CHILD STUDY GROUPS HELD FOR MOTHERS



Entertaining the Children With Stories.

(Prepared by the United States Department of Agriculture.)

Extension workers among farm women in Illinois have combined with their child study groups for mothers an excellent arrangement whereby children who are brought to the meetings are separately cared for while the mothers are discussing their own problems. Most of these women are not situated so that they can leave the little ones at home, as the trip may be a long one, keeping them away for a whole morning or afternoon. Many of the questions brought up in a meeting devoted to child care and training should not be talked over when the children are present. In the case illustrated the children play together out assistant during good weather, or in from these meetings.

winter time, in a second room provided for them in the house where the meeting is held. A regular plan is followed with the children, so that their time is well spent. In the group in the picture, which was taken by the United States Department of Agriculture, the children are telling stories. The little girl sitting next to the leader is keeping the others spell bound with her earnestness.

Meantime, within doors, the range of discussion may include proper diet for children, habit training, care of teeth, dealing with unusual or difficult children, or any of the points that confront the observant and conscientious mother. Exchange of viewpoint and literature on children's welfare, of doors under the direction of an and many other advantages result

NEW FLAVORS FOR FRENCH DRESSING

Tang and Zest Is Sure to Be Very Much Appreciated.

(Prepared by the United States Department of Agriculture.)

If one finds the family getting tired of ordinary French dressing on salad, there are a great many flavors and combinations of seasonings by which it may be varied, says the bureau of home economics. For instance, a little chopped pickle, or crumbled Roquefort cheese, or horseradish, added the last minute to a dressing, give it a tang and zest that will be much appreciated. Make a foundation dressing by the following recipe, and then try adding some of these seasonings singly or in combination: 1 tablespoonful crumbled Roquefort cheese, 1 tablespoonful minced green pepper, 2 tablespoonfuls finely chopped stuffed owes, tablespoonful chopped pimiento, 1/4 teaspoonful celery seed, 1 teaspoonful horseradish, 1/2 teaspoonful onion

Vinegar need not always be used in making a French dressing, Orange



Making a Raw Vegetable Salad.

or lemon juice, grapefruit juice, tarragon vinegar, and the spiced vinegar left from pickles or fruits, are all good variations of the acid called for in the recipe.

Here are some good salad combinations on which French dressing in different forms may be served: Lettuce and watercress with chopped olives in the dressing, lettuce and dandelion with tarragon or spiced vinegar in the dressing, lettuce and curly endive with horseradish dressing, Romaine and cress with Roquefort cheese dressing, lettuce and cabbage with celery seed dressing, head lettuce, either with Roquefort cheese, onion, celery seed, pimiento, or green pepper in the dress-

1 tbs. oil ½ tsp. salt 1 or 2 tbs. vinegar, ½ tsp. sugar depending on Paprika

Have the oil cold and beat the ingredients with a dover egg beater until well blended, or place in a widemouthed bottle, cork tightly, and shake well before serving.

Effective Control of Many Poultry Diseases

The most effective control of poultry disease must come through poultry raisers themselves who will employ veterinarians skilled in poultry diseases. Governmental and state action in case of diseases of poultry should aim at the protection of domestic fowls from foreign contagion, to prevent the spread of poultry diseases from state to state, and to eradicate communicable diseases within a state when they appear. Co-operation among states would be advisable, and each state in which poultry raising is important should establish a competent veterinary poultry service which should include poultry research laboratories and competent workers.

Refreshing Lemon Ices During the Hot Season

Lemons are obtainable the year around almost everywhere. If one can also get ice and has an ice cream freezer it is possible to enjoy refreshing lemon ices through the hot weather. This is especially good served in muskmelons. The following proportions are suggested by the bureau of home economics:

% cup lemon juice % cup sugar or from 5 to 6 lemons) more if desired % tsp. salt 21/2 cups water 1 egg white

Prepare a sirup of the water and sugar and boil for 2 minutes. When cold add the strained lemon juice and salt, and 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.

Orange and Honey Good for Summer Afternoons

For summer afternoons, to serve with iced tea or fruit drinks, a sandwich that is slightly sweet is very acceptable. For this purpose the bread | moderate oven 45 minutes. should be preferably twenty-four hours old so that it can be sliced very thin, without breaking. Here is a combina-

4 tbs. grated orange 1/8 tsp. salt

4 tbs. thick honey

Wash the oranges and grate the yellow portion. Mix with the honey and add the salt. Cut the bread into thin slices, remove the crusts, and cover the bread with softened butter. Spread the filling on one side and press the slices together.

Accurate Culling Is of Great Importance

Accurate culling requires that each hen be examined. To facilitate handling the birds they should be shut up the night before. A great convenience is a coop into which the birds may be driven and from which they may be easily removed. Another method is to seize the birds by use of a strip of wire netting about fifteen feet long. Catching hooks made of stiff wire may be used to advantage in picking up the strays while landing nets used in fishing may be used for this purpose. Regardless of the method used, it is desirable to handle the

HOUSEHOLD NOTES

flock without undue excitement.

Too hot an iron will yellow silk and make it stiff.

Do not use formaldehyde as a spray or fumigant against moths.

Fruits and simple desserts are the only sweets necessary for small chil-

The best way to cook potatoes is to bake them, because then they keep all

their minerals. The refrigerator is cooled when ice melts, therefore, ice should never be

covered with paper. Vinegar and lemon added to the water in which salad greens are being crisped draws out insects.

Paint brushes which have become hard and dry may be softened by soaking up to the length of the bristles in hot vinegar.

Love comforts, strengthens, helps,

and saves us all: What opportunities of good be-To make life sweet and fair.

—Celia Thaxter.

SPONGE CAKES



The lightness and delicacy of texcially well liked. Such cakes are appropriate to serve with cooling drinks and icy desserts. In all cakemaking the best

of materials should be used, but especially with sponge cake. A fine granulated sugar, not powdered, makes the best texture; if coarse granulated sugar used the cake will be coarse grained; if powdered sugar, it will make a paste when the eggs are added. Pastry flour is always to be preferred when making any kind of cake, and especially with a cake that depends upon its texture and lightness for its attractiveness, as does the sponge cake.

We desire to have fresh eggs for all cakes, but we must remember that eggs but a day or two old will not beat up as light as those three days' or a week old.

For flavoring, lemon rind and juice seem to be the favorite. The acid acts on the albumen of the egg and coagulates it, which aids in the lightness of the cake. Many like a bit of mace or nutmeg together with the grated rind of orange or lemon for flavor.

The jelly roll is one of the most attractive and delicious of sponge cakes. One needs to handle them with care to have a shapely cake. If baking powder is used in a sponge cake the lemon juice is not used. Here is a recipe out of the ordinary:

Golden Glow Angel Cake.—Beat the yolks of five eggs to a stiff froth, then add one and three-fourths cupfuls of sugar (granulated) sifted three times; beat all to a light cream in which no grains of sugar are seen. Fold in the stiffly beaten whites of ten eggs beaten stiff with one teaspoonful of cream of tartar. Add one-half teaspoonful of vanilla and the same of lemon extract with a pinch of salt. Fold in one and one-fourth cupfuls of pastry flour sifted four times and bake is a tube pan 45 minutes.

Sponge Jelly Roll .- Sift one cupful of flour, add one teaspoonful of baking powder and one-half teaspoonful of salt; sift once more. Break three eggs into a mixing bowl, beat well, add one cupful of sugar, one-fourth cupful of water, beat well, then add the dry ingredients, beating well. Lastly, add two teaspoonfuls of hot melted butter with any flavoring desired, such as lemon extract, grated lemon rind or a bit of lemon and vanilla. Bake in a

Cut off the browned edges, lay the powdered, sugared cloth, саке spread with jelly or jam and roll up. tion suggested by the bureau of home | Leave in the cloth for a while after rolling.

Foods for Occasions.

With cantaloupes so plentiful prepare a cocktail of ripe balls of musk-



melon. Fill tall sherbet glasses with the balls, cover with a chilled sirup of canton ginger or a lemon sirup, with a bit of the grated rind. Gar-

nish with sprigs of mint. Guinea Chicken With Virginia Ham. -Remove the breast meat with the wing joint attached from a young guinea fowl. Place the breasts in a baking dish, sprinkle with salt and pepper, brush over with cream and dredge with flour. Add one-fourth cupful of fat salt pork cut into cubes and bake in a hot oven for 30 minutes, basting three times with the fat in the

Arrange diamond-shaped pieces of toast on a platter, cover with thin slices of Virginia ham broiled and hot. Place the breasts on the ham and serve with the bone covered with a paper frill. Make a gravy from two tablespoonfuls of fat in the pan and three tablespoonfuls of flour, brown and add one and one-half cupfuls of stock made from the remainder of the fowl. Season well and pour over the chicken. Serve with potato balls and piles of green peas in heaps around

Snowflake Biscuits .- Scald one cupful of milk over hot water, add two tablespoonfuls of sugar, one tablespoonful of corn sirup, one-half teaspoonful of salt and two tablespoonfuls of shortening. When lukewarm add one yeast cake dissolved in a fourth cupful of water and one and one-half cupfuls of flour. Beat all together until light. Add one and onehalf cupfuls of flour or just enough to knead without sticking. Knead until well mixed, then set to rise in a warm place. When double its bulk toss on a floured board, roll gently until half inch thick, cut with a small biscuit cutter, place on tins, cover with a pan to keep airtight and let rise again. When double in size bake in a hot oven. Brush with melted butter just before taking from the oven.

Neceie Maxwell

Lesson for September 2

PAUL PREACHING IN THESSALON ICA AND BEREA

LESSON TEXT—Acts 17:1-15; 1 Thess, 12-23; Romans 15:18-20.
GOLDEN TEXT—The entrance of thy

GOLDEN TEXT - The entrance of the yords giveth light.
PRIMARY TOPIC—Paul Finds New Friends and Foes.
JUNIOR TOPIC—Paul Finds New Friends and Foes.
INTERMEDIATE AND SENIOR TOP-C—Paul's Use of the Scriptures.

IC-Paul's Use of the Scriptures.
YOUNG PEOPLE AND ADULT TOP-IC-Paul, Organizer of Churches, 1. Preaching in Thessalonica (Acts

17:1-10). His method (vv. 1, 2). He observed the divine order, "to the Jew first," but whenever they proved themselves unworthy he turned to the Gentiles. He went out on the Sabbath day so as to find them assembled together.

2. His message (v. 3). It was that Jesus is the Christ. In order to prove that Jesus is the Christ, he expounded unto them the Scriptures. Concerning Christ he set forth

three propositions: (1) "That Christ must needs have suffered" (v. 3).

The suffering Christ was not welcomed by the Jews (Isa, 53). They were looking for a Messiah of a different type.

(2) "Risen from the dead" (v. 3). This He proved by the Scriptures. The resurrection of Christ and the bodily resurrection of believers need sound and practical exposition today. (3) "That this Jesus, whom I preach

unto you, is Christ." He declared that the historic Jesus whom he had proclaimed had suffered and risen from the dead, therefore He is the predicted Messiah.

3. The attitude of the Jews toward his preaching (vv. 4-10). While some Jews believed and many Greeks, the envy of certain Jews was so aroused at Paul's success that they gathered together the worthless fel

lows of the town and created a rlot. They turned the preaching of Paul into a specious lie. He preached the kingship of Jesus (v. 7). Jesus is most assuredly coming to reign on this earth. II. What He Preached at Thessalonica (I Thess, 5:13-20). He corrected certain doctrinal er-

rors which had crept into the church. 1. They were not to sorrow unduly (v. 13). Because they falled to understand

the meaning of Paul's preaching concerning the coming of the Lord they were indulging in excessive sorrow. They seemed to think that their loved ones who had died would miss the blessings and glory connected with the return of the Lord.

2. The events associated with the Lord's coming (vv. 13-18). In this section he gives the reasons

(1) The departed saints will come players. back when Jesus comes (v. 14). Immediately following the death of

believers their spirits go to be with grounds. In fact, playgrounds for chilthe Lord where they remain in the state of blessedness until the Lord contribution of this country to the shall return to this earth, bringing

them with Him. (2) The bodies of the dead in Christ shall come from the grave (v. 16). When the Lord comes there will be

a real resurrection of the dead in Christ, before the change of the bodies of living believers. (3) Living believers will be caught up together with those who have been

resurrected (v. 17). 3. The time of the Lord's coming is unknown (5:1-11). We are commanded to be ready, to watch. III. Paul Preaching in Berea (Acts

17:10-15). 1. His method (v. 10). He entered the Jewish synagogue and preached Christ.

2. The reception of the Gospel by the Bereans (vv. 11, 12). (1) They received the message

(2) They searched the Scriptures daily for the truthfulness of the mes-

sage which they had heard. The wicked action of the Jews Wicked Jews from Thessalonica followed the missionaries and stirred up

the people against them, making it necessary for them again to flee. IV. Paul's Manner of Preaching

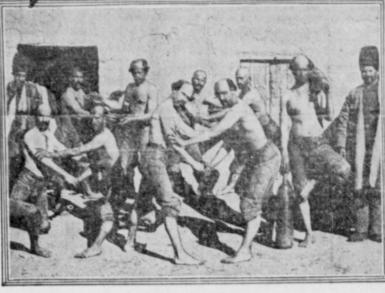
(Rom. 15:18-20). Wherever he went in the Gentile world he preached salvation through faith in Christ. God accompanied his ministry with mighty signs and wonders, with the object of making the Gentiles obedient to the Gospel, Paul's aim was to preach in new fields so as not to build on the foundation of

Jesus and Preaching

Jesus chose preaching as the method of extending the knowledge of Himself throughout the world. He taught His truth to a few men, and then He said, "Now go and tell that truth to other men."-Phillips Brooks.

At the Door "Behold, I stand at the door, and knock: If any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me."-Rev. 3:20,

Sunday School Sports of Nations Lesson



Persian Wrestlers.

(Prepared by the National Geographic Society, Washington, D. C.) ACH recurrence of the Olympic games shows a growth of the play spirit among the nations and a greater recognition of the value of games as a training for life. Games played a big part in maintaining the morale alike of civilians and soldiers during the World war; and from this experience has come a renewed realization that the sinews that win wars are just as needful for

peace. Back home, before the war, America had contributed two new things to sport: baseball and the city play-

the vigorous, bloodless battles of

It has been noted that sports of a nation afford an almost invariable barometer of its progress in civilization. Baseball is one of the most complicated and highly organized pastimes known to any people. It is a veritable instrument of the most delicate precision in the world of sport. A South Sea islander no more could play it than he could operate a linotype machine or deftly handle the paper money in a bank teller's cage.

Yet the instincts baseball satisfiesthe zest of racing to a goal ahead of the ball, the deep satisfaction of diverting a swiftly moving object to serve his own ends, the mere impact of the speeding spehere against the instrument he controls, bagging the spheroid as it dies afield, the suspense of nine men as they await the batter's fate-each and all find their counterpart in play as old as animals that walk on two feet and h ve enough gray matter atop their spinal columns to control nature's laws for their human purposes.

The foot-race ever was the most popular of the 24 Olympian events. The Romans batted balls with the forearm swathed with bandages, and the Gilbert islanders wrap coconut shells with cord so they will rebound to a blow from the open palm; Homer's princess of Phaeacia is represented in the Odyssey as jumping to catch a ball tossed by her maids of honor; and the Chinese had a game why they were not to allow them in which a suspended ball was kept selves to be overwhelmed with grief. hurtling to and fro by blows from the

America has been among the leaders in her attention to children's playdren may be considered the distinctive world's play.

Playgrounds in Cities.

To gather statistics of play is like counting the sands of the sea or the children of the nation; but it is significant of the awakening interest in play to note that even by 1918 more than 400 cities maintained nearly 4,000 playgrounds, and the children who found relaxation on 340 of these playgrounds from which reports were had on any one day would have numbered scarcely less than the total population of Boston. Each year since has seen an increase both in the cities having playgrounds and in the total

of play spaces. Moreover, this is but a fraction of the opportunities for normal play, for it does not take into account the thousands of boys' clubs and provisions for their special clientele which churches, parishes, private schools and organizations like the Y. M. C. A., Boy Scouts, Knights of Columbus and numerous others make. One of the most characteristic adjuncts of the American school, city, town or country district is its playground; and few are t' city parks where the old "Keep Off the Grass" signs have not been superseded by invitations to play, and special provisions for games. For one who would study the derivation of games, the average playground, no matter how crude, is a veritable museum of archeology. Tools and weapons of one age frequently become the playthings of the next; and cen-

turies later, when adults have deserted the sport, children adopt it. Game-hunting marked an important development in the life of primitive races. The Indian who stalked deer, the Semang black man who tracked snakes, the naked savage who hunted the rhinoceros, snared wild birds at their drinking places, and trapped the tiger were not out for a summer's

sport. Ingenuity in Hunting.

Methods of hunting were exceeding ly primitive at first, but some tribes early developed an amazing technique. The Eskimo would wrap himself in skins and lie by the hour alongside an ice-hold to harpoon a seal. The Tarah mares of Mexico felled trees by the It to heathen tribes.

score to get squirrels occasionally

caught as the trees fell. More ingenious were the Tasmanians, who would clear a forest oasis by burning, wait for the grasses to grow and attract animals, and they would set fire to a barricade of brush they arranged in the meantime, vith exits near which they would take their stand and spear the frightened animals as they sought to escape.

Some African tribesmen camouflaged their spear-heads with bird Fuegians attained a low visibility by daubing themselves with mud and clay Florida Indians donned skin and horns of deer to enable them

to approach their prey. Ways of setting traps for animals and of poisoning spears were known thousands of years before Christ. The sportsmanlike Greeks shrank from use of poisoned darts 'n warfare for the same reason that they regarded archery as a savage practice in combat. Even in war they declined to use instruments which would give one side

an unfair advantage. It was long before the horse, ridden so skillfully by the Arab and the Moor, became either a beast of burden or man's plaything at the races. And whatever the civilized opinion of bull-fighting, that sport is a far cry from either the combat to death of human beings or the lack-sport diversion of watching two animals tear each other to pieces. The Spaniard will defend his national pastime by citing that the matador runs a far greater risk than the hunter of the biggest game, with the advantage of

his firearms. Horse-racing is another sport that dates back to remote antiquity. Probably the French were the ploneers in turf sport as practiced in modern times, but it was natural that the English, with their love of outdoors and of animals, should have cultivated the horse for the race as they did the dog for the hunt. James I seems to have been the first royal patron of racing.

Boxing and Wrestling.

Boxing and wrestling are the more humanized forms of individual contests of strength. Naturally the program of he original Olympic games. veritable encyclopedias of ancient sports, included boxing and wrestling. Moreover the Greeks had one game, the pancrace, which combined both.

Wrestling, at least, is much older than Greece, as indicated by the bouts

pictured on tombs along the Nile. In Greece, boxing fell into disfavor in Sparta for an unusual reason. The Greeks had developed sportsmanlike rules for the game, eliminating kicking, biting and ear-pulling, and the bout closed when one boxer atmitted his defeat. Lycurgus held it improper for any Spartan to acknowl-

edge defeat, even in a game! The Japanese have been devoted to both sports for ages. Sukune, Hackenschmidt of Nippon, in the days when John was foretelling the coming of Christ, was deified, and from wrestling jul-jitsu evolved. Boxing today is extremely popular throughout the

Jack Broughton, English "father of boxing" as it is practiced today, is believed to have invented the modern boxing glove and the division into rounds, but he scorned to train in order to meet a butcher named Slack, who belied his name with a blow like a cleaver, and put the idol of British sportdom in the ex-champion class.

A writer of the Sixteenth century called football a "devilish pastime" and charged it with inciting "envy and sometimes brawling, murder and homicide."

Nevertheless, by the time of Charles Il football had become firmly established at Cambridge. It was ever held in high esteem in Ireland. There, when all other sports were prohibited for archery's sake, "onely the great footballe" was exempt. Wo.nen joined with the men in playing it on Shrove Tuesdays. So many participated that few kne the whereabouts of the ball. An expedient which not so long ago aroused a furore in the American sporting world, was adopted by a player, who shook out the shavings with which the balls of those days were stuffed and carried it under his shirt to the goal.

Abandoned as a general pastim because of its roughness, it was retained in colleges until, with the past half century, it sprang into renewed popularity in greatly modified form.

The British carried football Into Jerusalem when they recovered the sacred city. Missionaries have taught