Sunday School Lesson

August 17. Lesson VII—Saul (A man of Great Possibilities Who Failed) —1 Samuel 9: 15-17, 25-27; 10: 1; 19: 9-11; 31: 1-4. Golden Text—Wherefore let him that thinketh he standeth take heed lest he fall.—1 Corinthians 10: 12.

ANALYSIS

I. CHOSEN TO BE KING, chaps. 8-11.
II. A FATAL WEAKNESS, chaps. 13; 15; 16: 14-23, 19: 9-12.

III. THE TRAGIC END, chaps. 28 and 31.

INTRODUCTION—Saul was the first of the kings of Israel. The days of the judges, when "every man did that which was right in his own eyes," were ended. Samuel, first of the great prophets, last of the judges, ever solicitous for the welfare of the people and for their unity in the pure worship of Jehovah, had been startled and displeased by the demand of the elders of Israel, assembled at Ramah, that he make them a king. Had they become dissatisfied with his government? Had he not ruled them fairly and justly? But the people had no fault to find with Samuel, though they did not trust his sons, 8: 1-6; 12: 1-6. What they wanted was a strong man to lead their united forces against their Philistine oppressors, 7: 7. When Samuel found Saul he believed he had found the right man, "a young man and a goodly, and there was not among the children of Israel a goodlier person than he" (15: 2). It was not an easy lesson that Samuel the prophet had to learn, the lesson that "The Lord seeth not as man seeth; for man looketh upon the outward appearance, but the Lord looketh on the heart," 16: 7.

I. CHOSEN TO BE KING, chaps. 8-11.

It seems clear that Samuel himself, both as prophet and judge, did much to preserve the unity of the great self-governing tribes of Israel. He was known and trusted by all, 3: 19 to 4: 1. He assembled representatives of the people from time to time for common worship, and that he might instruct them and exhort them to serve Jehovah and not the Baals, 7: 3-4, 5-6. H held circuit court in cities of western Palestine, 7: 15-17. The way was thus prepared for the closer union of the tribes in a kingdom. It seemed at first to Samuel that the demand for a king (8: 4-7) was not only a rejection of himself, but was disloyalty to Jehovah, Israel's true Lord and King, 8: 7-8. He yielded to their demand, but warned the elders that under kingly rule they wuld lose some of their much-prized freedom and independence, 8: 10-22.

The story of Samuel's meeting with Saul (chap. 9) is well known. Saul and a servant are seeking his father's lost asses. When they were returning without success the servant proposed a visit to the seer of Ramah. At Ramah Samuel met them. Saul's goodly appearance attracted him and moved by the inner voice, "Behold the man," Samuel invited them to a banquet in "the high place, made them sit in the chiefest place," and gave Saul the choicest portion of the meat, reserved for the most distinguished guest. Saul's surprise must have been very great, especially when the prophet said to him, "On whom is all the desire of Israel? Is it not on thee?" (9: 20, R.V. margin), and when, on the following morning, Samuel talked long with him and poured upon his head the holy anointing oil. Samuel's choice was ratified by the people in another popular assembly (10: 17-24), and yet again, after his heroic relief of the besieged city of Jabesh-gilead, by an outburst of approval on the part of the people, whom Samuel then summoned to the ancient sanctuary of Gilgal that they might "renew the kingdom there" with sacrifices and rejoicing, 11: 12-15.

Saul's reign began well. He received his honors with becoming modesty. Evidently Samuel expected great things of him. But at first he had neither crown nor palace, neither court nor army. He returned to his father's house at Gibeah. There were certain worthless fellows, "sons of Belial," who said, "How can this man save us?" His opportunity came when "following the oxen out of the field" he heard the pitiful appeal of the messengers from Jabesh-gilead and rallied the men of Israel to their rescue, chap. 11. Here and in other events of the earlier years he showed courage, energy and resourcefulness. He gathered about him Israel's fighting men and made them into an army able to meet the Philistines on some sort of equality and to hold that dreaded foe in check. There is no doubt that he had noble and kingly qualities and was a man of great possibilities.

II. A FATAL WEAKNESS, chaps. 13; 15; 16: 14-23; 19: 9-12.

The first verse of chep. 13 is wrongly translated. The Hebrew text does not give either the age of Saul or the number of years he reigned. His reign must have been longer than two years.

The two stories told of Saul in chaps. 13 and 15 reveal a serious and in the end fatal weakness in his character. The friendship and wise counsel of Samuel was his from the beginning. But, nervous and impatient in a critical moment, he chose to ignore the prophet. To Samuel his conduct seemed nothing less than disobedience to the Lord, who would have made his kingdom strong and enduring.

III. THE TRAGIC END, chaps. 28 and 31.

It is a pitiful story that is told in chap. 28 of the king who, facing the crisis of his fortunes, sought the help of Samuel now dead, whose help and of Samuel now dead, whose help and phet lived. But he heard no word of comfort or of hope from the spirit of Samuel. Next day, with his brave sons, he died on the battlefield of Mount Gilboa (chap. 31).

What New York Is Wearing

BY ANNABELLE WORTHINGTON

Illustrated Dressmaking Lesson Furnished With Every Pattern

A stunning outfit for deb and the little sub-deb who follow closely in the styles of her debutante sister.

Style No. 3282 is printed tub silk that would appeal to any smart miss in its attractive dusty-pink tones. The shoulder and hipline bows are of plain faille ribbon in the deepest shade of the print.

The long-waisted bodice is caught with plaits at left hip beneath the bow, which makes the right side quite deep emphasizing its diagonal line. The gathered tiers of skirt are decidedly youthful.

This versatile model comes in sizes 12, 14, 16, 18 and 20 years.

It is dainty for afternoon in chiffon in coral-red shade.

Wool challis prints, printed dimity, printed batiste, pastel flat washable crepe silk, printed lawn and printed voile are smart.

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.

What two letters of the alphabet are very destructive?—DK (decay).

Thin People Told To Stop Worrying

Why Should I Gain?

By Marie Ann Best

Article 3

It is always a mystery to overweight people how or why the thin person can be dissatisfied and wish to add to her weight. They see her complacently eating all she wants of the good eats which they consider so delicious, with many a pang of envy.

However, there are underweight people who wish to gain, and try as they will, they have as much difficulty putting on pounds as the overweight has in taking them off.

Some thin people eat astonishing amounts, exercise little and still remain thin. Of course, these people are not normal, and we sometimes hear them say: "It makes me thin to carry the food around." This is because the surplus goes to disease instead of to fat. So, if you are eating far too much you will also need to cut down, perhaps go to your doctor.

Most thin people, though, eat too little of the nourishing foods, and are more inclined to form a habit of worrying which uses up a tremendous amount of energy and burns up a great deal of fuel.

Sleep more, and if you haven't learned how to sleep, dont' worry about it. Relax every muscle and rest; knowing that if you do not sleep it doesn't matter.—Hush, dont' say anything, just lie still. If you do not care, that's when sleep creeps in all unknowingly.

Next comes exercises. One needs exercise to be able to rest properly afterwards and also to stimulate the appetite. But don't go at it so strenuously, that's one of your failings. You eat up al the little fat you have in the nervous energy used.

Then, last but not least, stretch your stomach gradually by eating more food, and when you do eat be sure it is nourishing food. Try an extra glass of milk between each meal, and a hot cup of milk or cocoa before retiring to induce that sleepy feeling. Cod liver oil is an excellent builder begun in small doses, and, of course, all the foods enjoyed by Mrs. Plump are on the bill of fare, ice cream, chocolate, malted milk, cream sauces, butter, etc. Oh, how good it sounds—

The old nursery rhyme comes in fine right here with an important variation.

Jack Sprat could eat no fat
His wife could eat no lean,
And so, between the two, you see
They made the platter clean.

Jack Sprat should have given his wife some of that lean, then she might give him some fat to even things up a bit. How is this for a good boiled dinner on a cool day?

Scar a chunky piece of beef on both sides. Cover closely and cook very slowly for a long time, adding water occasionally. If you are fond of onions cut one up and add to the broth. When dinner time comes put the meat in an iron frying pan with some of the fat, leaving the bone in the pot. Cover it closely and continue slow cooking, turning once in awhile. Season with salt and pepper.

Pour off some of the broth for soup, then prepare carrots cut in rings, turnips cut in chunks, and whole onions. Put them in the pot with the bone an hour before serving, add hot water to cover. In half an hour put in whole peeled potatoes with large chunks of cabbage (cabbage not over-cooked is easy digested). Do not put meat back into vegetables. It seems to toughen it.

When all vegetables are tender, put the meat in the centre of a hot platter and pile the vegetables around it. It doesn't need gravy. A little lemon juice on the cabbbage is very good.

Jack Sprat may have a big serving of the meat and potatoes and a small helping of the other vegetables. Mrs. Spratt will now want all the rest of the cabbage, carrots, turnips and onions and a tiny potato with a small piece of meat. The platter is empty and both are satisfied. Jack gained an ounce. His wife lost an ounce.

Next week you will start to learn how to count calories which makes one feel something definite is going to be accomplished.

Since you are in earnest about reducing perhaps you have told your friends about it, which is a good plan when you need courage to keep at it, for above all, if you start, stick to it. A few months soon passes after which you may increase your intake to a maintenance diet after you are sufficiently reduced. The maintenance diet is the amount of food taken in which will keep you normal. You will find you wil not have the desire to go back to your old way of eating after you have reduced and you will feel so much better if you reduce in this slow and natural way.

Before the article, 'What is a Calorie?" appears next week, paste these headings on a page by themselves in your note book for easy reference, then enter each item with its calorie value in average helping quantities.

Make similar headings for meats, fish, dairy products and—eggs, soups, fruits, bread, breakfast foods, etc., candy and patries, pickles and sauces, nuts.

(Unless otherwise stated, the food applies to quantity when cooked. A. H. means average helping.

Example

Vegetable	Quantity of a. h.	Cal. value
carrots	4 h. tablsps.	25C
uncooked lettuce	¼ solid head	20C

Recipe — Consumme

(Is not fattening but is satisfying)

2 lbs. steak beef, 2 tsps salt, 2 lbs. veal, 2 cloves, 1 marrow bone, 1-3 tsp. thyme, 1 carrot, 1 bay leaf, 1 turnip, pepper, 5 stalks celery, 2 qts. cold water, 1 onion. Cut meat, brown half of it on its own fat; put that with the rest of the bone and meat into water. Heat slowly and simmer 3 hrs., skimming sometimes. Add the vegetables chopped. Season and cook slowly 1 hr., then strain, cool and emove fat. Clear it by putting in slightly beaten white of egg, egg shell and lemon rind. Boil two minutes, simmer 2 minutes and strain through a cheese cloth. Chicken may be added or substituted with veal.

"Old man Cayne makes a great display of his wealth."

"You're wrong again."

"How do you know?"

"I'm an assessor in the tax department."

My Wife

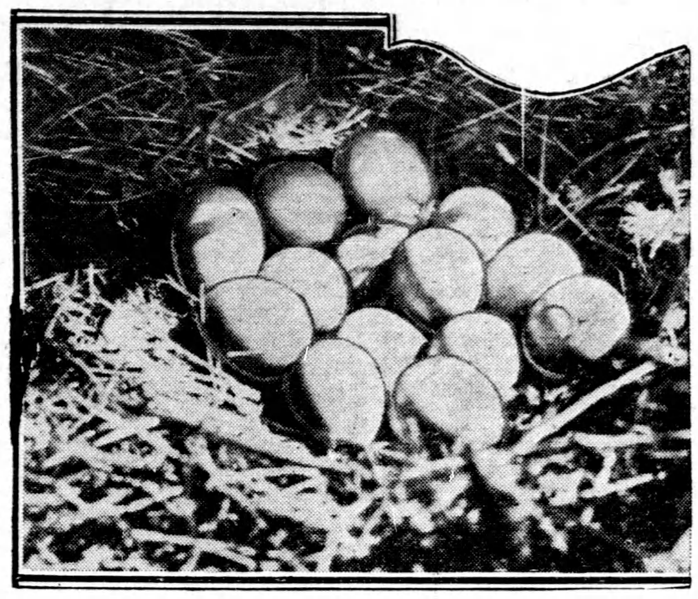
Trusty, dusky, vivid, true,
With eyes of gold and bramble-dew,
Steel-true and blade-straight,
The great artificer
Made my mate.

Honor, anger, valour, fire;
A love that life could never tire,
Death quench or evil stir,
The mighty caster
Gave to her.

Teacher, tender, comrade, wife,
A fellow-farer true through life,
Heart-whole and soul-free,
The august father
Gave to me.

—By Robert Louis Stevenson.

Birds of the Future



This find of pheasant's eggs in nest on Peter Graham's farm, Grimsby, Ont., indicates plentiful supply of the birds in Niagara Peninsula this fall.

Ever a Song

There is ever a song somewhere, my dear;
There is ever a something sings alway;
There's the song of the lark when the skies are clear
And the song of the thrush when the skies are grey,
The sunshine showers across the grain;
And the robin trills in the orchard tree;
And in and out, when the eaves drip rain,
The swallows are twittering ceaselessly.

There is ever a song somewhere, my dear,
Be the skies above or dark or fair,
There is ever a song that our hearts may hear—
There is ever a song somewhere, my dear—
There is ever a song somewhere!

There is ever a song somewhere, my dear,
In the midnight black, or the midday blue;
The robin pipes when the sun is here,
And the cricket chirrups the whole night through;
The buds may blow and the fruit may grow,
And the autumn leaves drop crisp and sere;
But whether the sun, or the rain, or the snow,
There is ever a song somewhere, my dear.

—James Whitcomb Riley

Doing Nothing

Is there anything more boring than doing nothing? To be condemned to an existence of worklessness must be the height of misery. Yet there are many people who positively pray for a life of doing nothing.

Such a life is surely no life at all. If these lovers of doing nothing had any gumption, they would realize it is but the beginning of the end. They little realize that such an aimless existence speeds death. It may not be obvious to their lack of vision, but surely enough the end of things is gradually stealing over them. It must be so, because a workless life is a dead life.

In these days, more work than ever is needed. If people will not work, there is no justification—hard as it may sound—for their existence. Those of us who spend our days building up the world by hard and unremitting work view with some impatience those who delight in doing nothing. Unfortunately, there is too much tendency to pursue that delight. People who are lazy are, to say the least, a nuisance.

PATHS

As ships at sea, a moment together, when words of greetings must be spoken, and then away upon the deep—so men meet in this world; and I think we should cross no man's path without hailing him and if he needs giving him supplies.—Henry Ward Beecher.

Lovers' Locks Date Back to Early Era

Chicago.—One of the most indestructible things in the whole wide world is the hair thats on' your head. "Hairs may forsake you. Hairs may turn gray. But did you know that lovers 'locks of hair have been found dating back to the early Christian era, and that wisps of the same substance have been unearthed from the mummy tombs of Egyptian kings?" writes Adela Lee, director of the Household Economics Service Council in the June bulletin of that organization just made public.

In a survey on the many usages to which various kinds of hair have been adapted in the modern home, Miss Lee is of the opinion that no modern household could properly function without this every-day necessity.

Human hair may have a sentimental value. But it is of little commercial use, Miss Lee finds. Most manufacturers use blended cattle hair for their products. "Such hair pads the pillows of your couch with a resiliency that will not mat down like jute or ordinary vegetable fibre substances," the bulletin states. "When used as ozite it cushions rugs and carpets and doubles the life of all floor coverings. Hair deadens noise as an acoustical property. It insulates against both cold and heat and has wide application in the fields of science ,art and industry.

"Hair as a padding fills out sags in shoulders of coats and other garments. It makes seeming six-footers out of shrimps. It is used for brushes, robes and hats. It grows even after death. When ozonized it becomes as sterile as breakfast food and next to granite wears longest."

But a hair in the soup will start a war any time, just as a blonde hair on the shoulder of a brunette's husband has frequently made her hustle to the divorce courts, the bulletin concludes.

"A dumb-bell is not even a fair-minded Nell."

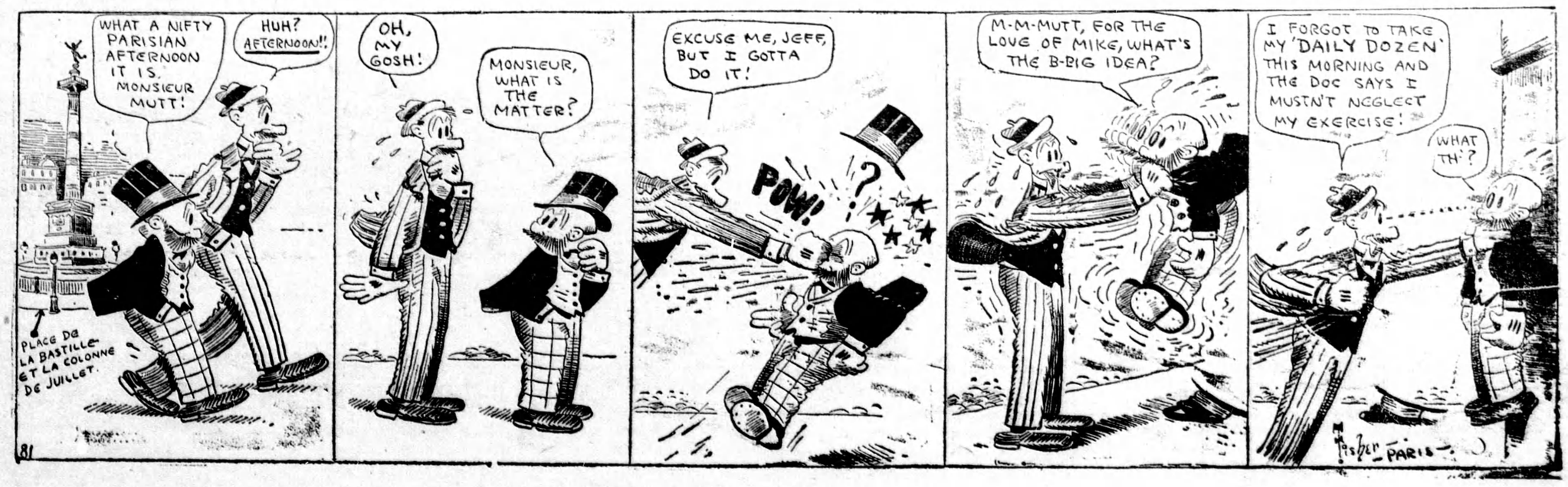
Airman Talks By Phone In Air to Amy Johnson

New York.—Capt. Lewis Yancey, flying 5000 feet over the airport at Buenos Aires, talked for 20 minutes with the radiotelephone station at Sydney, Australia, more than 14,000 miles away, on July 28.

Captain Yancey spoke with Miss Amy Johnson, whom he congratulated on her flight from England to Australia, and with the technical chief at the station. The conversation was heard distinctly and was said to have established a new distance record for telephoning from an airplane in flight as well as being the first public demonstration of radiotelephone between Buenos Aires and Sydney.

The voice was transmitted from the International Telephone & Telegraph Corporation's radiotelephone station at Buenos Aires to its station at Madrid, where it was transferred to the land lines of the Spanish Telephone Company and the French Government as far as the English Channel. A submarine cable carried it to England and the British Post Office land lines took it to the radiotelephone station at Rugby, which put it through to Sydney.

"Men and women of all creeds know that religion is lived and not argued about."—Abbe Ernest Dimnet.

MUTT AND JEFF— By BUD FISHER

Mutt Takes His Without Music.