ULTRA-VIOLET RAYS OF SUNLIGHT HELP



Children Playing in Their Sun Suits.

(Prepared by the United States Department | of Agriculture.)

Children seek sunshiny places to play in almost as instinctively as kittens look for warm pleasant spots where the sun's rays help them to drowse contentedly. Both children and other young growing things need the unobstructed ultra-violet rays of sunlight to keep them well and help them develop normally. Children, however, must be specially dressed for sun baths, in such a way that the largest possible area of skin surface

may be reached by the beneficial rays. The little sun suits shown in the picture have been designed by the bureau of home economics of the United States Department of Agriculture to meet this requirement. Cool, thin print is used in one case, with very short, loose legs and comfortable shoulder straps which are broad enough to prevent slipping down.

Legs, armholes, and neck are finished with a flat binding. This garment is cut from a romper pattern having a fold in the crotch. It is roomy and loose all over, with specially good length from neck to crotch. A matching hat or short-backed sun bonnet could be made to protect the little girl's eyes from glare during the hot part of the day.

The other little suit is more boyish in cut, with short trunks or trousers of opaque white material buttoned to a waist of heavy net, reinforced by flat straps. This type of waist allows the ultra-violet rays to reach even more of a child's skin than the printed fabrics. It is necessary to accustom children gradually to their sunbaths, by exposing them for a short time each day when the temperature is 80 degrees Fahrenheit or more, until they acquire a coat of tan.

Orange Sherbet Always

CLUB GIRLS LIKE ORDERLY CLOSETS

Old Broomstick Used to Hold Clothes Hangers.

(Prepared by the United States Department

The girl in the illustration is a member of one of the 4-H clubs in room improvement directed by the United States Department of Agriculture and the various agricultural colleges. She has made certain changes in her room at the suggestion of the club agent, including the rearrangement of her clothes closet. Freshly painted woodwork and furniture, a revarnished floor, and new covers for her bed and other pieces of furniture were also a part of the improvement she effected. In the closet, which she wanted to make orderly and attractive, she put a lengthwise pole made of an old broomstick, and provided as many clothes hangers as she needed, to economize space and keep her garments fresh and unwrinkled.

Having the closet arranged so that it was just as easy to put th



Making the Closet Orderly.

as to throw them on the bed or a chair, was a direct help in curing this girl of some untidy habits she had developed. Many mothers have doubtless fround it difficult to train their daughters to be neat at home, and perhaps the reason is a lack of suitable ways of keeping order.

During the warm months when there are several dresses in the wash for each girl or woman in the family, and a great many for the little tots who wear cotton rompers or bloomer dresses entirely, it is a good plan to keep a supply of hangers downstairs near the ironing board. As each garment is pressed it can be hung on a hanger and placed on a line or a clothes horse until it is dry and well aired.

Strawberry Shortcake

Strawberry shortcake for breakfast, made with or without plain cream, makes a delicious variant of the ordinary diet. With it should be served either a glass of milk or a dish of a very satisfactory change for Sunday spoonfy, of patter should be allowed night supper.

Refreshing in Summer Ices and sherbets made of fresh fruit juice are always refreshing in hot weather. If egg white is beaten into the mixture after it has been partly frozen the mixture is more fluffy and creamy in texture and to many people less bitingly cold than a plain ice. These fresh fruit desserts have the merit of contributing to the day's supply of vitamines. This recipe for orange sherbet is from the bureau of home economics:

2¼ cups orange ¾ cup sugar juice ¼ teaspoon salt ¼ cup lemon juice I egg white

Strain the fruit juices, add the sugar and salt, and stir until the sugar is dissolved. Freeze with a mixture of 1 part of salt to 4 to 6 parts of ice. Turn, the crank slowly until the mixture is partly frozen, then quickly add the beaten white of egg, and continue to turn the crank until the ice is firm. Remove the dasher, press the contents solidly into the can, cover with waxed paper and replace the top on the can. Pack with more ice and salt and allow to stand an hour or more to ripen before serving.

Curried Chicken With Coconut Quite Unusual

Curries of all kinds have penetrated to the western world from India, and this unusual way of preparing chicken is no exception. The recipe has been tested by the bureau of home economics and found excellent:

1 fowl weighing 3 ¼ tsp. curry to 4 pounds 1½ tsp. salt 1 quart water Flour ½ cup sliced onlons

Disjoint the fowl and simmer in the water to which I teaspoonful of salt has been added. When the fowl is tender, drain it, and measure the liquid. For each cup of liquid, blend 2 tablespoonfuls of flour with 2 tablespoonfuls of fat removed from the top of the broth. Brown the onion in a small amount of the chicken fat, add the broth and tile blended flour and fat, and cook until thickened. Then add the curry and the remaining 1/2 teaspoonful of salt. Remove the skin from the back and legs of the fowl and add the meat to the sauce. Allow the meat to heat through but take care that it does not become broken while stirring. Serve the chicken with flaky boiled rice.

Blend of Greens Cooked Entirely Without Water

Those who do not especially care for the flavor of kale or dandelion greens may find more acceptable a blend of these greens with spinach. To conserve the mineral constituents and the vitamines for which these vegetables are important in the diet, these are cooked the shortest possible time and entirely without water, with a small amount of butter or other fat to prevent burning. The directions for preparing them are given by the bureau of home economics, United States Department of Agricul-

Use equal quantities of spinach and kale and half as much dandellon greens. Cut or chop these into short lengths and cook them for 3 minutes in a frying pan in which enough butter has been melted to season the plete meal. This is an ideal break- greens and prevent their sticking to fast or lunch for children, as well as the pan. In general, about one tablefor each quart of greens.

Improved Uniform International

Sunday School Lesson

(By REV. P. B. FITZWATER, D.D., Dean Moody Bible Institute of Chicago.) (©. 1928 Western Newspaper Union.)

Lesson for July 29

THE FIRST FOREIGN MISSION-ARIES

LESSON TEXT—Acts 13:1-52.

GOLDEN TEXT—Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost, teaching them to observe all thirds whatsoever I have commanded you; and lo, I am with you alway, even unto the end of the world.

the world.

PRIMARY TOPIC—Paul and His
Friend Go to Tell Others About Jesus.

JUNIOR TOPIC—Paul and Barnabas as Missionaries.

INTERMEDIATE AND SENIOR TOP-IC-How Paul Found His Life Work.
YOUNG PEOPLE AND ADULT TOP-IC-The Holy Spirit in Missions.

This lesson marks the beginning of foreign missions as the deliberately planned enterprise of the church. The occasion for the beginning of this work was a meeting of certain prophets and teachers at Antioch. While these ministers were engaged in praying the Lord laid upon their hearts so heavily the evangelization of the world that they refrained from eating in order to seek the will of the Lord in prayer. This is the kind of fasting that mosts God's approval.

I. Barnabas and Saul Sent Forth (vv. 2, 3).

The Spirit directed the church to send forth Barnabas and Saul to the work whereunto He had called them. The Spirit called and the church seconded the motion by sending those who were Spirit-called. A real call to missionary service comes from the Holy Spirit. It should be the concern of the church to constantly seek the mind of the Spirit relative to the sending forth of laborers into the Lord's vineyard. It is to be noted that the Spirit called and the church sent the very best men from their company at Antioch. This is as it should be. Success in the mission field is dependent upon the laying of her best men and women upon the altar by the church. II. Barnabas and Saul Preaching the

Word of God in Cyprus (vv, 4, 5). After a second season of prayer and fasting the church formally ordained these first foreign missionaries for their work. Ordination by the imposition of hands has its proper place. Cyprus being the home of Barnabas perhaps accounts for their first going to this country. It is most natural that those who have heard the good news should go first to their kindred and friends. Then, too, Barnabas was acquainted with the country and people and could thus be assured of a proper hearing among them. Andrew first went to his brother, and the man out of whom the demons were cast was commanded by Christ to go home and tell what great things the Lord had done for him (Luke 9:39).

III. Barnabas and Saul Withstood by Elymas, the Sorcerer (vv. 6-12).

Sergius Paulus, the deputy, invited Barnabas and Saul to tell him of the Word of God. Elymas maliciously sought to turn the deputy's mind from the faith. This first obstacle encountered, as the gospel was being carried to the heathen world, was overcome through the power of the Holy Spirit. Paul denounced Elymas in most scathing terms, calling him the child of the devil, declaring that he was fu!! of guile and villany, pronouncing him the enemy of all righteousness, and accusing him of preverting the right ways of the Lord.

IV. Paul and Barnabas in the Synagogue at Antioch in Pisidia (vv. 13-16). From Paphos Paul and Barnabas

with Mark went northward to Perga. It is from this place, perhaps because of hardship, that Mark went back. He started out with good intentions, but the trials seemed too great for him to endure. Mark redeemed himself later, though when they started on their second missionary journey Paul would not consent for Mark to accompany them, although he later testified in Mark's favor (II Tim. 4:11). From Perga they went to Antioch in Pisidia and entered the synagogue on the Sabbath day. While he was the apostle to the Gentiles he began with the Jews. After the usual reading of the Scriptures, in response to the invitation of the rulers, Paul delivered his first recorded sermon. This sermon is worthy of careful study. When analyzed we find it had four parts. Historical (vv. 17-23). 2, Political (vv. 24-27). 3. Doctrinal (vv. 38, 39).

4. Practical (vv. 40, 41). The effect of this sermon was that many Jews and proselytes requested to hear these words again. Almost the whole city came to hear the Word of God the next Sabbath. While many came to hear these words jealousy provoked open opposition.

Take Heed

Wherefore take heed of being painted fire, wherein is no warmth; and painted flowers, which retain no smell; and of being painted trees, whereon is no fruit: "Whoso boasteth himself of a false gift, is like clouds and wind without rain."-John Bunyan.

God Will Aid Us

As long as we work on God's line, he will aid us. When we attempt to work on our own lines, He rebukes us

DIALOGUE

One more word from you and I'll knock your head off."

"You will?" "Yes, I will. I'll knock your head

"What?" "I said: 'One more word from you

and I'll knock your head off."

"Oh, you will, will you?" "Yes, I will." "What?" "What?"

Sauce for the Goose There was another man who was

hen-pecked. His wife cornered him one day and said: I'm sick and fired of hearing you refer to the car as your car. Hereafter I want you to call it our car. I've got a half interest in everything you own."

That night he said to her, "Please, won't you patch our pants?"

IN THE BEST ROOM



Hubby (constant smoker)-Can you believe that all that remains of a man is a little dust?

Wifie (pushing ash tray toward him) -No his remains are principally ashes, I'd say.

The Camera Measures Dignity The pictures first caught him un-

wary And left an uncertain impression, His photographs now show a very Serene and uplifting discretion,

Better Still

Kate-You ought to have heard Mr. Dearlove's ringing speech last night. Annie-Why, I wasn't aware he could make a speech.

Kate-Well, he has made one, just the same. I can't repeat the speech, but I can show you the ring.

Came in Handy

Visitor-I suppose, Eddie, that you re glad that the doctor brought you a little sister.

Eddie-Bet yer life! She can wipe the dishes now, instead of me.

SOMETIMES REWARDED



Henpeckt (passionately) - What reward has a man in marrying these

Friend-Well, sometimes he's given a divorce.

Failed to Look

The sexton softly tolled his knell, Speeding Sam on his way to-well If he'd only stopped to look and listen, He'd be livin' now instead of missia'.

Coin Counts First Bachelor-I can't understand why you don't like her. If she had a lot of money she'd be an ideal, I

Second Ditto-Well, any girl would. -Washington Star.

Also a Bumper Crop

She-You must be very fond of

motor cars. He-What makes you think that? She-I heard you have a truck

Wrong System

Friend-Did you have your husband see a specialist, as I advised? Sporting Wife-Yes, and he said John's system was all wrong, which, of course, was no news to me-John never touched a winner all last sea-

Law of Supply and Demand "There are more suckers than there

"Yes, there has to be-there are so mary more things to sell to suckers."

Going Back to Early

Day of Printer's Art Germany's oldest newspaper, dating back to the early part of the Seventeenth century, will be reproduced at the Pressa exhibition soon by the same crude presses, molds and carved type as were in vogue in the best

print shops then. When the organizers of the exhibition issued a call for antiques which would illustrate the history of printing, old garrets and cellars in southern Germany were searched, with the result that a complete printing establishment was collected.

Only a few numbers of Augsburger Aviso, printed periodically during the latter part of 1609, are extant, but the reprint will be made under Seventeenth-century conditions. Probably a dozen copies on hand-made paper will leave the press hourly.-New York Times.

Milk in Tank Cars

The tank car method of shipping milk, which has been in vogue for a time long enough to judge its success, is regarded as very satisfactory in every way. It is rapid and efficient and saves much time in the handling and shipping process. The equivalent of 200 to 225 40-quart cans can be loaded in ten minutes after the car is placed and connections made, which does not take more than five minutes. After loading, the pipe and hose are uncoupled, the car floor washed with a hose, and the car rolls on its way to the next loading point. Each car contains two glass-lined tanks, and each tank has a capacity of 3,000 gal-

Harmony Hound

"America has gone crazy over colors," snorted Wesley Kent, the noted lecturer. "Color in the kitchen, color in the bathroom, color in the garage. They even buy dogs that match the car upholstery.

"I think, however, the limit has been reached in the case of Mrs. De Pey-

"'What!" exclaimed that lady in dismay, 'you mean to tell me that this year's license plates are blue and white? Tell James to pack immediately; we're moving into the next state right away!"

Counterfeit

John McCormack, the famous singer, was introduced as the lion of the hour while a guest at a house party on Long Island. Rising in answer to the toast in his honor, Mr. McCormack

"My host has introduced me as 'the famous singer of Irish songs,' but this is not correct; I am really 'the famous Irish singer of songs.' Just between ourselves, let me confide that I would not dare to sing the so-called Irish songs of Broadway in Ireland."

A Monopoly

"Every passing motorist is a potentlal customer of that farmer." "How's that?"

"He has a filling station on the corner; sells bot dogs, soft drinks, ice cream, etc., in adjoining shack. He also has a stand for fruit, vegetables, eggs and milk, and his bouse has been turned into an inn."

"But suppose one does not want gas, a light lunch, farm products, a dinner or a night's lodging. What is there?" "A public golf course in the pasture."-Life.

Could You Blame Him?

A person said "came the dawn" in our presence, but, while we toyed for one tense moment with our sawed-off shot gun, nothing happened as we are saving our ammunition for the first extremely well-dressed man we encounter carrying a dainty and colorful parasol, as our extremely well-dressed men are said to be doing, and expect to use both barrels, to make sure .-Ohlo State Journal.

Hero Dies to Escape Wife

After a record of heroism in the Pacific war, Francisco Garrido acquired a small fortune in Iquique, Bolivia. Desiring to spend his old age peacefully in the city of his youth, he returned to Coehabamba. But he could not stand his wife's violent temper any longer, and recently, at seventyeight, be took his life in order to find

Increasing Laboratories

The value of research work in the industries is attested by the fact that there are now 1,000 laboratories in the country devoted to investigational work of one kind or another, their number having been almost doubled within the past six years.

Gloomy Forecast

He-I've found a four-leaf clover! She-That means we will soon be married. He-Oh, I thought it meant good

tuck.

Mingle your cases with pleasures now and then .- Dion.

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Regular use of the Soap, assisted by the Ointment when required, not only cleanses and purifies the skin of children and adults, but tends to prevent clogging of the pores, the common cause of pimples and other unsightly conditions.

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WORLD CRUISE \$1000 New s s "Caledonia" sails Jan. 16, N. Y.) and up Havana, Panama, Los Angeles, Hilo, Honolulu, Japan, Hong Kong, Manila, Bangkok, (Siam), Java, Sumatra, Ceylon, India, Egypt, Naples, Monaco, Havre (Paris); Europe stop-over in spring. Hotels, drives, guides, fees, etc., included,

MEDITERRANEAN CRUISE Frank C. Clark, Times Bidg., N. Y.

X-Ray Photographs of Mummies on Display

X-ray pictures of Egyptian mummies, showing the skeletons arrayed in the remains of once beautiful clothing and jewelry, are being displayed beside the mysteriously swathed mummies themselves in a new exhibit at the Field Museum of Natural History in Chicago. For some time scientists have been using X-rays to penetrate the thick-cloth avrappings of the ancient Egyptians in order to study diseases of the bones from which these people suffered. This is the first time, however, that X-ray photographs of the Egyptian dead have been put on public exhibition. The mummles are being shown in connection with the opening of six new halls in the Field museum.

Resourceful Rancher

Lack of natural gas or gas from a city plant does not deprive Soren Christenson, who lives on a ranch near Marton, Wash., of cooking and lighting conveniences. From 140 pounds of musty alfalfa hay, straw, Russian thistles, sage brush, cornstalks, weeds, sawdust and other refuse he manufactures by baking two hours in a retort enough gas to last the family seven days.

Splendid Work

It is claimed that a ing to talk. London Opinion understands that the animal is being taught simple words and has already mastered the first syllable of banana.

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