

THE KITCHEN CABINET

The woman whose life is intelligently ordered is always preparing herself for the higher demands of her work. She is not only doing that work with adequate skill from day to day, but she is always fitting herself in advance for more exacting and difficult tasks.—Hamilton W. Mabie.

SUMMER PIES

Is there ever any pie quite so delicious as a well-made cherry pie? "May be there is, but I doubt it."



Line a pie plate with rich crust, and add pitted cherries, sweetened to taste, to fill it. Sprinkle with a little flour, add a bit of butter and cover with the top crust. Bind the edge of the pie with a piece of muslin two inches wide, which has been wrung out in cold water. This keeps in the juices, and the result is a pie that is hard to equal. A paper funnel placed in the center of the pie is often as good to keep the juices in, if the edges have been well-lapped and pressed down. The juices will boil up in the funnel and go back again into the pie.

Strawberry Pie.—Into a deep under-crust, which has been baked, heap fresh sugared berries, cover with spoonfuls of stiffly-beaten cream that has been sweetened and flavored with a bit of almond. Serve very cold.

Blueberry Pie.—Take one quart of blueberries, four tablespoonfuls of sugar, two tablespoonfuls of lemon juice or a handful of green grapes, seeded, the yolk of an egg, three tablespoonfuls of cream and a pinch of cinnamon. Line the pie plate with the crust, mix the berries with the other ingredients and pour into the crust. Cover with a top crust and bake until the bottom is well browned.

Pineapple Pie.—Bake a crust for an open pie. Grate one pineapple; add one and one-half cupfuls of sugar, two tablespoonfuls of cornstarch, sifted with a little cold water, the juice of four eggs, well beaten; add the above ingredients to two cupfuls of boiling water in a double boiler; let come to a boil, then pour into the crust. Cover with a meringue, using two of the whites and four tablespoonfuls of sugar. Brown to a moderate oven.

A thing of beauty is a joy forever. Its loveliness increases, it will never fade.
Fate is not everything, but still will keep.
A lower quest for us to sleep. Full of sweet dreams and health and quiet breathing.
There on each success we are waiting.
A sweeter hand to bind us to the earth.
—Keats

COUNSEL FOR THE COOK

As 50 per cent of the cooks of this country are wives, mothers, housekeepers, or a mistress, general managers and voters, just about anything of interest to the average woman will be fitting for the cook.

For hot weather hints, the first thing to manage, the mind is starting the day right. It may take 15 minutes from the morning nap, a good shower and rub, or a cold sponge bath will put almost any fairly healthy body in tune for a mid-summer day.

The next important item is proper dressing. Although knit underwear is so reasonable in price and easy to launder (points worthy of consideration) in the hottest weather a thin dimity, crepe or nainsook teddy or union suit will be found much more comfortable, cooler, and does not cling to the body like the knit-wear. In a loose, comfortable, thin corset with a slip which answers for both corset cover and skirt, then a slipover dress of cool, easy-to-wash material, with properly shod feet—shoes with substantial heels—or clogs will be able to meet the day with every advantage of proper bodily care.

Potato salad is a favorite. It should be remembered that cold potato takes some time to become seasoned, so it should be prepared long enough ahead to let the salad dressing and other seasonings thoroughly penetrate that vegetable.

The meals for hot weather should be prepared with the idea of not over-taxing the stomach during the warm days. If possible have the heavy meal at night, when the workers of the family may rest in the cool of the day. Cooling vegetables, cucumbers, tomatoes, juicy fruits, custards, junkets, frozen dishes will be found to be most favored.

Fresh fish is easy of digestion and makes a good main dish, with a cucumber or tomato salad. With lemon sherbet for dessert, and some small cakes or cookies, one may feel that the family has been properly fed. Whole wheat bread, graham, rye or wheat bread may be served as one wishes.

Salads of vegetables may take the place of a main dish; with bread and butter and a light dessert, the meal will be sufficiently satisfying.

Nellie Maxwell

IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

(By REV. F. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.) Copyright, 1923, Western Newspaper Union.

LESSON FOR AUGUST 5

MARY MAGDALENE

LESSON TEXT—Luke 8:1-3; John 9:36; 19:11-15.
GOLDEN TEXT—"Our soul waiteth for the Lord; He is our help and shield."—Psalm 33:21.

REFERENCE MATERIAL—Mark 15:40-16:8; Luke 22:49-24:12.

PRIMARY TOPIC—How Mary Magdalene Showed Her Love for Jesus.

JUNIOR TOPIC—How Mary Magdalene Showed Her Gratitude to Jesus.

INTERMEDIATE AND SENIOR TOPIC—A Woman's Grateful Service.

YOUNG PEOPLE AND ADULT TOPIC—Mary Magdalene, Saved and Serving.

I. Mary Saved (Luke 8:1, 2). While Jesus and His disciples were preaching throughout the villages of Galilee, Mary and certain other women heard the good news of salvation and were saved. Evil spirits were cast out of them. Mary had been possessed with seven demons. The number seven indicates the completeness of her affliction. Bodily affliction usually accompanied demon possession. Doctor Erdman says: "It is a cruel error to confuse Mary Magdalene with the sinful woman of whom Luke has just been writing. Mary had suffered from demon possession, as here stated, but there is nothing in the gospels to indicate that she had ever been a woman of notoriously evil life." So widespread is this false impression that many rescue homes for fallen women are named unjustly, "Magdalene."

II. Mary Ministering (Luke 8:3). She, with certain women who had been saved from Satan's power, out of a heart of gratitude looked after the comfort of the Lord and His disciples. These women must have been in easy circumstances, as they were able to buy food and other necessities and, doubtless, looking for Jesus and His disciples. These women were the fore-runners of that large company of saved women who have throughout the Christian centuries been ministering to the Lord through kindness to His saints. How poor would be this world without the ministry of gently woman.

III. Mary's Steadfastness (John 19:25). After the men and disciples had forsaken the Lord a group of faithful women remained at the cross, among whom was Mary Magdalene. Others lagged, prompted by natural affection, but she lagged out of grateful love for salvation from Satan's bondage.

IV. Mary at the Empty Tomb (John 20:11-18). I. Mistaken Tears (11-13). She had come to the tomb to weep and to pay respect to the body of her Lord. She was weeping over what she regarded as a tragic loss. In spite of her love and faith, she was in a state of confusion. If she had known what was revealed to her a short time afterward, she would not have thus wept. She was weeping because the tomb was empty, when the real cause for weeping would have been the Lord's body in the tomb. How many times we break our hearts over misunderstanding. The fact that a living body had walked out of the tomb instead of the dead body in it should have occasioned rejoicing. The empty tomb is the Christian's ground for hope.

2. The Unrecognized Master (vv. 14, 15). She was within sight of the living Lord, yet mourning for Him. Let us look in the right direction and we shall have our sorrows turned into joys. The reason she did not recognize the Lord was that He did not appear as she thought He should. Many times our preconceived notions prevent us from seeing Jesus.

3. Restrained Familiarity (vv. 16, 17). The full meaning of Jesus' words when he forbade Mary to touch Him perhaps we cannot surely know. The difficulty doubtless inhered in Mary's misunderstanding. She seemed to think that the same relations instituted before the resurrection would be resumed. He showed her that He was ascending into glory and that He should henceforth receive divine worship.

4. Mary Telling the Good News of the Resurrection (vv. 17, 18). The need of telling the good news to the poor despondent disciples was so urgent that there was no time for familiarity. What joy there must have been in the hearts of the disciples at this good news.

Riches. If thou art rich thou art poor; for, like an ass, whose back with ingots bows, thou bearest thy heavy riches but a journey, and death unloads thee. —Shakespeare.

Communion. Communion possesses a language which every people can understand. Its elements are hunger, joy and death.—Helen.

Humility. Humility is a virtue all preach, none practice; and yet everybody is obliged to hear.—Selden.

The Sinner. An sinner is a wretch that looks both ways in a cart if it goes so far as death.—Cervantes.

TAILORED SPORTS COATS;

PRETTY SUMMER BLOUSES

THE time is here again when the outfitting of young women and girls who are to be sent away to school must be attended to. This obligation comes along in midsummer, before the garments are actually needed, but not too early to pick fall styles, in essential things, like coats and dresses, already launched.

About the first purchases made are the substantial coats which must do self color, add a bit of sparkle to the design. On tailored sports coats, huge and handsome buttons for fastening with a single button on the cuffs, is the best of all finishing touches.

There is apparently no end to the ingenuity of designers in producing new and interesting patterns for summer blouses. The current vogue for plaited skirts has stimulated interest in overblouses, waists, Jaquettes and



Tailored Sports Coat.

swaners, and of these the combination of blouse and skirt is most popular, both for formal occasions and for sports wear.

Applique designs of contrasting color, drawwork, heading, monograms and colored braided edges, comprise the decorative features in models of present fashion. Sleeveless blouses in high-contrast styles show honors with those with short sleeves.

In the two blouses shown below, crepe de chine is used in combination with embroidery to obtain two entirely different models. The blouse at the left is suitable for sports wear. It is of sand crepe de chine with piping, belt and patch pockets of holly-berry red. The pockets are ornamented with a flower design in colored embroidery. The short sleeves, link-front and student collar are all features of current styles.

For dressy affairs the blouse at the right recommends itself because of its ornate embroidery at the hip line and



Two Pretty Summer Blouses.

woolens, neutral colors and fur trimmings are all present in the displays of new fall garments. Fine fabrics are somewhat finer in texture than they were and more emphasize than ever is placed on collar and cuffs of fur. There are numerous side-slit models and decorative silk stitching in male work of fur. Sleeves are very full and long and often finished with embroidery or a deep cuff, instead of fur. In dressy cases novel threads introduced in silk embroidery, done in

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Greatest Tunnel.
The new Simplon tunnel through the Alps will soon be open for business. The whole tunnel is twelve and a quarter miles long, of which five and a half miles are on Swiss territory. To guard against the possibility of sudden invasion from Italy, the entrance is sited so that it can be blocked at a moment's notice. Tremendous difficulties have been encountered and overcome in making the tunnel. Hot springs had to be drained away; and at one spot, about two and a half miles from the Italian opening, the rock pressure was so great that eight months were spent in boring fifty yards at a cost of \$200,000.

Has 18,373 Aids to Navigation.
The United States light-house service has distributed for the benefit of light-house keepers and others interested in its work an official handbook of information, which was compiled by John S. Conway, deputy commissioner. The publication sets forth that the government now maintains 18,373 aids to navigation, including 4,923 lighted fixed aids, 3,881 lighted float aids, 965 lighted floating aids and 7,523 unlighted floating aids. These aids embrace light-houses, lightships, buoys, fog and submarine signals and various other devices.

Important to All Women Readers of This Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.
Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder trouble.
If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.
You may suffer pain in the back, head-ache and loss of ambition.
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Plea for the Wild Flowers.
Why should the wild flowers be plucked? The real naturalist loves them none the less because he (or she) leaves them to deck the rocky glen or gleam like jewels rare beside the mountain stream and quiet pool. This is where they belong, that all who pass that way may see and enjoy. Let the vase on the mantel and the fruit jar on the porch rail hold the cultivated flowers from hothouse and garden. They are the suitable and appropriate ones for such use. The others are not.—B. O. Longyear, Colorado Agricultural College.

Linseed Oil Statistics.
The value of products of establishments engaged in the manufacture of linseed oil amounted to \$71,032,000 in 1921, compared with \$120,038,000 in 1919 and \$44,883,000 in 1914, a decrease of 41.1 per cent from 1919 to 1921, but an increase of 58.3 per cent for the period 1914 to 1921. In addition, establishments manufacturing other products of chief value reported production of linseed oil to the value of \$3,002,000 in 1921, \$2,880,000 in 1919, and \$1,286,000 in 1914.

Army Cooks Must Be Clean.
The new army cook for British soldiers may not go on duty without being shaved; he is not permitted to smoke in the mess hall; and must have clean hands and finger-nails.

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