

SUNDAY SCHOOL LESSON

July 4th, 1920

David in Camp and Court

Commentary—I: Israel's armies defied (17:1-11). The armies of the Philistines and of the Israelites were facing each other in a narrow part of the valley of Elah...

II: Goliath's challenge accepted (17:23-37).—David was the youngest of Jesse's eight sons. The three eldest sons were in Saul's army...

III: David's victory for Israel (17:38-58). 38, 39. In preparation for David's encounter with Goliath, Saul put his own armor upon him...

40. Then said David—It was not simply a contest of man with man, but of the true God with false gods...

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and in David he could read the message of such a man. Questions—What positions did the armies of Israel and the Philistines occupy in the opening of the lesson?

PRACTICAL SURVEY. Topic—Overthrowing modern Goliaths. I. David's victory. II. Saul's envy.

III. David's victory for Israel (17:38-58). 38, 39. In preparation for David's encounter with Goliath, Saul put his own armor upon him...

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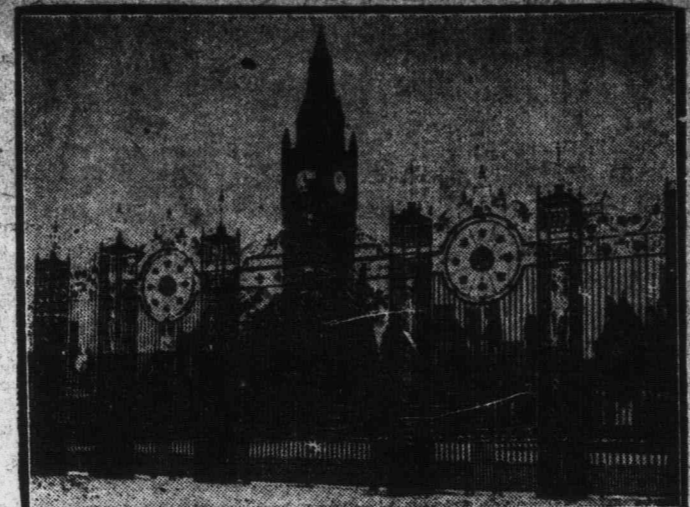
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DUICAL MANSION FOR SALE.

The Duke of Westminster's mansion, known as the most expensive in England to maintain, is for sale. It costs the Duke \$25,000 a year even when closed.

SUNDAY AT HOME

"And I said in underbreath, all our life is mixed with death, And who knoweth which is best? Ah, the little birds sang East, and the little birds sang West, And I smiled to think God's greatness flowed around our incompleteness; Around our restlessness His rest."

THE VICE OF THE VIRTUOUS.

One of the first things to startle us about sins of temper is their strange compatibility with high moral character. We have no criterion for estimating their true worth men who figure as models of all the virtues.

THE NEED OF TODAY.

The nations are still tossed to and fro in the strife that wages continually between the forces that acknowledge the need of Christianity as the saving power of the community, and are straining every nerve to secure its ascendancy, and those that are striving to demonstrate, in some cases by forcible means, that the day of nationalism has come.

Helps a Weak Throat

Strengthens the Voice Cures Bronchitis

By Breathing the Healing Balsams of Catarrhones You Are Cured Without Using Drugs

You breathe through the Catarrhones inhaler medicated air that is full of healing, soothing balsams, full of piney antiseptic essences that resemble the air of the pine woods in the Adirondacks.

CERTAINLY NOT

Oscar—"Why did you have the telephone taken out of our office?" Jim—"Do you ever der anything a necessary improvement which gives your wife a chance to ask for money during business hours after going through your pockets the night before?"

They Cleanse While They Cure.

The vegetable compounds of which Parnelle's Vegetable Pills are compounded, mainly dandelion and man-drake, clear the stomach and intestines of deleterious matter and restore the deranged organs to healthful action.

der the banners of the Allies to fight for the principles of right against might; men of all religions under the sun mad common cause against the powerful combination that threatened to wreck the civilization of the whole world; they did not stop to inquire into the points on which they differed; they were filled with zeal for one common cause and the God of Battles put victory into their hands.

Brotherhood, not war, is the need of the day; a brotherhood whose aim is set against evil, and whose aim is high and based on the principles of Christianity.

But it must be borne in mind that religion is not helped by a mere passive acceptance of its importance as a world-factor. There is a vast difference between active and passive church membership; and if Christianity is to touch the daily life of the people at large, its organizations must bend themselves in all possible ways to rid themselves of the indications of impotence to touch the hearts of the people and to prove by example as well as precept that the Kingdom of God is a real one.

All churches can and must preach the facts of the Christian religion which are held in common by all branches of the Universal Church. There must be the spirit of brotherhood in Christ, and the feeling that all are working together for the common good.

An Oil for All Men.—The sailor, the soldier, the fisherman, the lumberman, the out-door laborer and all who are exposed to injury and the elements will find in Dr. Thomas' Electric Oil a true and faithful friend.

The Works of Peace. There remains to us a great duty of defence and preservation; and there is open to us also a noble pursuit, to which the spirit of the times strongly invites us. Let us advance the arts of peace and the works of peace.

Dust Causes Asthma. Even a fit of the speck too small to see will lead to agonies which no words can describe. The walls of the breathing tubes contract and it seems as if the very life must pass. From this condition Dr. J. D. Kellogg's Asthma Remedy brings the user to perfect rest and health.

Transportation in Belgium. Though Belgium has so far recovered from the war that they have held a cattle show at Ypres, the problem of transport is still acute, as may be seen from this conveyance used by a woman at the exhibition, which was opened in the market square on May 8th.



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MACARONI

MACARONI. Some Good Ways to Serve This Dainty.

Boil one-quarter pound of macaroni for half an hour in boiling salted water, drain very dry, cut up in lengths about two inches. Make a thick batter with two tablespoons of flour, the yolk of one egg, a teaspoonful of milk, one onion chopped finely, a teaspoonful of chopped parsley, pepper and salt, add the macaroni to the batter, mix all together, and fry as fritters for five minutes in boiling fat. Several may be cooked at the same time.

RISOTTO—Four ounces of rice, one ounce of fat, one cupful of tomato pulp, salt, pepper, one and one-half ounces very fine and drain it. Chop the onions very fine and fry until browned. Then mix all the ingredients together, with the exception of grated cheese. Wash the rice in two or three waters. Put into a saucepan of boiling salted water and boil for eight minutes. Strain the fat in a pan, add the rice and fry. Flour in the tomato pulp and simmer all very gently until the rice is soft. If it gets too dry add a little of the water the rice was boiled in. Care must be taken not to let this burn. It must be stirred constantly and cooked over very gentle heat. Add the cheese, put into a casserole, sprinkle a little cheese over the top and brown under a grill; or in a hot oven. This can be made into casseroles and fillets.

TURBAN OF LENTILS AND BEAN AND PEPPER. Wash the beans well, and just cover them with tepid water and simmer them for one hour. Boil the rice and rain it. Chop the one-tablespoonful of bread crumbs, one pound of rice, two onions, one ounce of fat, one teaspoonful of mixed herbs, one teaspoonful (small) of stock, one teaspoonful of chopped parsley, salt. Half a pound of red beans, one-half the crumbs. Grease a cake tin and powder it with fine crumbs. Boast crusts crusaded are best for the purpose, fill it with the mixture and bake in a moderate oven for one hour. A little grated lemon peel or a tiny fork of nutmeg may be added, and if it is worth noting that washed and finely chopped parsley stalks serve for seasoning, which leaves the green part for garnishing. Fresh parsley, however, should not be used for garnishing hot dishes. This may be served with potatoes and a green vegetable. Sauce is not necessary. The quantities given are sufficient for six persons.

Salads For The Summer

These are salad days. The housewife can go into her garden and get the wherewithal to make suitable salads for every meal. Nothing gives greater relish to the daily food than a good salad adjunct. Here follow some careful salad recipes:

SALED OF PEAS. Cook some peas until tender. Season them with pepper & salt, as usual. When done add egg drain off the liquid and turn into bowl. Add an equal quantity of kelled and skinned peanuts. Add a little mixed sour pickle and pour salad dressing to moisten the ingredients thoroughly. Chill and serve on crisp lettuce-leaves.

BAVARIAN SALAD. Yolk of one egg, one level tablespoonful finely-minced onion, one-half level teaspoonful salt, one fourth level teaspoonful each paprika and mustard, four tablespoonfuls oil, two tablespoonfuls vinegar, two cups cold boiled sliced beef, one head lettuce. Beat egg yolk, oil and salt. Add the onion, paprika and mustard. When well mixed, add the oil and vinegar very slowly, alternating. Have the lettuce washed and crisp. Pile the beef lightly on it, and pour over the dressing.

SPANISH SALAD. Remove the skin from six ripe tomatoes and put in a stewpan with one onion and three sprigs of parsley, the two latter chopped fine, and a good-sized piece of butter, salt, pepper to taste and boil 20 minutes. Dissolve a teaspoonful of cornstarch in a little milk and add this, stirring continually. Cook two minutes and remove from the fire, then add three eggs, beaten very lightly. Add a little more salt. Serve on toast.

FROZEN TOMATO SAUCE. This is most refreshing. Peel and chop rather fine half a dozen ripe, solid tomatoes; season with salt, white pepper, a tablespoonful of tarragon vinegar and a tablespoonful of some hot meat sauce such as Worcester-shire. Freeze the pulp solid in an ice cream freezer. When hard packed in fancy molds let stand two hours in salt and ice; then turn on crisp lettuce leaves. Serve with a spoonful of mayonnaise.

POTATO SALAD. Ordinary potato salad may be transformed into an attractive and appetizing dish by making French dressing and pouring it over two cups of potatoes cut into small cubes. Heap the mixture on a platter with a border of lettuce leaves. On the top of the potatoes at each end spread small cubes of beef divided on one side by the rice whites of hard-boiled eggs and on the other side by the rice and sprigs of parsley.

Miller's Worm Powders act mildly and without injury to the child, and there can be no doubt of their deadly effect upon worms. They have been in successful use for a long time and are recognized as a leading preparation for the purpose. They have proved their power in numberless cases and have given relief to thousands of children, who, but for the good offices of this superior compound, would have continued weak and unfeebled.

MARKET REPORTS

TORONTO MARKETS

Table with columns for various market items like Butter, Flour, Eggs, etc. and their corresponding prices.

Table with columns for various market items like Beef, Pork, etc. and their corresponding prices.

Table with columns for various market items like Sugar, etc. and their corresponding prices.

Table with columns for various market items like Wheat, etc. and their corresponding prices.

DEATH ENTRY TO JOY. Apart from the mystery of lives cut off in their early prime, and this is the horror of catastrophe of war it is certain that in our natural clinging to life we exaggerate the importance of the link of death. Will you never find an adding post? I had a friend to a restless post. He replied, "All life is a wandering to find home."

Slang Among the Ancients. An ancient use of a modern slang idiom was mentioned recently by T. Z. Peet, the lecturer in Egyptology at Manchester University. He said that the Egyptians always used the verb "to die" in referring to a visit to a country, just as an American to-day speaks of "doing" Paris or London. After this it will not surprise us to learn that Hannibal considered his expeditions as nothing more than "stunts" or that the Roman populace was rather annoyed when Julius Caesar was "done in."

Whether the corn be of old or new growth, it must yield to Holyway's Corn Cure, the simplest and best cure offered to the public. Let us never be afraid of innocent joy. God is good, and whatever He gives is well given. Moderation for our selves, to learn for others, that is a royal way of life. We must dare to be happy, indeed we must insist upon our happiness against the sullen and epistler trend of Puritanism. We are the depositaries, not the authors, of our own joy.—Amiel.