they did not understand as yet.

Pagan or Christian, 41 - 44

the world dictators are demonstrating

the power of one-man rule. What

these dictatorships their spirit and

methods are far from Christian. The

pagan ideal is to rule: the Christian

virtue is to serve. Christ has made

these words: "Whosoever will be great

among you, shall be your minister

chiefest, shall be servant of all." Time

was when the soldier was the man

his teaching clear and definite

And whoseever of you will be

most admired. In the progress

history ambition turned to commerce

and the captain of industry was

idealized rather than the captain of

infantay. With the advance of science

knowledge became power and men

seclaim. But knowledge alone has

of great learning were given public

proved insufficient and the world

seeing how armaments, wealth

votement."

ever may be the political sequels

In half a down different countries in



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Income of the Dominion's dairy fermens for 1937 is estimated at \$228,230,000. This is \$20,000,000 more than last year, and \$35,820,000 over 1935.

For everyone in the dairy industry—this year and every year-incressed income very langely depends upon new and vider markets for milk and milk products.

The end of 1937 marks another milepost te Borden's unbroken record of 80 years of merchandising dairy products - research, adwertising and selling all forms of milk. મહાલા હોલ



A Preview

Lesson, January 2, 1938

servant of all." Mark 10: 44. YESSON PASSAGE: Mark 10: 35-45.

God:

You sweep a room or turn a sod, And swidenly to your surprise. You hear the whirr of scraphim.

And find you're under God's own eyes And building palaces for Him. Herman Haredorn

Mark and His Gaspel

Mark had a long preparation for writing the earliest and shortest of the four Gospels. Mark was present at the arrest of Jesus. His mother's house in Jerusalem was an early meeting place for the followers of Christ. A cousin of Barnabas, he accompanied Paul and Baranhas until at Pamal hylia he became afraid of crossing the Taurus mountains and returned home: On his next missionary journey Paul refused to take Mark and separated from Barnabas. Mark was given a second chance by Barnabas and made good. Later Paul forgave him and was glad to have him as a companion and helper. Mark became closely associated with Peter and listening to Peter's teaching he learnmany of the facts of the life of Jesus. These he compiled into the brief book that bears his name. Except for thirty-two verses, the whole book of Mark is incorporated into the Gospels of Matthew and Luke. Tradition is that Mark has given us a vivid picture of Jesus at work and his book has been called "The Gospel of Bervice."

Personal Ambhilen, 35 - 37 This scripture passage was selected for the first lesson of the Quarter to set forth the teaching of Jesus. It gives the keynote for the whole Gospel of Mark. Mark's gospel has several incidents presenting Peter in a somewhat unfavorance light, but there the offenders were James and John, two of the intimate inner circle of three. While Jesus was thinking of what awaited him in Jerusalem they were thinking of self-advancement Walking along with Jesus they were miles from him in their moods. James and John were thinking of being rulers in an earthly kingdom and requested that they might occupy the two chief seats, one on the right hand and the other on the left. How little they understood their Maxter and how they failed to see that his kingdom, was to be in the minds of his followers and his throne to be in their hearts! Let us not be too scornful towards these two self-seeking disciples, as we too have been alow to realise that Ohrist rules first in the inner life and that our place is to serve and not to dominate, to be ministerial rather than magisterial. "We Can." 18 - 40

The command, "Know thyself," wiving and has been quoted universally. yet we never wholly succeed in knowing ourselves, let alone others. "At times we understand ourselves and at other times we overestimate ourselves. appreciating the tragic

GOSPEL OF MARK ing through which Jesus was about to'pass. When he asked them if they could be baptized with his baptism, in complete self-assurance they replied, International Uniform Sunday School "We can." Little did they foresee that within a few days they would desert their leader as cowards. Again, GOLDEN TEXT: "And whosoever let us not be too harsh towards James would be first among you, shall be and John. We too have promised to follow Christ and have been frightened at the very thought of unpopularity or persecution for his sake. We There are strange ways of serving have been glad to have him as the

independence.

"Oh, Mandy is too funny fo ranyteacher of beautiful thoughts on the thing," exclaimed the newly wed, rehillside or lakeshore but we have not turning from the kitchen to the been enamoured of taking up our dining room where hubby was waitcross daily in service. Yet he can ing hungrily for his evening meal. give us grace to crucify self, to die "The cook is so funny. The cooking daily unto ain and to allow the will of wine is all gone, and she's trying to God to rule in our lives. James and knit herself a sweater out of spa-John learned the lesson later that ghetti."

Questions for Discussions

Do you think Peter bore any re-

3. How could these two disciples

. Have service clubs an adequate

How did Christ serve his fellow

A Couple of Reasons

He-"What did you bob your skirt

ter was foreseeing a cross?

ideal of service?

sentment against James and

think of crowns when their Mas-

Peter, Matthew and Luke.

John?

men?

13c pk.

Potatoes

GRAPES

2 lbs: 19c

5 for 23c

Table quality-Sweet waxed-Adds Saveur

Cranberries, Head Lettuce, Tomatoes etc.



CANDY FOR THE CHILD

Doctor Mary Swarts Rose, who has name as a food expert, says that sugar creates an appetite, not for other foods, but for itself. The average child has a weet tooth." He does not care for foods that are insipid, bitter or sour.

Candy if made from pure sugar, has a place in the child's diet. It supplies energy for the body. Marathon runners are advised to such candy tablets when they are racing for the reason that the sugar helps to maintain, energy.

Sugar has no place in the building of the child's nutrition. Por this season concentrated sweets, used to expess, are harmful. They impair the appetite for such necessary foods as meat, milk, eggs, cereals, vegetables and fruits. The only danger of esting candy in excess is the fact that it tends to replace essential articles in the diet.

The place for its use is in addition science can threaten the security and to the necessary foods. When candy welfare of mankind. How far it all is taken at the end of a meal as a is from Christ's standard of greatness. form of dessert, it gives a sense of like James and John the modern satisfaction. If taken before a meal world meeds "to learn that true glory it is liable to blunt the appetite and ies in the readiness to stoop down to interfere with the use of the proand serve with that efficiency which tective foods just ennumerated. The springs alone from complete self-depractice of all day use of "all day suckers," sometimes observed, needs only to be mentioned to be condem-The sixteen chapters of Mark's ned. This practice interferes with the Gospel may be read through in little desire for bread, butter and milk.

more than one bour. It is worth Some indication of the country's while to read the whole book in one candy appetite is seen in the fact sitting just to note the number of that the per capita consumption of people Jesus helped. It gives us an sugar in America has gone up from appreciation of the continuous kind- | 9 pounds in 1823 to approximately 100 ness of Jesus to plain people. "Use- pounds to day. The two per cent. of fulness is greatness... There is no our total intake of energy-yielding other greatness worthy of the name. foods of 1823 has risen to about 21.6 The greatest man in any group, in per cent.

any community, in any nation, is the What about tooth decay from exone who most worthly and acceptably cessive use of sweets? The growth serves the deeper interests and per- of the teeth is based on a proper manent well-being of his fellows. supply of the foods that contain cal-How would you define man at his cium, phosphorus and the vitamins. best? Ideally he is a servant. At It is doubtful if the use of sugar has his best man serves. This is what my direct effect in the decay of the the Perfect Man said: 7 am among teeth. Its ill effect, to repeat, is its you as One who serves.' This is what tendency to "displace the essential

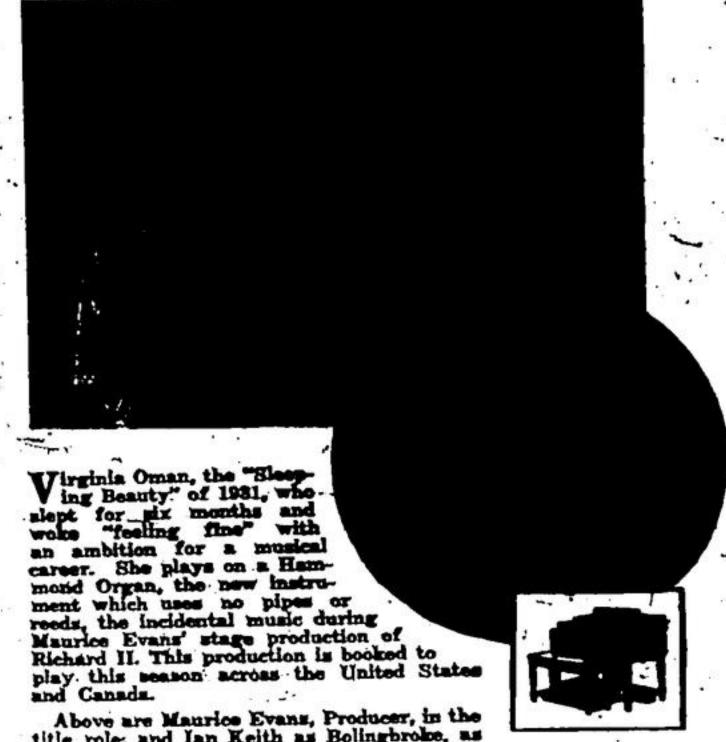
the Perfect Man did: 'He took upon foods which go to build up the teeth. himself the form of a servant, and Parents should train the child that, became obedient to the exacting while a certain amount of candy takdemands of the most august form of en at mealtimes, or perhaps after vigservice. Wherefore God has highly brous outdoor play, is good for them. exalted him until his name is above an excess will cause them harm. If every name. Humanity rose to the this advice is impressed upon thildhighest historic level in the person of dren when they are young, there will Jesus of Nazareth. This is the quality be less of the candy habit when they of life which alone becomes redemp- are older. The excesses in the use of tive, saving the world from its sins." candy are not confined to those of tender years.-By John W. S. McCullough, M.D., D.P.H. I. How did Mark help Paul, Barnahas.

> The train with three drunks aboard slowed odwn for the stop at Wem-

Sald the Pirst-Is thish Wembley Second-No. it's Thursday. Third-So'm I.

"Always laugh when you can; it is cheap medicine. Merriment is a philosophy not well understood. It is the sunny side of existence."-Lord She-"I bobbed my hair to show my

Sleeping Beauty Organist for Richard II



title role; and Ian Keith as Bolingbroke, as they appear on the Toronto stage, in late December, and early in the New Year at Winnipeg, Edmontes Vancouver and Victoria. Inset is the Hammond Organ which is manufactured in Canada by Northern Electric Company, Montreel



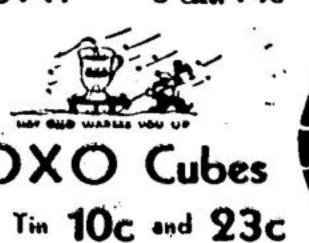
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