



A morning glory at any window affords more than all the metaphysical books.

THE ART OF COOKERY.

We are told that cookery is one of the fine arts. Where can one find colors giving greater delight than in a tasty dish? The development of cookery and its progress has gone hand in hand with civilization.

Probably more people are spending a part or all of their time cooking than in any other occupation. The importance of food selection and preparation is the most important factor on which rests the health, happiness and prosperity of mankind.

Cookery has its law of proportion or right values, its law of harmony and contrast as does all other arts. Cookery appeals to the taste as music appeals to the hearing or color to the sight.

The study of cookery should be a part of every young woman's education. She should know when she has prepared a well-balanced meal as well as to know how to serve it.

To serve a meal that is attractive to the eye, satisfying to the taste and nourishing to the body, food that is digestible and the cost of which is kept within reasonable bounds of the income, is an accomplishment which any young woman may be proud of attaining.

A trained cook should be in position to command respect, for she keeps people well by preparing food that is the right kind of food, while the professional doctor only takes us for repairs.

The community cannot rise much above the level of the individual home, and the home rises only by the initiative of a few especially far-sighted individuals.—Eliza Richards.

IDEAS FOR THE COOK.

Before the sweet corn is gone do not fail to prepare some for winter use. Pick it and cut it from the cob within an hour from the time it is picked; then if it is to be dried, stir it over the heat for a few minutes to set the milk, then put it in dry pans.

Do you love your work or do you call it drudgery? "As a man thinketh in his heart so is he."

Do you plan to cook for a long time? Do you plan your meals in regard to the people to be served? For example the farmer, the indoor worker, the child or the invalid, each finding what he needs from the prepared menu.

Do you try to balance your meals so that there is never an overabundance of any one food principle, as starch, fat or meat?

Do you study the food value of milk and do you give your family plenty of this best of all foods?

Do you study the food value of all fruit juices should be saved to use as puddings, sauces or in frozen dishes.

Do you study the food value of all nuts and do you give your family plenty of these?

Do you study the food value of all cereals and do you give your family plenty of these?

Do you study the food value of all vegetables and do you give your family plenty of these?

NEW SUMMER COAT

Three-Quarter Garments Again Introduced in Suits.

Fashion Does Not Dislike Wool Linings Set by the Government, Tailors Claim.

When the fires are no longer required it is nice to make something to hide the no longer useful grate, and at the same time it is not desirable to entirely enclose the grate, as it is always a means of ventilation.

These suits are made of wool and look as though all obedience had been thrown to the winds. But this is not so. The tailors claim that the suit is made on such slim proportions that it is kept within the four and a half yards allowed by the government.

France is making these coats in a broad, mosaic design. Blocks of black and white are placed against each other, and the collars and cuffs are of American seersucker.

The long waistcoat, which in truth is sometimes made exactly like an apron, is of linen, pongee, tinselled satin and tinted muslin. Paris is quite delighted over these apron waistcoats made of pale pink, mauve, yellow, Joffe and violet organdy or lawn.

They are sometimes fastened down the front with tiny white buttons, but usually they do not present any break in the front line. They are more becoming and novel this way.

DEVICES PRETTY GUEST ROOM

Ingenuous Young Wife Utilizes Old Furniture Painted in Alice Blue and Stenciled.

Farm and Flossie had a story of a young wife who fixed up her home herself with a small sum of money. In talking about her guest room, she says: "My guest room was small and I did not want to buy any furniture."

She painted the walls in a pale cream color. I used an old bed, dresser and two chairs, all painted Alice blue, and tried my hand at stenciling the furniture with oil paint. I bought a stencil of a pretty flower design and put it on the rails of the bed, arms of the chairs, on the top of the dresser and the front of the drawers.

For the windows, cushions and bed cover I found a thin "sun-fast" material which has a very wide blue and cream colored stripe. For my electric lights I made simple little silk shades of yellow. The rug rugs in this room were woven with a pale yellow thread.

AMONG EARLY FALL FASHIONS

Novelty skirts are used for sport skirts. Belted coats are foremost in fashion's world.

WITH THE OVAL NECK LINE

Trimming of the Top is Reduced to a Minimum—Sleeves are in Many Styles.

A large percentage of the new frocks are cut with the oval neck line, and occasionally in pointed or square neck. Whatever the shape of the neck finish collars and chemises are frequently used, and the trimming of the top is reduced to a minimum.

Sleeves are varied in style, both long sleeves and short ones being in vogue. The short sleeves sometimes stop somewhere midway of the upper arm and are finished with a ruffle. Others extend a little below the elbow and are quite wide at the lower part.

Many of the frocks for afternoon wear, even when made of dark material, have loose sleeves in linen or muslin de sole of a quite light tint, coming out of vertical armbolts, either hanging loose and open at the elbows or shirred into high gauntleted cuffs of the same material.

IN FASHION LAND

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BEDCOVERS FOR SUMMER USE

Linen Makes Coolest Sheets; Percale Cooler Than Muslin; Dimity Spreads Good Choice.

Much has been said about the psychology of a coolly furnished house for hot days, the suggestion of breezes that come with thin blowing curtains, the removal of heavy draperies, etc.

WORTHY OF IMITATION

The plodder is not dependent on pull and other tricks. His conduct is so ordinary that folks are not attracted to him until they learn to know his reliability.

CREPE HINT

Georgette crepe can be washed and ironed like any other wash material. Use mild soap and iron white slightly damp.

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Never in all history has there been such an interest in gardening as there is today. And we are gardening not only for the sake of the fruits and flowers but because we wish to raise better men and better women.—Herbert Hubbard.

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Teacher—Howard, can you tell me what animal attaches itself most to men?

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A Wide-Awake Church

By REV. HOWARD W. POPE, Moody Bible Institute, Chicago.

TEXT—Awake! Awake! Put on thy strength, O Zion; put on thy beautiful garments, O Jerusalem.—Isa. 62:1.

If it be asked why the church should ever fall into a drowsy, lifeless condition, the answer is easily given.

There are two causes, the external and the internal. First, there is the downward drag of the world and the flesh and the devil.

These are always operating against the church and tending to lessen her interest in things spiritual by absorption in worldly matters. More serious, by far, however, is the internal cause, or the church's neglect of the means of grace.

The tendency of fire is to go out. The best fire in the world will go out in 24 hours if you neglect to put on fuel.

Even so, the fire of devotion in the hearts of God's people tends to go out unless it is fed with fuel, and the only fuel that will feed this flame is the fuel of God's Word.

The average Christian does not read the Bible enough to keep himself in spiritual health. The consequence is that he loses ground gradually until the fire dies down, and is almost extinct.

When this becomes general in a church, it is necessary to resort to special measures to restore life to the church; and these special measures usually consist of nightly meetings in which the fuel of God's Word is piled upon the slumbering embers until they begin to blaze and burn and give out light and warmth. This is the normal condition of a church.

Notice that the words, "Awake, awake; put on thy strength, O Zion," are not an exhortation, but a positive, preceptive command. Christians sometimes speak of their spiritual weakness as a misfortune, but God regards it not as a misfortune, but as a sin, as needless as it is disastrous. "Be ye strong as it is the Lord, and in the power of his might," is just as binding as any commandment in the Bible.

A Christian has no right to be weak. God has provided strength in abundance, and he holds us accountable for the use of it. "All power is given unto me in heaven and in earth. Go ye therefore and disciple all nations," Matt. 28:18.

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BAGDAD'S "CORPSE SHIP"

Nothing in the world of strange things strikes the European visitor so strangely as the "corpse ship" in Bagdad. It is a huge barge, piled high with native corpses, many of them several years old, which are being carried down the river to rest in a cemetery near the whitened bones of the prophet.

The bodies are piled on deck, packed in straw cases, on top of which the Arab attendants sit nonchalantly and play a native game resembling dominoes. Some of the corpses are comparatively new, others old. It all depends on how long it took the family of the deceased to save enough money to pay the cost of transportation.

CONTRIBUTION OF BARBARISM.

That part of the world which really stands for civilization is resolved at last that the vision of mankind must not be blinded; that the aspirations of the human soul must not be stupefied by a bloody and rapacious barbarism, whose most optimizing contribution to mankind has been the sausage, that carnivorous discovery that refuse meat may be deceptively embalmed in garlands of linked intestines.—By Augustus Thomas of the Vigilantes.

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THE SPORT FISHES.

"Along the seashore," said Daddy, "was a row of very queer-looking objects."

"They were sport fish, not real, alive fish, but sport fish, made out of rubber and covered with oil cloth. Their faces were painted with eyes like the fish have. They had painted fins and painted bodies. In fact they were very gay in color and were all ready to go in the water."

"I say," remarked one sport fish, painted mostly in red, "what do you think we'll do today?"

"Have you never been here before? asked the sport fish painted blue and yellow."

"Never," said the red sport fish.

"Sport fish," said the blue and yellow sport fish, "are we blown up like tires of automobiles?"

"Oh dear," said the red sport fish, "when is that going to happen? I'd hate to be blown up. It sounds quite too awful for words. Quite too awful, I'm dreadfully afraid. Oh, why did you tell me this? Was it to warn me that danger is near? Will it happen today? When will it happen? Oh, I am so frightened!"

"My dear sport fish, calm yourself, calm yourself!"

"It's all very well for you to talk about calming myself. It's a very fine thing to be calm when another creature is going to be blown up. Very fine indeed!"

"If you think I am looking forward to being blown up, you're very much mistaken, very much mistaken. In fact I am dreading it with every bit of my queer-shaped body. It makes me sad, it makes me sad!"

"You made a rhyme there, said the blue and yellow sport fish, and that shows you're not so unhappy. We don't make rhymes when we are sad you know."

"I didn't mean to make a rhyme," said the red sport fish. "You shouldn't tease me so. I didn't really and truly mean to make that rhyme. It just came out of its own accord."

"Then," said the blue and yellow sport fish, "I admire you all the more."

"What Fun It is to Be a Sport Fish!"

You are a real poet. Rhymes just drop from you, or fall from you, whichever you prefer."

"I don't prefer either way," said the red fish, "without thinking much just what he was saying. I'm nervous, that's all I know."

"You shouldn't be nervous when you are such a poet," said the blue and yellow sport fish.

"I don't care about being a poet," said the red sport fish.

"Then you have no right to make rhymes without thinking or even without thinking. For you must be a poet if you do that. And if you don't wish to be a poet it is particularly unfortunate when you do it so quickly and without even a thought you can make up a rhyme."

"There are many, many poets who sit before their desks, as you sit before your desk, the ocean. They bite the ends of their pens or pencils, and when they are thinking they talk about a great idea which is coming to them and they wait and wait for that idea. And what do you think? The idea doesn't come at all, or when it does come it's been seen so long ago that it's pretty well worn out when it gets there. And an idea for a poet means a rhyme. So you're a poet without any effort and that is very fine."

"It won't do me any good if I am going to be blown up."

"You are already blown up."

"I'm blown up now, without knowing it? asked the sport fish."

"Of course," said the blue and yellow sport fish, "but you wouldn't give me a chance to tell you so. You became so excited. We're made for the amusement of the swimmers and also for those who can't swim, for we live on top of the water. We're like life-savers too!"

"Oh, then I'm glad I'm a sport fish. And all the sport fishes on the beach looked at each other out of their painted eyes and said, 'We're going to have such a swim over the breakers with the people on our backs. We'll jump them and ride them, and the breakers will laugh, and the people will laugh too. Oh, what fun it is to be a sport fish!'"

"I'm glad I'm a sport fish," said the red sport fish, "a few minutes later when it had been taken for a wonderful ride over the breakers by a modern mermaid in a beautiful purple bathing suit."

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