for then Turkey, Greece, Spain and Southern France, as well as most of the Southern States of America, are all cutting wheat. The more northerly States of America, as well as Austria, Germany and parts of Russia, do their wheat harvesting in July. August sees the wheat crop gathered in Great Britain, and September and October for Sweden and Norway. Peru and South Africa are busy harvesting in November and December.

The man who never forgets a favor or forgives an injury isn't out to make a good friend.

THE VALUE OF FRIENDSHIP

Give a Friend Your Utmost Loyalty in Word and Thought and Deed.

"A man that hath friends must show himself friendly."—Proverb, xviii, 24.

A friend is one with whom you can breathe freely, and talk and think as freely as you breathe. There are people like icebergs, chilling us, even benumbing our mental processes. There are others like an enervating wind from the desert; they stifle us. To be compelled to make the journey of life in such companionship is hell on earth and to be such an associate is to be devil the lives of other people.

It is well for us to think not only of the men and women who bore us but of those we bore. And then to recall this ancient word of wisdom, and instead of cultivating people for what we can get out of them cultivate them for the sake of friendship. To join a church or a lodge or a club for the purpose of widening one's circle of friends is a plan often tried, but without much success. Acquaintances are that way, but not friends.

The Door to Friendship.—It is not a one-sided affair. Therefore to speak of "making" friends is not an accurate expression. Friends are not exactly "made," they simply happen. All that can be made is the opportunity for friendship; that is, it is always possible to keep an open mind and a warm heart ready to respond when a possible friend appears.

The man who thinks he can go through life alone may have a Napoleonic will, but he can come only to a Napoleonic end. And loneliness

and exile are not things to which humanity takes kindly, for we need congenial companionship. Whether we are born to the traditional purple or live, like Mrs. Wiggs, in a cabbage patch, we cannot escape the gregarious instinct. It is safe to count on the fact of our being human as a reason to believe that human beings will prove congenial. Whether they prove to be loyal friends or not depends somewhat upon ourselves.

The Heart is Shy; few of us wear it upon the sleeve it peers out through the eyes and looks for signs of sympathy. When these are discerned you can give your heart to a friend, and whenever he comes you will find that, even though it be on the dreariest day, he will bring with him a sunrise sense of exhilaration!

To have a friend is to have a talisman against selfishness, that insidious source of all sin. For if you have a what you can do for him. And the best thing you can do for him is to give him yourself. Give him your utmost loyalty in word and thought and deed. Believe nothing of him that will belittle him, and no matter how presence of seeming disaster he will take courage from your faith and believe that he has a chance, and he will gather himself together and go on. For friendship means reinforcement, and, as Robert Louis Stevenson said, no man is useless while he has a friend.—Rev. Addison Moore, D.D.