Sunday School Lesson

November 11. Lesson VI.—Peace and Good Will Among Men.—Romans 12: 1, 2, 9-21. Golden Text—Be not overcome of evil, but overcome evil with good.—Romans 12: 21.

ANALYSIS

I. THE NATURE OF THE CHRISTIAN LIFE, 1, 2.

II. THE EXERCISE OF THE PRINCIPLE OF LOVE, 9-21.

INTRODUCTION—The doctrinal teaching of the apostle in this Epistle is completed and now the writer turns to the problem of conduct. It was his custom to first lay down his principles, and then to show how these must find their fruit in a higher type of living. See also Ephesians, Colossians, Thessalonians. The general object of this chapter is to cultivate peace and good will among all members of the church.

I. THE NATURE OF THE CHRISTIAN LIFE, 1, 2.

V. 1. The entire appeal for Christian service rises out of the infinite love of God. Paul does not rest his agreement on the power of God, but he appeals to the wonderful confession of the heavenly Father revealed in creation and redemption. The response of man to this confession should be complete, and this verse lays stress upon the body which is a very essential element in our Christian life. The Greeks were inclined to speak slightingly of the body and some of their teachers advocated the crushing out of the instincts of the body since the seat of sin lay in the flash But Christianity does not condemn the body, nor does it disparage its inbuence. Rather it urges us to purify and sanctify our body, that we may offer it as a sacrifice to God.

V. 2. But the mind rules the body, and those thoughts which are most often welcomed ere long find their expression in outward conduct. As a man thinketh in his heart, so is he. Therefore, Paul urges his readers to ponder increasingly the will of God. Let all learn to submit with full consent to his divine will. The three adjectives which he uses in this regard should be carefully noted, as they set forth the apostle's conception of the nature of God. (1) It is good. God will what is good for his creatures. He is not like men who are so often envious and malicious. All of God's purposes are for the welfare of his children. In Jesus, called "the Good Shepherd," we have the incarnate example of the divine goodness. (2) It is acceptable. It is well pleasing to them who accept it. They who fall in with God's plan for their lives may sometimes imagine that it seemed hard and forbidding, but in the end they will come to rejoice in it, and will have a joy such as nothing else can give. The Psalmist said, "I delight to do thy will," and Jesus said that it was his meat to do the will of his Father. (3) It is perfect. This adjective comes from a word meaning "end," and may mean here that which has reached its end, or goal and, therefore, is complete. God's will is in this sense perfect or complete. It is final, and we shall reach our goal or final perfection only when we fully accept this perfect will of God. "Be ye perfect even as your Father in heaven perfect."

II. THE EXERCISE OF THE PRINCIPLE OF LOVE, 9-21.

V. 9. In the preceding verses, 3-8, Paul has spoken of the different gifts possessed by the members of the church, and of the way in which these are to be exercised. Now he passes on to discuss the graces which they must develop and the first and greatest of these is love. This must be absolutely sincere and based upon the highest motives.

V. 10. Love of the brethren is a special form of love which is to exist between members of the same church. This will manifest itself in a fitting modesty.

V. 11. Joy was one of the great outstanding qualities of the early church. It was revealed in the teaching and life of Jesus, and then it was manifest in his followeds. It has been claimed that joy as a moral virtue was the creation of the Christian religion. Paul shows that joy is quite consistent with suffering. The persecutors of the early Christians did not crush out their happiness. The words of Matthew 5: 11, were abundantly fulfilled.

V. 13. Paul was himself very generous, and had spent much time in collecting money for the poor saints in Jerusalem. Here he urges the form of generosity which shows itself in hospitality—a grace very needful in those days when travel was so common and inns so poor and dangerous.

V. 16. This is a verse on humility. It forbids all wrong ambition and desire to lord it over others; while in a specific case he urges an interest in poor people, a very wise and worthy counsel.

V. 18. Paul remembers the beatitude of the peacemakers. If there must be discord, then let it come from outside the church.

Vs. 19-21. Revenge. These verses take for granted that good men will call forth the hostility of evil men, and Paul warns the Christians against every act of retaliation. The only way open to the Christian of showing his feeling is by caring for the best interests of the enemy. In doing good to him he will heap coals of fire on his head, which probably means the burning pangs of shame, which will fill the heart of the man who comes to see that good is being returned for all the evil he is doing. He will be so filled with a deep sense of self-accusation that he will repent. This great moral lesson is summed up in the famous saying of verse 21 which teaches that all revenge is wrong and that we must seek to win over one for whom we have a dislike by a display of true Christian love towards him. Love is the only world conqueror.

New Ways to Serve an Old Friend

HAMBURG WITH ORANGE

Season a pound of hamburg with salt and pepper and make it into a piece about an inch thick; dip this in flour and place it in a greased casserole; dot over with bits of butter and a few bits of bay leaf. Peel and quarter two oranges and place these around the steak, add a quarter of a cupful of water and bake until thoroughly done, basting often. Serve on a hot plate and alternate oranges with sprigs of parsley. Make a gravy with the essence in the dish and serve over it.

BROILED WITH PINEAPPLE.

Hamburg broiled with pineapple makes a particularly pleasing combination. Form the meat, after seasoning with salt, pepper and a dash of cayenne, into flat cakes and place them on a well-oiled broiler; cook until partly done without turning. Turn each cake and cover with a slice of canned pineapple and broil until cooked through and serve on a hot plate.

STANLEY STYLE.

The hamburg cakes are good, too, pan-broiled with bananas. Put the cakes into a hot greased frying pan and cook quickly, turning them once or twice. While they are cooking cut bananas lengthwise, then crosswise, add a few drops of lemon juice to them and fry to a golden brown in bacon fat; serve them around the meat cakes.

WITH OLIVES

Hamburg roast with olive sauce is splendid. Have two pounds of round steak ground fine and add to it three-quarters of a cup of rolled oats, a dozen olives, chopped, a teaspoon of grated onion, two cups of tomatoes, a quarter of a teaspoon of salt. Bake in a greased bread pan about an hour and serve with a sauce made by blending well two tablespoons each of melted butter and flour, to which add a cup of good stock; stir until smooth and thick. Add a scant tablespoon of Worcestershire sauce and eighteen chopped olives, a little salt and pepper, and simmer a few minutes.

HAMBURG BISCUIT ROLLS

Hamburg surprise is an interesting dish for luncheon or supper. Roll the hamburg into pieces about the size of a sausage, partly cook in a hot pan, then wrap each little roll in baking-powder biscuit dough and bake in a hot oven.

TAMALE PIE

Tamale pie calls for half a pound of hamburg. Brown this; add one chopped onion, one chopped green chili pepper, one cup of tomatoes, one cup of chopped raisins and half a teaspoon of salt and cook five minutes. There should be ready to use three-quarters of a cup of white cornmeal cooked forty minutes in three cups of boiling water; to this add a cup of ripe olives, chopped, and spread half of it over a greased baking dish, then add the hamburg and pour over it the remainder of the cornmeal and bake half an hour.

CROQUETTES WITH ONION FRITTERS

Hamburg croquettes with fried onion rings is a splendid dish. Take two cups of highly seasoned cooked hamburg and add to it three-fourths of a cup of thick tomato sauce, blend well, spread on a plate and shape into finger rolls; chill well, then roll in crumbs, egg and crumbs again and cook quickly until a delicate brown in hot fat. Dip rings of Bermuda onions in butter and fry them; serve the croquetes on the rings and garnish with springs of parsley.

WITH SPAGHETTI

A good-leftover hamburg dish, if you have as much as two cupfuls, is as follows: Cook one and one-half cups of spaghetti in boiling salted water until tender; drain and pour cold water through it and add a dash of cayenne, a quarter of a teaspoon of pepper and a teaspoon of salt and line buttered timbale molds with it. To the hamburg add half a cup of finely minced nutmeats, put the mixture into the molds and cover the tops with spaghetti and add as much as the molds will take of the following: Soften one and a half teaspoons of cornstarch in a third of a cup of cold milk, add two egg yolks beaten slightly, then a cup of milk, half a teaspoon of salt and fold in the beaten whites. Cook the molds in a pan of hot water half an hour. Serve with tomato or onion sauce.

STUFFED PIMIENTOS

Hamburg stuffed pimientos will be found very fine. Arrange half a dozen pimientos in greased ramekins. Have blended a cup of hamburg, put through the fine chopper, half a cup of cooked rice, a teaspoon of pepper and one well-beaten egg. Put this mixture into the Pimientos, cover with bread crumbs, dot with butter and bake until the egg has stiffened the pimientos.

HAMBURG DUMPLINGS

Hamburg dumplings are made by mixing a pound of ground meat with half a cup of dry uncooked rice, a tablespon of minced onion, half a green pepper, chopped, and salt and pepper to taste; make into small balls and boil in salted water to cover for half an hour, then add a cup of tomatoes and drop a tablespoon of dumpling batter on top of each meat ball, cover well and steam twelve minutes and serve with the gravy in which cooked.

Empire Capitol Thrills to Martial Music

LONDON'S FAMOUS GUARDS ON THE MARCH

Grenadiers leaving Waterloo Station on arrival from Aldershot to relieve the Coldstreams for duty at the Tower of London.

The School Lunch

The great majority of school children get their lunches away from home. Usually a good lunch is obtainable at the school cafeteria, where the food is well prepared. But a large number of city children either snatch a sandwich at a lunch counter and the country children bring a box lunch from home.

The home-prepared lunch is the safest way to insure the proper nourishment. A box lunch should be as cerefully planned as the meals you serve at home. There should be a hot drink, some fruit and a few appetizing sandwiches. Nothing has ever been able to compete with the sandwich when it comes to putting up a packed lunch. And nowadays so much attention is being paid to making sandwich fillings that are unusual, tangy and nourishing that a sandwich need no longer be prosaic and dry.

A good quality, close-grained bread should be used for sandwiches. And it should be fresh if the sandwich is to be moist. Nobody wants a dry sandwich, not even a hungry youngster. The slices of bread should be thin and the filling generous.

Sandwich Fillings

The number of ready-made sandwich fillings available in almost every grocery store stimulate an interesting variety in luncheon menus. Cheese of all kinds is put up in small and large packages. It is cheaper to buy the large size packages and, since they are so carefully packed, there is no waste. It's an economy of time and thought, too, to have these cheeses always on hand. Cheese spreads and other sandwich fillings are good as they come from the package, but may be varied a bit as suggested in the following recipes:

Cheese and Apple Butter

Mix equal portions of a creamy yellow cheese and apple butter For variety you could add one or two drops of lemon juice. Place a generous portion between two thin slices of bread.

Cut green peppers and pimuentos into slender strips, being sure that the pepper is not too strong and that all of the seeds are washed away. Between thin slices of bread spread a layer of a creamy cheese and lay pimiento strips on this. Then add another slice of bread spread with creamy cheese or a meat paste made of finely chopped meat and mayonnaise. Wrap in waxed paper, held in place with rubber bands.

Apricot Paste

Wash and clean dried apricots thoroughly. Soak for a few hours in a small amunt of water. Cook them in this same water until they are soft enough to mash and have little or no juice left on them. Add sugar if necessary. This filling, when cold, may also be spread between sugar cookies.

Fish and Celery

Mix together chopped pimiento, chopped celery, minced tuna fish, chopped sweet green pepper and salt to taste. Moisten with mayonnaise. Use as a filling for white or whole bread sandwiches, making them thin and dainty.

Honey Nut Sandwiches

Shape and butter the bread and then spread lightly with honey, taking care not to spread it quite to the edge. Sprinkle with chopped nuts. Cover with the top layer, which has been buttered and spread with honey, and press the slices together.

Egg and Cheese Mixture

Spread one piece of bread with butter, then soft, yellow cheese, and cover with a piece of lettuce. Spread the second slice of bread with butter, a commercial sandwich spread, or one you have made yourself with a little mayonnaise, chopped lettuce and pickle. On top of the sandwich spread slice or dice a hard cooked egg. Put the sandwich together. It makes a delicious combination.

Date and Cream Cheese Spread

For a double deck sandwich which is delicious and filling try this one. Chop very fresh dates into a paste. Add a little lemon juice to give them a little tart taste and then mix with an equal portion of cream cheese. Butter three slices of bread and lay on two generous layers of this mixture. Cover with the third slice and wrap in waxed paper.

Egg Salad Sandwich

This one is very simple. Chop a hard cooked egg and mix with mayonnaise and diced green pepper. For very young children use chopped lettuce or celery instead of the green pepper. Place in a sandwich with leaf of lettuce.

Apple Tapioca Whip

Heat one and one-half cups of water to boiling point, add one-third cup of granulated sugar and one-half cup of tapioca. Stir constantly for five minutes. Cook in double boiler fifteen or twenty minutes or until tapioca is transparent. Remove from fire and beat in one and one-half cups of thick, unsweetened whites of two eggs. When well blended, pour into a small mayonnaise jar and chill overnight in the ice-box for the school lunch.

Fruit Bread Pudding

Scald two cups of milk and pour over one cup of fine, stale, dry bread crumbs. Let stand until the crumbs are soft. Then add two beaten eggs, one-half cup of sugar, one-half teaspoon of salt, one cup of crushed fruit (apricots, pineapple or apple sauce) and one teaspoon of grated lemon rind or the juice of half a lemon. Pour into a well greased pudding dish and bake in a moderate oven (350 degrees) for 40 minutes or until firm and brown. Cut in squares. Place one square in a small jar and pour over it enough fruit juice to moisten it thoroughly.

The Lunch Box

There are small lunch boxes now on the market which are easy to keep in good condition. Each box contains a thermos bottle just large enough to hold a glass of milk, hot chocolate or whatever drink you wish to combine with the school lunch. These boxes have separate metal compartments for the sandwiches and fruit.

The Curse of Progress

Blackwood's (Edinburgh): We are forgetting our ancient habits of tranquility and calm. We have set up for our worship the twin idols of done so much in recent years to retard literature and the decent arts of life, and put in their place the dangerous results of science misapplied. We have given to progress—always a foolish thing—a fresh interpretation. According to the new meaning of the word, progress consists of moving with insane rapidity from one place to another.

Mental Deficiency

Spectator ((London): Segregation must for long remain an impossible ideal. . . . Sterilization—though the word frighten those who do not understand it—is the only practical remedy that has yet been proposed. . . . The problem must in any case be tackled promptly and effectively, not only for the sake of the unhappy beings who ought never to be born, nor only on account of their cost to us. Man has attained his place in nature by his kind, and by mental evolution he has created civilization The existence of the sub-human and mentally defective is a peril and an affront to the dignity of man.

The Kilt Will Ever Be Popular

PROMINENT CANADIANS ON THE LINKS AT BANFF

From left: Ralph Connor, the author (Rev. C. W. Gordon), J. W. Jenkinson, Sir A. Macdonald, Col. Alex. Fraser, aide to the lieutenant-governor of Ontario, and Hon. William Egbert, lieutenant-governor of Alberta.

Party Desserts

Glorified Cranberry Cake

Cream half a cup of butter and one and a half cups of light brown sugar and blend with them the well beaten yolks of three eggs. Sift together two cups of flour, a teaspoon each of cinnamon and nutmeg, half a teaspoon of cloevss and one teaspoon of soda and add gradually to the eggs and sugar mixture Have ready a cup and a half of cranberries that have been cooked, put through the colander and slightly sweetened; fold into the cake and lastly the whipped whites of the eggs. Bake in two layers and ice with white icing colored with the strained juice of cranberries.

Virginia Fruit Cake

Mix one pound of currants, one pound of chopped raisins ad a half a pound of shredded citron and sprinkle over them the juice of one lemon, the grated rind of two lemons, a good pinch of mace and a grated nutmeg; cover and set aside to blend. Cream half a pound of butter with one and one-half pounds of sugar, gradually adding the beaten yolks of six eggs. Then alternately beat in one and three-quarters pounds of flour and one pint of sour cream in which a level teaspoonful of soda has been dissolved. When beaten until smooth, add the stiffly whipped whites of the eggs, then the prepared fruit. Bake in a paper-lined pan two and one half hours, keeping the top covered with buttered paper while baking.

Washington Angel Cake

Beat one cupful of egg whites until foamy, then add one teaspoonful of cream of tartar; when stiff add gradually one cupful of granulated sugar. Sift one cupful of flour with one fourth of a teaspoonful of salt four times. Cut and fold into the egg mixture, add a teaspoonful of vanilla and bake in two layers in ungreased pans in a moderate oven thirty-five to forty minutes. Make an iing by cooking two and one-half cupfuls of sugar, eight tablespoonfuls of water and the same amount of light corn syrup together until the sugar is dissolved, stirring, then cook until the firm ball stage; have two egg whites whipped to a froth, add the above to them gradually, beating constantly. Take about a third of it and color a delicate pink and add a quarter of a cupful each of chopped candied pineapple and cherries, and half a cupful of chopped pecans.

Styles by ANNETTE
Paris—New York.

SWAGGER SPORTS MODEL

You'll like its swagger cut; its simplicity and wearability. The skirt effects box-plaits across front that sway so gracefully when one moves. The bodice has most becoming neckline with flattering pleated frill below tab extension. It also shows new higher waistline, a smart detail. Style No. 280, designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust, adapts itself charmingly to black lustrous crepe satin, the seasons most popular fabric for daytime wear. Myrtle green flat silk crepe, sheer tweed in grey tones, black rayon velvet, printed rayon velvet in wine red coloring, mauve-brown canton-faille crepe, Autumn-leaf brown wool jersey, patterned jersey and black crepe Elizabeth are new combinations for immediate wear. Pattern price 20 cents in stamps or coin (coin preferred). Wrap coin carefully.

HOW TO ORDER PATTERNS.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto. Patterns sent by return mail.