



By BETTY BARCLAY

Perhaps I am wrong, but it seems to me that too many menus are far too elaborate for humble people like most of us. We like nice meals, unusual and tasty dishes and pleasant surprises, but we do not want our dishes to be either elaborate or expensive.

So here's a menu that should appeal. Eliminate either the fruit cup or the soup if you wish. Substitute for the vegetables or the salad if you prefer. You may even change your meat dish. Take this menu as a guide and you'll have a meal worth while, well balanced, economical and delicious.

The rennet-custard dessert needs no eggs, no boiling and no baking—just the kind of dessert to top off a wonderful meal. I strongly advocate "no substituting" for this course.

Broiled Steak: Wipe the steak carefully and remove any unsightly bits of meat or fat. Heat the broiler and place the meat in it. Sear one side, turn it and sear the other side. Reduce the heat and continue the cooking, turning the meat as often as the juice begins to appear on the upper surface. Steaks one and one-half inches thick require eight to ten minutes for a rare steak and twelve to fifteen minutes for one that is known as well-done. Remove the steak to a hot platter.

David: Triumphant Faith

International Uniform Sunday School Lesson, September 25, 1938

GOLDEN TEXT: "The Lord is my shepherd; I shall not want." Psalm 23: 1. LESSON PASSAGE: Psalms 23 and 27: 1 - 6.

We thank Thee for the joy sublime Of years so radiant with Thy power, That all the best of endless time Seems granted to the fleeting hour.

Writing Our Thoughts

A young student began keeping books, not ledgers, but personal books. In a large book he copied out by hand every thought gleaned in his reading which was worth having as a permanent mental possession. Once a week he reviews sections of this book. The other book preserves his own deepest thoughts and is a record of his own development for thirty years. Needless to say, this man has grown a soul. We may admit that we may, buy books full of good thoughts, but the highest good does not come through letting others make a selection for us.

The Shepherd Lad

For the purposes of this study let us assume that David wrote both the psalms which form our lesson, and contrast his experiences as shepherd and king. In both he won a victory over fear. Out alone with his flock of sheep David had to face darkness, ward off wild animals, experience hunger and thirst and sometimes wear a lion's skin. The work of a shepherd called for heroism quite as great as going unarmed against Goliath. The twenty-third psalm breathes the utmost confidence in God even in the hard places of life. David found that faith gave him victory over fear. He believed that God cared for him just as he, a shepherd, cared for the sheep. During his long hours of meditation he had reached the conviction that he was God's responsibility. God had given him life, had protected him during infancy and through many dangers, and he would trust God for the years remaining. It was a faith forged out of experience, not alone an inherited trust but a confidence vindicated in daily life. This conviction is not the exclusive experience of a great soul such as David. It may be the experience of the lowliest. Facing reality, each one of us can discern the leading of God in our lives and dare to say, "The King of Love my Shepherd is."

The King in Court

The picture changes in the twenty-seventh psalm to the king in his court and the military leader in camp. Here again enemies have to be met. Opposing armies stand forth in the face of failure challenge him. Again God is the answer. "The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?" We sometimes think that we could easily have trusted, living the simple life of a shepherd, but that it is different in our mechanical age when daily life involves the risks of highway traffic, elevators, high power wires, germs and bacteria. Yet our security remains the same. God. He is directing our lives amid the complex urban life as well as that of the shepherd on the hills. But we must reserve some portion of the day in which to possess our souls with patience and hope. We must give God first place in our thoughts and actions if we are to know his strength and leading. The psalmists had an anchor for their minds amid the stormy seas of experience. The victories they won help us to win victories over self distrust and hard circumstances.

Our Conquest of Fear

Two men who had not seen each other for years met and inquired of each other's welfare. One said that his life was poisoned by fears about his health, his home and his business. The other replied that he was living without fear. If he had one fear remaining it was fear of fear. The other man refused to believe that it is possible to live without fear. Yet Christ triumphed over fear and told his followers that they also could have complete victory over fear. Christ knew the psalms and his teaching corroborates the psalmists' trust in God. Christ's cure for fear was faith. "Let not your heart be troubled. You believe in God." If we fear we do not trust. No one can estimate the amount of sheer human misery caused by fear, fear of death, fear of life, fear of what others will think and say, fear of failure. Yet cherishing such fears is the surest way of bringing our fears to pass. It is when we place our lives in God's hands, confident that we are God's responsibility and God's possibility, that life rises to higher levels. If we had to live our lives alone we might well be dismayed, but the eternal God is our refuge and our strength. All that Christ has been to any of his followers, he is ready to be to us. There is grace available for us. The love and wisdom of God are inexhaustible. If we are full of fears it is likely because we are holding on to self and are unwilling to give God full control of our lives.

The Land of the Living

In these two psalms God is a present possession. God's power is being shown in the land of the living, here and now. These psalms tell of a present, not a postponed heaven. It is a fatal mental habit to think of the Golden Age as only in the future, that here we must live barren lives

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TESTED RECIPES

PEACH DELICACIES

In view of the good crop of peaches of exceptionally excellent quality this season, there has been a demand for all kinds of recipes in which peaches can be utilized. The additional recipes given below will be found useful in preparing a supply of peach delicacies that may be used during the winter months.

Peach and Tomato Chutney

1/2 peck peaches
1 quart small white onions (put through food chopper)
1 tablespoon ground mace
1 tablespoon cloves
1 tablespoon cinnamon
1/2 peck tomatoes
1/2 oz. paprika
1/2 oz. black pepper
2 cups brown sugar
2 cups cider vinegar
Mix well. Let stand overnight. In the morning cook slowly, stirring frequently until it is of the right consistency.

Sweet Pickled Peaches

1/2 peck peaches
2 lb. brown sugar
1 pint vinegar
1 oz. stick cinnamon
Whole cloves
Boil sugar, vinegar and cinnamon 20 minutes. Dip peaches quickly in boiling water, then rub off the fur with a towel. Stick each peach with 4 cloves. Put into syrup and cook until soft, using half the peaches at a time.

Peach, Carrot and Apple Conserve

1 cup peaches
1 pint diced tart apples
1 pint diced carrots
3 cups sugar
Juice of 1 lemon and simmer them until the mixture is clear. Turn into jelly glasses, and when cold cover with hot paraffin wax.

Pickled Peaches

4 quarts of peaches
2 cups vinegar
4 cups sugar
1 stick cinnamon
2 tablespoons whole cloves
Choose small perfect peaches. Remove skins by scalding. Boil vinegar, sugar and spices for 20 minutes. Place a few pieces of the peaches at a time in syrup and cook until tender. Pack in sterilized jars and cover with boiling syrup. Seal while hot.

Sweet Pickled Fruit

(Peaches, pears, sweet apples, crab apples)
1 peck prepared fruit
1 quart vinegar
1 cup water
2 oz. stick cinnamon
1 oz. cloves
4 lb. sugar
Boil the sugar, vinegar and spices 20 minutes. Dip peaches in boiling water and rub off fur, but do not peel. Pare pears and apples. The crab apples may be pickled with their skins on. Stick fruit with whole cloves. Put into syrup and cook until soft, using a quarter or half of the fruit at a time.

but that there is a good time coming. The Lord has visited his people and is visiting his people every day. This world may be redeemed from poverty, strife and fear if only enough people will yield to God's control. God's grace is sufficient to remedy conditions even in a world of economic depression, political uncertainty and world-wide rearmament. Christ lived in days of darkness for his nation under the Roman yoke but he took long views and saw eternal truths and processes. He spoke of a kingdom of heaven on earth. Each day that we live in the spirit of Christ and led by the will of God, we contribute moral and spiritual power for the rebirth of religion and the resurrection of humanity.

Questions for Discussion

- 1. Do you keep a written record of your God-given thoughts?
2. Is it possible to live without any fears?
3. How may we gain a consciousness of God?
4. Compare the twenty-third psalm with the Lord's Prayer.
5. Is our religion giving us joy?

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Entry fee 3 per cent of Purse. Purse divided 40, 30, 20, 10 per cent.

Five to enter, four to start, race to terminate at the end of the third heat. Every heat a race; two or more horses may start from the same stable. Entries close Sept. 23rd at 8 p.m. P. W. Cleave, Secretary, Phone 263.

The committee reserves the right to declare off or change the order of programs of any event not filled satisfactory or in case of wet weather or any other cause. 50% of prize money will be paid night of Fair, Sept. 29th, and balance when Treasurer's books are closed. Dominion Harness Association rules to govern. Horses eligible September 1st, 1938.

FLAT RACE—3/8 mile, best 2 out of 3. No entry fee. 1st \$15.00, 2nd \$10.00, 3rd \$5.00.

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