## Sunday School Lesson

October 5. Lesson I-Zacharias and make ready his ways." In the failing Golden Text-And hey were both righteous before God, walking in all

ANALYSIS.

I. THE JEWISH HOME, Luke 1: 5-23. II. THE CHILD IN THE HOME, 1: 57-66. its performance. III. THE PROPHET OF THE MOST HIGH, Luke 1: 67-80.

INTRODUCTION-The series of lessons which we have followed in the Old Testament have given us glimpses of some good homes of the ancient people BY ANNABELLE WORTHINGTON of God. It has always been a peculiar pleasure to turn from stories of war and conquest, of cruelty and violence, Illustrated Dressmaking Lesson Furof covetousness and greed, to pictures of the simple homely virtues, of faith, and courage, and family affection, and unselfish love. The best that was found in Hebrew homes was very good indeed. Of Abraham it was said that he was known of the Lord, "to the end that he might command his children and his household after him, that they might keep the way of the Lord, to do justice and judgment." In many a home the Deuteronomic law must have been known and honored and its precepts taught to the children and talked of day by day (Deut. 6: 4-9). There were good women who made their homes places of widespread influence and power: Deborah, the prophetess. "a mother in Israel"; Hannah the mother of Samuel; Naomi and Ruth; Abigail a woman of good understanding and of a beautiful countenance whose tactful wisdom saved a foolish husband and prevented bloodshed, and the great woman of Shunem, whose home provided "a little chamber on the wall" for the prophet of God when he passed that way (1 Sam. chap 25; 2 Kings chap 4). Nor can one forget the home in which children are regarded as an "heritage of the Lord." or the virtuous woman of Proverbs 31 whose children rise up and call her blessed and "the heart of her husband trusteth in her."

I. THE JEWISH HOME, Luke 1: 5-23.

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It was "in the days of Herod," who has been called Herod the Great, who reigned 37-4 B C., that Zacharias ministered in the temple in "the priests office in the order of his course." Twenty-four such courses are named in 1 Chron. chap. 24, of which the course of Abijah was the eighth. Each course, or company, of priests served in turn for one week, dividing the priestly tasks between the individual members by lot. To Zacharias at this time had fallen the duty of burning the incense upon the golden altar, and it was there by the altar, the fragrant smoke of which symbolized the prayers of the people, that the good priest beheld the vision and received the promise of that for which he had long distinguishes this day dress. prayed, vs. 8-13.

In this home the birth of a child was an occasion for rejoicing. "The Lord had magnified his mercy towards" the happy parents, and their neighbors street. and kinsfolk rejoiced with them. They did not forget the sacred offices of also lovely for its development. their religion, but dedicated their child tom, Gen. 17: 12; Lev. 12: 3. So do this model. we in our day in the sacrament of

In a good Jewish home, such as that into which John was born, the child was tenderly cared for and instructed in the traditions, the history, and the material with % yard 39-inch con- cial transmitting equipment has been leaves no residue." Then he adds, religious faith of his people. He was trasting. taught to honor father and mother, to do good works, to seek peace and good will, and to study the Law. The last ly giving number and size of such was regarded as highest and most important of all. The words of Deut. 5: patterns as you want. Enclose 20c in 4-9 and 11: 13-21 written on a folded stamps or coin (coin preferred; wrap parchment and attached to the door it carefully) for each number, and post would early become familiar to address your order to Wilson Pattern him. The services of the synagogue, Service, 73 West Adelaide St., Toronto. the festivals and other holy days, would all be full ! interest and instruction. It was a rich and wholesome life into which the Jewish child grew. The home teaching and example was supplemented by the school, when, an ancient Jewish writer tells us, it was the teacher's high privilege and honor to impart to the children "the precious knowledge of the Law, with constant adaptation to their capaciy, with unwearied patience, intense earnestness, strictness tempered by kindness, but above all with the highest object of their training in view," that is clean living, in gentleness, the love of virtue, truthfulness, industry, and self-control.

Luke 1: 67-80.

The pious, well-ordered Jewish home was a good training school for the pro-phet. It was John's high calling and office to prepare the way for Jesus. Last of the prophets of the Old Testament, the old covenant, it was his to "go before the face of the Lord to Elisabeth (Life in a Pious Jewish light of the Old he foresaw and an-Home)-Luke 1: 5, 6, 57-66, 76-80. nounced the dawning of the New day of salvation for Israel and for the world. It was a difficult and strenuous task that was given him, to preach

## What New York is Wearing

nished With Every Pattern

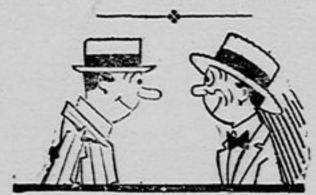
The rolled collar accented by frill

It's exceptionally attractive because London equipped with the apparatus. II. THE CHILD IN THE HOME, 1: 57-66. of its simplicity and wearability. And it is such an easy affair to fashion. It's particularly modish in patterned

to God according to the ancient cus- canton crepe lend themselves nicely to theatres, but legitimate stage thea- sugar is almost an ideal food, cheap,

Style No. 2683 may be had in sizes tres.

HOW TO ORDER PATTERNS Write your name and address plain-



"How do you fix your straw hat time imit? By the calendar?"

"Thermometer?" "No." "By what?"

"Pocketbook."

## **Whooping Cough** Tests Hastened

Method of Diagnosis Urged to Avert Dangers of Delayed Quarantine

Delays in quarantining whoopingcough suspects until the characteristic the commandments and ordinances repentance, the turning from the evil sponsible for the increase in the diswhoop appears are at least partly reof the Lord blameless.—Luke 1: 6. to the good, preparing the way for ease which has brought its death toll Christ's proclamation of the kingdom up to twice that of scarlet fever, acof God, and it was needful that he cording to a report to the American should become "strong in spirit" for Medical Association by Dr. L. W. Sauer and Leonora Hambrecht, of Evanston, Ill.

> contagion has passed, these author- | Chocolates would not look so good | 1 cup unsifted flour . ities charge.

be made with a coating consisting of that just two chocolates a day for a 1 cup macaroni, cooked a mixture of boiled potato, agar. year, over and above the amount of 1 cup butter, 1/2 lb. glycerin and blood serum, which gives food it takes to keep your body nor- 1 cup grated cheese ..... a most favorable condition for the fast | mal, would make one 18 pounds overgrowth of the bacillus. This mixture, weight at the end of the year. It is dishes in coated on a small plate or disk of appalling isn't it? So if you have wood or glass, should be held, in ob- formed the habit of "The magazine taining a possible culture, about two and a box of chocolates," just figure since no two people cook alike. If teaspoonful of orange extract. Cream or three inches the patient's mouth it out. Each chocolate adds another reducing hold down on the high cal- butter and sugar, add well beaten during a deep coughing period.

# **Television Proves** Popular In London

Gains as Theatres Seek Installations for · Patrons

New York-Television is gaining the same number of calories? considerable interest in England, and 3 large chocolate creams, 300 calories, it is likely that several London theatres will install equipment this winter for the entertainment of patrons, according to information received by the U.S. Department of Commerce recent-

for the installation of a stage receiving set which will permit the theatre audience to witness entertainment broadcast from a point several miles from the stage.

Great effort is being made to exploit television in England. Programs are now being transmitted on regular schedule for reception by amateurs, and flared cuffs so beloved by youth, and it is reported there are several thousand listeners in the vicinity of

The theatre aspect is regarded as new although the British television company interested in the project wool crepe for the office, classroom or has been attempting to promote the idea for several years. Applications Silk and wool crepe mixtures are for apparatus in theatres are said to be approximately twenty. It is re-Patterned jersey, flat crepe silk and ported these are not motion-picture paid this tribute to sugar: "Common

14, 16, 18, 20 years, 36, 38 and 40 vision company for stage reproduction free, highly nutritious, completely solis said to give reproduction of images | uble, altogether digestible, easily as-Size 16 requires 31/4 yards 39-inch approximately four feet square. Spe- similated, requires no cooking and Mevised which permits the broadcast- with physiological wisdom, "it's only tainers appearing before the televiscamera. It is expected that dramas will be broadcast for the theatre receptions.

#### Radio Used in Third of American Hotels Thirty per cent. of the hotels in

the U.S. have radio installations, a survey shows, according to The Associated Press.

With about 25,000 hotels and apartment hotels now in operation, this estimate means that 7,500 of them have fitted up their guest rooms either with loud speakers connected to a central receiver or with receiver outlets for antenna and ground connec-

The same estimate, which is based on data gathered by Lewis Winner, hotels will have installed radio.

# Doctor Says Sugar



By Marie Ann Best

**ARTICLE 8** 

"How about chocolates?" exclaims upon layer of fat. This makes it " It is no longer necessary for the the lover of sweet meats. "I simply quite plain what we must do. physician to wait for the familiar can't do without them altogether." whooping to diagnose the infection in Let me tell you something about a suspect case, as the bacillus can be them, and not all bad news either, people who are overweight but are detected by cough plates held near the Chocolates are filled with good food otherwise healthy and desire to repatient's mouth during a coughing but that's the trouble if one would duce. spell. The pertussis bacillus which reduce. There are altogether too causes the disease may be passed on many calories in a chocolate. For cooking quantities in calories: to thers long before the cough be- instance one tantalizing, delicious comes evident. Under the present chocolate cream which looks so insystem of diagnosis, therefore, the nocent in its soft smooth finish and 1 cup skim milk quarantine is established a consider- which disappears so meltingly and able time after the period of greatest quickly, counts a total of 100 calories. | milk, except fat is removed.)

to the type of person whose surplus 1 cup sifted flour .... Cough plates for this purpose may food intake turns to fat if she knew 1 cup Graham flour .. little lump of fat where it is not oried ingredients.) wanted. When one thinks of it as a lump of fat, it isn't so tempting.

not give them up without a few potato pea or corn soup 1/2 cup, mac- milk. Beat lightly for about one minqualms of remorse. So to those who aroni and cheese 1-4 cup. are reducing and are rigidly keeping Interest in Image Sending to 1200 calories each day a good way might be to eat 1 or 2 for dessert, bread one small piece, Lady fingers, lemon filling and ice with boiled frostthen mount it in your book. Which 4, bread pudding or Brown Betty ing. would you consider the better menu 1-4 cup. Ice cream 1-4 cup, lemon for lunch, both menus consisting of jelly 3-4 cup, fudge 1 inch cube, pie

1/2 slice toast or whole slice 1 tsp. butter .... 1 cup cooked spinach ...... 35 1 poached egg ....... Negotiations are under way with a 1/2 large muskmelon ...... 50 prominent British television company 1 dessertspoon ice cream ...... 60

> So often we receive this advice while reducing. "Do not eat any sugar or starches." But if one is supposed to have a balanced diet how is it possible to leave out sugar. It is sugar that burns up the fats. If fat is to be burned in the body which is necessary for proper assimilation, there must be a sufficient quantity of sugar-fuel to burn it; so it is comforting to know that we must have it is necessary to count our calories and use our judgment about the division for proper balance.

One of our eminent food doctors Apparatus developed by the tele- clean, white, portable, imperishable, unadulterated, pleasant tasting, germ ing of full-length images of enter- fault is its perfection. It is so pure that man cannot live on it."

The continuous use of sugar in America is steadily growing. It is interesting to note that a century ago people of this country consumed enough sugar to give each person about 8 pounds in one year. Now the amount of sugar consumed in one week averages 3 pounds for each person. Just think of that. Since sugar! become too fat. One hundred years den last night." ago Canadians per person used around 44 calories of sugar a day in various forms. Now they use 547 calories per day. It comes in our which is Heaven, and the flowers and candy, soft drinks, ice cream, the fruits of which embellish the earth .bake shop, condensed milk and so Lamennais. finds its way into our stomachs. Sugar is so refined that it contains

New York radio expert, indicates that no vitamins. This applies to many of Britain now number 295, divided the world is beautiful by the shining by the end of the year 12,000 more our foods. Rice has most of its among 263 owners, of whom 24 have through it of a God.-Fredrich Heinhealth-giving vitamins polished off, two planes each.

### Is Perfect Food not keep long enough with the whole grain included, so the part that spoils easily is remove dand that is the best

for her children.



The following are some popular (food value is as good as

Some commonly used home-made

100 calorie portions

Muffins 1 small, 1 griddle cake, cel- Magic baking powder together and But they are good and one just can- ery tomato or spinach soup 2-3 cup, add to first mixture alternatively with

1/2 cup, salmon loaf 1-3 cup, ginger about 20 minutes. Put together with apple, 11/2 piece, lemon pie 2 inch

Next week-The Overweight Child.

#### Can Rattlers Sting Through Leather Shoes? Such snakes as the bushmaster, rat-

tlesnake and Gaboon viper have long, in 1/4 cup of hot water. Wash down powerful fangs and are able, under the sugar from the sides of the pan, favorable circumstances, to bite cover and let boil three or four minthrough ordinary soft leather and rub- utes, uncover and let boil to a rather ber the thickness generally used in firm soft ball stage. Pour in a fine making shoes, boots and leggings. No stream on the whites of 2 eggs, beatspecies of snake, however, is able to bite through thick leather, such as is used in heavy leggings or puttees, and and added to the frosting gives a deordinary boots and leggings are a licious and pleasing flavor. great protection against most snakes. The thin tops of some knee-high leather shoes is not absolutely safe against It's not enough that I should love my poisonous snakes when the leather has become soft from repeated use. Hunt- It's not enough that I should love my ers in the Southern States find that some of all the important foods, only leather leggings afford sufficient pro- My enemy, my friend, my kin, my tection against the bites of poisonous snakes in that region; and a specially It's not enough that I should love my constructed rubber boot, with a shank including several layers of canvas, Honour my home and keep it free used by quail hunters in Florida, is a perfect protection for the parts it It's not enough to love my God, unless covers.

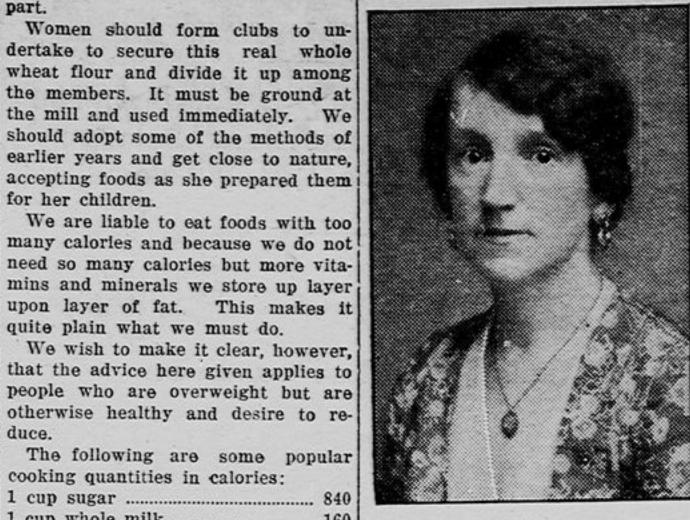


"Mrs. DeBald tells me her husband's eyes are failing him."

is so very high in calories what is the fact that I saw him in the front row whose conscience thou fearest less logical thing that will happen? We at the burlesque show on the roof gar- than thy own, whose words may ter-

Goodness is a plant, the root of

## corn starch has the maize kernel re-For Layer Cake



Mrs. W. McKenzie, 9 Fernwood Ave., Ave., Toronto, was awarded the first prize for layer cake at the Canadian National Exhibition, Toronto. As 400 there were a large number of entries of cakes of various kinds we believe our women readers will be interested .1750 in securing Mrs. McKenzie's recipe, which follows:

Golden Layer Cake

1/2 cup butter, 1 cup sugar, yolks of 6 eggs, 1/2 cup milk, 1% cups flour, 4 (These are of course approximate, teaspoonful Magic baking powder, 1 yolks and beat again with butter and Baking powder biscuit 1 large, sugar until very light. Sift flour and ute, put into greased layer pans and Baked beans 1/2 cup, cheese souffle bake. Temperature 400 deg. F. Time

#### Lemon Filling

1 lemon and rind, 1 cup cold water, 1 cup sugar, 1 egg, 1 tablespoonful flour. Beat lemon rind and egg together. Stir in lemon juice and sugar. Dissolve flour in water. Cook in double boiler till it jellies and spread.

#### (Boiled) Frosting

Dissolve a cup of granulated sugar en dry, beating constantly meanwhile. A few maraschino cherries chopped

## ENOUGH

labour.

neighbor;

from strife;

I make each daily task this love express.

If I can bathe a wound; can smooth the rough

Of life; can warm this fire in other

By my example-then, and only then

Is it enough. -Roger L. Waring, in the Detroit

## Pleasant Friendships

Nothing will so much delight the mind as a faithful and pleasing friendship. How great a good is it when the hearts are prepared, wherein a "Well, well, that accounts for the man may safely bury all his secrets, rify thy discontents, whose counsel can resolve thy doubts, whose mirth may dissipate thy sorrow, and whose countenance may comfort thee .- Sen-

As a countenance is made beautiful Privately owned aeroplanes in Great by the soul's shining through it, so rich Jacobi.

MUTT AND JEFF- By BUD FISHER

Golf in the Here After. THEN HE ASKED ME TO STEP AND HEISAID - THERE. AND SUCH GREENS: SUCH JEFF, I JUST DREAMED HE SAID E HAD BEEN DOWNSTAIRS AND THERE AREN'T ANY CLUBS .-FAIRWAYS! I ASKED SAINT THAT I DIED! SAINT IN THE HABIT OF LEAVING I SAW THE MOST BEAUTIFUL PETER IF THERE WERE ANY THAT'S THE HELL MY WIFE ON SUNDAYS PETER WAS AT THE CADDIES AND HE SAID YES GOLF. COURSE: AND SUCH AND PLAYING THIRTY SIX GOLDEN GATE AND OF IT! A CLUB HOUSE! WONDERFUL THE BEST IN THE WORLD-HOLES OF GOLF! I HE BADE ME STEP LOCKER ROOM AND SHOWERS! THEY NEVER LOST A BALL: SAID IT WAS THE AS I FELT LIKE HAVING TRUTH - THAT E WAS & A GAME I ASKED, HIM' A GOLF BUG! GEE! CROAKED, YES WHERE I COULD GET A SET OF. CLUBS:

7-1.