

Sunday School Lesson

September 14, Lesson XI—Jeremiah (The Prophet Individual Religion)...

ANALYSIS I. THE CALL OF GOD, Jeremiah 1: 1-10. II. TRUE AND FALSE PROPHECIES, 14: 7-22.

INTRODUCTION—Jeremiah lived in the latter part of the seventh century B.C., a little more than a hundred years after Isaiah. The date of his call to be a prophet is given in chap. 1.

1. THE CALL OF GOD, Jeremiah 1: 1-10. The first three verses of this chapter give the date and historical setting of the remarkable story which follows.

II. TRUE AND FALSE PROPHECIES, 14: 7-22. There has been a severe drought, and the whole country is in mourning.

repentant people, a people who have loved to wander. It seems for the moment as if prayer is useless, vs. 11, 12.

What New York Is Wearing

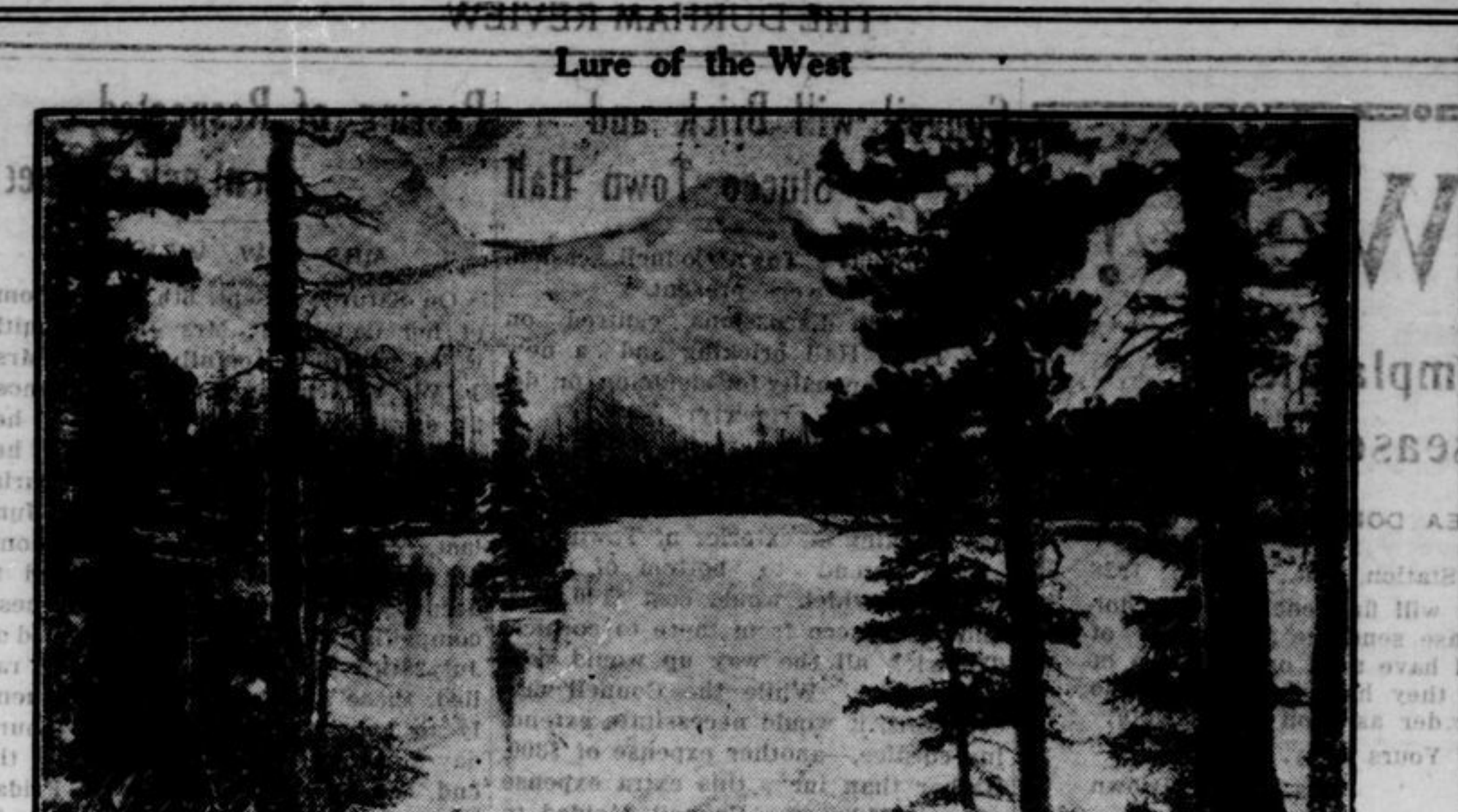
BY ANNABELLE WORTHINGTON Illustrated Dressmaking Lesson Finished With Every Pattern



2595

A charming vacation frock whose small waist will surprise you. A dress for many occasions with becoming softly falling cape collar...

New uses are constantly being found for cotton, especially in America, where 300 cities are using cotton adhesive tape for marking the white lines for traffic control.



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

Reducing is Matter Of Months, Not Days



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.

To lose surplus fat an average, generally of 1200 calories of food per day should be consumed for a person whose normal weight is 150 lbs.

Get weighed every week on the same scale. The principle involved, so as not to suffer hunger pangs, is this—eat quantities of high caloric foods, eat sparingly of low caloric foods, but eat some of all of the foods. Your body needs them to keep well.

Ten minute exercises should be taken every morning, not strenuous exercises, but they should be done regularly followed by a cold or tepid sponge bath.

Economy Corner

Tomato Nics Three cups cooked rice, 1 can tomato soup, quarter pound grated cheese, one tablespoon prepared mustard...

Frosted Cinnamon Cakes Two eggs, one cup sugar, one cup molasses, three-quarter cup of butter or other fat, three cups flour, one teaspoon cinnamon...

Banana Fairy Pie Two layers of sponge cake, five bananas, three eggs white, seven and one-half tablespoons powdered sugar, half teaspoon lemon extract...

Veal or Lamb Fricassee Buy one or two pounds of lamb or veal for stew, depending on the size of your family. Cut into pieces for serving. Brown slightly in butter, then add boiling water to cover. Simmer a few minutes, then season with pepper, salt, celery salt and one onion. Continue simmering a half hour or so, then add half cup dried carrot and half cup diced potatoes.

Clean Windows Frequent window-cleaning well repays the trouble taken. A soft cambric leather wrung out in clear water to wash the dirt off, followed by brisk polishing with a soft cloth, is the favorite method.

Success I am not bound to win, but I am bound to be true, I am not bound to succeed, but I am bound to live up to what I have.

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

Youth of Germany Sun and Air Fiends

New Type of Holiday Organization—Can the World Copy It?

Hundreds of holiday jays for youths who take walking holidays have been established in Germany. The cost is a few pence, nightly. The guests cook their own food and make their own beds.

For the youth of Germany has awakened, and phoenix-like, has risen from the purging fires of the years of slaughter, determined to seek health in body and mind from the country and the sun. German youth has hit the trail, and, bronzed and happy, has done the trick.

The Reichverband for Deutsche Jugend (The German Youth League) in Westfalen, Germany, from which all particulars and applications for membership can be obtained by sending a stamped and addressed envelope has for its aims the encouragement of outdoor life and the fullest use of sunlight for the young people of Germany.

No service is provided, although there is a 'housefather' or some responsible person, in charge of each hostel, sometimes it is possible to get coffee, bread, butter and soup, but not always while facilities for cooking simple meals are provided.

Meats

Lean meat, a piece 4 in. x 3 in. x 1/2 in. is about 150 calories. Lean fish—counts a little less than meat, a bigger helping may be served if not cooking in fat.

Butter, 1 level tbs.—lard 1 scant tbs.—suet, 1 tbs.—olive oil, 1 tbs.—peanut butter, 1 tbs., all count 100 calories.

White bread, 1 slice—brown or gluten, 1 slice—toast, bread, 1 slice, or melba toast, 2 slices—crackers, 4—pretzels, 5—each count 100 calories.

Cooked oatmeal, cream of wheat, etc., 3 tbs.—corn flakes, puffed rice, 7 tbs.—1 shredded wheat—rice, 1/2 cup—one griddle cake, or one medium muffin, each count 100 calories.

Whole milk, 1 glass—skim milk, 2 glasses—1/2 h. tbs. dry malted milk—buttermilk, 2 glasses—cheese (American, Swiss, etc.) 1 1/2 in. cube, concentrated sweetened 1 3/4 tbs., unsweetened 3 tbs.—cottage cheese, 10 tbs.—cream, thin, 5 tbs., thick, 3 tbs., each count 100 calories.

Apple, 1 large, banana, 1 medium, berries, 1 cup, melon 4 1/2 in. diameter, grapes one small bunch, lemons 2, dates 4, figs 2, pineapples 2 slices, orange 1, peach 2, grapefruit 2 calories, les.

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



"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 each other. This should never be, for the Guide Law says that "a Guide is a friend to all and a sister to every other Guide."

One thing you must not do, and that is give them a long sermon. This makes them bored, and when bored, indifferent.

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Is the Lumber Business Punk.

MUTT AND JEFF—By BUD FISHER

