The Sunday School

BIBLE LESSON.

Abridged from Peloubets' Notes

Third Quarter, 1902.

TULY TO SEPTEMBER.

Lesson II. July 13. Exodus 20: 1-11.

THE TEN COMMANDMENTS.-DUT-

STATEST THE BOTTON THE ANY GRAEN STATES THE DESIGNATION OF SUPERING SERVICE TO GOD—

What IN THE FIRST COMMANDMENT THE SERVICE TO GOD—

What IN FORTHER GODS REPORE ME. THE STATES OF SUPERING GODS REPORE ME. THAT GAVE NO OTHER GODS REPORE ME. THAT GODS HE FOR ME. THAT HE FOR ME. THAT HOT MAKE UNTO THEE ANY GRAEN MAGE. THAT HOT ME ANY GRAEN MAGE. THAT HOT ME SHE HE FOR ME HE F

PROPER FOOD Better Than Ocean Breezes

makes a lot of difference in hot weather, the kind of food one eats you can keep the body cool if you heakfast on Grape-Nuts, for in its predigeated form, it presents the least resistance to the digeative organs and contains as much nutriment as heavy body heating food such as meat, potators, etc.

Grape-Nuts is probably intitled to the claim to be the most perfectly adapted food for human needs now extant. The meat eater and vegetarian are alike, charmed with its crisp taste, the delicate divorce the grape sugar and the nourishment to body and brain while the housewife is attracted by its being thoroughly cooked at the factory and obtained from the grocer ready for instant use with the addition of cream, making it a cool, delicions dish, requiring no bot stove and cross cook on a hot morning.

When Grape-Nuts and Postum Food Ciffee constitute the summer breakfast with the addition of a little fruit, it is not necessary to seek the ocean breezes for comfort, for external heat is unnoticed when internal coolness from proper food is felt. The receipt book in each package of Grape-Nuts gives dezens of delicious dishes.

love is intercepted." Second reason. VISITING THE INIQUITY OF THE FATHERS UPON THE CHILDREN. Tendencies to idolatry and image-worship are inherited; they lie heavily upon THE THIRD AND FOURTH GENERATION. They can be conquered (Ezek. 18:20), but they are a fearful legacy to leave to one's children. Third reason. Moreover, a life free from idolatry, serving God fully, transmits its tendency also, as is shown in the following verse.

THE TEN COMMANDMENTS.—DUTIES TO GOD.

GOLDEN TEXT.

Thou shall love the Lord thy God with all the heart.—Luke 10: 27.

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I. THE AUTHORITY MOR THE LAW.—Ex 93: 1. 2. 1. AND GOD STARE ALT. THE AUTHORITY MOR THE LAW.—Ex 93: 1. 2. 1. AND GOD STARE ALT. THE AUTHORITY MOR THE LAW.—Ex 93: 1. 2. 1. AND GOD STARE ALT. THE AUTHORITY MOR THE LAW.—Ex 93: 1. 2. 1. AND GOD STARE ALT. THE LORD THE AUTHORITY MOR THE LAW.—Ex 93: 1. 2. 1. AND GOD STARE ALT. The heart of Egypt, from which Moses and his people held come Moody tells above originated this unparalleled and majorated code. For more than three thousand years the heart of the great corner some of the world's law, and it is as true may as it was in the days of Moses.

2. I AM THE LORD THE GOD HELD LAND. AND GOD THE LAND. THE COME THE AUTHORITY HAVE ALT THE LORD THE GOD HELD LAND. AND GOD THE LAND. AND GOD THE STAND. AND GOD T

soul, health of body, vigor for the coming week. They are the greatest blessings in the world, and just what the world most needs.

THE SWAN AND THE CRANE.

There is an old legend of a swan and a A beautiful swan alighted by the banks of the water in which a crane was wading about seeking snails. For a few moments the crane viewed the swan in stupid worder and then inquired:

"Where do you come from?"
"I come from heaven!" replied the

"And where is heaven?" asked the

'Heaven !" said the swan, "Heaven ! have you never heard of heaven?" the beautiful bird went on to describe the grandeur of the Eternal City. She told of the streets of gold, and the gates and walls made of precious stones; of the River of Life, pure as crystal, upon whose banks is the tree whose leaves shall be for the healing of all nations. In eloquent terms the swan sought to describe the hosts who live in the other world, but without arousing the slightest interest on the part of the

Finally the crane asked: "Are there any snails there?"

"Snails!" repeated the swan; "no! Of course there are not."
"Then," said the crane as it continued its search along the slimy banks of the pools, "you can have your heaven. I want snails!"

want snails!"

How many a young person to whom God has granted the advantages of a Christian home, has turned his back upon it and searched for snails? How many a man will sacrifice his wife, his family, his all, for the snails of sin? How many a girl has deliberately turned from the love of parents and home to learn too late that heaven has been forfeited for snails!—Moody.

The greatest storm that has visited Mitchell, South Dakota, for years swept over the place on Friday. Seven inches of water fell during the hour.

MONTHS OF PAIN

CAUSED BY A TUMOR OF THE BREAST.

Mrs J. M. Timbers, of Hawkesbury, Tells How She Obtained Relief After Doctors Had Failed.

worship. The Sabbath is to be kept holy by church attendance, Bible study, and private prayer and meditation.

'9 SIX DAYS SIALT THOU LABOR. This is part of the commandment. You must work before you can rest, and you must get your work ont of the way before you can workin. AND DO ALI, THY WORK. You are to work on Sunday. Too, but not at "thy work." It is to be Golf's work, work for others and for eternity.

10. BUT THE SEVENTH DAY IS A SABHAT WAS BUT THE SABVENTH DAY SABHAT WAS BUT THE SABVENTH DAY WAS A SABHAT WAS BUT THE SABVENTH DAY WAS A SABHAT WAS BUT THE SABVENTH DAY WAS AND HALL WAS BUT THE SABVENTH DAY AND HALL WAS BUT THE

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