

Sunday School Lesson

August 10. Lesson VI—Hannah (A Godly Mother)—1 Samuel 1: 9-18, 24-28; 2: 19. Golden Text—My son, hear the instruction of thy father, and forsake not the law of thy mother.—Proverbs 1: 8.

ANALYSIS

I. A CHILD OF PRAYER, 1: 1-28.
II. A SONG OF THANKSGIVING, 2: 1-10.
III. GIVEN TO GOD, 2: 11, 18, 19; 3: 1-18.

INTRODUCTION—In the story of Hannah we find ourselves still in the period of the Judges. The story takes us away from the conflicts of those days from wars, and courts, and armies, to the simple and sincere piety of a country home. Like the story of Naomi and Ruth it takes us among the common folk of Israel, and then from the home in Ramah to the temple at Shiloh. We may very well believe that there were many such homes in Israel, and that from them came very much of what was best in the life and in the thoughts of that remarkable people to whom the world owes so much. We are reminded again, as we read, of the infinite possibilities for good which are bound up in the relations which exist between a good mother and a child. Samuel, the child of Hannah's prayer, educated to the priesthood, called to be a prophet, chosen as judge by the people, witnessing to a pure life by his Nazirite vow, finally maker and counselor of kings, stands forth in Bible history as one of its purest and noblest men—reckoned by the Jews in later ages as first of the great prophets whose inspired teaching still stirs the hearts of men.

I. A CHILL OF PRAYER, 1: 1-28.
The place called Ramathaim-zophim, or Ramah of the Zuphites, was some distance north of Jerusalem in the Ephraimite country. Here was the home of Elkanah and his two wives, the childless Hannah and her rival, Peninnah, who provoked her sore for to make her fret. The national sanctuary where Eli and his sons ministered, as priests was at Shiloh, and thither this family went once a year to worship and to sacrifice unto the Lord of hosts.

The custom at such annual festivals was for an ox or a sheep to be slain, fat portions of the meat to be burned with fragrant spices upon the altar, a portion given to the priest, and the remainder of the meat served in a sacrificial meal at which the family and their guests would be present. On these occasions Hannah offered special and very earnest prayers for the gift of a son, promising to consecrate him to the service of the Lord. The vow referred to in verse 11 was that of the Nazirite described in Numbers, chap. 6. It was taken sometimes for life, sometimes for a definite shorter period, and seems to have been intended as a protest against drunkenness and other evil practices associated with the Canaanite altars and frequently imitated at the altars of Jehovah. In the cases of Samson and Samuel the vow was taken by the parents for the child, and was regarded as binding for life.

Hannah's earnestness of prayer was misunderstood by the priest Eli, but when she told him of her trouble of mind and great desire, he gave her his blessing. In fulfilment of her vow she took her child to the temple while he was still very young and left him there in the care of Eli to be granted to the Lord. It is remarkable that he was accepted and trained as an attendant at the temple, and later became a priest, though not a member of the tribe of Levi. The law which restricted the temple ministry to Levites may have been of later origin, or perhaps not yet strictly enforced.

II. A SONG OF THANKSGIVING, 2: 1-10.
Some doubt has been expressed as to whether or not this song could have been composed by Hannah. But with the exception of the reference to a king in v. 10 there is nothing in it that she might not have said. It must be remembered that the language is that of poetry. By her enemies she may mean her rival whom she exhorts to talk no more so exceedingly proudly, and in v. 5 she may, in the most general way, be dwelling upon her own experience. The song was ascribed to Hannah by the editors of the books of Samuel, and represents the faith of an early writer.

Moffatt translate, v. 3 as follows: "No more of your proud vaunts! No mouthing of your taunts! For the Eternal is a God who knows it all, And what men do he judges."

The close parallel of Luke 1: 46-53 to this song should be noticed. There in the Magnificat Mary pours out her soul in thankfulness in language which is reminiscent of the words of Hannah.

III. GIVEN TO GOD, 2: 11, 18, 19; 3: 1-18.
In the service of the temple, under the care and instruction of the old priest Eli, the child did minister unto the Lord. There girded with a linen ephod, the priestly garment, and happy in receiving from his careful mother a little robe when she came once a year to the festival, he grew in years and knowledge until the time came for his call to a larger and much more difficult task, to be a prophet of the Lord. The story of chap. 3 is well known. Samuel lying down to sleep in the temple where the lamp was still burning and where the ark of God was, heard what he thought must be the voice of Eli calling him and ran to wait upon him. But Eli had not called him. Three times this was repeated, and the old man knew then that it was no ordinary voice that disturbed the sleep of his favorite pupil.

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Careful Diet Means "Good-bye" to Fat



By MARIE ANN BEST
Article No. 2

"What is My Normal Weight?" We often hear it said: "They say I should only weigh 135 pounds according to my height, but I know I would not be well if I were as thin as that. It seems to be my nature to be stout or why should everything turn to fat? I don't eat any more than slender cousin Mary, not as much, and yet look at me."

While that may all be very true, be very sure you do not say that to yourself for too long a time, and shut your eyes to the steadily increasing layers of fat that creep round and round your body so slyly. You may be shocked some day when you are complacently walking through some large building where people gather. Every one else around may look as though they came out of a fashion plate with their slim silhouettes which make you unconsciously think you also appear as they, until you suddenly find yourself standing in front of a long mirror that shows every line and curve to its fullest extent. "Oh, lakka mercy on us! this none of it!"

But it is "me," and after a few inward debates you may right there and then decide to diet and starve yourself. You may even resolve not to eat any dinner to-night, but what about the next morning? Resolves and wishes fly to the winds when the appetite is doubly strong from the fasting. The bacon is trying in the pan sending up delicious odors, the coffee smells so good and you visualize it made golden with much cream and sugar. The toast too will be buttered thickly with this sweet, yellow delicacy, and since you did not eat dinner you certainly intend to make up for it now. They are all too tempting and you capitulate.

After breakfast, it is true one has memories of a good meal, but remorsefully you know you might have eaten less, only how are you going to do it? And you say to yourself: "There is no use talking, I just can't do without all these good things."

This is why one is apt to give up after such experiences. It would be easier to be more like the tortoise in the age-old fable. "Slow and steady wins the race." But how can we reduce if we do not know how to go about it?

Nearly everyone knows what he or she should weigh. If you do not know ask your family doctor's advice. He knows your physical condition, your hereditary traits, your build, and will give you a much better idea of normal weight than by following a certain fixed rule. When you have decided on your normal weight then keep it in mind and work for it.

Keep on with your general rules, work out menus of your own from them and have the satisfaction of knowing that you are getting started. Successful reducing is a matter of months, not days or weeks.

(Suggested Reducing Menus General)
On arising drink two glasses of cold water, exercise for ten minutes, bathe and dress. Then try a very slim breakfast to-day.

Breakfast
1 Slice very dry toast, butter ¼ teaspoon. Coffee clear or 1 orange.
(This may not look like very much breakfast, but eat it slowly then get interested in something else immediately. You'll soon forget it and will start feeling slimmer already.)

Lunch
1 cup cooked spinach on 1 slice toast spread with very little butter. Place poached egg on top.

or
1/3 cup canned salmon on ¼ head of lettuce, one table spoon mineral oil dressing, 1 large or 2 small chocolate creams and tea.

Flying High!



WOMAN CONTINUES TO MAKE HER MARK IN AVIATION
Ruth Alexander, Kansas farm girl, recently set new world's record for women at San Diego, Calif., when she drove her plane to 26,000-foot altitude.

Dinner
1 cup consommé (no fat).
Lean fish, baked Halibut or Cod, 6 oz. (If fish is fried only 4 oz.) or
Roast chicken, 4 oz. and one table-spoon gravy.
1 Medium potato or 1 slice of bread and scant butter.
1 Large dish tomatoes or 1 large raw tomato.
Cabbage and celery salad with a little dressing.
Raspberry shortcake made with biscuit.
Tea or coffee.

On retiring at night—one small glass of skim milk or one cracker.

Uncooked Non-fattening Mineral Oil Salad Dressing

Mineral oil makes a very good substitute for olive or other vegetable oils and besides being non-fattening is very healthful and healing, acting as a lubricant.
1 cup sweetened condensed milk
1 cup vinegar
2 eggs.
1 teaspoon mustard.
½ cup mineral oil
Salt.

Method—Put vinegar in a quart sealer, add condensed milk, smooth the mustard with a little vinegar and add to the mixture. Slightly beat eggs and add the eggs and the oil and salt—seal the jar tight and shake until well mixed. Keep in a cool place. Add lemon juice if desired or whipped cream when using. (This dressing will keep well and is a very good standby.)

Another very good variation for a salad if a change is desired is to take out the required amount of dressing, add a grated onion or minced chives, 1 dessertspoon, minced green pepper and ¼ cup chili sauce.

Next Week—"Why Should I Gain?"
(For Those Underweight.)



Nurses Mix Babies Mother's Frantic

Solomon himself would have been hard put to it to find an equitable solution of the quandary in which two married couples in Chicago recently found themselves. Two women gave birth at the same time to babies, and the nurses got the identification labels mixed up, so that no one knew which baby is which. The uncertainty seems to have upset the mothers to a far greater degree than it has affected the fathers. All sorts of scientific tests have been tried, they declare, to make certain identification. In case they should find that a mistake was actually made and that each has got the wrong child, they will exchange children, and all will be well, they believe.

But will it? The methods of upbringing vary in every individual household. A child brought up for a few years in one home may find that to be suddenly transferred to another means all the difference in the world between happiness and a vague discomfort not to be translated into words. Moreover, surely during the intervening years the respective mothers will have grown so fond of the children they are individually bringing up that they will not want to make any change, no matter what sort of family likeness develops. This matter of mixing baby identification tags is getting serious. Some other method must be adopted. A rubber stamp, with the name and the doctor's signature affixed, would perhaps hold a whole lot, so long as the wrong baby was not stamped.

Canadian Mounties Back From London

Ottawa.—After distinguishing themselves by their demonstration of horsemanship at Olympia in London the detachment of 225 members of the Royal Canadian Mounted Police arrived back in Ottawa July 19th. They were met by a delegation from local headquarters and escorted to their barracks at Rockliffe.

The group, which was under the direction of Inspector T. Dann, was disbanded within a few days and returned to their home divisions.

When using dripping for cakes, add the juice of a lemon. This will improve the flavor and take away the fatty taste that cakes made with dripping sometimes have.

A: "Why, in the office they call me the 'Busy Needle,' because I always get through the work in hand." B: "Yes, I know you do; but not until you've had a good hard push."—Answers.

Warnings to Bathers Scientists' Vision—Workless World

The best times for a dip are just before noon and two hours after lunch. To bathe immediately after a meal is to invite trouble; before breakfast is good for the vigorous and robust, but it gives no opportunity for leisurely sun baths.

To prevent feeling cold dash boldly into the water, or plunge in. Wading out slowly is an unerving business. If you begin to get chilly after having been in the water some time, it is proof that your bathe has already been too long. Always leave the water whilst still warm.

Your body is more buoyant in salt water than in fresh, so if you are by the sea learn to swim while the opportunity is so good.

Success in early swimming depends largely on confidence, and confidence will be developed if you romp and splash and so feel at home in the water.

Floating is useful in emergencies. Almost anyone can float in the sea by lying quietly face upwards, with arms and legs spread out. Currents and tides, however, sometimes drift an incautious floater into deep water, or some other danger—so be careful.

The outward swim is easier than the return. Make allowance, therefore, for fatigue when swimming from the shore. Be familiar with possible currents or changes of tide.

In teaching children, never frighten them. If they get fond of the water, by playing freely in it for some time, they will make much better headway when swimming begins. The stupid old notion that by tossing a boy into deep water he will somehow learn to get ashore has long been discredited—if you threw him into a pit with a rifle and a tiger you would not expect him to learn to shoot.

An accident may happen at any time to some bather near you, so always be prepared to render assistance.

Salt water is unpleasant when allowed to dry in the hair. If fresh water is available, have a thorough rinse in it after your bathe.

Cramp is not dangerous if you keep calm. Come out of the water immediately should you be attacked. Massage the affected part vigorously and the cramp will soon go.

Bathing alone is dangerous, even if you are a good swimmer. Be sure that help is near if any emergency should arise.

Fussy, frilly costumes are never intended for anything but beach wear. The real swimmer has always a neat, close-fitting garment—which looks equally well wet or dry, and allows perfect freedom of movement.

It is unsafe to clamber into a boat over the side. The right place is the stern—but so that you do not injure yourself on the rudder or rudder-book. Swimming is the healthiest of exercises, for it brings supple development to every part without undue strain on the heart, and it cleanses the skin at the same time. Also, the swimmer benefits considerably by the exposure of his body to light and air.



Teacher—"Now, Bertie, what do you think a land flowing with milk and honey would be like?" Boy—"Sticky."

Kitty—"And did you let him kiss you?" Betty—"Let him? I had to help him."

Mrs. Gabbit—"Well, what did the doctor say?" Mr. Gabbit—"Told me I needed a rest, and that I must keep away from work for a month." "Ridiculous!" "I know, I told him that was the only rest I had!"

To abolish Adam's curse, air that science needs is a method to obtain 40,000,000 degrees of heat centigrade. And it isn't as preposterous as it sounds, for a mild warmth of 1,100,000 degrees has already been generated by laboratory means.

Given the extra 39,000,000 degrees, and mankind may hope to defy the factory whistle, for the labor of millions of men may conceivably be done with the subatomic energy now latent in "a teacupful of fuel."

Such are some of the practical visions with which the World Power Conference in Berlin was spellbound the other day by Prof. Sir Arthur Stanley Eddington, "foremost living astrophysicist," and professor of astronomy at Cambridge University.

"There is enough energy in a drop of water," he told the conference, "to furnish 200 horse-power for a year." But the poor old universe itself is probably dying, according to the same authority. In fact, it is because of the general cosmic break-down, or break-up, that these illimitable reservoirs of power are awaiting release—if science can only find the magic key.

Why that key might be expected to lurk in a temperature of 40,000,000 degrees is explained in a copyrighted Berlin dispatch in the New York Evening Post. Sir Arthur is quoted thus:

"We needn't travel far to find this paradise of power; the energy of which I am speaking exists abundantly in everything we see and we handle. Only it is so securely locked away that for all the good it does us, it might as well be in the remotest star—unless we can find the key. The cupboard is locked, but we are irresistibly drawn to peep through the keyhole, like boys who know where the jam is."

Let us now consider whether astronomy has anything to say concerning the conditions of the release of subatomic energy.

"The answer is that if you want to tap any really large supply of subatomic energy, you must heat matter to a temperature of 40,000,000 degrees, centigrade."

Sir Arthur acknowledged that the prospect is not very bright for commercial development of subatomic energy, and remarked that if a laboratory attempt were made to heat matter to 40,000,000 degrees, he would take care "not to be too near the laboratory when the experiment is tried."

Why 40,000,000 degrees? Well, the figure is approximate, it appears, and symbolizes, a sort of cosmic boiling point, "at which matter seems to yield its energy prolifically," in the words of Sir Arthur, as quoted by a New York Times correspondent. The true figure may be nearer 30,000,000 degrees. It is supposed to tally with the internal temperature of the sun and stars, where energy is being generated at a great rate.

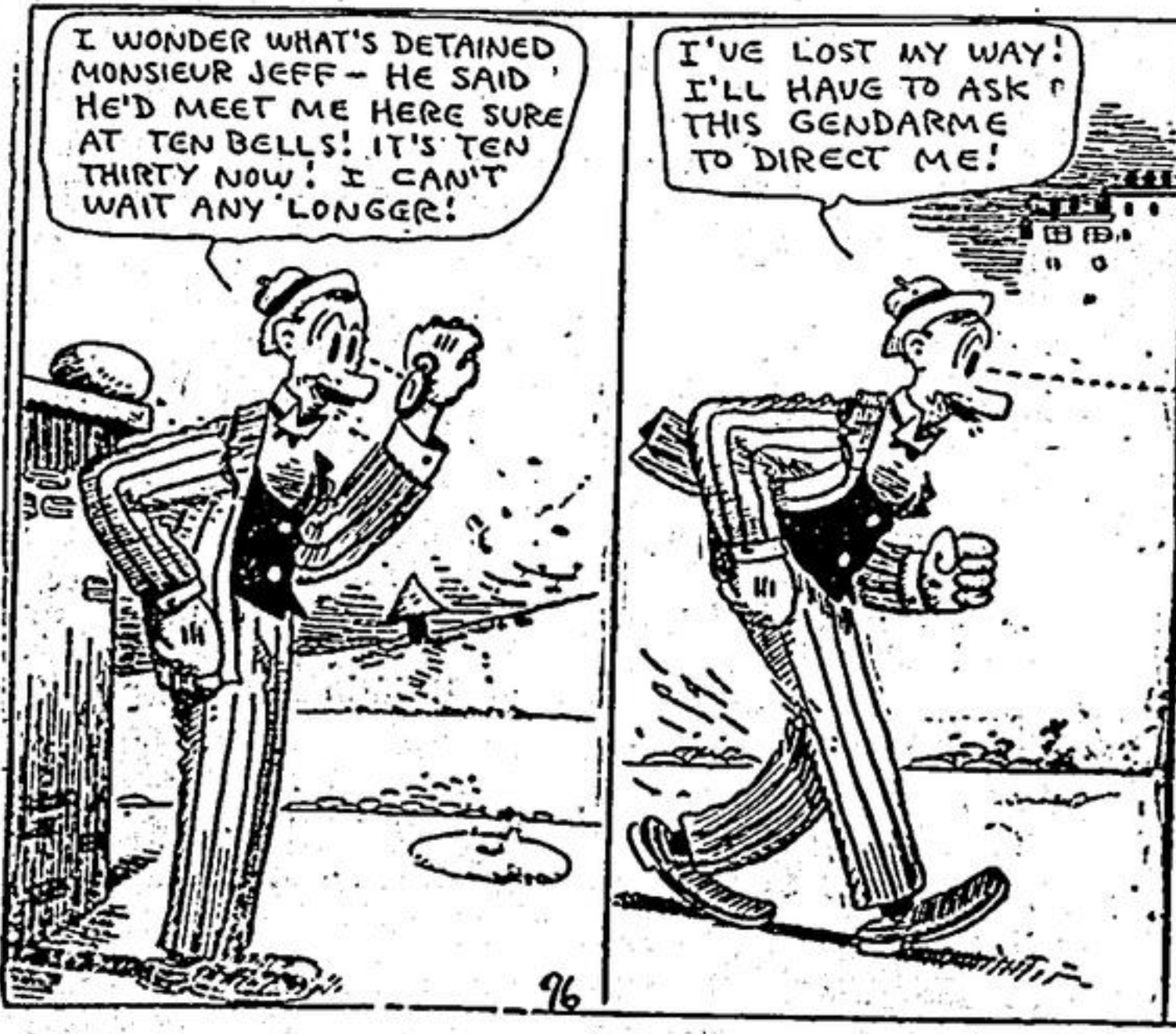
Eddington's contribution to the conference was second in interest only to that of Einstein, on whose discoveries the British astronomer's research is largely based. Concerning the constant annihilation of matter, The Times quotes Eddington as saying:

"The possibility, or perhaps probability, that the universe is slowly dissolving into radiation raises the question of whether there is any counter process. May not the radiation traversing the world somehow collect and form itself anew into protons and electrons? On this point you may guess what you will; I have no light to throw."

"But don't forget that, although we might provide in this way for the renewing of matter that has dissipated away, and for the renewing of stars that have died out, there is an inexorable running-down of the universe as energy is degraded from an organized into a more disorganized form."

"Subatomic energy may extend the life of the universe from millions to billions of years; other possibilities of rejuvenation may extend it from billions to trillions. But unless we can circumvent the second law of thermodynamics—which is as much as to say that unless we can make this run backward—the universe must ultimately reach a state of uniform changelessness."

MUTT AND JEFF—By BUD FISHER



You Can't Blame a Guy For Picking Up a Piece of Change.

Fiction Comes to Life

Among the many pageants which are being held in England this summer, one of the most interesting is being staged at Selworthy, an Exmoor village near Minehead.

Most of the pageants take incidents in history but this one goes to fiction for its inspiration. The players in it are reliving a number of scenes from the famous novel, "Lorna Doone," whose scene is laid on Exmoor.

The pageant is to be staged on Selworthy's old-world village green, and many of those taking part in it will be descendants of men who might have fought with the Doones, the outlaws who play so big a part in the story.

One of the episodes will be the wedding scene, and another the fight in the bog between Jan Ridd and Carver Doone. The pageant will conclude with an Exmoor harvest home.

—Answers.
"Was Dawber's plan to thrash the editor carried out?" "No; but Dawber was."