

SUNDAY SCHOOL LESSON

Nov. 25, 1917. Lesson VIII. A PSALM OF THANKSGIVING. Psalm 103: 1-22.

Commentary.—1. Praise for personal blessings (vs. 1-5). 1. Bless the Lord.—"Bless Jehovah."—R. V. The Lord bless means to praise and adore, but it also expresses deep affection for the object of one's praise. O my soul.—The psalmist addresses his real self, his immortal nature, and calls upon him to bless Jehovah, all that is within me.—He makes it clear that his entire being should fall down in loving adoration before God, his holy name.—The "name" stands for all the nature and attributes of Jehovah. 2. Forget not all his benefits.—The psalmist is considering in these few verses the many mercies for which he desires to praise God. He recognizes a natural tendency to forget the favors which God abundantly bestows upon man, and demands that his soul shall not forget them. "All his benefits" is a comprehensive term and some of the items are included in the following verses. 3. Forgive all thine iniquities.—He begins his enumeration of benefits received with spiritual blessings. Iniquities include all departures from righteousness. The psalmist bears testimony to his freedom from condemnation, for all his sins were forgiven. health all thy diseases.—David was praising the Lord, not only for forgiving his sins, but for healing the malady of spiritual sickness, but for healing his body or for keeping him in health. The health we enjoy and the healing that comes to us are God's gifts to us. 4. Redeem the life from destruction.—To Jehovah is given praise for the preservation of the physical life in the midst of countless dangers; but beyond that is the redemption of the soul from spiritual and eternal death. Here is an intimation also of the resurrection of the body in the last day. 5. Satisfy thy desire with good things (R. V.).—All the longings of the nature are filled in Jehovah whether those longings pertain to the soul or body. Youth is renewed like the eagle's.—Reference is made to the annual molting of this bird, after which it looks fresh and renewed.

6. Execute thy righteousness and judgment.—The Lord does not favor the rich and high above those who are poor and despised. He does not show respect of persons. He administers justice and relieves the oppressed. 7. Made known his ways unto Moses.—He showed Moses as the one through whom he declared his will to the Israelites and to the world. His acts unto the children of Israel.—By his miracles he showed his power and wisdom, and his love for his chosen people. 8. Gracious.—The Lord shows favor to sinners, who deserve no mercy at his hands. He grants the grace of pardon to those who repent and believe in him. 9. He will not always chide.—The Lord rebukes and chastens men for their profit and not for his pleasure. He will cease his chastenings as soon as their purpose is accomplished. His anger.—His displeasure. When men cease from sin, God's displeasure with them ends. 10. Hath not dealt with us after our sins.—God has not punished us as severely as we have deserved or we should long ago have been cut off beyond the hope of mercy. 11. As the heaven is high above the earth.—How high heaven is above the earth no man can tell. Stars are known to be so distant that it requires four thousand years for their light to reach the earth, and light travels at the marvelous rate of 186,000 miles a second. 12. As far as the east is from the west.—The comparison in v. 11 involves the unmeasured stretches of the heavens, and this employs the greatest distance pertaining to the earth.

13. As a father pitieth his children.—This is another striking comparison that appeals to every one. We readily understand what a father's love for his child will lead him to do or suffer. God's pity for those who fear Him is like that of an earthly father, only it is the pity of One who is infinitely stronger and wiser and more loving. 14. He knoweth our frame.—God takes into consideration our powers and our limitations. Remembereth that we are dust.—Man was formed of dust and will return to dust, as far as the material body is concerned. He is weak and frailty, and God has mercy upon him. 15. His days are as grass.—The psalmist is here enlarging upon the weakness of man as set forth in vs. 14. "The grass lives, grows, flowers, falls beneath the scythe, dries up, and is removed from the field; read this sentence over again, and you will find it the history of man." 16. It is gone.—The hot wind of the East quickly dries up the grass that is cut down. Shall know it no more.—Man's life is brief and when it ends, he is soon forgotten. 17. But.—A strong adversative here. A powerful contrast is here drawn between man's frailty and God's mercy. His commandments are spoken of as his covenant.

18. A call to praise God (vs. 19-22). 19. His throne in the heavens.—The thought of God's greatness and authority impresses the psalmist and he gives expression to it in this verse. He rules throughout the universe and holds sway over the spiritual realm, and the material. His throne is prepared, fixed, established. It is to continue forever. 20. Bless the Lord.—The psalmist closes his song with an outburst of praise, exclaiming that with which he begins it. His angels, that excel in strength.—Men are called upon to praise the Lord, but they alone cannot suitably praise Him. His heavenly messengers, mighty in strength, are enjoined to praise Him. Do his commandments.—They do them perfectly. Harkening.—Hearing and obeying. 21. All ye His hosts.—All orders of celestial beings. Ye ministers of His.—All beings and forces that serve Him. 22. All His works.—Celestial intelligences, human intelligences and all other of His handiwork are called upon to sound the praises of Jehovah. Questions.—Of what is the Book of Psalms composed? What is the theme of the psalm we now study? What personal blessings called forth praise

to God from David. How is God's greatness shown? What comparison is used to show God's mercy? How far are the sins of the penitent removed from Him? How is man's frailty expressed? What is the climax of this psalm?

PRACTICAL SURVEY. Topic.—Spiritual meditation. I. Upon blessings experienced. II. Upon blessings enumerated.

I. Upon blessings experienced. This psalm is one of devotion. Memory, heart and will were employed in David's devotion. He exalted the Lord as the Fountain of all good, worthy of all praise and thanksgiving. His psalm is a stream of grateful praise, poured forth when his soul was moved to its utmost depths by the blessing which God had abundantly bestowed upon him. It is a psalm of life, the experience of a throbbing heart and the exigencies of weakness and sin. It is a striking revelation of the being character and purpose of God. It is also a clear portrayal of the origin, doings, needs, blessings and destiny of man. God called forth this tribute to Himself from a heart in which he dwelt. Finding his voice inadequate to give vent to his gratitude, the psalmist summoned a goody choir, the workings of God, the angels of God and every living thing to accentuate the joyful strains and to make his praise glorious. He proclaimed universal, unreserved adoration. With the eternal One as standing in close relation to himself, of his soul and God as being in touch with each other, he was solicitous that his praise should be spiritual, his praise his own soul yield its whole self to the praise of God in a way pleasing to him. The psalm is a type of intelligent thanksgiving, an expression of purified emotion, based upon holy thoughts, the immediate acknowledgment of vast spiritual favors received. Jehovah's dominion is proclaimed as universal, founded upon his preservation of all things, strengthened by the innumerable benefits he bestows upon his believing children. His dominion, though absolute, is not tyrannical. After exhorting himself to praise the great God on account of the benefits which he had conferred, the psalmist gave general reasons why he and all men should bless his holy name.

II. Upon blessings enumerated. The psalmist specified certain causes for thanksgiving, the first of which is the forgiveness of sin, the key to this psalm. God first blesses man with pardon and then receives his praises for the gift. How he takes care of the disaster wrought by sin, he does not explain. It is plain that his mercy is so great that he forgives sin and then adds great favors and great privileges and enjoyments. Forgiveness is a perfect blessing, a priceless blessing, the crown of God's benefits. He loves to forgive sinners, to adopt them into his family and to cheer them with his promises. Knowledge of human frailty is the occasion of his compassion. Consistency of the tender mercy enables the soul to exist in his deliverance. The pardon of sin comes first that it may be seen to be an act of pure grace. All mercies are the gifts of God, the purchase of infinite love. The acceptable return which can be made for them is gratitude, praise and service. Man's course is downward until he is divinely forgiven and healed and enabled to rise to heavenly places in the realms of divine grace. God is again and again presented as the source of strength, as the supreme cause of health. He provides suitable nutriment to sustain the powers he renews. He will proportion trials to man's endurance. He will not demand more service than man is capable of rendering. There is a spirit in man that can reverence the Infinite, that can keep his covenant and obey his precepts. God will not crown a man with loving kindness and tender mercies while he clings to his sins. Renewal is essential. God's mercy surpasses all the extent of human reason, human expectations, human sentiments and hopes. "It is a spontaneous stream from an infinite fountain." It is the attribute in which Deity perfectly delights. God has trusted his world to demonstrate his wisdom, omnipotence and justice. The great purpose of divine revelation is to declare the mercy of God and lead needy humanity to accept it. "Mercy is the exercise of a divine benevolence in respect to a guilty being." There is much need of proclaiming the great truth that God can forgive sin. T. R. A.

SUNDAY AT HOME

WAS IT YOU? Some one started the whole day wrong.—Was it you? Some one robbed the day of its song.—Was it you? Early this morning some one frowned; Some one sulked until others scowled, And soon harsh words were passed around.—Was it you? Some one started the day aright.—Was it you? Some one made it happy and bright.—Was it you? Early this morning, we are told, Some one smiled, and all through the day This smile encouraged young and old.—Was it you? —Stewart I. Long, in New York Sun.

IN CHRIST WITH GOD.

How shall we, that are dead to sin, live any longer therein?—I am crucified with Christ, nevertheless I live; yet not I, but Christ liveth in me; and the life which I now live in the flesh, I live by the faith of the Son of God, who loved me, and gave Himself for me.—He died for all, that they which live should not henceforth live unto themselves, but unto Him which died for them, and rose again. If any man be in Christ, he is a new creature; old things are passed away; behold, all things are become new. We are in Him that is true, even in His Son Jesus Christ.—As thou, Father, art in me, and I in thee, that

Orchard and Garden

Quite a large number of people are becoming convinced that the idea of fall planting is a better one than was usually supposed a few years ago. Recent experiments have shown that in some cases and under some conditions fall planting of nursery stock is better practice and will be productive of more satisfactory results than spring planting. Most of our hardier tree fruits can be fall planted with success, provided however that trees can be obtained from the nursery which are sufficiently matured to be dug, shipped to the grower and planted early enough. Some of the bush fruits, such as currants and gooseberries, do better when fall planted than when spring planted, because they start to grow so early in the spring that it is sometimes difficult to get them planted early enough.

As a general rule, however, spring planting is still preferred, partly because the merits of fall planting have not been sufficiently demonstrated and because growers are so used to spring planting that they hesitate to experiment with plants of doubtful maturity. The great mistake made by men who wish to plant out an orchard, whether it be large or small, is that they wait until nearly the time for planting before ordering stock from the nursery. Nurserymen follow the practice of "first come, first served," and the dissatisfaction often experienced by growers who do not get the varieties they order, is frequently due to the fact that their orders came in late and the varieties ordered were all sold. Most nurserymen reserve to themselves the right to substitute in such cases, other varieties of similar character for the unavailable ones and growers are frequently incensed at this practice, warning of which can usually be found in the catalogues of the nursery. If no substitutes are desired, the order sheet should say so; much unpleasantness would in this way often be avoided.

Fruit growers who are planning to plant out orchards of any size, even to half an acre, should secure catalogues from several nurseries so that prices may be compared and so that the best trees will be obtained. Every nurseryman of any importance uses a catalogue and will be pleased to send one on request. These catalogues should be secured now if they have not already been written for and the order sent in as early as possible.

MAKING APPLE BUTTER. Who is there who does not like apple butter, or cider apple sauce, as it is sometimes called? In some sections of the country nearly every farmer will make his own supply of this delicious by-product. Occasional one finds a person to whom this excellent dish is a stranger, but most people are acquainted with at least the commercial product if not the home made.

The best cooking apples as a rule are the most satisfactory for making apple butter. Such well known and standard varieties as Northern Spy and Rhode Island Greening, for example, make excellent samples as do King and other varieties of good cooking reputation. Overripe apples should not be used, as they tend to destroy the high flavor for which apple butter is best liked. A little vinegar added when the apples are necessarily overripe, will help this deficiency. Only fresh sweet cider should be used and it is common practice to

they also may be one in us.—Ye are the body of Christ, and members in particular.—Because I live, ye shall live also. To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.

WORK. A ship once asked a man, "What shall I do?" And the man said, "Come to me, with spars and sails, with sound timbers and a good deck to turn the water, and I will tell you what to do. I will put cargo in the

hold to keep you steady, I will put in provisions for the crew, charts, compass and chronometer. I will come on board and control, guide, and bring to destination." A man once came to the Lord and asked, "What shall I do to work the works of God?" and the Lord said, "This is the work of God, that ye believe on Him whom He hath sent." That is, come, like the ship, empty, unoccupied; ye shall be made clean inside and outside, have a wholesome cargo, intelligence on the quarter-deck, safe guidance and a sure arrival. What the wind is, to the sail God is to the soul. What the man is to the ship, God is to the man. Listen.

take the apples to the nearest cider mill just previous to the time when the boiling is to take place so that the cider will be quite fresh when used. It takes a long time to boil the apples and cider and usually occupies the greater part of a day. The cider is usually boiled down to about half its original volume when the apples are added. The proportions of apple and cider used should be about equal so that the quantity of apples used will be equal to the original quantity of cider before boiling down. The product must be constantly stirred while in the making and the boiling takes from four to six hours. Sugar is sometimes used, but this is a matter of taste, as is also the matter of spicing. Boiling is stopped when the apples and the cider no longer separate and when the mixture has reached the proper thickness. This is determined by cooling small lots in a saucer at frequent intervals until it reaches the consistency of apple sauce. Immediately after boiling, the apple butter should be packed away in sealers or in sterilized stone jars or crocks.

Apple butter may be made without cider by the addition of water to the apples and the use of brown rather than white sugar.

WINTER KILLING OF GRAPES. Winter killing of fruit plants is a serious question among fruit growers nearly every year, and there is no known way of preventing it except by the most intelligent cultural practices known and as full a knowledge as possible regarding the habits and the methods of growth of the fruit plant in question.

Quite a large number of grape vines die down every year and numbers of them never recover. Undoubtedly the most important factor in the winter injury of most other fruits, is the immaturity of the vines when they are brought face to face with the severe tests of a cold winter. The vagaries of winter are hard on human beings and they are no less hard on the tender tissues of the plant which may be sent into winter condition in an unnecessarily tender condition because of the laxity of a careless cultivator.

The energies of the vine are probably devoted to the ripening of the fruit as long as this remains in an immature condition on the vine. Thus the ripening of the wood and the buds is left until the harvest of the fruit and the cessation of growth due to the cold weather. If the crop has been a large one, and no steps have been taken by the fruit grower to hasten the ripening of the buds and the wood before the fruit needs all the energies of the vine, it is quite likely that there is not sufficient strength left in the vine to finish the maturing of the buds, with the result that they are more easily killed by the winter.

The bud of the grape is compound, consisting frequently of three buds, enclosed within the same bud scales. One of these, the primary bud, is for the purpose of producing fruit, the second for the purpose of growing wood, and the third is in the nature of an auxiliary which expands in case the others are destroyed. If winter killing destroys the primary bud, and possibly the secondary one also, the third or auxiliary bud may still expand and give rise to the impression that no fruit buds were formed because of food exhaustion.—Canadian Countryman.

"My Father worketh hitherto and I work." He keepeth no Sabbath, never takes a rest. He ever worketh. Come to the wharf again; here is cargo piled up in the shed, here is the ship, well rigged, seaworthy, a presiding intelligence. Bring these together, the ship is nothing, the cargo is nothing, the presiding intelligence does it all. When the Lord said, "This is the work of God, that ye believe on him whom He hath sent." He simply meant, come like a ship to her berth, and let God do the works, all of them, from first to the last. To come rightly to God is to come as the clay comes to the potter. Let God work in you to will and to do. When it is said, "Be filled with the Spirit," you have to remember, you do not fill yourself, but you allow yourself to be filled. God is active, you are passive. I once saw a small ship taking in coal on the River Tyne. Twenty tons came down the spout at once. It was the sensation of the hour, it was an imperative moment, an importation from above. The ship trembled, moved, was conscious of a new burden. So, when God puts the Spirit into a man, he quivers, shakes, is reborn, atoned, employed and made glad. This is the way, there is no other. We are just to let God fill us, guide us, and bring us home. This is religion! "O that thou hadst hearkened to My commandment, then had thy peace been as a river, and thy righteousness as the waves of the sea." When we work so, we shall work restfully, energetically, confidently, victoriously, work in harmony with God, who worketh in His servants mightily.

BURDEN OF WORRY. To-day's Enough; Never Mind Yesterday's or To-morrow's.

A wayfarer carried a heavy sack, under which he tolled and complained unceasingly. From none could he get help or comfort. And as he slowly journeyed, groaning under his burden, the Angel of Opportunism came to him and spoke kindly, saying: "Brother, what carriest thou?" The man answered surlily, "My worries." The angel smiled pityingly upon him and said, "Let us look into thy burden and examine thy worries." And so they looked in. But lo, the sack was empty. "Why surely!" cried the man, "there were two great worries, too heavy for man to bear: But—ah, yes, I had forgotten—one was a worry of yesterday, and so it is gone." "And the other?" "That—why, that was a worry of to-morrow, and it has not yet yet come."

Then the angel smiled with infinite pity, saying: "Hearken. He who bows himself down under the worries of yesterday and to-morrow wears himself out for naught. Be he who carries only the worries of to-day has no need of a sack for his sorrows. If thou wilt cast this black thing aside and give all thy strength and cheer and courage to the things of to-day real misfortune never can burden thee." Wondering, the man did as the angel commanded. And as he took up his journey and went lightly, swiftly on, his heart and his hands were free to relieve many a brother wayfarer of his burdens and to pluck sweet fruits and flowers along the wayside. And when he came at last to the setting of the sun it was with smiles and a song.—Christian Herald.

In view of the Bernstorff exposures it may be remarked that crocodiles are not the only animals who shed tears on a bluff.—Florida Times Union.

"Young woman," said the irascible family man, to the haughty saleslady, "you needn't treat me with such lofty disdain." "Well, sir?" "I didn't come in here for the purpose of making love to you. I want to match this ribbon, and I don't care a hang whether it's the color of your eyes or not."—Birmingham Age-Herald.

"How's the little old flivver going now?" "Fine," replied Mr. Chug gins. "Run it every day." "No. We've to alternate. One day we buy milk and the next we buy gasoline. We can't afford both on the same day."—Washington Star.

MARKET REPORTS

TORONTO MARKETS.

Table with columns for various market items like Dairy Produce, Eggs, Cattle, etc. and their corresponding prices.

MEATS—WHOLESALE.

Table with columns for meat items like Beef, Pork, etc. and their prices.

OTHER MARKETS.

Table with columns for Winnipeg Grain Exchange, Minneapolis—Corn, etc. and their prices.

Table with columns for Duluth Linnseed and their prices.

Table with columns for Buffalo Live Stock and their prices.

Worth Remembering. Half a teaspoonful of salt to a quart of cooked starch will prevent irons sticking to clothes. If you will soak new clothes pins in cold water for a half hour before using, they will not split. When baby falls and gets bruised, put butter on immediately and it will not turn black and blue. Perspiration stains may be removed with solution of oxalic acid. Automobile grease, tar, oil and ordinary grass spots can be taken out by soaking with gasoline and then washing with soap and water in the usual way. Silk stockings will wear longer if rinsed in cold water before being worn and every time after they are worn. Salted water, or water to which turpentine has been added will set pinks and blue. Colored silk stockings may be successfully washed by following the same rules.

That Serge Frock.

It's nifty. And an economy. Because serving so many occasions. It's marvelously durable, too, you know. Midnight blue is the very best shade for it.

Going South.

The robin rebreast's song is hushed. His little home's for rent. He has to the sunny Southland gone, where food is cheap and plenty. Oh, how I envy him his luck! I gaze un-pallied with wide eyes, At my own future. Living's cost has got me going sidewise. —From the Kansas City Star.

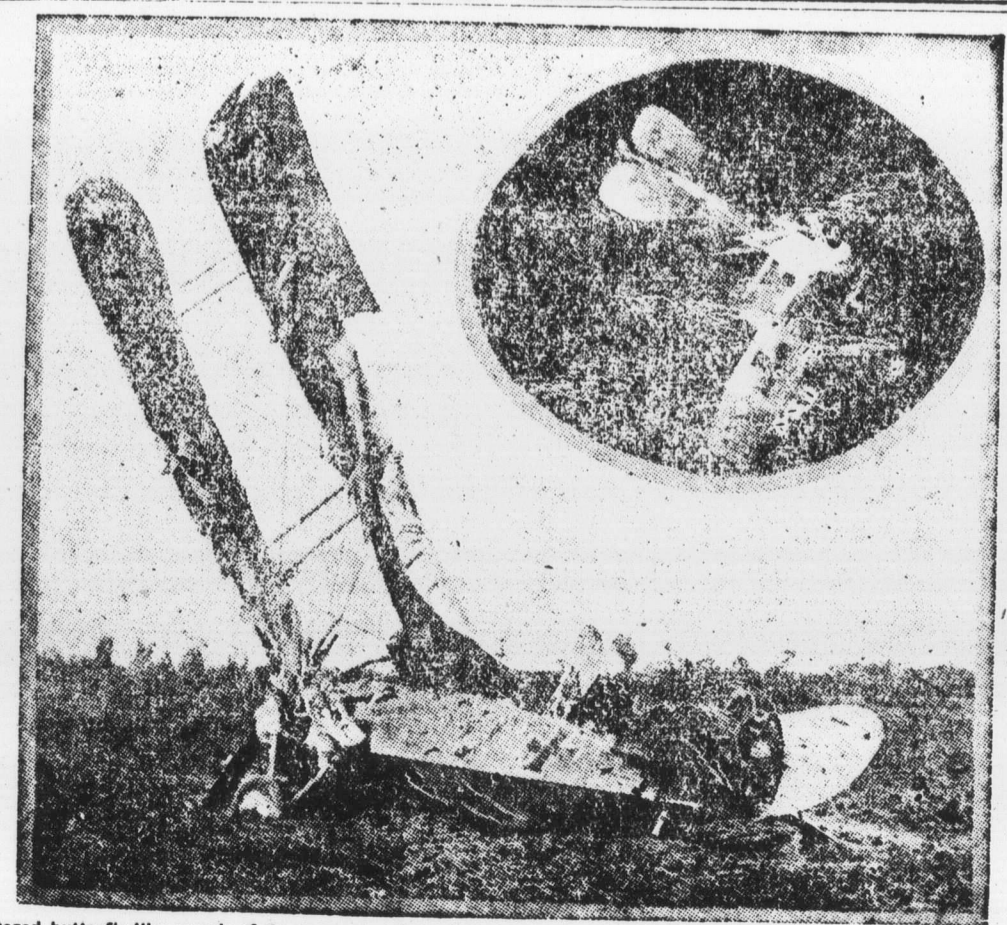
Model.

The fussy old gentleman asked the chance travelling companion: "Have you any children, sir?" "Yes, sir, a son." "Ah, indeed! Does he smoke?" "No, sir, he never so much as touched a cigarette." "So much the better, sir; the use of tobacco is a poisonous habit. Does he frequent clubs?" "He has never put his foot in one." "Allow me to congratulate you. Does he never come home late?" "Never. He goes to bed directly after dinner." "A model young man, sir, a model young man. How old is he?" "Just six months."

EFFICIENCY.

(Washington Star) "Efficiency is doing even less work than he used to do." "Yes. He has gotten into the way of waiting time for himself and others, standing around talking about 'efficiency.'"

Tommy—Pop, what do we mean by a bear with a sore head? Tommy's Pop—A bear with a sore head, my son, must be one that is on the wrong side of the stock market.



Tattered butterfly-like wreck of Germ aeroplane that fell in the Battle of Flanders. Inset, German plane that was brought down in the Channel and snapped from above by an Allied airman.