THEFSUNBEAM.

BREAD CRUSTS.

BY VALENTINE MARCH.

Dip you have to eat the bread crusts When you was a little girl? Did your grandma over tell you It would make your hair all curl?

If it's so, I want to know it. If indeed it's really true: Please to tell me if you ate them, I'll be much obliged to you,

Would you have to eat a thousand So they'd make your cheeks real red? Does it tickle when it crinkles. And the curls come on your head?

For my grandma looks so funny. When she hands her crusts to me. And she says she knows I'll eat them, Just the thing to have for tea.

Well, I've tried it and I've tried it. Spreading honey and my jam On my grandma's tough old bread crusts,

And I'm tired of it, I am.

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For there is no sign of roses, Not the least bit of a curl; I'll do other things to please her, But I'll be no bread-crust girl.

LESSON NOTES.

SECOND QUARTER.

STUDIES IN THE OLD TESTAMENT.

0. 1015.] Lesson	VI.	[May
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DELIGHT IN GOD'S HOUSE.

× 84. 1-12. Memory verses, 9-12.

8.

GOLDEN TEXT.

"Blessed are they that dwell in thy asa."—Psa. 84. 4.

What Psalm do we study to-day? The ghty-fourth.

What is it about? About God's house. What are the first words of the Psalm ? How amiable are thy tabernacles, O Lord hosts!"

What does "amiable" mean ? Lovely; orthy of being loved.

What takes the place of tabernacles to ? Churches, Sabbath-schools, prayerætings.

ely? Yes; it is God's presence that kes his house beautiful and attractive. use? He says, "My soul longeth, yea, pitieth them that fear him."

even fainteth for the courts of the Lord." What more does he say? "My heart and my flosh crieth out for the living God." Who are "blessed "? "Blossed are they that dwell in thy house."

What is it to "dwell in God's house"? To feel at home there: to love it as "our" church, "our" Sunday-school.

opeat the tenth verse.

What is the eleventh verse ?

How is God " a sun and shield "? He is a sun to light' and guide us, and a shield to keep off evil.

What is proraised to them that walk uprightly? "No good thing will he withhold from them that walk uprightly."

What are the last words of this Psalm? "O Lord of hosts, blessed is the man that trusteth in thee."

CATECHISM QUESTIONS.

Who was Solomont? David's son, the wisest of men, and the King who built the temple.

Who was Elijah ! The prophet who was carried to heaven in a chariot of fire.

B.C. 1015.]	LESSON VII.	[May 15
	A SONG OF PRAISE	
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Psn. 103 1-22. Memory verses, 1-5.

GOLDEN TEXT.

" Bless the Lord, O, my soul, and forget not all his beyacfits."-Psa. 103. 2.

What is it to "bless the Lord"? To praise him with gratitude and love.

What are we not to forget? "For get not all his benefits."

Which benefit, or blessing, is mention wh first? "He forgiveth all thine iniquities, or sins.

What other blessings are spoken of? (Vs. 3, 4, and 5.)

What great benefit have we that the Psalmist had not? The New Testament, with its story of Christ's life and death.

What had God done for the children of Israel? He had been their Leader and Guide.

Will he guide us too?

Does he punish us as our sins deserve? "He hath not dealt with us after our sins."

How great is his mercy? As great "as the heaven is high above the earth."

How far will be remove our sins from Can a very poor and plain church be us? "As far as the east is from the west"

How does he feel towards us : "Lake How much does the Psalizist love God's as a father pitieth his chudren, so the Lord

Whom will God bless forever and ever? All "those that remember his commandments to do them."

OATECHISM QUESTIONS.

Who was Daniell The prophet who, because he would not give up praying to God, was cast into a den of lions; and who was preserved unhurt.

Who were Shadrach, Meshach, and Abednego ! Three young Israelites who, because they would not worship an image, were cast into a fiery furnace, but yot were not burned.

KIND HARRY.

HARRY is a very kind boy: his tender heart always prompts him to help and relieve wherever there is suffering, whether it be man or beast that suffers. No wonder all the animals-of which, however, he does not know many, as he lives in town-are fond of him. The muchabused sparrows, who are becoming a real nuisance in our citics, have, in spite of all that, a real friend in him. Not unfrequently he has gotten himself into trouble because, when he saw other boys hunting them to get the bounty which is offered in some places for thom, he would chase them before their exterminators could get a shot at them. The dogs and cats of the neighbourhood all know little Harry, and act friendly to him.

One day as a drover brought a flock of sheep into town to sell to the butchers, one of the sheep became so overpowered with the heat that it could not walk another step; so that the drover was compelled to leave it, as he had to look after the remainder of his flock. Harry found the poor exhausted animal, and having no bucket or pail at hand, he carried it a refreshing drink of water in his hat. It visa not long before the poor creature b mame sufficiently revived to be able to to flow the rest of the flock.

For the act of kindness Harry was dou bly paid. In the first place, he had the consciousness of having relieved the suff, wings of one of God's creatures; and in the second place, the drover paid him liber dly for the trouble he had taken to do that which was a real pleasure to him. It alw mys pays to be kind.

It is very pleasant for the little people when 1 assuma, or auntie, or a "great deal older " sister remembers how impatient she hersulf ased to feel when forced to wait for some expected plersure.