#### STREET DRESS IS QUITE PRACTICAL

#### Garment of Printed Cotton Zephyr Is Easily Made.

(Prepared by the United States Department

Amethyst on a white ground is this practical little wash dress of printed cotton zephyr. Its design was chosen by a clothing specialist of the bureau of home economics because of its simplicity. Any girl could make it very easily for herself, in a relatively short time. Amethyst binding finishes the circular skirt, the wrists, neck, and the bottom of the waist. Bands of the same on the sleeves correspond to the plain hipline belt. Large round matching buttons on the front of the belt and on the left shoulder complete the design. This appears to be a two-piece frock, but is really made in one. For sports, school, office, or morning wear at home such a dress is entirely suitable. For wear during very warm weather, the dress



Simple Sports Dress of Printed Cotton Material.

might be made with short sleeves, and the round neckline might be still more cut out.

There is infinite variety in cotton dress goods this year, but prints predominate. These may be floral motifs, dots, or stripes. Floral and conventional designs with small and medium sized figures are used on many different materials, of which any that are firmly woven might be used for this model. Every imaginable color is seen in these prints, but some of the newer shades of yellow and red are prominent, and there is more brown than usual,

Th United States Department of Agriculture has help for those who sew at home in the form of a comprehensive free bulletin on fitting dresses and blouses.

## Profit From Poultry

Profit from the poultry yard, in the case of a farm woman living in Madera county, California, includes the results of selling angel food, sunshine and sponge cakes during the season when eggs are plentiful. The county home-demonstration agent held a meeting last year and showed the members of tals woman's group how to make these cakes, in each of which from 6 to 10 eggs are required for leavening. She made 116 cakes for sale during the season, in addition to those consumed at home. They found a ready market at a dollar apiece. This meant a profitable disposal of about 1,000 surplus eggs.

# Timbales Are Light and

fresh cod, haddock, halibut, or any fish which may be easily separated from the bones, may be used in timbales. Timbales are light and delicate for a summer meal which one does not wish to be too hearty, and in an emergency they may be made from canned fish, kept on hand for the unexpected occasion. They must be served promptly when ready, to be at their best, so it is wise to time the other dishes of the meal accordingly. The recipe is from the bureau of home

or canned fish
1 cup milk
2 tbs, butter 2 eggs 2 tbs, butte

Prepare a sauce of the butter, flour, and milk. Add to this the beaten eggs, the seasoning, and the fish, Mix well, Add more salt if needed. Pour the mixture into greased custard cups and bake for 1/2 hour in a pan surrounded by water. Turn the timbales on to a hot platter, garnish with slices of lemon, and serve at once.

#### Savory Cooked Lettuce Valuable for Vitamines

Many people never think of lettuce as a vegetable that may be cooked. It is, in fact, one of the valuable greenleaf vegetables depended on for vitamines and minerals, and may be eaten hot as well as raw. Green lettuce that may be rather tough for salad is good cooked according to these directions given by the bureau of home economics:

1 cup diced salt 2 tbs. vinegar 8 quarts cut lettuce Onion juice, if

Wash the lettuce thoroughly and cut it in pieces about 3 inches long. Cook the salt pork in a heavy skillet until brown and very crisp, and remove it from the fat. Add the lettuce to the hot fat and stir until it wilts. Add the vinegar and cooked salt pork, and more salt if needed.

the lettuce, but do not cook any longer than necessary to wilt the lettuce. added with the vinegar if desired.

#### Prunes in Pudding

## Breeding Mosquitoes

Mosquitoes lay their eggs on or in water, and these eggs hatch into "wiggle tails" in from 24 to 48 hours. Rain arrels, cisterns, tin cans and other receptacles around the place offer ideal breeding places for mosquitoes. The covering of rain barrels and cisterns with a tight screen or the placing of a film of oil on the surface of the water will prevent the development of the mosquito. Tin cans and other receptacles should be disposed of before the mosquitoes have had an opportunity to develop,

## Summer Cereals

just a few minutes before serving.

#### Dainty for Summer Meal Canned tuna, or salmon, shrimp,

goldenrod; And the red pennons of the cardinal

Onion juice

2 cups flaked cooked 1 tbs. lemon juice ½ tsp. salt 1 tsp. finely chopped parsley

The time of cooking will vary with A small quantity of onion juice can be

Prunes lend themselves to use in almost any form of bread pudding. For this purpose it is well to soak them until the stones can be taken out easily, and then chop them, says the United States Department of Agriculture. Layers of bread crumbs, alternated with prunes, with dots of butter and a sprinkling of sugar at intervals, make a good prune "betty." Old-fashioned sliced bread pudding may be made by pushing bits of chopped prunes into slices of buttered bread in a baking dish, filling the dish with a custard mixture, and baking in the usual way.

In summertime cooked cereals are much more interesting combined with fresh fruit or berries than without. Stir in half a cupful of any kind of berries to every cupful cooked cereal

## PLUNGE TIN CANS IN COLD WATER QUICKLY



Cooling Canned Stuff With Cold Water,

(Prepared by the United States Department of Agriculture.) If you are canning in tin, be sure to plunge the cans in cold water as they are taken from the canner, to help cool them rapidly. This step would not be possible with glass jars, which must be cooled gradually, away from

Before attempting to can at home this summer, send to the United States Department of Agriculture for Farmers' Bulletin 1471-F, "Canning Fruits and Vegetables at Home." There have been various important changes in the methods of home canning during the past few years, and each step requires careful attention to directions, so it is unwise to begin canning without the correct information.

# The Kitchen Cabinet

Along the coadside, like the flow-ers of gold The tawny Incas for their gardens wrought, Heavy with sunshine droops the goldenrod;

flowers
Hang motionless upon their upright staves. -Whittier.

#### TRY THESE

Planning something for each meal, day by day, gets to be a most trying



strain at times. If everybody liked and could eat all kinds of the good things provided, the problem would be less difficult. We have youth, age, convalescence and those on diet as well as the hearty, healthy ones. Each must have proper consideration, if we are

fulfilling our duty as housekeeper for the family. A delicious cake, which makes one that one need not fear to serve to the most exacting of guests, is prepared as follows: Make a chocolate cake and bake in a square tin, using any favorite recipe that is not too rich. When it is cool, cover the top with the following fruit mixture: Take one cupful of dates, cut fine, add two tablespoonfuls of lemon juice, one-half cupful of water and one-half cupful of sugar. Cook until thick, cool and spread over the top of the cake, then cover with any white frosting, boiled, or of confectioners' sugar.

For a white cake use a recipe for a good ordinary cake, bake in the same kind of a tin and cover with a top of fruit, using a cupful of pineapple instead of the dates. Such cakes keep moist and are not too rich to serve to the children occasionally.

Creamed Sardines .- Drain from oil one can of sardines. Remove the bones and skin and mash. Melt onefourth cupful of butter, add one-fourth of a cupful of bread crumbs and one cupful of cream. When thoroughly heated add two hard-cooked eggs finely chopped, the sardines and pepper if needed and serve on toasted buttered bread.

Cheese Canapes.-Toast circular pieces of toast, spread with butter, then French mustard and sprinkle with a thick layer of cheese, seasoned with salt and cayenne. Place on a baking sheet and bake until the cheese is melted; serve hot.

Corn Cake.-Take one cupful each of corn meal and flour, four teaspoonfuls of baking powder, one-fourth cupful of sugar, one-half teaspoonful of salt. Add one cupful of milk, two eggs well beaten and one-fourth of a cupful of melted butter. Beat well and bake in a shallow pan in a hot oven. Seasonable Dishes.

At this time of the year salads and

fresh fruit and vegetables have a large appeal. Allerton Salad. -Wipe, peel and



Add an equal amount of celery, cut in thin slices, one-half the amount of English walnut meats, broken in pieces and one-third of the measure of green pepper, finely chopped. Moisten with a highly sea-

slice into one-

third inch slices,

one cucumber.

soned dressing and heap on sliced tomatoes in nests of lettuce. Sprinkle with chopped chives.

When serving a boiled or steamed fish accompany it with:

Shrimp Sauce .- Melt three tablespoonfuls of butter, add three tablespoonfuls of flour and stir until well blended, then pour on gradually, while stirring constantly, one and one-half cupfuls of hot water. Bring to the boiling point and let boil five minutes. Add three-fourths of a teaspoonful of salt, one-eighth teaspoonful of pepper, one egg yolk slightly beaten and three-fourths of a cupful of wellcleaned shrimp, cut in pieces.

Date Souffle .- Beat three eggs very light, add slowly one cupful of sugar, beat well, add two tablespoonfuls of flour, one teaspoonful of baking powder, one cupful of dates and one-quarter cupful of English walnuts. Mix and bake in a shallow pan twenty-five minutes. Cut in three-inch squares and serve with whipped cream.

Sugared Beets .- Cut four hot boiled beets into one-fourth-inch slices, add three tablespoonfuls of butter, one and one-half tablespoonfuls of sugar and one-half teaspoonful of salt. Reheat and serve very hot.

Vegetable Soup .- Cook one-half cupful of celery, one-half cupful of cabbage and two onlons thinly sliced in one-third of a cupful of butter for ten minutes, stirring constantly. three-fourths of a cupful of bread crumbs and one quart of boiling water, cook until the vegetables are soft. Add one pint of milk and two tablespoonfuls of chopped parsley. Season with salt and pepper.

Lobster Salad. - Two cupfuls of cooked lobster is mixed with one hard cooked egg, chopped, salt and pepper to season; add two stalks of finely cut celery, one large red tomato, a tablespoonful each of lemon fulce and mayonnaise dressing. Mix and serve on lettuce with any desired dressing.

Necie Maxwell

Improved Uniform International

# Lesson

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

#### Lesson for August 26

PAUL IN A ROMAN PRISON

LESSON TEXT-Acts 16:16-40. GOLDEN TEXT-Rejoice in the Lord always; and again I say, Rejoice. PRIMARY TOPIC-Paul in Jail.

JUNIOR TOPIC-Paul in Prison INTERMEDIATE AND SENIOR TOP-IC-The Source of Paul's Joy.
YOUNG PEOPLE AND ADULT TOP-(C-Paul As an Evangelist,

I. Paul and Silas in Jail (vv. 16-26). 1. The occasion (vv. 16-24).

As the missionaries went out from day to day to the place of prayer they were accosted by a young woman possessed by a spirit of divination. She was owned by a syndicate of men who derived large gains from her soothsaying. Her utterances as she followed the missionaries became a great annoyance to Paul, who in the name of Jesus Christ commanded the evil spirit

to come out of her. The spirit in this maid testified that these were servants of the Most High God and that they proclaimed the way of salvation. But Paul, like Jesus (Mark 5:7), would not have Satan's testimony. The evil spirit immediately obeyed Paul's command. When the demon was cast out, the supernatural power of the mald was gone, therefore the source of revenue was dried up. This so exasperated her owners that they brought Paul and Silas before the magistrates on the false charge of the changing of customs. It was not custom but their unlawful gain which was interfered with. There is always trouble when the unlawful business in which men are engaged is threatened.

2. Their behavior in jail (v. 25).

Paul and Silas prayed and sang hymns to God. It seems quite natural that they should pray under such circumstances, but to sing hymns is astonishing to all who have not come into possession of the peace of God through Christ. Even with backs lacerated and smarting, and feet fast in the stocks compelling the most painful attitude, in the dungeon darkness of the inner prison with extreme uncertainty before them, their hearts went up to God in gratitude.

3. Their deliverance (v. 26). The Lord wrought deliverance by sending a great earthquake which opened the prison doors and loosed

their bands. II. The Conversion of the Jailer

(vv. 27-34). The jailer had small sympathy for the prisoners, for as soon as they were made secure, he went to sleep. Being suddenly aroused from slumber by the earthquake he was about to kill himself, whereupon Paul assured him that the prisoners were all safe. What he had heard of their preaching and what now he experienced caused him to come as a humble inquirer after salvation. He was convicted of sin and felt the need of the Savior. Paul clearly pointed the way to be saved, saying, "Believe on the Lord Jesus Christ." The word "believe" means to trust and fully obey. The proof that the jaller was saved is three-

1. Transformation from brutality to

tenderness (v. 33). He who a little while ago could with impunity lay on the cruel lashes is now disposed to wash their wounds. 2. Confession of Christ in baptism

(v. 33). Those who have really been convicted of sin and have experienced the saving grace of God delight, to confess their faith in Him under all cir-

cumstances. 3. He set meat before them (v. 34). 4. His whole household baptized

(v. 33). When a man's family is willing to follow him, you may be sure that his

conversion is genuine III. The Magistrates Humbled

1. Orders to release the prisoners (vv. 35, 36.).

(vv. 35-40).

The earthquake brought fear upon the magistrates and thus moved them to give leave for the prisoners to go. 2. Paul's refusal to go (v. 37).

The ground of his refusal was that their rights as Roman citizens had been violated. They demanded public

vindication. 3. Brought out of prison by the officers (vv. 38, 39).

Because they were Roman citizens they were released, the magistrates fearing what they had done.

4. Returned to the house of Lydia (v. 40). Upon their public vindication they left the prison and entered the house

of Lydia, and after ministering comfort to the brethren, they departed.

God Will Aid

#### I never attempt to carry any burdens myself. I roll them on God, and speak to God about them.—George

Muller.

Safety Be thou like the bird perched upon some frail thing, although he feels the branch bending beneath him, yet loudly sings, knowing full well that he has wings.-Gesparin.



#### GOING HIM ONE BETTER

Dr. M. W. B. tells this one: "A few years ago, back when cotton was hitting the high spots and even the colored folks were in clover, a colored brother walked into an automobile salesroom in a nearby town and said: "'Boss, you-all de feller what sell Mistah Washington Smith that 'er

supersix automobile? "'Yes, said the salesman, 'I believe

"'Well,' said the colored man, 'Ah wants a superseven.' "-Cincinnati En-

#### TOOK COLD



First Chorus Girl-Did she take by exposing herself in that extreme way? Second Ditto-Yes-took cold.

# Connubial Wisdom

That husband is the wisest And most successful, too, ho makes "wifie" do exactly What she wants to do.

### Welfare Work

Eloise is a dear little girl who de cided to go in for welfare work. So she came home and explained to her mother that she had made 40 calls

on poor people. "Do you mean to say you saw 40 people in one day?"

"I didn't see ail of them, mother. At some places I left cards."

#### just out of college." Out of Control It was past midnight and ominous

tramp of heavy feet was heard on the "What is that?" she cried, clinging to her airman lover." "Sounds like your father coming

down out of control," he replied in

# the jargon of his profession.

Just So "Bird stores seem to run largely to

"They live one hundred years," "I see; durable stock."

anything anybody else has."

#### Absolutely "Everything he has is better than

"A good man to marry, girl," RAN INTO HER



"How did you meet that girl?"

# "Ran into her at a dance."

Mistake I take the road to yesterday
But find the going slow
For I am held up all the way
By people that I owe.

## Not Having Any

Doctor-About nine patients out of ten don't live through this operation. Is there anything I can do for you before we begin?

#### me mah hat. Not Being Done

Dusky Patient-Yessah, kindly hand

Red-The play isn't at all true to ife. The wife continually asks for

Deke-Which is quite natural. Red-But she gets it.

## Sounded Suspicious

"Why do you think that Fanny It is my habitual practice about litdoesn't like you?" tle things to bring them before God. "I told her there was a fool in every family."

"What did she say?" "She asked if I was an only son."

The Other World The Impatient Patron - Waiter, didn't you hear me rap on the table? The Patient Waiter-Was that you rappin' on the table, sir? I heard you. but I thought it was spirits,

#### Receives Recognition From German University



Mr. William E. Weiss.

The University of Cologne, Germany, has just paid to Mr. William E. Weiss, of Wheeling, W. Va., one of the founders and General Manager of Sterling Products (Incorporated), and now Vice-President and General Manager of Drug Incorporated, an unusual distinction by bestowing unanimously upon him the title of Doctor Philoso-

phiae Honoris Causa. Mr. Weiss is the first and only American to be so honored by this world famous German institution. This mark of preferment came to Mr. Weiss in recognition of his efforts to further the industrial relations that have extended over more than a decade between the Directors and Scientific and Chemical staffs of German and American Pharmaceutical firms that are prominent in interna-

tional industrial affairs. During the past few years Mr. Welss has been a frequent visitor to Europe and is a recognized link in strengthening commercial friendship between the old and new continents, a truth emphasized by the action at Cologne.

There Is Hope Mary-Mother, I'm afraid Mrs. Jones will never visit us again.

Mother-What makes you think so? Mary-How can she if she keeps on staying?

#### Not Always on Surface "He who tells the truth," said Hi Ho, the sage of Chinatown, "must la-

bor long in patient silence to discover it."-Washington Star. Only Thinks He Has

"So your son has completed his edu-

# cation." "Great Scott, no! Why, he's

Rarely Lost Teacher - "Where are elephants usually found?" Boy-"Please, sir, they're so big they aren't often lost!"

A little love and understanding, thinks the successful wife, writing in Farm and Fireside, will cover a mul-



MOST people know this absolute antidote for pain, but are you careful to say Bayer when you buy it? And do you always give a glance to see Bayer on the box-and the word genuine printed in red? It isn't the genuine Bayer Aspirin without it! A drugstore always has Bayer, with the proven directions tucked in every box:



#### BILIOUSNESS RELIEVED ... QUICKLY

Carter's Little Liver Pills effects. They relieve the system of constipa-tion poisons which many times cause a sour and soid condition in the system. Remember they are a doctor's prescription and can be given with absolute confidence to anybody. All Druggists 25c and 75c Red Packages.

CARTER'S IWEE PILLS For Old Sores

Hanford's Balsam of Myrrh All dealers are authorized to refund your money for the