



Why Not Take the Ice Cream Freezer Along?

(Prepared by the United States Department of Agriculture.)

Part of the fun of the week-end motor outing is the picnic lunch. If the drive covers much distance there may be two out-of-doors lunches. It is a good idea to keep a special basket or picnic box on hand with enamel or paper plates, cups, knives, forks, spoons, bread knife, can and bottle openers, salt, pepper, waxed paper and paper napkins ready for the call of the open. Preparations can be quickly and easily made if these essential accessories are at hand in one place.

There is no hard and fast rule that all sandwiches must be made before starting. Put a loaf of bread, a pat of butter, and whatever filling you have available, into the picnic kit. When a halt is made for lunch, bread may be cut by one person, buttered by another, spread with filling by a third, and in the midst of much sociability the sandwiches will be produced as fast as they can be eaten. When sandwiches are thus, as it were, made to order, one stops to think whether another is really wanted or not. When boxes of sandwiches are brought from home the tendency is to keep eating them while they last. Most people eat more bread in this way than usual, and with other starchy food carried because of convenience, the meal becomes unbalanced.

Why not take salad ingredients along, suggests the bureau of home economics? Lettuce and celery, wrapped in damp cloths, tomatoes, and cucumbers can be carried in good condition. Put the mayonnaise in a screw-top jar, and the butter in another. If the day is very warm set them in a box or bucket of chopped ice. People sometimes take an ice cream freezer if there is room in the car. Butter and milk will keep splendidly beside the ice cream can.

You need not have bread sandwiches at all. Split rolls or biscuits answer the same purpose, or unsweetened crackers may be used. By way of dessert, cup cakes and cookies are easier to handle than layer cakes and pies. Figs, prunes, dates, and raisins satisfy the desire for something sweet that may be eaten with the fingers,

while almost any fresh fruits are excellent. Try taking washed strawberries with the hulls on. Use the hulls to hold the berries as they are dipped in powdered sugar and eaten.

If you make a fire in the open you can have toasted frankfurters or bacon or a steak or chops. Fresh-caught fish may be cooked in a skillet over a camp fire, too. Don't forget to take the proper precautions for extinguishing any fires you make. In lieu of building a fire, a hot drink, such as cocoa or coffee, may be taken in a vacuum bottle. Ice-cold milk may be put in these bottles for the children.

If you are likely to have two roadside meals, provide something different for each, just as you would at home. A small cooked ham is a good addition to the lunch basket for the second meal, or some American cheese, or hard-boiled eggs, or any canned meats that slice conveniently. Don't forget the can opener, however! Automobiles sometimes develop troubles at awkward spots where no food can be obtained, and it is a comfortable feeling to know that you have the next meal with you whether you need it or not. Extra bread and butter may not be amiss.

The bottle opener, too, must not be left at home. You will surely need grape juice or ginger ale before the day is over. Orange juice and milk are good for the children if the grownups are having coffee. Carry drinking water from home rather than risk drinking from strange springs or wells. Leave one or two drinking cups out of the packed-up lunch kit, with the water, and a box of graham crackers for the children. Driving in the open air is likely to whet their appetites, and a mid-morning cracker with milk, orange juice, or water, may be counted as an extra meal, rather than "piecing."

Sweets, salted nuts, chocolate bars, and other thirst-provoking foods often nibbled at between stops are best omitted.

Your picnic spot will undoubtedly be chosen for its charm and beauty. When the meal is over, pick up all papers and other refuse, and burn or bury them. Leave the woods as you would like to find them.

Improved Uniform International

# Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean, Moody Bible Institute of Chicago.)

## Lesson for June 12

### PETER DELIVERED FROM PRISON

**GOLDEN TEXT**—Many are the afflictions of the righteous; but the Lord delivereth him out of them all.—Ps. 34:19.

**PRIMARY TOPIC**—God Takes Care of Peter.

**JUNIOR TOPIC**—God Answers Prayer for Peter.

**INTERMEDIATE AND SENIOR TOPIC**—How Does God Deliver Us?

**YOUNG PEOPLE AND ADULT TOPIC**—The Power of United Prayer.

**I. Peter's Imprisonment (vv. 1-4).**  
1. By whom (v. 1).  
Herod, the grandson of the wicked Herod who slew the innocent children of Bethlehem.  
2. The reason (v. 3).  
It was to gain the favor of the Jews. Herod was not a Jew, but an Edomite, therefore knew that his success was dependent upon his having the good will of the Jews. Herod for the sake of popularity manifested a deep sympathy for degenerate Judaism. It was but the sympathy of the politician. Since the church had developed so as to be a successful rival of Judaism, indeed was already displacing it, he saw an opportunity to curry favor with the Jews by putting forth his hands against it.

3. The method (v. 4).  
He was arrested, put into prison and guarded by four squadrons of soldiers. A squadron is a guard of four soldiers. Humanly speaking, it was impossible to escape. They had doubtless heard of Peter's escape from jail before, so they thought they would take no risks this time. However, they made one fatal mistake—they left out God.

**II. The Church of God in Prayer (v. 5).**  
The church was at a crisis. Her situation was most grave. James, one of the brethren of the church, was dead, and Peter, the most prominent of all, was in prison. In this desperate strait they did the wise thing—they betook themselves to prayer. It was a noteworthy prayer.

1. It was unto God, not unto men, or to be heard of men. This is a very common fault today. All true prayer is unto God.

2. It was united prayer.  
There is peculiar power in the united prayer of God's people.

3. It was an intensely earnest prayer.  
It was more than unceasing prayer, it was the earnest desire of the soul as it stretched itself out toward God.

4. It was definite prayer.  
They specifically offered prayer to God for Peter. Their prayer was concentrated, definite and specific.

**III. Peter Delivered by an Angel (vv. 6-11).**  
1. Peter sleeping (v. 6).  
This shows that he was not greatly disturbed over the matter. The Lord keeps in perfect peace those whose minds are stayed on Him. (Isa. 26:3).

2. Peter leaves the prison (vv. 7-10).  
A heavenly light shone in the prison. The angel smote Peter on the side; the chains fell off. Peter put on his clothes and passed by one guard after another through the iron gate out into the city.

3. The effect upon Peter (v. 11).  
Although the matter was so wonderful to Peter, even outside his consciousness, when he came to himself he was assured beyond peradventure that God had miraculously delivered him from Herod's wicked hands.

**IV. Unconscious Unbelief (vv. 12-19).**  
1. Behavior of Peter and the church (vv. 12-17).  
Peter went to the house of Mary and knocked. The knock was answered by Rhoda who was so overcome that she forgot to open the gate, and ran in and told them that Peter was at the gate. The disciples were not prepared for such good news, and even accused her of madness. She, undaunted, insisted. They offered as an explanation that perhaps it might be Peter's guardian angel in his likeness. They got more than they expected. Peter rehearsed unto them the Lord's dealing with him, and instructed them to make these things known unto James and the brethren.

2. The behavior of the soldiers (vv. 18,19).  
There was great agitation among them as to what had become of Peter. This was a serious matter since they were responsible for him. Not being able to account for Peter's escape, Herod commanded that they be put to death. After this Herod went down to Caesarea. Here he was adored as God. Because he arrogated this honor to himself, the Lord smote him. Herod died, but the Word of the Lord grew and multiplied.

**Life and Death**  
It is good when the garden of life and the sepulcher of death are linked with Him who was crucified. He makes the garden tenfold richer and more beautiful. He robs the sepulcher of its terror and gloom.—Rev. Alex. Smellie, D. D.

**Cynicism**  
I hate cynicism a great deal worse than I hate the devil; unless, perhaps, the two were the same thing.—R. L. Stevenson.



### RECOGNIZED LONDON

First Radio Fan—I got Honolulu on the radio last night.  
Second Radio Fan—How do you know?  
F. R. F.—I could hear them playing their ukuleles.  
S. R. F.—That's nothing. I picked up London.  
F. R. F.—Sure?  
S. R. F.—Yes. I could hear them drop their h's.—Portland Express.

### Soda-Fountain Subtleties

Young Lady—What kind of sandwiches do you have?  
Soda Clerk—Ham bread, ham roll, cheese on bread, cheese on roll, chicken salad on bread, tongue roll, tongue on bread, egg salad roll and bread, tomato on bread, combination salad rolls, hot dogs.  
Young Lady—All right, bring me a dish of chocolate ice cream.

### VERY AFFECTIONATE



Hubby—Tom's wife is very affectionate. She calls him "the king."  
Wife—And then crowns him with a rolling pin.

### Hard Boiled

Don't be too rough when forth you go  
A prize to catch  
A hard-boiled egg, you surely know,  
Will never hatch.

### My Dear! My Dear!

It was an old car and the tail lights had gone out suddenly. The driver turned to his pretty young companion and asked her to go to the nearest shop to see if she could obtain some oil. She went. After some time she came back.  
"Well?"  
"I couldn't get any," she said. "They all said they had no red oil."

### Not a Mansion

"That mansion belongs to the richest man in New York. He has a German cook, a French maid, a Jap valet, a Scotch garage mechanic, an Irish chauffeur, a Swedish housekeeper and an American secretary."  
"That ain't a mansion. That's a world court."

### NOT ENTIRELY DUMB



"He was scared speechless."  
"But his teeth chattered all the time."

### A Common Bond

My neighbor has a growing son; I have a growing son, beside. Each has one car. So just for fun, We often take a trolley ride.

### All That Wasted?

"Jack, here's the dollar I borrowed from you last week."  
"Great Scott, Tom, I'd forgotten all about it!"  
"Hang it! Why on earth didn't you say so?"

### The Wedding Ring

Newlywed—You surely don't expect a brass band everywhere we go on our honeymoon, do you?  
His Bride—Oh, no! I have that on my finger!

### Expected Too Much

Manager of Chinaware Department (to new assistant)—One thing I insist on: If you break any dishes, come and tell me at once.  
Assistant—But I can't be runnin' to you every minute of the day.—Good Hardware.

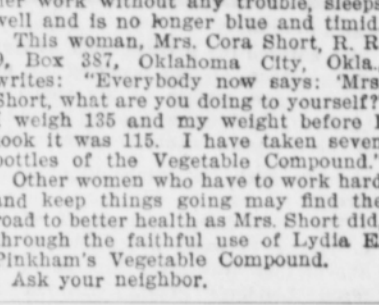
### The Hurried Touch

"Do you remember your class yell?"  
"No, and it isn't necessary. Most of my old college mates who call on me address me in low tones."

## FARMER WOMAN IN OKLAHOMA

### Praises Lydia E. Pinkham's Vegetable Compound Because It Gave Her Health and Strength

In a sunny pasture in Oklahoma, a herd of sleek cows was grazing. They made a pretty picture. But the thin woman in the blue checked apron sighed as she looked at them. She was tired of cows, tired of her tedious work in the dairy. She was tired of cooking for a household of boarders, besides caring for her own family. The burdens of life seemed too heavy for her failing health. She had lost confidence in herself. One day she began taking Lydia E. Pinkham's Vegetable Compound and her general health began to improve. She took it faithfully. Now she can do her work without any trouble, sleeps well and is no longer blue and timid. This woman, Mrs. Cora Short, R. R. 2, Box 387, Oklahoma City, Okla., writes: "Everybody now says: 'Mrs. Short, what are you doing to yourself?' I weigh 135 and my weight before I took it was 115. I have taken seven bottles of the Vegetable Compound." Other women who have to work hard and keep things going may find the road to better health as Mrs. Short did, through the faithful use of Lydia E. Pinkham's Vegetable Compound. Ask your neighbor.



### Bunions

Quick relief from pain. Prevent shoe pressure. At all drug and shoe stores.

### DeScholl's Zino-pads

Put one on—the pain is gone.

Some men are so mean that they even refuse to let their wives have the last word.



## The Truck Driver

No matter how heavy the load or how hard the going—I can count on my truck pulling through because I use dependable Champions—They're the better spark plug.



## CHAMPION Spark Plugs

TOLEDO, OHIO

### BABIES LOVE MRS. WINSLOW'S SYRUP

The Infant's and Children's Regulator. Pleasant to give—pleasant to take. Guaranteed purely vegetable and absolutely harmless. It quickly overcomes colic, diarrhea, flatulency and other like disorders. The open published formula appears on every label. At All Druggists.

## Has Society No Place for Repentant Sinners?

An inmate of a prison at Alcatraz, Calif., writes to us as follows: "There is no one to whom I can speak and none would understand if I did. I am soon to be released from Alcatraz prison and I have nothing to look forward to. What have I to live for? Those who pretend friendship are cold. My faults are all they see. There is no one to say 'I will help.' It is hard. Yet I am used to it. I am now thirty-three years of age. Twelve years have I spent behind bars. What have I learned? The answer is, nothing. I have degraded myself so low through the association with other inmates that it seems hopeless to be a success in the future. But regardless of what others may think or say I will endure until my aim in life is accomplished and I clear myself of this black stigma that rests upon me. It is true I have done wrong in the past, but I have paid dearly, as only those who know confinement understand."—Pathfinder Magazine.

## Female Bird Chooses Mate at Nesting Time

Prevalence of monogamy among Hungarian partridges and polygamy among Chinese pheasants has been demonstrated on the state game farms, says the Portland Oregonian. Interesting? Yes, but read on: Bernard Shaw's theory that the female is the aggressor in mating arrangements has been demonstrated. "It is interesting to note," says the game farms section of State Game Warden Averill's report, "that at least a part of the Hungarian partridges have selected the same mates they had last year and that this selection was made in each instance by the female birds."

## Bell-Ans Halts Over-Acidity

This Widely Used Sure Relief Can Be Depended On Every Time.  
How disagreeable, how exasperating, how embarrassing to be a sufferer from gas, belching, heartburn, sick headache, nausea and other digestive disorders. BELL-ANS for Indigestion is a harmless, pleasant Sure Relief. Tested by over 30 years' use. 25c and 75c Pkgs. at all drug stores, or send for free samples to Bell & Co., Inc., Orangeburg, N. Y.—Adv.

## "Shut Your Eyes and Look"

Dr. Alexander Cairns, contributing to the editorial page of the San Francisco Examiner, is moved to rhapsody on the subject of education. With great eloquence he declaims: "No Roman triumph staged by American Caesars returning from foreign conquests ever thrilled with such passionate significance as that endless procession of American youth marching away to the seats of higher learning." He adds: "Just shut your eyes and look at them." He follows his own advice and declares: "Note the epaulets and culture and the music of synthesized talents, and the proud and stately bearing of innate ambition." That is exactly what one might expect a man with his eyes shut to see.—The Argonaut.

## Personal Reason

She—How is it you were not at Westend's reception?  
He—I stayed away on account of a personal matter.  
She—May I ask what it was?  
He—Well, they failed to send me an invitation.

Sometimes a woman spends a great deal of time looking for a husband after she has secured him.

The easiest road to wealth is to have a rich relative die and leave you a fortune.

## SKIN BLEMISHES

pimples, blackheads, etc., cleared away easily and at little cost by

# Resinol

## SERVE SHORTCAKE TO EACH PERSON

Attractive Way Is to Have Individual Cakes.

(Prepared by the United States Department of Agriculture.)

An attractive way to serve strawberry shortcake is to have what the Chinese call "each-person" portions. Use your own recipe for biscuit dough, but make it somewhat richer than usual. One-third to one-half cupful of fat to each three cupfuls of flour is a



Individual Strawberry Shortcake.

good proportion. A little sugar may be added if you wish. Cut out rounds rather larger than ordinary biscuits, about three to three and one-half inches in diameter, and roll them thin enough to bake one on top of the other. Brush butter on the under round before setting the upper piece on it, and when they are done the two sections will split apart easily. The oven should be hot (450 degrees Fahrenheit) for individual shortcakes, suggests the bureau of home economics.

Prepare the strawberries at least an hour before you need them. Hull them and wash a few at a time in a pan of cold water, skimming them off the top so that any sand sinks to the bottom. Do not allow them to remain in the water or they will lose flavor. Select the largest and most attractive berries for the top layers, sprinkle with sugar and set aside. Cut up some of the berries to be used on the lower layers, mash them lightly to start the juice flowing, and sprinkle with sugar. Butter the shortcake while hot. Add whipped cream, sweetened and flavored with vanilla, just at serving time, or pass it in a bowl as each person is served with the shortcake. Some people prefer this type of shortcake without cream.

## JELLIED PEEL IS TEMPTING Dainty

Can Be Made From Grape-Fruit, Oranges or Lemons.

(Prepared by the United States Department of Agriculture.)

You can make jellied peel from grapefruit, oranges or lemons. Most people like the flavor and size of the peels from grapefruit best, when the peel is to be eaten as a confection. Jellied orange and lemon peel are often used in place of citron in fruit cakes and plum pudding. In fact, all of these peels are good for this purpose, and for garnishes for desserts.

Stored in tin or glass containers, the jellied peel should keep in good condition for two or three weeks, so it is safe to make a supply a little before Christmas, in anticipation of the holidays and on the chance that you may need a few jars or boxes of the peel for last-minute gifts. The United States Department of Agriculture gives the following directions for making all kinds of jellied peel:

You will need for each 5 ounces of peel, 1 cupful (7 ounces) of granulated sugar for sirup, 2-3 cupful of water for sirup, or enough to cover; ¼ teaspoonful of salt; ½ cupful granulated sugar for rolling strips. Thick, soft, unblemished peel from smooth fruit should be selected. Light-colored grapefruit skins are best. Orange skins may be bright or pale in color, but not russet or spotted. The peel should be weighed, rather than measured.

Cut the peel into strips one-fourth to one-half inch wide. Parboil three times, for half an hour each time. Use a quart of cold water for this, cover the pan partly, and drain off the water after each boiling. The strips should then be tender. Handle them very gently to prevent breaking.

Place the water, salt and sugar for the sirup in a saucepan about six inches in diameter, and stir until the sugar is dissolved. Then add the strips of grapefruit peel, carefully arranged parallel to each other to prevent being broken when turned. Cook rapidly for about 20 minutes, then reduce the heat and continue to boil for about 20 minutes longer or until the sirup is all absorbed. Great care must be taken at this point that the sirup does not scorch.