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eptember 14. Lesson XI-Jeremiah to God.-Romans 14: 12.

AN LYSIS INTRODUCTION -Jeremiah | lived

the latter part of the seventh century years after Isaiah. The date of his 1—the thirteenth year of the reign thee; for thou hast made all these of Josiah, which would be B.C. 626 is work continued until after the fall of Jerusalem and the end of the ingdom of Judah in B.C. 586, covering more than forty years Like and tragic unrest and change. Isaiah the rapid rise and expansion of the Assyrian empire, first of the great EY ANNABELLE WORTHINGTO adlitary powers which sought to rule the world. He saw the downfall of the kingdom of Israel and the exile of the multitudes of its people in B.C. Jeremiah witnessed he rise of

Babylon, the second world empire, the decline and fall of Assyria, and the end of the kingdom of Judah in cap-tivity and exile in B.C. 586 With premacy of the God of Isra i whose purposes of good were being ceaselessly worked out in and through these changes in human affairs, and with their zeal for righteousness, justice, and clean living, they may truly, with their fellow prophets be said to have been raised up for such times as these. It is due to them, as true servants of God, that Israels religion survived the nations wreck and the rise and fall of empires, and is a part of our rich inheritance of faith. The message of the prophets is vital for the present

1. THE CALL OF GOL Jeremiah 1: 1-10. The first three verses of this chapter give the date and historical setting of the remarkable story which follows The times were unsettled and there were portents of coming stor 1 The great loose-jointed Assyrian empire as showing signs of weakness The Chaldeans from the south, the Cedes from the test; the Sevthian hordes from the north were all pressing in upon the territories which Assyria had ruled for more than a hundred years. It is not Judah only which the

young prophet has in mind when he hears the call of God to high service. but the nations and the kingdoms. It is not surprish y that he remembers his youth and a rats his own powers. But with the call there comes the of wine nid-"Be not for I am with thee." His ever has proved itself evil in the nais good. Strength and steadfast courage will be given for his difficult and heroic task-he will be made "a defenced city, and an iron pillar, and brasen walls."

It is so in all genuine religious experience. The response to Gods' call to service is certain to be followed somehow by the comforting and encouraging assurance of his presence. But the servant of God may have his! hours of doubt and darkness is Jere- proves the decided practicality of Your body needs them to keep well. miah had. Exceedingly sensitive to chiffon printed voile. It's marine blue the hostility which his messages some- coloring that is indeed flattering and times aroused and to the unbelief with | wearable. which they were often received he was | The fitted hip yoke that tapers to remained with him and enabled him to overcome the temptation and to con- low-flared fulness. tinue with heroic steadfast, ess and Style No. 2595 comes in sizes 14. courage upon his difficult way, 15: 16, 18, 20 years, 36, 38, 40 and 42 reduce. 19-21; 20; 11.

II. TRUE AND FALSE PROPHETS, 14:7-22. There has been a severe drought The cisterns and the wells are dry, and lile green dimity with white pin Both rich and poor are suffering, both prophet regards this calamity as a their behalf. First he pleads that the stamps or coin (coin preferred; wrap soon passes of the seeming rigid self-Lord will work deliverance for his it carefully) for each number, and control, and you will find it is well own "name's sake," to vindicate his address your order to Wilson Pattern worth the trouble. Then the good own honor, while, at the same time, he Service, 73 West Adelaide St., Toronto. thing about it is the fact that after you with the magnitude of a calamity for cotton, especially in America, your efforts have accomplished a perhe is unable to resist or pre- where 300 cities are using cotton ad- manent normal condition.

cause of the waywardness of an un- | they are raising.

MUTT AND JEFF-

THE RESERVE TO SERVE THE PROPERTY OF THE PROPE

repentant people, a people who have "loved to wander." It seems for the moment as if prayer is useless, vs.

(The Prophet of Individual Religion)—Jeremiah 1: 1-10; 14: 7-22; of their own heart." Such prophets are not sent of God. In contrast one of us shall give account of himself cannot but recognize and honor the transparent sincerity of Jeremiah, true messenger of God's anger and true lover of his afflicted people, vs. THE CALL OF GOD, Jeremiah 1: 1-10. 17-18. Again he pleads with God for II. TRUE AND PALSE PROPHETS, 14:7-22. healing and for mercy, and that he will do for his people of Judah that heathen car do-send rain upon the he prays, "Art thou not he, O Lord

What New York Is Wearing



2595

A charming vacation frock who

trim gives it a distinctly new look.

dots display excellent taste.

HOW TO ORDER PATTERNS

By BUD FISHER

small cost will surprise you.

as natural about the process as pos- thisp, canned baked beans each To lose surplus fat an average, gen-

whose normal weight is 150 lbs. It is important to keep a calorie note book in which to mark down what you have eaten for each meal to be added up at the end of the day so you know end of the day you have eaten more than 1200 calories you will need to cut down on what you eat the next or sauces are added the caloric value day to make up for it. But eat three goes up accordingly. meals, no matter how small, and take fore retiring. It is hard to sleep on as fat meat. an empty stomach.

not days or weeks. Get weighed every week on the (Mineral oil has no caloric value, is

so as not to suffer hunger pangs, is etc., in place of the fats). this-eat quantities of low caloried A dress for many occasions with be- foods, eat sparingly of high caloried coming softly falling cape collar foods, but eat some of all of the foods. This can be done by learning the food values of all the foods, then

Navy blue crepe silk with white person of 150 lbs. will reduce about 2 | count extra). polka-dots, daffodil yellow handkerlbs, a week. More is not desirable. chief lawn, turquoise blue shantung taken every morning, not strenuous exercises, but they should be done regularly followed by a cold or tepic Write your name and address plain- sponge bath.

ly, giving number and size of such If you start, stick to it. Don't give patterns as you want. Enclose 20c in up, for it can be done. A few months have gained normality it is easy to New uses are constantly being found adjust your weight as you wish and

He is Israel's God, "the Saviour hesive tape for marking the white! In general the lowest caloried foods in the time of trouble. We lines for traffic control, and where are the vegetables. 1st-the leafy pleads; "leave us not." But his pray-tents and awnings for the turkeys ground have the fewest calories, so it is wise to always have one or more on

This lovely piece of mountain scenery is at Brazoo Lake, between Casomin and Jasper, where a serene streto of water dreams under the shadow of towering peaks.

Reducing is Matter



By Marie Ann Best Article 6-A Synopsis

If any persons interested in reducing have not kept up with the former articles they might start right in now in this performance of reducing. For about 35 calories. their benefit, we will repeat that to

erally of 1200 calories of food per day should be consumed for a person

Do not reduce more than 2 lbs. per Butter, 1 level tblsp.-lard 1 scant

count your calories until you are nortempted to question and to doubt, as waistline at the centre-front with bow is: This number of calories eaten must be decreased until it supplies The circular cut skirt shows the less than the amount of energy fuel etc., 3 tblsps-corn flakes, puffed rice, on the surplus fat for its fuel and you cup-one griddle cake, or one medium

1200 calories per day for the average Ten minute exercises should be

the table to fill up on. 2nd-The vege- boyrk, 1 cup counts 25 calories. tables underground, such as' carrots, Cream soups average about 4 oz., Mustrated Dressmaking Lesson Fur. Of Months, Not Days beets, etc., come next but have more 125 calories.

Consomme or Bovril can be taken

> seeds are high in calories, such as ories per day. beans, peas, etc. 1075% bon field ever Approximate values of average helpings in common foods are as follows: If the food you like is not listed you can judge for yourself to which class it belongs and count the same.

Cooked Vegetables 6 stalks asparagus-1 cup shredded

ly about 30 calories. Carrots, 6 h, tblesp. - Beets-2 tblsp.-String beans, 4 tblsp.-Squash, can be used sparingly instead of sugar. serving. Brown slightly in utter, then 3 tblsp.—Tomatoes, 3 tblsps., each

Corn, one ear, or 2 tblsps. cannedreduce and stay reduced one must be 1 medium potato-peas, 3 tblsp.-1 h. count about 100 calories.

> Lean meat, a piece 4 in. x 3 1/2 in., is about 150 calories.

meat, a bigger helping may be served if not cooked in fat. If the serving of meat or fish is fat what you have been doing. If at the its caloric value is twice as much, such as pork, fat lamb. If any food is fried, or if butter, oil

Chicken is counted about same as a glass of skim milk or a cracker be- lean meat. Turkey, goose and duck,

A LITTLE STORY

week; sometimes be satisfied with tblsp.-suet, I tblsp.-olive oil, I tblsp. one. Reducing is a matter of months -peanut butter, 1 tblsp., all count 100 calories.

same scale. The principle involved, good and can be used freely for salads, Breads

White bread, 1 slice-brown or glutten, 1 slice-toasted bread, 1 slice, or melba toast, 2 slices-crackers, 4pretzels, 5-each count 100 calories. Fancy breads count more according to their richness.

Breakfast Foods

Cooked oatmeal, cream of wheat, needed. This makes the body draw, 7 tblsps-1 shredded wheat-rice, 1/2 muffin, each count 100 calories. (Butter or syrup, or sugar and milk

Dairy Products

Whole milk, 1 glass-skim milk, glasses-11/2 h. tblsp. dry malted milk -buttermilk, 2 glasses-cheese (American, Swiss, etc.,) 11/2 in. cube, con- other Guide. . . ." densed sweetened 1% tblsp., unsweetened, 5 tblsps.-cottage cheese, tblsps-cream, thin, 5 tblsps., thick, 3

tblsps., each count 160 calories. An average egg counts 80 calories, boiled or poached.

berries, 1 cup, melon 41/2 in. diameter, indifferent. grapes one small bunch, lemons 2, dates 4, figs 2, each counts 100 calororange 1, peach 2, pineapple 2 slices,

Soups Consomme with no fat, 1 cup, or rie.

calories and should be eaten in mod- between meals if hungry. It is satiseration, but do not omit them. 3rd- fying and does not count much, add it The vegetables of which we eat the on your daily list though, of 1200 cal-

Candy, Pastries Chocolate cream, one, candied cher- half of sugar, flavoring and beat vig. legs between clean blankets, to be ries, 10, cup custard, 2 tblsps, honey orously. Fold in the remainder of on your way again with the rising 1 h. tblsp., cookies plain, 2, ice cream, sugar. Slice banana and spread be of the sun.

1 h. tblsp., 4 tblsps plain Jello, sugar, tween cake layers and on top of cake. "For Germany is the paradise of 2 h. thlsps., each count about 100 cal- Cover with the meringue. Place in

1-6 of pie with two crusts, 350 calcabbage-lettuce, raw, one medium ories, pie without top crust such as head—one medium onion—1 head lemon or cream or pumpkin or 1/2 cup celery-spinach 34 cup, each count on- pudding or plain piece of cake counts 200 calories.

Sacchrin has no caloric value and 14 gr. will sweeten 1 cup tea.

Nuts and Sauces Mayonnaise, 1 tblsp., olives, 6, thick gravy, 3 tblsps., each, 100 calories. Brazils 2, walnus 4, peanuts 10, al-

monds 10, each 100 calories. Make headings of each kind of food in a note book and list each food un derneath with its calcric value as they Lean fish-counts a little less than appear for easy reference.



"When the deed is in hand the old man may go."

Trials of A P.I.

It is up to every Leader to see that her girls are satisfied, for, if the are discontented, there will always be arguments. A difficult problem is when there are two girls who dislike with soap and water. each other. This should never be, for the Guide Law says that "a Guide is a friend to all and a sister to every

The best way to treat the girls who are at loggerheads is to get them together and have a little chat, reminding them of the fourth Guide Law and that they are Guides and not a pair of babies.

One thing you must not do, and that is give them a long sermon. This Apple, 1 large, banana, 1 medium, makes them bored, and when bored,

Strength

Strength, instead of being the lusty child of passions, grows by grappling with and throwing them .- J. M. Bar-

Economy Corner

Tomato Rice

Three cups cooked rice, 1 can tocheese, one tablespoon prepared mustard. Add mustard to the undiluted soup. Place a layer of rice in bottom of baking dish. Follow with a layer of soup, then a layer of grated cheese. Repeat until dish is full, the top layer being cheese. Bake in over 15 min

Frosted Cinnamon Cakes Two eggs, one cup sugar, one cup molasses, threequarter cup of butter or other fat, three cups flour, one along, down past a shimmering and teaspoon cinnamon, one cup boiling silent pool-the home of the waterwater. Mix in order given and bake sprites-up again and on, with the in fairly hot oven. Rule makes two wind of health and the sun adding

seven-eighth cup light brown sugar, with the evening comes the need for one egg white (unbeaten), and three rest-and where shall that be found? teaspoons cold water into double boil- German youth supplies the answer," Beat ingredients for seven minutes "Sunlight." constantly. Add quarter teaspoon baking powder after removing from ed alone pon the mountainside, or a

Two layers of sponge cake, five bananas, three egg whites, seven and one-half tablespoons powdered sugar, half teaspoon lemon extract, quarter Make a meringue of thoroughly chilled ship of the open-air and healthy youth, egg whites beaten until stiff, adding and, at the end, to stretch your tired moderate oven 300 degrees for eight after removing. Serves eight.

Veal or Lamb Fricasse Buy one or two pounds of lamb or yeal for stew, depending on the size of your family. Cut into pieces for universally enjoyed. Everyone carries add boiling water to cover. Simmer tiny ones fitting snugly to their shoula few minutes, then season with pepper, salt, celery salt and one onion. Continue simmering a half hour or so, then add half cup diced carrot and half cup diced potatoes. Cook about twenty minutes, longer until

vegetables are done.

Another Veal Fricasse from loin, Cook slowly in boiling water risen from the purging fires of the to cover. Add one small onion, two wears of slaughter, determined to seck stalks celery and six slices carrot, health in body and mind from the Remove the meat. Search with salt country and the sun. German youth and pepper, dredge with fire and has hit the trail, and, bronzed and brown in butter. Serve with brown happy, has done the trick. With

Clean Windows

Frequent window-cleaning well re- strong and made for itself that for polishing with a soft cloth, is the fa- Jugen dherbergen (Hilchenbach in vorite method. A rag moistened with methylated spirit shortens the labor when windows are very grimy. Paraf- bership can be obtained by sending a fin does the work almost as quickly, stamped and addressed envelope) has and will keep off flies.

give a finishing gloss, and will save sunlight for the young people of Gerthe washing of rags and leather. When many. Realizing that what young windows are steamy, try rubbing them people need is simple shelter that after they are cleaned, with a cloth upon which a few drops of glycerine have been sprinkled. Finish with a dry cloth and a brilliant gloss that re. tion has provided hundreds of 'jugensists dampness will be the result. It is also well to remember that win-

framework can be removed with a pay for a night's lodging some small clean, dry cloth, preferably flannel. At fee, usually three-pence or sixpence. least once a week the dusting should "No service is provided, although be followed by a thorough cleansing

Success am not bound to win, but I am simple meals are provided.

Up to what light I have.

suspect my husband's spending his if need be, to those under

CIMPEL

Is the Lumber Business Punk.

Youth of Germany Sun and Air Fiends

soup, quarter pound grated New Type of Holiday Organization-Can the World

> Hundreds of holiday inna for youths who take walking holidays have been established in Germany. The cost is a few pence nightly. The guests cook Here is the description of a

ing yet wonderful scheme: the pine-clad mountain and that zest which makes the path a way Frost with the following: Put to joy. And so the miles slip by, until er. Have water boiling briskly first, writes Mr. C. H. Wilmot, B.A., in

"Perhaps some wooden chalet perchbarn beside an inn, or a kindly cottage in a wayside village, there it is, offering shelter, bed and good fellowship for a few pence. There at the close of day you are welcome to enter and eat or cook your meal, to join teaspoon vanilla, few grains salt, in the happy laughter of the comrade-

walkers, and every help is given to those who know the value of the sun minutes to set and brown. Serve soon and exercise. There are few restrictions such as we have put between you and the free use of air and sunlight. There are endless possibilities for sun-bathing. The open-air baths on the rivers encourage it, and it is a rucsac; even little children have ders. Open necks and shorts are acyouth which is going to make the German nation among the healthlest in the world. The villages and towns expect you to walk and welcome you.

German Inns for Youth "For the youth of Germany has Cut in pieces two pounds of veal awatened, and, phoenix-like, has characteristic thoroughness and courage it has organized itself into movement hundreds of thousands which its English brothers and sisters

"The Reichsverband fur Deutsche Westfalen, Germany, from which all particulars and applications for memfor its aims the encouragement of Crumbled newspaper may be used to out-door life and the fullest use of must, while being clean and comfortable, be so cheap that no young person need be debarred, this organizadherbergen,' or youth-shelters. To obtain the right to use these, people dow frames need constant cleaning, under the age of twenty can join the Sooty particles that settle on the movement, almost free of charge, and

> there is a 'housefather' or some responsible person, in charge of cach hostel, sometimes it is possible to get coffee, bread, butter and soup. always while facilities for coo. bound to succeed, but I am ter, and sleeping rooms for ball These are furnished with bed and blankets. Sweeping the tasks are the bounden duty

"People over twenty can good home-cooked meal, don't you?" they can use the shelters, at a higher Second: "Yes, but I'm beginning to rate, but they must always give way, afternoons in the matinees. I'm posi- for whom, of course, the shelters are tive that pudding last night came primarily intended. These shellers from the delicatessen."-Michigan Gar- cater for walkers and for those calldren and youths who could not afford the usual prices charged at inns, or need something simpler. This organization has a definite purpose-to encourage out-of-door life and the healthy use of sun and air.

"Foreigners can join this organization and use the shelters on the same conditions as Germans themselves. A handbook is published giving full particulars of the shelters and a complete list-and it is a thick book! By using this list it is possible for young English people to plan a tour and experience for themselves the joy of it all, and to see how much can be done in England. You can be sure that in taking a holiday icy the sun and air in Germany of being eyed narrowly as a some what strange being, you will not be

of cream of tartar when they are half besten, and then continue beating.

It Beliefnes with frosh or canned fruits



ound, will address the fast of the Dendalk Sept. 23-241 Regies of Preparatory Services Every DURHAM Sept 18-17 was given by Mrs McIlratti, There I Flesherton Sept. 18-19, were in attendance delegates from 57 Holstein Sept 23-24 branches of the County. One import-

Priceville Oct. 2-3-ant-resolution passed at the Conven-

ONTARIO ARCHIVES TORONTO