

July 4th. 19:0 David in Camp and Court 12 57 40-49: 18:5-9.

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. The crests of the hills are about a mile apart and five or six hundred feet high. One army occupied the highland on the north and the other the highland on the south. For one army to leave its place of defence and descend into the plain and ascend the hill on the other side would be to give the other army an advantage and invite defeat. Each army waited thus day after day hoping that the other would do so. At last the Philistines challenged the Is-raclites to decide the struggle by single combat. They named Goliath as their champion, who offered to fight any one of Isreal. It was probable that he was of the remnant of Ana-kim, nearly all of whom Joshua des-troyed, which -: mnant became identifled with the Philistines. Goliath was from eight to ten feet in height. The cubit is the length of the forearm from the tip of the middle finger to the point of the elbow, hence varies so much that the cubit is said to be from sixteen to twenty-one inches. He wore metallic armor weighing from ninety to one hundred and fifty pounds.

II. Goliath's challenge accepted (17
12-37.)—David was the youngest of
Jesse's eight sons. The t_ree eldest Jesse's eight sons. The three eldest sons were in Saul's army and Jesse sent David from his home in Bethlehem to the valley of Elah with a supply of food for them. When he saw Gollath's defiance of Israel and their God, his courage arose and he declared that he was willing to meet the giant. Eliah David's eldest brother was discourage to the courage arose and he declared that he was willing to meet the giant. Eliab. David's eldest brother, was dis d with Dovid's offer and desired hat he should be quiet. When David's ent was reported to Saul, he sear for him at once. Saul doubted the state of the state him act as the champion of Israel.

David's victory for Israel (17: 38-58). 38, 39. In preparation for David's encounter with Golfath, Saul put his own armor upon him, but David was not accustomed to such equipment and was sure he could not use it successfully. 40. Staff—The shepherd's crook. Choose him five smooth stones—Smooth stones would pass more easily through the air than rough, and would be more likely to hit the mark. Out of the brook — Through the centre of the valley ran a brook in a ravine, and there was an abundance of pebbles in the bed of the stream. Scrip—A small bag for carrying his belongings. 41. The man that bare the shield—Gollath, mighty in physical strength, and clad with weighty metallic armor, advanced to-ward David accompanied by his shield-bearer. David was alone, a youth and with no weapon of defence. 42. Dis-dained him Goliath felt insulted when an unarmored youth presented him-self for combat against him. A youth He may have been from twenty twenty-five years of age. Ruddy Auburn-'_ired. 43. Am I a dog-It was customary for combatants before engaging in the fight to hurl abusive arks at each other. Goliath's ch was uli of venom, but David's was full of plous trust in the God of Israel. Cursed David by his gods — The gods of the Philistines were Da gon, Basi and Ashtereth. Goliath 44. I will give thy flesh, etc.—The giant believed he could eas ily vanquish his adversary. He had no regard for God, in whose name David

simply a contest of man with man, but of the true God with false gods. David expressed his firm reliance upon his God. 46. the Lord will de-liver thee into mine hand—Goliath or thee into mine hand—Goliath asted in himself, but David depended upon Jehovah, that all the earth may know—David was not considering his own exattation from the expected victory, but had the honor of Gdd in view. 47, the battle is the Lord's From a human standpoint the selvantage was entirely in Goliath's favor. His helmet of brass, coat of ed upon Jehovah. that all the earth mail, greaves and shield promised complete protection from any missile youthful antagonist could hurl but David looked higher than the natural. He believed God would inter-pose in his behalf. 48. David hasted He was eager to meet and defeat the foe of God and Israel. 49. smote the Philistine in his forehead—The the foe of God and Israel. 49. smote the Philistine in his forehead—The stone either struck an unprotected spot or pierced the giant's helmet. David did his beet in slinging the stone and trusting God, and God gave the victory. 50-58. Having laid Goliath low with his sling and stone, David ran and severed his head from the body with the giant's own sword. When the Philistines saw that their champion was dead, they fled as in a panic, and the armies of Israel pursuel them to their strongholds, Ekron and Cath. David took the giant's head to Jerusalem and kept his great head to Jerusalem and kept his great sword for himself.

tword for himself.

IV. Saul's anger toward David (18:1-9). 1-4. Jonathan, Saul's son. became greatly attached to Lavid at once, and their friendship continued until Jonathan's death. Saul kept David in his court. 5. Ravid went, tec.—David was obedient to the king, behaved nimself wisely—He exercised foresight and was successful in the discharge of the duties Saul placed upon him, over the men of war—The king promoted David to have charge of his military forces. 6. came out. . . with instruments of music out...with instruments of music—To celebrate the victory over the Philistines. 7 Saul...his thousands...David his ten thousands—Honor was bestowed upon David.
8. Saul was very wroth—Saul was possessed of a spirit of envy and jeal-

Questions.—What positions did the armies of lersel and the Philistines occupy in the opening of the lesson? What plan was offered for deciding who should be the victor? Describe Golisth and his armor. How long did Golisth dely lersel? Describe the coming of David to the camp of Istrael. What offer did he make? What equipment did he have? What was the outcome of the combat? Why did David undertake the contest against Golisth?

PRACTICAL SURVEY. Topic-Overthrowing modern Go-

David's victory. I. David's victory.

I. Saul's envy.
Jamieson concludes that the events of the lesson occurred about twenty-seven years after the Philistine over-throw at Michmash. They occurred about eleven miles southwest of Jerusalem, and appear to have been the conclusion of a long campaign. Saul's culminating act of disobedience, and consequent rejection, appear to have been followed by a fresh assault and invasion on the part of the Pallis. invasion on the part of the Pallis-tines (17; 1). To complete his pre-paration for his future dignity, David was introduced to the associations of court life. It is apparent that previous to the events of the lesson presence had been intermittent, interspersed with frequent returns to his father's house and to his former cccufather's house and to his former occu-pation (17; 15, 28). His prowess on this occasion led to hie being perma-nently attached to the royal retinue (18; 2) until the insanely jealous per-secution of Saul necessitated his de-parture. With the lesson began the prolonged succession of events which both displayed and braced his own character, and culminated in his ele-vation to the throne to which he had been anointed.

been anointed.

I. David's victory. The abject dismay of Saul and "all Israel," in the presence of the persistent Philistine challenge, is no small evidence of the decadent morale resulting from dis obedience, and the consequent with-drawal of "The Spirit of the Lord" (1 Sam. 16;14). The hold of faith had been broken, and they possessed neither courage nor champion. The opportune visit of David brought both, The Spirit which rested upon him (1 Sam. 16;13) moved him with indignation at the reproach upon Israel and upon their God. Equally heedless of Eliab's jealous taunts and Saul's anxious dissuasions, and equipped with his simple shepherd weapons, "in the name of the Lord of hosts," he accept-ed the challenge, removed the reproach and transformed defeat into triumph. The secret of David's strength was his trust. He represents the spiritual; simple, reveren-tial, trustful, contending not for self, but for truth. Goliath represents the material; towering, terrible and

defiant.

II. Saul's envy. It is always the lot of excellence or achievement to be envied. None are more inclined to this unworthy and belittling passion than those who are conscious of for-feited possibilities. In Saul's life had come almost unparalleled opportuni-ties. With the growing conscious-ness of failure and forcakeness came increasing envy, deepening into revengeful jealousy of David's achieve ments and consequent popular favor As David became more and more fit ted for the exalted place he was to occupy, Saul become increasingly un-fitted for kingship. The lesson leaves him where it finds him in external him where it finds him in external position; but given in detail some of the steps by which he descended to moral levels, lower and lower still. David's divinely imparted discretion was his safeguard, and more terrible than any anger could be. He was neither cringing nor defiant. He execute devery trust with exacting faithnether cringing nor defiant. He ex-ecute devery trust with exacting faith-fulness (18; 14, 15). "The Lord was with him." The "armor of rightebus-ness" is a suer defence, and faithfulness an invulnerable panoply.

W. H. C.

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CERTAI LY NOT

-"Why did you have the telephone taken out of jour office?" Jim
—"Do you con ider anything a modern improvement which gives your wife a chance to ask for money dur-ing tusiness hours after going through your pockets the night before?"— Houston Post.

They Cleanse While They Cure. They Cleanse While They Cure.—
The vegetable compounds of which
Parmelee's Vegetable Pills are compounded, mainly dandelion and mandrake, clear the stomach and intestines of deleterious matter and restore the deranged organs to healthful action. Hence they are the best
remedy for indigestion available today. A trial of them will establish
the truth of this assertion and do
more to convince the alling than anypossessed of a spirit of enty and jean-jousy. He feared David-"The prophet had distinctly told him in the day of his sin, that the Lord had rent his kingdom from him, and had given it to a neighbor that was better than



DUCAL MANS ION FOR SALE.

The Duke of Westminster's mansion, known as the most expensive England to maintain, is for sale. It costs the Duke \$25,000 a year even when closed. Several millionaires have declined to purch the home because of its expense.



And I said in underbreath, all ou life is mixed with death,
And who knoweth which is beat?
In, the little birds sank Bast, and the
little birds sang West,
and I smiled to think God's greatness

flowed around our incomplete

ness;
Around our restlessness His rest."
—Elizabeth Barrett Browning.

THE VICE OF THE VIRTUOUS. One of the first things to startle us bout sins of temper is their strage ompatibility with high moral charcompatibility with high moral char-acter. We have no criterion for esti-mating at their true worth men who figure as models of all the virtues. Everything depends on motive. The virtues may be real or only apparent, even as the vices may be real though not apparent. We excuse the partial failure of our characters on the ground of their general success. Temper is of their general success. Temper is the vice of th. virtuous. In its ulti-mate nature distemper is a sin against love. A sin against love is a sin against God, for "God is Love." This tracing of the sin to its root new suggests this further topic—its cure. But 3 not temper a constitutional But a not temper a constitutional thing? Is it not herditary, a family failing, a ailing, a matter of temperament—an that be cured? Yes, if there anything in Christianity. All sins mar God's image, but sins of temper mar God's image and God's work and man's nappiness

E NEED OF TO-DAY. (Layman, in Sheffield, Eng., Inde pendent.)

The nations are still tossed to and fin the strife that wares stronger daily between the forces that acknowledge the need of Christianity as the saving power of the community, and are straining every here to secure its ascendancy, and those that are striving demonstrate, in some cases by forcible means, that the day of materialism has come. Be the fault hose it may and an Christian community can honestly declare itself free from the charge of spiritual neglect during a long period of years—the fact remains that a very large element in our own, as well as in other nations, is trying in every conceivable way to discount the power of religion in antional life, and to preach a gospel of secularism and material doctrines by which they fondly hope to create a world conformable to their limited ideas. Of course, we who profess and call ourselves Christians are diametherally appeared to their stricts. The nations are still tossed to and call ourselves Christians" are diamet-rically opposed to such theories, and flatter ourselves that they can rever be brought to a successful conclusion. be brought to a successful conclusion.

Yet we must look at them after squarely, and even if the truth to unpalatable must recognise the gravity of the situation. If we are to face the outlook, as we must do unless we are prepared to see Christianity proclaimed a dead letter, then it must be with a girding up of our loins and a calling together of the God-fearing men and women of every denomination to enroll themselves under the banner that stands as the orifiamme of every Christian—the Cross of Christ.

Disunion of forces at such a time as this would be disastrous to our great cause, and the longer we hesitate in our combined attack and defence against the enemy who best us everywhere the more deplorable must be the fight. Men of all races rallied un-

der the banners of the Allies to fight for the principles of right against might; men of all religions under the might; men of all religions under the sun made common cause against the powerful combination that threatened to wrec!: the 'vilization 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. The day was won, but the price was a y one in life and treasure. What price are we prepared to pay to maintain the Christian religion against materialism? There is a great struggle going on in the world just now for the mastery of the many over the few in comparison who have owned and excomparison who have owned and exploited and governed them for their own ends; but there is no religious principle behind it.

principle behind it.

Brotherhood, not war, is the need of the day: a brotherhood whose face is set against evil, and whose aim is high and based on the principles of Christianity. It should be the task of the thousands of members of the men's soleties attached to our churches to help on the work of spreading the Light of the World among their fellow men, helping and encouraging by their example and acting as valuable assistants to the clergy. istants to the clergy.

But it must be borne in mind tha

religion is not helped by a mere pass-ive acceptance of its importance as a world-factor. There is a vast difference between active and passive churc membership; and if Christianity is to touch the daily life of the people a large, its organizations must themselves in all possible ways to rid themselves of the indications of im-potence to touch the hearts of the people and to prove by example as well as precept that the Kingdom of Got 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 Universal Church. There must be the spirit of brotherhood in Christ, and the feeling that all are working to gether for the common good.

An Oil for All Men.-The suilor, the soldier, the fisherman, the lumber man, the out-door laborer and all who are exposed to injury and the ments will find in Dr. Thomas Belec tric Oll a true and fakhful friend. To chae pain, relieve colds, dress wounds subdue lumbage and everyone rhea matiem, it has no equal. Therefore it should have a place in all home medicines and those taken on a jour

The Works of Peace.

There remains to us a great duty of defence and preservation, and there teaspoonful each paprika and mustari is open to us also a noble puredit, to four tablespoonfuls oil, two table which the spirit of the times strongly invites us. Let us advance the arts of peace and the works of peace. Let us develop the resources of our land, call nevelop the resources of our land, call forth its powers, build up its institu-tions, promote all its great interests, and use whether we, also, in our day and generation, may not perform something worthy to be remembered.—Daniel Webster.

Dust Causes Asthma. Even a Mt tle speck too small to see will lead to agonies which no words can de-scribe. 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. It releves the passages and normal breathing is firmly established again. Hundreds of testimonials received annually prove its timonials received annually prove its



TRANSPORTATION IN BELGIUM.

Though Belgium has so far recovere d'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.

MACARONI.

for half an hour in boiling salted water, drain very dry, cut up in water, drain very dry, cut up in lengths about two inches. Make a thick batter with two tablespoonful of flour, the yolk of one egg, a teacupful 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 once of fat, one cupful of tomato pulp, salt, pepper, one and one-half onuces ions very fine and drain it. Chop

ions very fine and drain it. Chop the onions very fine and fry until browned. Then mix all the irredbrowned. Then mix all the ingredients together, with the exception of 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. Melt the fat in a pan, add the rice and fry. Pour 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. cooked over very gentle heat. Add the cheese, put into a casserole, sprinkle a little cheese over the top and brown under a griller or in a hot over. This can be made into cakes and fillets.

TURBAN OF LENTILS AND BICE and pepper. Wash the beans well, and jsut cover them with tepid water and simmer them for one hour. Boil and simmer them for one hour. Boil the rice and rain it. Chop the ontablespoonful of bread crumbs, one pound of rice, two onions, one onuce of fat, one teaspoonful of mixed herbs, one teacupful (amall) of stock, one, teaspoonful of chopped parsley, salt Half a pound of red beans, one half the crumbs. Greass a cake tin and the crumbs. Grease a cake tin and powder it with fine crumbs. (toast crusts crusted 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 duty of nutmeg may be added, and it is worth noting that washed and tinely channel are less table. finely chopped paysley stalks serve for seasoning, which leaves the green part for garnishing. Fresh parsfley, 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

Salads For The Smmer

These be salad days. The house whie can go into her garden and get the wherewith () make suitable salads for every meal. Nothing gives greater relish to out daily food than a good salad adjunct. Here follow some careful salad recipes:

SALAD OF PEAS

Cook some peas until tender. Seaso Cook some peas un'il tender. Season them with hepper 1 salt, as usual. When done and cool drain off the liquid and turn into bowl. Grind an equal quantity of helled and skinned peanuts, Add a little minged sour pickle and long, allad dressing to moisten the ingredients thoroughly. Chill and serge on crisp lettuce leaves. BAVARIAN SALAD

Yolk of one egg, on level table-spoonful finely minced onton, one-half level-tenapoonful sait, one fourth level tenapoonful each paprika and mustand, specialis vinegar, two cups cole boli-gd diced beet, one head lettuce. Beat the egg yolk, the add the onion, sait, paprike and mustard. When well mix-ed add the oli ad vinegar very slow-ly, alternating. Have the lettuce washed and crin. Pile the beet light-ly 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, sait, pepper to taste and boil 20 minutes. Dissolve a teaspoonful of corastarch in a little pulls and add this stirring continuous. 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 surragon pepper, a tablespoonful of tarragon vinegar and a tablespoonful of some bot meat sauc such as Worcestersolid tomatoes; season with salt, white thot meat sauc such as Worcestershire. 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 pota-toes 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 beets divided on one sile by the riced whites of hard-boiled eggs and on the other side by the riced yolks, garnished with lettuce 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, wha, but for the good offices of this superior com-pound, would have continued weak and unfeebled.

Lamb, Spring, lb. SUGAR THOLESALE

OTHER MARKETS.

WINNIPEG EXCHANGE.

July 1714 1714 170 1704 CCC 1494 1494 1495 1495 1495

Fig. 4 12 4 2014 4 12 4 2014 Oct 4 14 4 2216 4 1316 4 2216

CHEESE MARKETS. St. Paschal, Que,—At the meeting held here to-day there were 110 boxes of hut-ter soid to Edmond Cole, Quebec, at 58 1-16 cents, and 819 boxes, of gleece were soid to Grant, Montreal, at 27 \$-16 cents.

DEATH ENTRY TO JOY.

Apart from the mystery of lives cut of in their early prime, and this is the horrid caustropine of war it is certain that in our natural clinging to life we exaggerate the importance of the incident of death. "Will you

riend to a restless poet. He replied, "All life is a wandering to find home."

Michael Fairless, writes in the Road Mender: "To the large majority death in Pluto, king of the dark unknown whence no traveler refurns, rather than Azrael, brother and friend, burd of the majority death in the major of life. rather than Azrael, brother and friend, lord of the mansion of life. Strange, how men shun him as he walts in the shadow, watching our straining affer immortality sending his downrades sleep to prepare us for himself. When the hour strikes he comes—very gently very tenderly, if we will have it she folds the tired hands together, takes the way-worn feet in his broad, strong nalm; and lifting us in his takes the way-worn feet in his broad, strong palm; and lifting us in his worderful arms he bearagus swiftly down the valley and across the water of Remembrance. Very pleasant art thou. O Brother Death, thy love is wonderful; passing the love of women." men "

Many mothers have reason to bless Mother Graves Worm Exterminator, because it has relieved the little ones of suffering and made them healthy.

Slang Among the Ancients.

An ancient use of a modern slang idiom was mentioned recently by T. &. Peet, the lecturer in Egyptology Manchester University. He said that the Egyptians always used the verb "to do" in referring to a visit to a country, just as an American to-day speaks of "doing" Paris or London. After this it was 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 Caes-ar was "done in."—Manchester Guard-

Whether the corn be of old or new growth, it must yield to Holloway's Corn Cure, the simplest and best cure offered to the public.

Let us never be afraid of innocent 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 inest upon our happiness against the sullen and sinister trend of Puritanism. We are the depositaries, not the authors, of our own lov.—Amiel.