

THE SUNDAY SCHOOL

INTERNATIONAL LESSON,
JAN. 16.

Lesson III. The Beginning of the Galilean Ministry, Matt. 4. 12
25. Golden Text, Matt. 4. 16.

Verse 12. John was delivered up—The arrest of John was due to the hatred of Herodias, because he had rebuked Herod Antipas for making her his wife, contrary to Jewish law.

Galilee—A part of the Roman empire, and reflecting the Roman influences everywhere. Herod Antipas was the ruler, having his capital in Tiberias. But Jewish ideas prevailed in the government of the land. The population was very large, and the people were broadly intelligent. For an account of the history, extent, etc., of Galilee, consult Hasting's Dictionary, "Christ and Gospels."

13. Nazareth—It is apparent, from John's account, that Jesus did not immediately detach himself from the home life at Nazareth. He attended the marriage at Cana in company with his mother, and must have lived in privacy long enough after his return from Judea for the first disciples to return to their occupations. Nazareth was a city of considerable importance, about five miles from Cana.

Capernaum—His reason for leaving Nazareth was the hostility of his old neighbors (Luke 4). On his way to Capernaum he stopped at Cana, and there received the request of the nobleman to heal his dying child (John 4. 46). Cana lay in the hills, and Jesus descended twenty miles to the shores of the sea of Galilee, and took up an abode in Capernaum. This town has not been located with certainty. There is still a debate as to whether modern Tell Hum, at the head of the lake, or Khan Minyeh, three miles lower down, is the site. It was, at any rate, lovely for situation, and most prosperous. This was due to its thriving fishing industry, the rare fertility of its soil, and its close proximity to the great highway which connected Damascus with the Levant. Nowhere else could Jesus have found such an opportunity to exercise a commanding influence. "Speaking in Capernaum, he spoke to the world." The sea itself was of great beauty and was surrounded with busy towns. It was thirteen miles long and eight miles in width. It lay within the tribe of Naphtali, but the borders of Zebulun were near.

15, 16. This rather free transcription of the prophecy of Isa. 9. 1, 2, represents the northern parts of Israel, which had suffered greatly from the inroads of Assyrians and Syrians, as first to be restored to prosperity by the Messiah. The blessings were to extend beyond Jordan, into the district of Peraea, which is east of Jordan, and where the latter stages of the ministry of Jesus were centered. As the Israelites sat in the darkness of despair because of the incursions of the Assyrians, so Matthew represents the condition of the people previous to the coming of Jesus as one of spiritual darkness.

17. Jesus seems intentionally to take up the cry of John. His coming meant not only that the work of John was to be carried on but that his advent was the advent of the Messianic kingdom. Mark adds to this message of repentance, in view of the nearness of the heavenly kingdom, something which John knew nothing of—"Believe in the gospel." In addition to the life of spiritual renunciation he taught men to make room in their hearts for the good tidings from God.

18. Simon . . . Peter, and Andrew—These two were among the first to yield to Jesus down at Bethany (John 1. 40. 41). They had returned to Galilee with him, and now were at their old pursuits.

Casting a net into the sea—Implying that they had already put out into the deep.

They were fishers—A lucrative business, since the Sea of Galilee swarmed with fish. It cannot be shown that any of the apostles were poor men. They are called "unlearned and ignorant men," but this refers only to their lack of training in the rabbinical schools.

19.—I will make you fishers of men—"Their earthly employment was a parable of their divine vocation. As David was taken from the sheepcote to be shepherd to Israel, and Paul from his tent-making to be a maker of heavenly tabernacles, so they were taken from their boats to be fishers of men."

20-22. This account by Matthew

must be taken together with the passage in Luke 5. 1-11. What occurred, apparently, is this: while they were still wondering at the wonderful catch of fishes Jesus addressed the words to Peter, "From henceforth thou shalt catch men." Upon their reaching shore Jesus said to Simon and Andrew, "Come ye after me, and I will make you fishers of men." They obeyed straightway. Their partners, the sons of Zebedee, of whom John at least had received and heeded a former call, were in a nearby boat. And when Jesus called them, they also straightway left, and followed him.

23-25. A general sketch of the Galilean ministry, exhibiting Jesus in the threefold work of teaching, preaching, and healing. After this brief review Matthew gives at length the Sermon on the Mount, and then returns to events at Capernaum.

23. Their synagogues—At this period there were synagogues in every town and in every village containing ten men. They were used not only for worship but also as centers of local government, and on week-days, as schools for children. The elders of the synagogues were the rulers of the community.

24. All Syria—Meaning the Roman province by that name.

Possessed with demons—Disease, in the New Testament, is looked upon as a visitation of Satan, except in a few cases (Heb. 12. 6). Nervous disorders and mental derangement, especially, were regarded as due to diabolical possession. There was so much truth in this popular belief that Jesus accommodated his own teaching to it. It was no part of our Lord's purpose to anticipate the discoveries of modern science.

He healed them—Much of the ministry of Jesus is given up to the practical work of working miracles of this kind. Through the cure of men's bodies he was often able to effect the cure of their souls.

25. Decapolis—"Ten cities." A region of Peraea, beyond Jordan, containing ten federated cities, of which Damascus was one.

THE DOCTOR SAID HE COULD NOT LIVE

An Almost Fatal Illness Following an Attack of LaGrippe.

The danger from grip is seldom over when the characteristic symptoms, the fever, the headache and the depression of spirits, pass away. Grip leaves behind it weakened vital powers, thin, watery blood, impaired digestion and oversensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence, and for this purpose no other medicine can equal Dr. Williams' Pink Pills, which contain the elements necessary to enrich the blood and restore weakened nerves. Mr. James L. Whitman, Mulgrave, N. S., says:—"Following a severe attack of La Grippe I was completely prostrated. The doctor who attended me said that my whole system had gone wrong. My heart was affected, my kidneys weakened, digestion impaired, and to make the trouble worse I had a hemorrhage of the bowels, and nearly bled to death. The doctor said I could not live, and told my wife to tell me that I had better settle up my worldly affairs. I did not care to live, my sufferings were so intense. I could not sleep, my ankles and feet were swollen, and my complexion very yellow. Friends came to see me for the last time, and one of these, more hopeful than the others, persuaded me to try Dr. Williams' Pink Pills. While I had but little faith that they would help me I decided to try them. Quite soon they seemed to benefit me, for my appetite improved and my heart became stronger. Continuing the use of the Pills it was not long before I was able to be out of bed, and after using fifteen boxes I am in good health for a man of my age. The doctor and those who knew of my case look upon me as a living wonder, as none of them expected me to get better."

You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

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The Home

BREADS.

Two Gingerbread Recipes.—Soft gingerbread: One-half cupful butter creamed; one cupful brown sugar, two eggs, one cupful molasses, one cupful sour milk, three cupfuls flour, one teaspoonful soda dissolved in milk, one teaspoonful ginger, one teaspoonful cinnamon. Bake in a moderate oven. This will make two.

Hard gingerbread: One cupful of shortening, one cupful brown sugar, one egg, one cupful molasses, three-quarters cupful hot water, one even tablespoonful of soda dissolved in hot water, one even tablespoonful of ginger, flour enough to roll out soft as possible. Bake in a moderate oven. This is nice made into cookies and adding one teaspoon cinnamon.

Boston Brown Bread.—One cupful corn meal, two cupfuls graham flour, one-half cupful of New Orleans molasses, one teaspoonful baking soda dissolved in one cupful of sour milk, one-half teaspoonful of baking powder, one half teaspoonful of salt. Beat thoroughly, bake 1 hour and 15 minutes in a moderate oven. Good and easily made.

Graham Bread.—Two cupfuls sour milk, one-quarter cupful sugar, four tablespoonfuls of molasses, one cupful of white flour, two and one-half cupfuls graham flour, two teaspoonfuls of soda, one-half teaspoonful of salt, three tablespoonfuls of melted lard. Pour in pound coffee cans, let stand one hour, and bake one hour. This makes three loaves.

Coffee Bread, Without Eggs.—Sift one teaspoonful each of salt, cinnamon, and cloves with one and one-half cupfuls of flour. Cream one cupful of sugar with one-half cupful of butter; add one-half cupful of molasses, beat well, then add alternately flour and one cupful of cold strong coffee in which one teaspoonful of soda has been dissolved. Lastly, add the floured raisins and beat thoroughly before turning into a paper lined pan. Bake in a quick oven, and ice when cold. For extra occasions decorate with a bunch of grapes formed of raisings, the stems and leaves of citron. Cook all in a little water for five minutes, then dry in cloth before using.

Corn Bread.—Two cupfuls of Indian, one cupful wheat, One cupful sour milk, one cupful sweet,

One good egg, that will you beat, Half cupful of molasses, too. Half cupful sugar add thereto With one spoonful of butter new, Salt and soda each a spoon, Mix up quickly and bake it soon. Get your husband what he likes, And save a hundred household strikes.

Bread.—At supper time boil four or five good sized potatoes, mash fine, add two and one-half quarts lukewarm water, and one cake yeast, well dissolved in one-half cupful of lukewarm water. Be sure and have water in which you soak yeast cake and potatoes lukewarm, for that is the secret of raising bread. If you let it get colder or chilled, you can coax it, but it will not be the same delicious loaf you would have if kept at same temperature when first made. Test your yeast cake by putting in the water and add one teaspoonful sugar. If yeast stays on top of water it is fresh; if it sinks to bottom it will not make good bread. Throw it away and use another. In morning add salt and about two or three tablespoonfuls sugar and flour to make a sponge cake. Let rise, which it will quickly. After it is foamy stiffen it, add flour until it does not stick any more. Knead twenty or thirty minutes, let rise until doubled, make into loaves, and let rise again and bake one hour for bread and one-half hour for biscuits. Don't put bread in oven until oven is ready. Don't have oven too hot at first, as bread will form hard crust and will not raise. After in oven five minutes open oven door and turn pans to raise both sides even. When risen and just beginning to brown place brown paper on top of bread (not printed) and bread will bake well done on inside of loaf. While bread is raising, do not set on back of stove, as that gets bread too hot; rather keep a little away from fire and put thick cover on so as to keep

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draft away. Rusks, cinnamon rolls, and coffee cake can be made by adding about one cupful sugar, tablespoonful butter or lard, to one pint of sponge before you stiffen, one egg may be added if desired.

THE LAUNDRY.

To Set Colors.—Alum in the rinsing water will keep green from fading. Use ox gall for setting the color in gray or brown goods. Vinegar in place of salt for black, purple, and heliotrope. Linen suits and shirt waists should be washed in hay water, made by pouring boiling water over hay, and they will keep their color for a long time. One ounce of sugar of lead dissolved in a pailful of water will set almost any color, and is especially good for blue prints. Soak the goods for two or three hours, and let dry in the shade before washing with soap and water. Do not try to boil tinted or figured goods, and do not use washing soda or strong soaps when washing them. If they are much soiled a handful of salt thrown into the water will set the colors. Use warm or nearly cold water in which to soak these goods. It is much better than hot water, and the dirt loosens quite as readily.

Home-made Soap.—This soap is simple and only takes one-half hour to make. Five pounds of drippings, one can of lye, costing 10 cents, one-half pound of borax, costing 5 cents, and one-half cupful of ammonia at 2 cents. Take your lye, dilute it in six cupfuls of cold water. Then add your borax and household ammonia after the lye is thoroughly dissolved. Have the fat melted, but not hot. Add the lye mixture to the fat, stirring slowly with a long stick for eight minutes. Then you will find it gets like honey. Have ready a large cardboard box or a wooden one. Into this pour the mixture. In a half hour you can cut out with a knife the size cakes you want. Then let it stand for six or eight hours more to harden. This soap gets the same as castile when hard, and it floats. If you do not happen to have drippings go to your butcher and buy six pounds of scrap fat for 3 cents a pound. This, when tried out, will give you five full pounds. The cost

will then be 35 cents. To Wash Comfortables.—Wet the comfortables, then rub well with naphtha soap, hang on the line and turn the hose on them until the water runs clear. Let them hang until dry, then shake them out and your comfortables will be light and fluffy like new ones.

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Yet Zam-Buk Cured Him.

Mr. A. M. Brooks, of Wellington street, Steelton, says:

"Ten months ago I contracted eczema, which at first appeared on my neck, later spreading to my chest and body. I began doctoring, but instead of the disease being checked it showed signs of becoming worse; and my neck, chest, and my whole body was soon in a frightful condition. The skin actually peeled off, leaving the flesh raw.

"I suffered cruelly from the terrible itching and soreness, and was completely confined to the house. Not seeing or feeling any improvement, I next resorted to the ordinary salves and ointments recommended for skin diseases, but although I gave each preparation a fair trial, none seemed powerful enough to bring about a cure until I began using Zam-Buk.

"From the first application of Zam-Buk I had some relief, and as I persevered with its use daily the soreness was by degrees drawn out and the intense itching and aching completely vanished. In the end it worked a complete cure."

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