

KNITTED SUITS AND FROCKS; SCARFS AND SHORT COATS

THOSE smart, loosely-knitted sports suits and dresses that were a joy to both wearers and beholders, during the summer, served to pave the way to success for their followers this fall. The new models have arrived in considerable numbers and in endless variety and no one welcomes them more fervently than the college girl. They are closely knitted and cozy, with

affections from fox neckpieces to something else in fur scarfs the doom of Mr. Fox appears to be sealed. He will not be among those present much longer in the animal kingdom. But furriers assure us that all that glitters is not gold and all that looks like fox may be something else. Many little besties contribute pelts that imitate, more or less closely, the long, soft,



NEW MODEL IN KNITTED WEAR

wood shades, brown, beige, navy and tan leading in colors. In the suits, coats are usually hip length and open at the front, fastening with buttons, but there are occasional side openings. The introduction of knitted wool in collars and trimmings makes opportunity for attractive color contrasts. Navy and beige, navy and red, blue and gray, brown and orange, tan and brown are combinations that are reported in the display. Headings of knitted wool appear on both coats and skirts, as



MOST POPULAR THING IN FURS

shown in the illustration, where a very light gray wool trims a suit in a darker shade. A distinctly smart note appears in suits in which the coats have an attached throw scarf instead of a collar. A navy blue suit, with the coat showing a blue pattern to rest, is also noted with a scarf of blue wool. It goes without saying that the new way of wearing is the largest one and offers anything that is likely to be called for including some special. The distinctive creation of late autumn with gold and red and brown tones, combined with a scarf of blue wool, is a smart feature.

The KITCHEN CABINET

(© 1921, Western Newspaper Union.)
"It matters not how straight the gate,
How charged with punishments the scroll;
I am the master of my fate,
I am the captain of my soul."

RECIPES IN SEASON

Now is the time to prepare some of these good things for the winter:

Mustard Pickle.—Take one quart of small cucumbers, one quart of pared cucumbers cut into half-inch cubes, one quart of green tomatoes cut into cubes but not peeled, one quart of button onions, one large cauliflower divided, three green and one red pepper chopped. Make a

prime of four quarts of cold water and a pint of salt, pour over the vegetables and let stand twenty-four hours. Put over the heat and cook until the vegetables are thoroughly scalded. Drain in a colander. Mix one cupful of flour with six, tablespoonfuls of ground mustard, add one tablespoonful of turmeric and cold vinegar to make a paste. Add one cupful of sugar, and vinegar to make two quarts of the mixture, boil until the flour is well cooked and a smooth paste is formed. Add the vegetables and when thoroughly hot seal for winter use.

Pepper Relish.—Take twelve each of green peppers, red peppers and onions, one and three-fourths cupfuls of sugar, three cupfuls of vinegar, two tablespoonfuls of salt, one tablespoonful of celery seed. Remove the seeds and white fiber from the peppers, put them and the onions through the meat grinder. Cover with boiling water and let stand five minutes; drain; add the rest of the ingredients and boil fifteen minutes and put into cans.

Pickled Spiced Onions.—Put small onions and cover with hot water and salt, making a strong brine. Let them stand twenty-four hours, drain and cover with another hot brine. The next day drain and make a fresh brine, heat to the boiling point, add the onions and let them stand fifteen minutes. Drain and put onions in jars with bits of wax. Next, add a few whole peppers and cloves and slices of red pepper. Fill the jar with hot vinegar, allowing one cupful of sugar to a gallon of vinegar. Seal at once.

The restraint of a prescribed diet at times defeats the end and by the wrong attention, and the result of many stomachic derangements, which in serious. Judicious regard is often the better rule for the inter-actively diagnosed.—Joseph J. Davis.

COOKING WITH BRAINS

There is nothing in the field of food so deadly to the appetite as a monotonous diet, and "the sky is the limit" for a cook who can supply plain and intelligent cooking for the plain and intelligent demands of the

husbands and sons. Such conditions are entirely too ideal to ever be reached, as where one may be fairly reached the other is wholly lacking.

The normal person, properly trained, is able to eat and enjoy all kinds of food that are good and well cooked. There will be degrees of enjoyment, as some like one better than another, but the finical, fussy eater is largely so from bad training, if he is well, and thus, normal.

We all know what the artist said when asked with what he mixed his paints. We need more of that essential (brains) in all of our cooking and eating of foods.

The great majority of middle class and people of wealth eat too much—they live to eat. Then there are those who through indoor work or inactivity have no appetite and in consequence refuse to eat because they are not hungry.

Foods must be pleasant to the taste to increase the flow of the gastric juice, and as the eye is the first to receive impressions, food must be made attractive in appearance so that it will be tasted.

It has been proved too often to quote that worry and nervousness will retard or entirely stop the process of digestion, so, too, we need to put away everything of that sort, when possible, or wait to eat until more composed.

When judgment tells us that food is good and wholesome common sense will tell us to cultivate a liking for it.

The appetite is often a tickle craving for foods that we should not eat, and an active dislike for the things we should.

Children very often get the idea that the foods that are nourishing, that are good for them, must be unpleasant.

We need to repeat, the spinach or string beans, or any other food of food value will be like and when they are in proper proportion, and we are in constant touch.

John J. Davis
Nellie Maxwell

IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

(By REV. F. B. FITZWATER, D. D.,
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Bible Institute of Chicago.)
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LESSON FOR OCTOBER 7

ABRAHAM, A BLESSING TO THE WORLD

LESSON TEXT—Gen. 12:1-3; 18:17-19; 22:15-18.

GOLDEN TEXT—"In Thee shall all families of the earth be blessed."—Gen. 12:3.

PRIMARY TOPIC—Being a Blessing to Others.

JUNIOR TOPIC—A Man Who Became a Blessing to the World.

INTERMEDIATE AND SENIOR TOPIC—Abraham, a Religious Pioneer.

YOUNG PEOPLE AND ADULT TOPIC—Abraham, a Religious Pioneer.

I. Abraham's Ancestors (Josh. 24:2, 14).

Abraham's people were idolaters. Very likely as a young man, he himself worshiped idols. Tradition furnishes us with some interesting stories touching his struggle against idolatry. At any rate, his experience was such as to well qualify him to be the head of a people whose God was the Lord. He knew how hopelessly disastrous idolatry was to the morals of the people, and, therefore, would be able to lead them back to God.

II. Abraham's Call (Gen. 12:1, cf. Acts 7:2-3).

God came to him in Ur of the Chaldees and said unto him:

1. "Get thee out of thy country."

One is led to his country with a strong bond. Abraham had lived long enough to have formed strong attachments to his country.

2. "Get thee out from thy kindred."

Abraham was not only to leave behind him his native land, but his relatives as well, even his father's house. Since his kindred were idolaters, he must leave them. Abraham was to become a pilgrim, to be without a home. Even in Canaan, the only land he ever owned, was a burial place.

3. "Into the land that I will show thee."

He was not told what or where the land was. He went out not knowing whether he went (Heb. 11:9).

While he dwelt in tents during his earthly sojourn, yet "he looked for a city which hath foundations whose builder and maker is God" (Heb. 11:10). And thus he was a typical believer called out from his family and country, and renouncing idolatry, he walked by faith, testifying to his and succeeding generations to the faithfulness of God. It costs to obey God, but there is an abundant recompense.

III. God's Promise to Abraham (Gen. 12:8; 18:17-18).

1. The Father of a Great Posterity (cf. 2). This has been literally fulfilled. He was not to go out primarily for what he could get, but for what he could do. The milliner and silversmith forget their own personal blessings in the supreme joy of their converts who are the fruits of their labor. No name in all history equals that of Abraham in its honorable influence. He is the name of honor among Jews, Mohammedans and Christians. They all acknowledge him as father.

2. A Blessing to Others (v. 2, 3). He was not only to become great and to share God's blessings, but to be a blessing to others. He has become a blessing to countless multitudes. This is the prevailing law of the spiritual life—being blessed to be a blessing. Those who respond to this law become the very touchstone of God, so precious that God will bless them who bless them, and curse those who curse them. God makes common cause with His people. So vitally is He one with them that it is a serious thing to mistreat them. To mistreat God's children is to lift the hand against God. No one who goes against Him can prosper. Not only is this so with reference to willful acts against His children, but neglect or refusal to do good to them. Christ regards all acts for or against them as for or against Him.

IV. God Testing Abraham (Gen. 22:2-18).

Abraham's faith was shown in that he obeyed the call of God and left his land and kindred, but his faith reached its highest point in offering Isaac. For many years, he had waited for the fulfillment of God's promise as to his heir. At last that promise was a reality. Abraham's hope was not the ordinary hope which fits the heart of every father, that his name and work may be perpetuated through his son. A new nation and the world's Savior were to spring up from Abraham through this son. Through this great ordeal, his faith responded enabling him to believe that God would give Isaac back from the dead (Heb. 11:17-19). God tries all His children. The more important, the more severe the trial.

Education.

The worst education that teacher will find is better than the best that teaches everything else and not that.—J. Sterling.

All Make Mistakes.

The world would really get along without the men who never make a mistake.

Mark the First Step.

All progress starts out as a very small light in the dark of the night.

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It All Depends.

Guy—Do you think it possible to love two girls at the same time?
Girl—Not if they know it.

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