

# Dominion Day Picnic Menu

By Anna Coyle

One of the joys of Dominion Day on the farm is the picnic to which the whole family has looked forward all through the busy spring season. The picnic basket may take on all the gala atmosphere of the day whether packed for a big neighborhood gathering or for a family picnic dinner at a nearby lake or town celebration.

A red-white-and-blue color scheme is quite as possible at a picnic as at home. Paper napkins with colors of the day take first place in the color idea. Sandwiches wrapped in oiled paper and tied with narrow red ribbon have the two-fold advantage of keeping fresh and being attractive. Pimento, beets and a dash of paprika all add the red of our flag to the meat or salad dish. Blueberry muffins and individual blueberry pies introduce blue, and cakes decorated with red candies carry the color of the lunch to the dessert. And who would have a First of July picnic without red (or "pink") lemonade!

A permanent picnic hamper may be made from a discarded suit case, using cardboard strips to make compartments to hold the necessary utensils, sandwiches, jars for pickles, preserves and the more juicy foods, and a place for a vacuum bottle which holds piping hot coffee or ice-cold lemonade.

If a real picnic is not possible, why not pack the basket away and have the First of July dinner out under a big shade tree in the yard? Or decorate the dining table in a fashion appropriate to the day and have a special feast?

### PICNIC SANDWICHES.

- 12 slices bread
- Butter to spread
- 1 small head lettuce
- 2 tomatoes
- 6 slices crisp bacon
- Salt and pepper

Cut bread in slices one-fourth inch thick, spread with butter, stack slices with buttered sides together and wrap in oiled paper or a napkin. Separate the lettuce leaves, wash well, place in a fruit jar, sprinkle with cold water, and screw on the lid of the jar. This method of carrying the lettuce will keep it fresh and crisp. When ready to spread lunch, the sandwiches are made up with a lettuce leaf, thin slice of tomato, slice of bacon, and dash of salt and pepper between the slices of buttered bread.

This sandwich adds just that cool crispness so welcome on a hot day.

### MINCED HAM SANDWICHES.

- ½ c. chopped ham
- 1 hard-boiled egg
- 2 tsp. lemon juice
- ¼ tsp. prepared mustard
- 4 tsp. melted butter

Mix chopped ham, egg, lemon juice, mustard and melted butter, and use as a filling between the slices of buttered bread. If more liquid is needed to moisten the mixture, cream may be added. Shredded lettuce is sometimes added to the mixture. Wrap each sandwich in wax paper.

### CANADIAN LEMONADE.

- 3 lemons
- 1 c. grape juice or loganberry juice
- 1-3 cup sugar
- 6 cups water.

Squeeze the juice from lemons, add the sugar and let it dissolve, then add other fruit juice. Pour into thermos bottle and finish filling bottle with cracked ice or cold water. The additional cold water to dilute will be added when ready to serve.

### PATRIOTIC CAKES.

- ¼ c. butter
- ¼ c. sugar
- 4 eggs
- 2 squares chocolate
- 1 c. stale bread crumbs
- 3 tsp. flour

Cream the butter, add sugar and well-beaten eggs. Stir in melted chocolate, grated crumbs and flour. Spread the mixture in a shallow buttered pan and bake in a slow oven. When done, cut with biscuit cutter and ice each cake with white icing. For the First-of-July picnic basket, decorate with tiny red candies.

### BARBECUED LAMB CHOPS.

- 2 tsp. butter
- ¼ c. currant jelly
- 1 tsp. vinegar
- ¼ tsp. French mustard
- Salt and cayenne
- 12 lamb chops

Use an empty tin can or a frying pan in which to melt butter and jelly. Add vinegar, mustard, cayenne and salt. Cut long green twigs and sharpen at one end. Thrust the sharpened end through the chop, smear the sauce over chops and hold over the camp fire to cook. The most satisfactory broiling fire is one which has burned low, leaving a good bed of red coals. As the chop cooks, apply the sauce two or three times with a dauber made by tying a small piece of clean cheesecloth to a stick.

### STEAK GIPSY FASHION.

Have the camp fire low, with a good bed of red coals. Sharpen green willow sticks at each end. The large end is driven into the ground a short distance from the fire and the steak is skewered to the small end. One small steak for each person to be served is desirable. Two twigs are required for each steak and when in place, they extend over the fire and hold the meat in position to broil. Turn the steak when well browned on one side. Serve at once with plenty of butter, salt and pepper to season. A delicate garlic flavor is imparted by rubbing the dish on which the meat is placed with the freshly cut face of a garlic clove. Potatoes baked in the embers are a delightful accompaniment to this steak and the same fire will cook both.

### CAMPFIRE BACON AND POTATOES.

Arrange thin slices of bacon in a frying pan. Cook over a low camp fire with good bed of red coals. When the bacon is done, remove the slices and fry potatoes in the same pan in the bacon grease. Frying the potatoes is much simpler if they have been boiled and sliced at home.



CANADA

## The Sunday School Lesson

JULY 1

**John the Baptist. Matthew 3: 1-17; 11: 2-15; Mark 6: 14-29; Luke 1: 5-80; John 1: 6-37. Golden Text—Blessed be the Lord, the God of Israel; for he hath visited and redeemed his people.—Luke 1: 68.**

**LESSON SETTING**—After the silence of four centuries, the voice of the prophet is heard in the land. John the Baptist is thirty years of age. He has been trained in a godly home and later in the quietness of the wilderness. Now God calls him to his great task.

**I. THE MESSAGE OF JOHN, LUKE 3:3-6.**  
V. 3. *He came.* He responds immediately to the call. He had spent many years of communion in the rocky solitudes skirting the northwestern shores of the Dead Sea. Communion with God always ends in commission, and meditation always ends in a message. *The country about Jordan.* John labors, not in the city, but in the open country about the river Jordan. It was an accessible region, and the other evangelists show the people flocking to his ministry,—priests from Jerusalem, publicans from Jericho, peasants from Galilee, and soldiers on the march. His message is arresting and drawing. *Preaching the baptism of repentance.* With the Jews, baptism was connected with the consecration of priests, the purification of the ceremonially unclean, and the admission of Gentile converts to Judaism. John makes it a rite for all without exception. He demands it for a reason that applies to all,—sin. He administers it under a condition of heart that all must fulfill,—repentance. He makes it symbolize a common blessing that all must seek,—forgiveness. His message is a moral and spiritual preparation for the coming of the kingdom.

**Vs. 4-6. As it is written.** The words of Isaiah are quoted to show that John is a pioneer preparing a way for the coming of the King's chariot. The filling of the valleys, the leveling of the mountains, the straightening of the road, represent the spiritual changes that must take place if the kingdom is to mean anything or bring anything to Israel. *All flesh shall see the Gentile as well as the Jew is to share in the blessing of the kingdom.*  
**II. THE COURAGE OF JOHN, 3:7, 8.**  
Vs. 7, 8. *O generation of vipers.* Matthew tells us that these words were applied in particular to the Pharisees who came seeking baptism without the real motive. Their motives were personal, official and selfish. *Begin not to say . . . We have Abraham.* They thought that the kingdom would come to them as Jews, the children of Abraham, and forgot that they must come to the kingdom as penitents. *God is able of these stones.* Race, descent, blood, count for nothing. Heart, spirit, character are everything.  
**III. THE GREATNESS OF JOHN, 7:24-28.**  
Vs. 24-26. *When the messengers of John were departed.* Herod had cast John into prison because of his bold rebuke. The dampness, darkness and solitude had affected the soul of this child of the desert. In his doubt he sent two of his disciples to ask Christ if he were really the Messiah. Jesus' answer is to tell John the work of mercy he was carrying on. *Began to speak . . . concerning John.* Jesus had no word of rebuke for John. John had at least the courage to carry his doubts about Jesus to Jesus. Himself. *What went ye out . . . to see? A reed.* The people were not to think that John's question betrayed any weakness of character. He was no weakling bending before the will of king, priest or multitude. *A man clothed in soft raiment.* A fawning courtier things,—a striking contrast to John's rough dress, rugged speech and simple life and fearless thinking. *A prophet.* A man who speaks the word of God. To be a prophet of God was high honor. But Jesus asserts of John that he was more than a prophet. He was a prophet of whom the prophets had spoken.  
Vs. 27, 28. *Behold, I send my messenger.* Other prophets had spoken of the coming of the kingdom and the king, but it was John's supreme honor to declare that the kingdom had come and to say, "Behold the Lamb of God." *There is not a greater prophet than John.* Both in character and mission John is supreme. Note the climax in the words of Christ,—not a bonding

reed, but an immovable rock; not a bowing, self-seeking courtier, but a real upstanding man; not a prophet, but more than a prophet,—a forerunner; not a great man among great men, but the greatest above the great. *Least in the kingdom . . . is greater than he;* not greater in character, but greater in being able to grasp, through Christ, a truer idea of the kingdom, and greater because, while John pointed to the king, the least in the kingdom followed the king himself.

### APPLICATION.

Among the many fine things which might be said about John the Baptist, we may quote the following:  
*His Courage.* John came among men not as a reed shaken by the wind, swayed first this way, then that, according to the opinions of men. Long meditation had made his principles fixed, and even if he stood alone, he was courageous and outspoken.

*His Modesty.* John recognized that he was but the forerunner of Jesus. There are three recorded occasions on which he bore testimony to the Messiah. First, when a deputation was sent to him from Jerusalem by the Jewish authorities (see John 1:19-27); second, when he pointed Jesus out to his own disciples as the Messiah (John 1:29-34); third, when he rebuked the attempt of his disciples to stir up rivalry between Jesus and himself (John 3:26-36). There is nothing which shows the true greatness of John more than his attitude towards Jesus. He came to exalt another. He had no thought for his own advancement.

*His Perplexity.* From his prison John sent two of his disciples to Jesus with the question: "Art thou he that should come? or look we for another?" Luke 7:19. Some one has called this "the perplexity of the loyal-hearted." Jesus had not proved to be just the kind of Saviour that John had expected. Where he had expected severity, Jesus had shown gentleness. Where he had looked for scathing denunciation, Jesus had shown mercy. It is pleasing to note that whatever doubts John had, still he looked to Jesus for light. He recognized Christ as a very present help in trouble and turned to him for guidance in a very natural way.

*Christ's Estimate of John.* As soon as John's disciples had departed, Jesus began to praise John. It may have been that some who heard John's question may have been unfavorably impressed, and disposed to think of him as a waverer. Jesus corrects that impression. John had often borne testimony to Jesus, now Jesus gladly bears testimony to the worth of John. Men are often praised to their faces and blamed when their backs are turned. Jesus does the opposite in the case of John. John, he assures them, was no reed shaken by the wind. There was no fickleness about him; nor was there any complaint because of the hardships he was enduring. Jesus makes clear that in God's sight, John had attained to real greatness.

### Canada.

A nation rises in the north,  
Cub of the lion's brood,  
'Neath bitter test we proved our worth,  
And earned our nationhood.  
Our children spread from sea to sea,  
Await the future, fearless, free,  
Of worthy mothers, worthy sires,  
Heirs of a birthright grand,  
Let us guard well the sacred fires  
Of freedom in our land;  
The morn is ours, and with the day  
Our mist and doubts will pass away  
Edmonton, Alta. J. H. Macleod.

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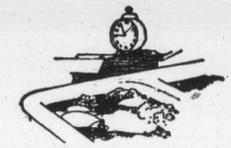
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## The Children-in-Vacation Problem

### Two Roads.

In winter time it's straight and hard,  
The road to Knowledge Land,  
By Study Lane and Schoolbook Place  
With pencil in your hand;  
Your eyes must see, your ears must hear  
The things there are to learn,  
And never to the right or left  
Your little feet must turn.  
When the summer time is here,  
Oh, then  
You'll find the Greenfield Way  
And Woody Path and Sunset Hill  
Will lead you day by day,  
If you will look and listen well  
And read or every hand  
The open books Dame Nature leaves,  
To that same Knowledge Land.

Give the children a little garden plot, with seeds to plant in it, then when you are working in your own garden you can, without the loss of extra time, show them how to plant and care for their own plots. Encourage them to learn the names and habits of trees and flowers and native shrubs, and interest them in birds and bird life.

If it is at all possible, give your children some pets. There may be some little orphaned lambs or pigs that father does not have time to care for. Give them to the children. With just a little help from mother to get them started right, the children can care for them and be glad of something definite to do. Pigs and lambs are not, as a rule, hard to raise on a bottle, and the children find it interesting. Chickens are also nice for the children to own and care for, Guinea pigs are inexpensive and make nice pets; so do rabbits.

Mothers often complain that after a few weeks a child becomes tired of a pet and the mother must then care for it. The training of the child has a great deal to do with whether or not it continues to care for its property. If a child has been allowed to start things and then drop them before the jobs are finished, of course it will probably want to keep doing things that way, but if the child fully understands that the pet is really his, he will not let it suffer.

Quite often in the summer, when the children get restless around the house, the mother can take some of her work with her and they can go to the field where the father is working, or to the woods, or to a stream where the children can paddle.

Remember always that children who live in the country do not have the variety of playmates which the town children have. Possibly some few children live near enough for them to visit occasionally, but the summer days are long, the children become tired of the few games they think up for themselves, and it should be the duty, as well as the pleasure, of every mother to plan the children's play-time as she plans for their other needs.

### Canada's Forests.

Sing me the song of her tranquil forests,  
Silence eternal and deep profound,  
In whose great heart's peace recesses  
Breaks no tempest, and comes no sound.  
Face to face with the deathlike stillness  
Here, if at all, man's soul might quail.  
Nay! 'tis the love of that great peace leads us  
Thither, where solace will never fall.  
—Robert Reid.

No country in the world excels Canada in its electrical development, opportunities, or in the potential wealth of its undeveloped water powers.



### The Colors of the Flag.

Every Canadian boy would do well to memorize this poem by Frederick George Scott, a Canadian poet. It voices the highest patriotism and the truest courage.

What is the blue on our flag, boys?  
The waves of the boundless sea,  
Where our vessels ride in their tameless pride,  
And the feet of the winds are free;  
From the sun and the smiles of the coral isles

To the ice of the South and North,  
With dauntless tread through tempests dread  
The guardian ships go forth.

What is the white on our flag, boys?  
The honor of our land,  
Which burns in our sight like a beacon light,  
And stands while the hills shall stand;

Yes, dearer than fame is our land's great name,  
And we fight, wherever we be,  
For the mothers and wives that pray for the liv's

Of the brave hearts over the sea.  
What is the red on our flag, boys?  
The blood of our heroes slain  
On the burning sands in the wild waste lands

And the froth of the purple main,  
And it cries to God from the crimson sod,  
And the crest of the waves out-rolled,

That He sends us men to fight again  
As our fathers fought of old.  
We'll stand by the dear old flag, boys!

Whatever be said or done,  
Though the shots come fast, as we face the blast,  
And the foe be ten to one;—  
Though our only reward be the thrust of a sword

And a bullet in heart or brain,  
What matters one gone, if the flag float on  
And Britain be lord of the main?

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