

COOL HOT WEATHER DRESS FOR GIRL

Excellent Type of Sleeveless Garment for Summer.

(Prepared by the United States Department of Agriculture.)

Here's an excellent type of sleeveless dress for a little girl to wear on warm afternoons in summer. It was designed by the bureau of home economics to be made from any plain commercial pattern that has kimono sleeves with a seam on the shoulder.

The armholes are made at the point most becoming to the child. Carried out in white or pastel shades, it is pretty enough for a party, and yet it developed in colors, such as old rose, green, delft blue or even darker shades, it would be entirely suitable for ordinary wear on hot summer days.

The material is fine cotton voile, and the only trimming consists of the stitched design in leaf green yarn, and the neck binding and tie of green voile to match. This dress is so simple that it can be cut out and made on the sewing machine in about two hours.

The armholes and front opening are bound in the white voile, and slight gathers are taken in at the neck and bound in green voile. To make the stitched trimming, the yarn is wound



A Cool Hot Weather Dress for a Little Girl.

on the bobbin, after loosening the shuttle tension, and white thread is used for the upper stitch. The design is marked and stitched on the wrong side of the material. The turned-back corners of the square pockets are also trimmed with the stitching. These pockets are made of a double square of voile, and turned with the seams in. They are in keeping with the design on the front.

It is a good idea to use a double bias neck binding about three-fourths of an inch wide when folded. The raw edges and the top of the dress are seamed together, with the binding lying on the right side of the garment. The binding is then folded over, but does not have raw edges to be turned under on the other side. A second stitching, also on the right side, very close to the first seam, holds the folded edge and makes a neat finish.

Hems on any dresses are much more attractive if put in by hand, and often set better than when stitched on the machine. On children's dresses hand-sewed hems facilitate letting the dress down when necessary. The first hem should be very wide to allow for growth. In sheer materials like voile, the turned-under part of the hem will look best if it is the full width of the hem, and the allowance for letting down can be taken care of in this way.

SHRINKAGE IN HAM CAN BE PREVENTED

Thermometer Assures Success in Cooking Meat.

(Prepared by the United States Department of Agriculture.)

Could there be any roast meat more savory and appetizing for high days and holidays than a choice baked ham, crusted with browned sugar, studded with cloves, and redolent of the spicy pan gravy with which it has been basted? Success in cooking such a ham to a turn is assured if you use a meat thermometer, the bureau of home economics of the United States Department of Agriculture tells us.

Whether a ham is to be boiled or baked, it cooks more rapidly and shrinks less when the rind is left on it. Make a tiny slit with a sharp knife or a steel skewer and insert the meat thermometer through the rind into the center of the thickest part of the ham, place it on a rack in a large kettle, cover with hot water, and cook at the simmering point until the meat thermometer registers 100 degrees Fahrenheit. Remove from the fire and let the ham cool in the liquor. The temperature of the ham will reach 170 degrees to 174 degrees Fahrenheit before it drops. Before baking a ham, soak it overnight in water to cover. Place it on a rack in an open pan and bake in a slow oven (200 degrees Fahrenheit) until the thermometer in the meat registers 160 degrees Fahrenheit. The temperature at the center of the ham continues to rise for about 45 minutes after it is removed from the oven and it will reach 170 degrees to 174 degrees Fahrenheit. Take off the rind, score the fat, coat with the brown sugar mixture, and return to the oven. Whether boiled or baked, the time required for the ham to reach 160 degrees Fahrenheit will be about 25 minutes to the pound.

In addition to greater uniformity of results at different times of cooking and more exactness in results, the thermometer helps to prevent overcooking, so often the cause of lost flavor, poor appearance, and unnecessary shrinkage.

Apricot Charlotte Good as "Company" Dessert

Here's a "company" dessert that will appeal to your guests, whether young or old. It must be made several hours before it is wanted, and that is always an advantage, since it permits the housewife to "get the dessert out of the way" and give her attention to other dishes on the menu. The bureau of home economics sponsors the recipe:

- 1/4 lb. dried apricots
2 1/2 cups cold water
1 1/2 lbs. gelatin
1 cup sugar

Wash the apricots and soak them over night in 2 cups of cold water. Cook the apricots until soft in the water in which they were soaked and press them through a fine sieve or colander. Put the 1/2 cup of cold water over the gelatin and after it stands for 5 minutes add the boiling water. Stir until the gelatin has dissolved, then add the sugar, salt, and apricot pulp. Chill and fold in the cream which has been whipped. Line a serving dish with lady fingers or slices of sponge cake, and pile the apricot mixture lightly in the center. Place the dish in the cold for an hour or more before serving.

Cottage Cheese

One gallon of skim milk will make about one and one half pounds of cottage cheese. If the milk is sweet it should be placed in a pan and left in a clean, warm place at a temperature of about 75 degrees F. until it clabbers, when it should have a clean, sour flavor. Ordinarily this takes about 30 hours. A small quantity of clean-flavored sour milk mixed with the sweet milk will hasten the process, according to the United States Department of Agriculture.

THE KITCHEN CABINET

(© 1928, Western Newspaper Union.)

"Let's do more earnest beginning to-day: Earnest in labor, and earnest in play; Earnest in action and earnest in thought. Doing and thinking the things that we ought."

HOT WEATHER DISHES

This is the season when cooling drinks, refreshing and juicy fruits, and vegetables appeal to the appetite.

Cucumber Jelly Salad.—Peel four cucumbers and cut into thin slices. Cover with one cupful of cold water, bring to the boiling point and cook until soft; then force through a strainer. Add two and one-half tablespoonfuls of granulated gelatin dissolved in three-fourths of a cupful of boiling water, a few drops of onion juice, one tablespoonful of vinegar, a dash of cayenne, salt and pepper to taste. Strain through cheese cloth into a mold and chill. Serve on lettuce with sliced tomato and mayonnaise.

Chicken Casserole.—Dress and clean a young fowl and cut into pieces for serving. Spread with one-third of a cupful of butter, sprinkle with salt and pepper. Pour over one cupful of boiling water, cover and cook until the chicken is tender. Add one cupful of cream, two cupfuls of fresh mushrooms, broken into pieces, and cook ten minutes. Thicken with one tablespoonful of flour and serve.

Coffee Spanish Cream.—Mix one and one-half cupfuls of coffee infusion with one-half cupful of milk, one-third of a cupful of sugar and one tablespoonful of gelatin; heat in a double boiler. Beat the yolks of four eggs slightly, add one-third cupful of sugar and one-fourth teaspoonful of salt. Add to the first mixture and cook until slightly thick. Remove from the heat, add the whites beaten stiff and one-half teaspoonful of vanilla. Mold and chill, serve with cream.

Glazed Sweet Potatoes.—Wash and cook six medium sized sweet potatoes until nearly tender; do not peel. Remove skin and cut into halves lengthwise. Make a sirup by boiling one-half cupful of sugar and four tablespoonfuls of water five minutes. Brush the potatoes with the sirup, bake, basting often with the sirup until the potatoes are tender and well browned.

Seasonable Foods. A potato salad if well seasoned makes a good dish to serve on a warm day for luncheon or supper with sliced cold meat.

German Potato Salad.—Cut medium sized cold-boiled potatoes into thin slices. Put into a baking dish and sprinkle with salt and pepper, one-third of a cupful of chopped celery and one and one-half tablespoonfuls of finely chopped parsley. Mix four tablespoonfuls of vinegar with four tablespoonfuls of olive oil and one slice of lemon. Bring to the boiling point, pour over the potatoes, cover and let stand in the oven until thoroughly heated.

Creamed Mushrooms on Toast.—Clean one pound of mushrooms, remove the caps and cut both stems and caps into thin slices. Melt five tablespoonfuls of butter, add the sliced mushrooms and cook three minutes. Sprinkle with half a teaspoonful of salt and a few grains of pepper, dredge with one and one-half tablespoonfuls of flour and pour over one-half cupful of cream. Cook for five minutes, stirring constantly. Serve on oblongs of buttered toast and garnish with toast points and parsley.

Barbecued Ham.—Soak two thin slices of ham in lukewarm water twenty-five minutes. Drain, wipe and cook in a hot iron frying pan until delicately browned on both sides. To the fat in the pan add two tablespoonfuls of vinegar, one teaspoonful of mustard, one-eighth teaspoonful of paprika, and one-half teaspoonful of sugar. When thoroughly heated pour over the ham and serve.

Molded Salmon.—Cook one cupful of bread crumbs and one cupful of milk until smooth. Add four tablespoonfuls of butter, one cupful of cooked flaked salmon, one-half teaspoonful of salt and one-eighth teaspoonful of pepper, then cut in the whites of two eggs beaten stiff. Fill buttered individual molds, two-thirds full, set in a pan of water and bake until firm. Garnish with slices of hard cooked eggs and parsley.

Beets Piquante.—Wash beets and cook in boiling salted water until soft. Reserve one-half cupful of the liquor. Plunge into cold water and remove the skins, then cut the beets into cubes. Reheat in the following sauce: Melt two tablespoonfuls of butter, add two tablespoonfuls of flour and pour over the half cupful of beet liquor. Add one-fourth cupful of vinegar, one-half teaspoonful of salt and a few grains of pepper.

A plain buttered bread sandwich with a thin slice of cheese placed between, then fried in a little butter until brown on both sides, if served with a salad of green vegetables, such as lettuce with cucumber and onion, will make a most satisfactory luncheon dish.

Toasted crackers are used for the round sandwiches. In a hollow on top of each a little colorful jelly is placed. These crackers should not be spread until just before they are to be eaten, as the cheese softens the crackers if allowed to stand.

on juice may be included in the seasoning.

The bread for rolled sandwiches should be fresh and elastic in texture, so that it will not crumble or break when rolled. Spread the sandwich mixture on the cut end of the loaf, then with a very sharp knife, cut off the thinnest possible slice, roll it up and trim the ends.

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Improved Uniform International Sunday School Lesson

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

Lesson for August 5 PAUL IN A PAGAN COUNTRY

LESSON TEXT—Acts 14:1-28. GOLDEN TEXT—I know both how to be abased and I know how to abound.

PRIMARY TOPIC—Paul and Barnabas Preach to the Heathen. JUNIOR TOPIC—Paul and Barnabas Preach to the Heathen. INTERMEDIATE AND SENIOR TOPIC—Paul Unmoved by Flattery and Danger.

YOUNG PEOPLE AND ADULT TOPIC—The Heroism of Foreign Missions.

I. Paul and Barnabas Preaching at Iconium (vv. 1-7). 1. Their manner of preaching (v. 1). This is suggested by the little word "so" in verse 1. They so spake that a great multitude believed. They were true preachers. Only that which brings conviction of sin and induces decisions for Christ can be truly said to be preaching in the Biblical sense.

2. Their attitude towards opposition (v. 3). This is suggested by the word "therefore." Long time therefore they tarried. The opposition did not prevent their preaching, but incited them to continue preaching. Christian workers should learn not to give up work because of opposition.

3. The Lord accompanied their preaching with miracles (v. 3). Since the opposition was so fierce, the Lord granted help which was needed.

4. The effect of their preaching (v. 4). The multitude of the city was divided. Where men faithfully preach the gospel there will be division. Such division comes frequently in the home just as Christ predicted.

5. Paul and Barnabas assaulted the Jews and the Gentiles united in planning this assault. Being apprised of this plot, Paul and Barnabas fled to Lystra and Derbe, where they preached the gospel.

II. An Attempt to Worship Paul and Barnabas as Gods (vv. 8-10). 1. The occasion (vv. 8-10). It was the healing of the lame man. God's gracious power shown in healing this lame man occasioned a new difficulty. The man was a confirmed cripple. He had never walked. On hearing Paul preach faith was born in his heart (Rom. 10:17). When Paul perceived that the cripple trusted Christ, with a loud voice that all could hear he bade the man to stand upright. The cure was instantaneous for he leaped up and walked (v. 10).

2. The method (vv. 11-13). They called Barnabas Jupiter, and Paul Mercurius because he was the chief speaker. The priest of Jupiter brought oxen and garlands ready to offer sacrifice unto them (v. 13). 3. Their efforts frustrated (vv. 14-15). This foolish act was happily averted by the fact of the apostles as exhibited in the address of the occasion.

(1) They denied that they were divine beings and declared against the worship of men of like passions with themselves. What awful folly to worship such beings when the infinite God, who created all things and is above all, spreading out His beneficent hands in blessing upon all, is seeking true worshippers!

(2) They directed them to turn away from these vain things unto the living God who made heaven and earth, and has left witness of Himself in that He has always done good, giving rain and fruitful season, filling their hearts with gladness.

III. The Stoning of Paul (vv. 19-22). Wicked Jews from Antioch and Iconium pursued Paul with relentless hate to this place where they stirred up the very people who were willing to worship the apostles a little while before. This hatred took form in the stoning of Paul and dragging him out of the city for dead. These things are easy to talk about, but how awful they must be to experience. God raised him up, and with undaunted courage he pressed on with his duties as a missionary, bearing the good tidings to the lost. The church today needs men with such zeal and courage, and such a passion for the souls of lost men that they will do as Paul did.

IV. The Organization of Churches in the Field (vv. 23-28.) Evangelization with Paul did not mean a hasty and superficial preaching of the gospel, but the establishment of a permanent work. Elders were appointed in every church. The work of the missionary is not done until self-governing and self-propagating churches are established on the field.

Fly to Him

If it be true that God is not only willing to befriend us, but is spoken of as touched with sympathy for our miseries, so as to be all the kinder to us the more we are miserable, what folly were it not to fly to him without delay.—John Calvin.

A Verse From the Bible

Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem the other better than himself.—Philippians 2:3.

Nellie Maxwell

First Aid to Tired Memories

By RING LARDNER

To the Editor:

I suppose that they're a great many amongst your readers and a specially the older ones, that find themselves all the time forgetting things that they should ought to remember and I was the same way myself and one of my friends suggested that I take one of these here memory courses which he said had helped him a whole lot but I said what is the use of my paying money for a memory course when I can probably get one up for myself that's just as good and maybe a whole lot better so I set down and figured out a system of how to remember different things, and now I am going to pass the good news on to my admires and the differences between the other memory courses and I is because I don't charge anything for my lessons but all as you half to do is send in a stamp self addressed envelope so I won't forget where you live at, and I will tell you the complete system but in the first place I will give you a few examples of how the system worked with me and you can judge for yourself if it's O. K. or the opp.

Well, to begin at the beginning, the first time I felt like my memory was slipping was about 2 mos. ago when I was out on the golf link with a couple of friends and we was playing for a berry a hole and along about the 3rd hole one of my friends said he had a six and the other said he had a seven so they asked me what I had and I said a five.

"Listen," said my 2nd friend, "how about them two times in the ploughed ground when you swang and never hit the ball at all."

So that set me thinking that I had entirely forgot them two whiffs, so I kind of laughed to cover up my embarrassment but I made up my mind right there that I would find out some way to remember them missed swings specially when the boys was keeping such close tabs on a person, so that night I remembered to go home and after dinner I worked out a system and the next morning I tried it in the nursery and all four of my kids was in there to say nothing about the nurse and without consulting no notes I called them each by their first name.

"Well," I said to myself, "this system looks like it was A-1 and I would be a fine stiff if I didn't pass it on to my friends that's inflicted the same way."

So then I used the new system to try and think of some of my friends that had forgot different things, and the 1st one I thought of was a bird that him and I had been to N. Y. City a couple of mos. before and had dinner and at that time he said let's make it Dutch, so I said all right, but when the check came around he said he was busy trying to get the maple syrup off his hands into the finger bowl, so in this letter I kind of reminded him about the Dutch laws and sure enough in a few days I got a letter enclosing 70 cts. in stamps which was his share of the orgy.

So then I happened to think of another old pal that couldn't never remember he was married and his wife had complained about it several times, so one night we was over to his house but he was not home but his Mrs. thought she knew where she could reach him by telephone so I called him on the wire and told him to not forget he was married and the next night he come home and called his wife by her first name, which is more than she could do to him as she didn't even answer him.

Personally I could give you other proofs about how this system works, for instance, I can set down right this minute and without going into no newspaper files or calling up no sporting editors I can tell you won between Dempsey and Tunney at Chicago last September or won the world's serious last October and I can tell if Babe Ruth swings right or left handed and I can remember what year I was married, and why, and I can recall the name of the school I went one semester to before they decided that 2 semesters was 1 too much, and etc.

Where this system comes in as handy as any other place is when a man is dressing. For instance, how many of you gents puts on your collar only to find that your shirt is off, or dons your shoes and then recalls that the hostelry is missing? Since I got up this system I can always manage to get my garments onto me as they should come and at 1st I tried to do it in alphabet order but I soon found out that I hadn't no sooner had gotten my trousers on when I noticed that the underwear was yet to come and the coat had been on a long while before it had come time for the vest. But the way I overcome these difficulties was to make up my mind to discard the vest and then do the rest of it from omega to alpha instead of vice versa. So then when I don the old costume, the underwear comes first and then the trousers and then the coat and shoes and shirt and necktie and finally wind up with the coat which is just as it should be.

This is only an example to show you how good the system works and it don't stop with dressing but goes on through a man's daily life and as I say I will pass it on to my admires if they will send me a stamp addressed envelope but no money and if they are satisfied with the course they can maybe come across with a few flowers or a 1/2 dozen doughnuts.

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TOO MUCH TO BELIEVE!

The chauffeur was holding forth in the village inn. "Yus, my young guv'nor rowed for Hoxford a little while back, 'e did."

His audience stared. "Yus, 'e wins 'undreds of races," went on the chauffeur, warming to his task. "An 'e always 'as the name an' the date painted on 'is scull."

But this was too much for one listener. "On 'is scull?" he echoed indignantly. "Lumme, 'e must 'ave an 'ead like an elephant!"—London Answers.

Snappy

A young man walked into a baker's shop and asked for two dozen loaves. The shopkeeper looked surprised. "Have you a tea party on?" he inquired.

"No, said the man. "I'm working at the menagerie, and the kangaroo has kicked the elephant, so I want to make a bread poultice."

CAN'T FOOL 'EM ANYMORE



"Young man, I don't believe you could even buy my daughter's clothes." "Why sure I could! She don't wear hardly none at all!"

Patriotic

Our father slipped upon the ice because he couldn't stand! He saw the glorious Stars and Stripes, We saw our father land.

A Nutty One

"My cow has run away; did you see anything of it around the village?" asked the farmer who lived on the edge of town. "No," grinned the village half-wit, "but why don't you borrow a locomotive from the railroad; it has a cow-catcher!"

Slight Mistake

"My little boy wants one of those cross-word puzzles." "They are some old checkerboards, madam." "So they are. I haven't seen one in years."

NUT SO FAR OFF



"Say, Jim, is that fellah a nut?" "Not so loud Bill! He's one of today's most popular song writers."

Reminiscence

Fond memories cause strange unrest, Though festive be the present mood; And just when we are happiest, A little 'ear will still intrude.

Taken to Task

"Are you a registered pharmacist?" "Yes." "Expert at compounding?" "I hope so." "Then why do you put cream dressing on a lettuce sandwich?"

Impatient Patient

"How is the patient?" "He died during the night, doctor." "I feared it. The medicine I prescribed does not take full effect until after a month."

Must Put Up With It

Mother—Yes, my daughter is studying the violin. She has a real old instrument. Visitor (sympathetically)—"Well, perhaps she can have a new one some day."

In Modern Terms

City Banker (visiting the farm)—I suppose that's the hired man? Farmer (who had visited banks)—No, that's the first vice president in charge of cows.