manna, food sent by God, and at evening they catch the quails that came in flocks about the camp, sent also for their food.

We see Moses leaving the people at Mount Sinai while he goes up upon the mountain to talk with God. We hear the wonderful Commandments that God gave Moses for the people. Our hearts will be sad as we hear that God's people had learned bad things from the Egyptians,—so that, while Moses was up on Mount Sinai, they got his brother Aaron to make a golden calf that they might worship it.

All our stories show us what a kind, forgiving, loving God is our God, who sent Jesus to be our Saviour and our Friend.

Let us all love and serve Him.

Your friend,

Juni Musio Johnstow

A Sunday Evening Grace

For all Thy gifts, so great, so good,
We thank Thee, Lord!
For home and friends, for clothes and food,
We thank Thee, Lord!
For work and play, for this Lord's day,
For church and Sunday School to-day,
For Jesus teaching us the way,

We thank Thee, Lord!

—Rev. Ernest Bourner Allen, D.D.

Some Bible Sabbaths

By Mary Isobel Houston
II. THE FIELDS AND THE SYNAGOGUE

One Sabbath, Jesus and His disciples walked through the fields when the grain was ripe. The disciples were hungry, so they picked some of the ears of grain to eat as they walked along.

Some of the Pharisees heard that Jesus had permitted His followers to do this. Now the Pharisees thought it very wrong to do any sort of work on the Sabbath. They were surprised that Jesus would allow such a thing, and began to argue with Him about it.

Jesus knew that the Pharisees were jealous because the people were beginning to listen to Him instead of to their teaching. He showed them, that it was not wrong to gather grain or to do anything that was for the good of the body, or even to help others on the Sabbath. The Pharisees had no answer to make to this.

But the Pharisees still watched for a chance to find Jesus doing something wrong. The next Sabbath, while Jesus was teaching in the synagogue, one of the men who listened to Him had a hand that was withered and useless. Jesus was not afraid of the Pharisees, so He asked the man to stand up where all could see him. When the man had done this, Jesus turned and asked the Pharisees a question.

"Is it right to do good or to do evil on the Sabbath?" was the question, and not one of them answered.

Then Jesus asked the man to stretch out his hand. The man had not been able to move his hand before, but when he tried he found it strong and well again.

The Pharisees were now more angry than before. They talked among themselves, wondering how they might punish this wonderful healer. They knew He was not afraid of them or willing to keep their strict rules. But they also knew that Jesus was right in all that He said and did, so they could think of no plan o harm Him.

At the close of this second Sabbath Jesus went out by Himself to the mountain. There He stayed all night praying to God to help Him. Back in the city the jealous Pharisees were still planning ways of getting Him out of the way.

Toronto

Golden Flower

By Mrs. J. Y. Ferguson

This is a story of a little Formosan girl, whose name was Golden Flower; but I am sure, if you were to see her, you would not think that such a pretty name was at all suited to such a dirty, sad little child.

She were an ugly little dress, or you would say, suit, for it was just a short coat and long trousers, of dark blue cotton. Under this