The KITCHEN In Woman's Realm OPEN AIR

We can always stand a little more Always do a little more, Always try a little more

Effort out of weariness, Striving out of care, We can always do a little more Than we really think our share,
-F. McKinsey.

FOR A DAY'S OUTING.

With a package of paper picnic

dishes and paper napkins the dish problem is solved as well as the lessening of weight in the picnic basket. The



fee pail and potatoes and corn as well. The salad may be carried in a mason jar for convenience and the lemon sirup for lemonade for the young folk may be all ready for the water. That, too, is in a sealed mason jar.

If other meats are desired beefsteak may be broiled or pan broiled on a ing potatoes, griddle cakeseor, in fact, any number of useful purposes will be found for it.

As every pound counts on a long tramp, make the basket as light as possible, and carry no more than will be salt may be mixed to carry, and only such pickles and relishes taken as are Indispensable.

Spoons, knives and forks for all, sandwiches and cake, if desired, with the other foods mentioned, will surely be a meal of variety and sufficiently satisfying even after a long walk.

A thermos bottle may be carried with an iced drink for those who cannot wait for the end of the journey. and it is a most comforting friend in need as often good drinking water is hard to get.

Newspapers should be carried in abundance to put on the ground for any of the party who might be rheumatic and light wraps which are easily carried are often useful. Pasteboard boxes that may be burned are best to carry the lunch, and the silver may be rolled in a paper to carry and the camping grounds left free from any

Chicken and fresh green corn is another most delightful combination may be lightly cooked are pleasingworth trying if it has never been enjoyed. Use plenty of cream, butter and corn around the chicken, allowing three-quarters of an hour for the bak ing after the corn is added.

We can always lift a little more. Always toll a little more Than we thought we could

-F. McKinsey. PEACHES FOR WINTER.

There are few who can resist the spicy pickled peach which is so delicious served with



the meat course. Pickled Peaches. -There are any number of good recipes, but we must be careful about the vinegar. It should be strong

enough to preserve

and give flavor, but too acid a vinegar will spoil the fruit. Usually, a little water added to the vinegar to dilute it, using the amount of liquid required, will improve it. Take two pounds of brown sugar, a plnt of mild vinegar and a tablespoonful each of cinnamon and cloves; tie in a muslin bag, cook 20 minutes, then drop in the peaches (that have been rubbed with a coarse towel to remove the fuzz,) a few at a time and cook until soft: drop into the crock and continue until all are cooked. Cover with the vinegar leaving the spice bag in

Peach Jam .- This is especially fine flavored, as the steam is not allowed to escape, carrying with it much of the fruit. Pare the peaches and mash them to a pulp, add two cupfuls of well; pack into pint jars and screw down the top lightly; place in a steamer or any convenience for canning and cook until all the juice is absorbed day or two and then it will be ready to put away.

Peaches for canning should be firm will keep well and be of fine flavor a sprig of mint to garnish each. and color. A fireless cooker is a good the rubbers dipped into boiling water before being used.

Peach Jelly.-Save all the parings from the washed peaches, add a few apples and cook together, then drain candles. and prepare as usual. The apples will supply the pectin which is lacking in the apple and the peaches will

supply the flavor which is so much

Power to think for oneself, power to understand those one does not agree with—these two things are absolutely essential to peace, harmony and co-operation in a self-educating and selfgoverning community.-Lyman Abbot.

COUPE, A POPULAR ICE.

Coupes have been called nothing but inverted college ices. But this most popular frozen dish

lends itself to any series of combinations so that one may by the exercise of taste have s variety. To arrange a coupe,

line a bowl-shaped sherbet cup with ice cream, then add a garnish of fruit and finish the structure | with piped or plain whipped cream. For the ice

any flavor may be chosen and the fruit is also a matter of taste, always choosing that suitable. The cream is either put through a pastry tube or dropped by a tablespoon.

Strawberry ice cream is especially good for a foundation; fill the glass heavy sheet of sheet iron, which is al. three-quarters full of strawberry ice ways a convenient picule utensil, as cream, on this place large fine ber-It may be used as a stove top for fry- ries, cut in halves and covered with sugar for an hour or more. Then top the coupe with sweetened and flavored cream. A few drops of lemon and almond makes a good flavor. Or a half a peach that has been soaked in vanilla strup for a time eaten by sharp appetites. Pepper and | may be placed on the strawberry ice and finished as before.

The flavor of peaches is especially good as it is so delicate and yet so suggestive that it pervades the whole

Peaches and Bar-le-duc currants or marrons preserved in vanilla sirup make a fine combination.

Coffee ice cream is another well liked foundation for a coupe. Line the sherbet cup with coffee ice cream, then use strawberries or raspberries as the next step, let them stand in sugar for an hour and follow with the whipped cream garnished with a large fresh berry.

Chestnuts or marrons preserved in various sirups are always good with the coffee flavor or in combination with almost any fruit. A lemon sirup is good with them and they may be prepared at home and bottled for use.

The coupe which starts with peach ice cream may use peaches or pinapple as the fruit. Pears lightly flavored with a ginger sirup in which they

Thoughts of doubt and fear never secomplish anything and never can. They always lead to failure. Purpose, energy, power to do, and all strong thoughts cease, when doubt and fear creep in.-James Allen.

THE COSMOPOLITAN MINT.

Mint is easily grown in the garden and will grow in window gardens even in crowded



cities. It is refreshing used in lemonade, as sauce for meats, flavoring for candies and ices, Before the frost comes to destroy the plants be sure

to make some mint vinegar. Wash a bunch and place it in a pint of vinegar, letting it stand for two weeks, then strain and bottle for winter use. This vinegar may be used to flavor fish sauce and various dishes.

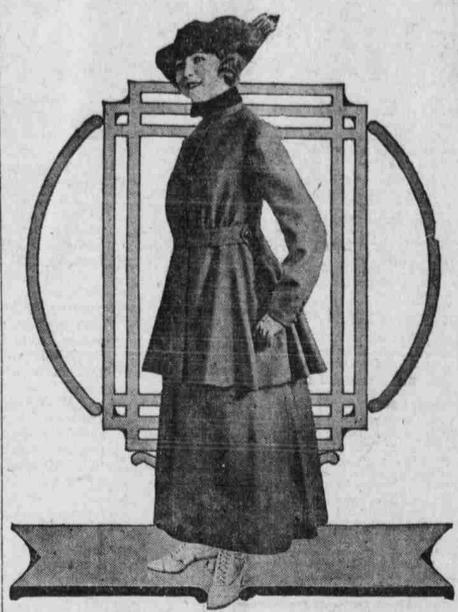
Candied Mint Leaves .- Take fresh perfect mint leaves, wash and shake dry. Pick the leaves from the stalks lay on a cloth to dry. Put a and cupful of sugar and a half cupful of water on to boil, let it boil without stirring for four minutes from the time it boils. Let it cool slightly, then dip the leaves one by one and lay them on a waxed paper; after all have been dipped begin with the first ones and dip again, dust with granulated sugar, shaking off all that does not adhere; spread out to dry. Spread the sugar on a plate and draw the leaves gently through the sugar.

Mint Jelly .- This is jelly well liked to serve with meats. Prepare apples sugar to three of the pulp and mix for jelly and drop in a bunch of mint while cooking. Then as each glass is filled, add a small sprig of mint to harden in the jelly.

Mint Sherbet.-A cupful of mint by the fruit. Place in the sun for a leaves dropped into a quart of water and a pint of sugar when boiling hot, let the sirup boil for five minutes, then remove the mint, add a cupbut ripe, placed in the cans and cov- ful of lemon juice, two tablespoonfuls ered with a hot sirup, then put into a of softened gelatin, add to the mixboiler of boiling water and allowed to ture and when thoroughly dissolved, stand well covered overnight, the fruit freeze. Serve in sherbet cups with

Ginger ale served with a sprig of convenience to use for a small num- mint, well chilled, makes a delightful ber of cans. The cans and covers drink. Serve with small ginger should be thoroughly sterilized and cookies. Mint should be dried for winter use if there is no window garden in which to grow it. A few drops of peppermint will take the place of the fresh mint in making

Fall Modes Show a Conservative and Beautifully Tailored Suit That Is Becoming to Both Slender and Stout Figures-Slips of Satin and Taffeta to Be Worn Under Sheer Frooks of Midsummer Wardrobe.



SERGE STREET SUIT FOR FALL.

suits for fall are making their appear- rather than by gathers. These flounces ance before "the trade." That is, merchants throughout the country are joined to the petticoat with wide beadlooking over the sample lines of manuing in the usual way. The beading facturers. So far there is little change carries the indispensible ribbon which In the lines of street suits from those has come to stay and adds so much of of the passing season. Many of the new models show an increased length of skirt, and coats also are somewhat longer. The inspiration of many smart models appears to come from the Rus- tions and edgings. They are gathered sian blouse—and this is a matter for gratitude.

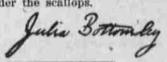
In the conservative and beautifully tailored suit shown above, a model has been evolved that is becoming to both slender and stout figures. The coat is neatly adjusted over the shoulders scalloped embroidery is used the scal-

The skirt is plain with overlapped from under the scallops. seam at the front and plaits at each side. It is strictly tallored with faultless machine stitching as a finish. In harmony with it are the plain belt at back and front of the waistline and the large bone buttons that fasten the coat. Smaller buttons of the same kind are sel in a row of four on each

fall suits although the other stand- gives a becoming fullness across the ard weaves of cloth are not neglect- bust and provides quite a novel outed. Except for the velvet turnover on the collar it is the only fabric used in the snit shown. There is a surmise that skirts may be narrower as the season grows older, but no one riding, black and white checked trou-

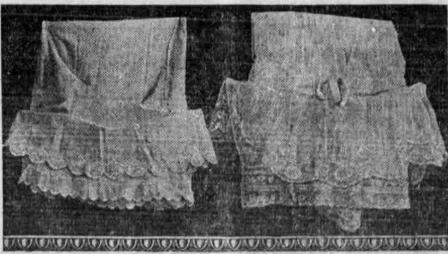
The first of the new ready-made | fullness is managed in the shaping are edged with embroidery or lace and charm to the lingerie of today.

Underneath the flounces the bottom of the petticoat is finished with a plain or scalloped ruffle or with lace inserover a tape at the waist. In finishing the flounce with lace the edge is cut in scallops and turned under in a very narrow hem which is stitched down petticoat at the right. But where a | field, Mass. clever management of the underarm is then basted to the edge of the portion gives a trim look to the fig- shaped flounce and stitched down, after ure. The sleeves are plain and long, which the flounce is trimmed away



New Developments in Tucks. Crepe and chiffon blouses being designed for the autumn openings are being tucked crosswise back and front Serge is the favorite material for and on the insides of the sleeves. This line for long sleeves.

> Smart Riding Costumes. Very smart women are wearing for



PETTICOATS FOR SHEER FROCK.

knows. A conservative suit like that | sers with black coats, and occasionally

There are slips of satin and taffetuboth washable-to be worn under the sheer frocks that form so important a part of the midsummer wardrobe. But many women prefer slips or petticoats of muslin, that are exquisitely clean and fresh-looking with each return from the laundry. They are thin enough in matching or brilliantly contrasting to be cool and thick enough to provide | colors. sufficient covering. Sometimes a plain petticoat or slip of net is worn over them, if the frock is sheer enough to be transparent. This is merely by way of making an airy background for lingeric with a rotary upward motion of the or other gauzy dresses.

The newest petticoats are cut moderately wide in three or four gores shaped so that there will be little fullness about the walst. They are finished with flounces not too much and shaped with a flare, so that their outside.

above need not concern itself in the one is seen in white trousers with a black and white shepherd's-plaid cont having a bright red vest.

Wide Fringes Used.

Fringe trimmed parasols are being shown among the new things for spring, the fringe being of silk or worsted, fully four inches wide and

Efficacious Massage.

Massage to be efficacious, must be gentle, firm, regular and accomplished finger tips, except about the eyes. In middle life, massage must also be accomplished with a lump of ice.

Hot Weather Help,

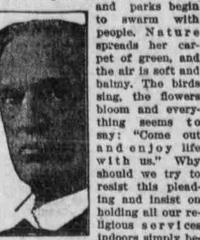
Hand-painted fans are in vogue for trimmed with embroidery or lace. In the hot days. They are huge pointed many of them, as in the two pictured affairs of dyed palm leaves, with a above, the flounces are made of batiste. futuristic design of apples or flowers cambric, organdle or other thin cotton or birds or just plain futurism on the

WORK

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

TEXT-Go ye . . . preach the Gospel to svery creature.—Mark 18:15.

With the coming of summer church audiences begin to dwindle, and streets



pet of green, and the air is soft and balmy. The birds sing, the flowers bloom and everything seems to say: "Come out and enjoy life with us." Why should we try to resist this pleading and insist on holding all our religious services indoors simply be-

cause we always have done it? Many a church would double its audience by holding an occasional serv-Ice out of doors, under the trees or in some adjacent park. If chairs can be provided, so much the better. If not, let the people sit on the grass as they flid when Jesus preached. If the church has no convenient place for outdoor meetings, hold an open air service on the porch before the evening meeting. Have plenty of good singing with twe or three-minute addresses sandwiched between, and in a little while the children will gather, the passers will stop, the carriages will drive up and you will have a large company of people, many of whom would never think of entering a church. If you have never

tried it, begin this season. Every church ought to have a band of open air workers to hold meetings regularly all summer, at such points as may seem most strategic. Some churches gain from fifty to a hundred new members each year by their openair work in the summer. And even if they did not add a single convert, they would be well repaid for the effort in the benefit obtained by the workers. Then too it affords an outlet for the zeal and faith and energy of the

church. Open-air workers should be carefully trained, for no work requires more tact, and wisdom, and holy boldness. The following suggestions are taken from a book written by a very dear friend of mine, Henry B. Gibbud. The book is called, "Under the Blue Canopy of Heaven," and can be had for over the lace edging as shown in the 50 cents of Mrs. H. B. Gibbud, Spring-

"Permit.-In towns and cities it is and vague in fit about the waistline lops are cut out, leaving a little of the necessary to obtain a permit for street with a full and long peplum. A very plain material to turn under. This edge services. Have someone of influence apply for the permit. A politician is better for this work than a preacher.

"Place of meeting.-Go where the people are. It may be a noisy place, but you have the people. If you want quiet, go to the cemetery.

"Select a place where you have a building at your back. It will act as a sounding board, throwing out the voice. If possible arrange the meeting so that you may also have a building in front of you. It is very hard to speak in the open air, and a building in front of you to throw the voice back will make it much easier.

"Talk with the wind always and never against it.

"Select a place where the audience will be comfortable. Give them the thade even if you have to stand in the sun.

"Have bright, new, catchy songs. The audience as a rule do not join in the singing, so that there is less seed of familiar hymns.

"Speakers.-Let them stand on a chair, or box or platform. Then your voice sounds out and over the crowd. All can see you, and you can see them. If any disturbance occurs, such as dog fight, always give out a hymn. The song will put a new thought into the dog's mind and often break up the

"Preach the Word.-This old world s hungry for the plain Gospel made fresh and vivid by actual experience. Use plenty of illustrations but see that you have something to illustrate. Nothing grips an audience or holds attention like the simple Gospel story told out of a warm heart.

"We do not have the Bible in sight, nor generally read from it for the following reason; Catholics will be prejudiced at once, and will not come up. We quote from it and refer to it but do not keep it in sight.

"Call for decision at the close of the service, or invite into a church if another service is to follow. Let each worker select someone for personal effort when the meeting closes,"

By offering to give away Gospel cards or "Little Preachers" at the close of the service you can often hold the entire crowd to the very end. Show them the cards and read some of the titles, such as "The Workingman's Trust. Are you in it?" "The Three Cheers of Jesus." "Four Things Which One Ought to Know." "The Unanswerable Question." "Coffin Nails." "Morbus Sabbaticus, or Sunday Sickness" "Get Right With God." "God Wants the Boys." "Only Three Steps Into the Christian Life,"

'Tis death to me to be at enemity; I hate it, and desire all good men's love.-Shakespeare.

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CAFE PRICES REASONABLE Exceptions.

"Don't tell me that politeness smooths the way for one."

"What do you mean?" "Been motoring on a road just full

of 'thank-you-marms,' "

Men and Women

Women as well as men are made miser-able by kidney and bladder trouble. Dr. Kilmer's Swamp-Root, the great kidney remedy, is highly recommended by theu-sands.

sands.

Swamp-Root stands the highest for the reason that so many people say it has preved to be just the remedy needed in thousands of even the most distressing At druggists in 50c. and \$1.00 sizes. You may receive a sample size bottle of Swamp-Root by Parcel Post, also s pamphlet telling you about it. Address Dr. Kilmer & Co., Binghamton, N. Y. and enclose ten cents, also mention this paper.

Long and Short of It. Manager-Your handwriting is good enough, but can you write shorthand? Applicant-Oh, yes, but it takes me

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Bignature of Charlet Hillithis In Use for Over 30 Years. Bears the Children Cry for Fletcher's Castoria

That Hungry Feeling. "I put my feelings into this painting," said the poor but proud artist. "That probably accounts for it," re-

joined the critic. "Accounts for what?" queried the slinger of paints. "For the fact that the sky of the background looks like a scrambled

egg," explained the critic.

The Two Dimensions. The temporary pulpit orator had preached a very long sermon. Even he realized that he had exceeded the modern limit of sermons, and he said to the gentleman to whose home he

went for Sunday dinner \ "I hope I did not worry you by the length of my sermon. "Not at all," said the gentleman,

"nor by its depth." What Impressed Her. Shortly after Will Crooks, the labor leader, was elected to parliament, says an English weekly, he took his little

daughter to Westminster. She was evidently awed at the splendors around her, and maintained a profound and wondering silence all the time. Mr. Crooks was much impressed. "Well," said he to her at last, "what are you thing so deeply about, dear?"

"I was thinking daddy," answered the little girl, "that you're a big man in our kitchen, but you aren't very much

Often the spirit of perseverance strikes a man hardest when he is in the wrong.



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