NEWS AND VIEWS FOR WOMEN READERS

Oh! ROMAN MEAL MUFFINS-Splendid. Yes, Yes, steaming hot! They always agree with me-and I love them.

Keeps the family fit



Dame Fashion and Common Sense agree

It's astonishing how many ladies are wearing wool "undies," particularly when they can wear pure woollen vests-as soft as the finest flannel-made with low neck and no sleeves, that can be worn with the present fashion of dresses.

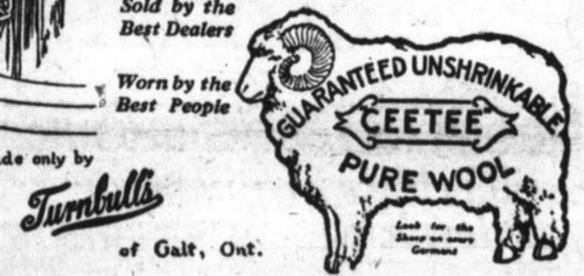
This is partially the reason for the great demand for



made to match

Other reasons are the fine unexcelled softness, and high quality that can always be relied on in TURNBULL'S under-

You can get these beautiful; fine wool ests and bloomers to match, in pure wool "CEETEE" No. 225 or wool mixture Turnbull's No. 420.



The inside of the church spirit! The man who does not believe vivid as an oriental experience of out to be as manifest on the out- there is a God ought never be found yesterday; and the unbroken tradi- wholesome to be called back by Abra-From an actual business stand-

A VISIT TO ABRAHAM'S TOMB

The International Sunday Sch ool Lesson for October 7th Is, "Abraham a Blessing to the Whole World."-Gen. 12:1-4; 18:17, 18; 22:15-18.

By William T. Ellie.

More than a dozen years ago, aft- Land. is too startling to expect.

ing upon the founder of Monothe-liness than do the Christian churchism, the first interpreter of Jehovah, es in the Orient. the one and supreme God. diggings are to be started this the high and rare privilege or visit-Autumn in old Jerusalem, where ing these tombs where, for four once he offered up Isaac as a proof thousand years, these men of faith of his loyalty to Jehovah; and have rested, according to the ancient these will assuredly result in reve- Book of Genesis. The flesh-andlations that will arrest the atten- blood reality of Abraham impresses tion of civilization. The finding of one at Hebron. What king's grave the tombs of the kings on Ophel, the has so certainly been kept for a peroriginal Mount Zion, seems almost jod of this length? The much pressa certainty. In Egypt, Prof. Flin- agented tomb of Tut-Ankh-Amen is ders Petrie has unearthed new evi- not so old as that of Abraham, and dence of an ancient Israelite settle- he himself was comparatively finding illuminating inscriptions. oak of Mamre, and to the vineyards Aleppo, which embalms traditions of Eschol, where the grapes were of Abraham in its name, may give flourishing in abundance, I somehow up to French scientists the secrets had the feeling that, in a way yes that lie hidden beneath its great to be revealed, the personality and castle. Hebron, with its rich mem- message of Abraham are soon w ories of the patriarchs, is now ac- mean more to mankind than ever cessible to a few properly accredit- before. ed visitors.

A Trip to Old Hebron.

I have just come from a visit to Hebron, and the graves of Abraham and Sarah, Isaac and Rebecca and Jacob anl Leah. The experience is a moving one. Many sacret sites leave me cold; and I am inclined to be sceptical about shrmes in general. Not so with Hebron. Genesis record is explicit that there about Jehovah, who revealed himin the cave of Machpelah, bought self completely only in his Son, our for four hundred shekels of silver Saviour. Nevertheless, in a period by Abraham from Ephron the Hit- when we have overlaid Christianity tite, the patriarchs and their wives with refinements of ritual and dogwere buried. The place is carefully ma and ecclesiasticism; and when located; the whole transaction of the minutae of procedure and practhe purchase of the real estate is as tice are stressed by many as the tion of the centuries points to this ham to the majestic and essential Free salvation don't mean free very cave as the tomb of the family first truth that God exists, and that

er a rather comprehensive tour of Over the cave, which is now seal-Mesopotamia, I wrote in these Les- ed up exactly as was recorded in sons that any young man with the eleventh century, there is an money, and a taste for the Bible ancient church, which has been and for archaeology, could have the turned into a mosque. There are finest of adventures, and win fame two holes leading into the. cave; for himself, by digging on the site one an aperature in the side, by the of the first home of Abraham, Ur or stairs, at a point beyond which no the Chaldees. That opportunity is Jews are allowed to pass, where ,as now lost, for the University of I saw, Jewish women go to pray for Pennsylvania and the British Mu- sons at the tomb of Sarah, dropping seum have jointly carried out this written prayers the while into the excavation, and the discoveries cave. The other hole is in the top made last Winter have stirred the of the cave, opening into the interwhole world of cultured folk. The for of the mosque, and through little cuneiform tablet from Ur this a small boy is lowered at inwhich I got from an Arab while frequent intervals to gather up the travelling there, dated in Abraham's papers that have accumulated. cwn day, seemed to make the father Aside from the cenotaphs, covered of faith near and real; but now the with gold-embroidered green cloths, whole life of this city and time is which commemorate all of the being uncovered; and no discovery bodies below, there is no display or ostentation about the tombs. Mos-This seems to be Abraham's day. lems maintain shrines in far great-By many lines, interest is converg- er simplicity and dignity and seem-

> New Real reverence fills one who has At Beison, Prof. Fisnes is nonentity. As I went out to the

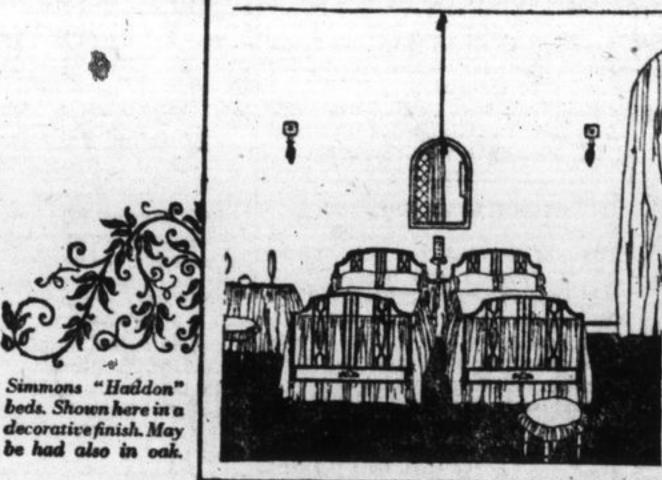
> > A Hero of Three Religions. Jews Christians, and Moslems all do reverence to this first hero of faith, to whose abode civilization and scholarship are nowadays penetrating with new interest. Perhaps a return to Abraham may mean a revival of the religion of the reality and unity of God. That was his message, even as it later was Mo-The hammed's. It is not the full truth

> > > Religion is not a matter of the fashion of one's dress, or the meetngs one attends of the organization to which one belongs; it is be fore all else, a recognition of the Godship of Jehovah, and of humble obedience to Him. This was the tremendous truth, which, in an idolatrous age, made a "come-outer" of Abraham, and set him forth upon the supreme adventure of the ages.

The Audacity of a Dreamer. All the East is full of tales of Abraham: I wish there were space to tell the characteristic one which I heard at Urfs, and of Abraham's traditional sojourn there. This man, who wandered far and slowly over our day's most troubled area of the Near East, was so great a personality that his memory has outlived all the major empires of antiquity. From far down below Bagdad, where once the city-state of Ur flourished, along with others over which the sands of the centuries have also drifted, he journeyed northward and eastward, in obedience to a Divine vision.

No mere tent-dwelling Bedouin was he, rude and unlettered, but a city man ,of learning, force and substance. What a flood of light the recent excavations have shed upon the assumption that even Moses, who lived five centuries later, could not read or write! riches and a retinue, Abraham left Ur of the Chaldees and after sojourn in Haran, in upper Mesopotamia, he followed his Divine leading to southa homejand of faith, and today one of the world's most vexed policital

We need not become enmeshed in spiritual subtleties as we study Abraham's life. The big, outstanding truth is that he risked everything for the sake of his gleam. He had a perception of God that past six months, from a wide diwas in advance of his age. A rev-versity of persons, what a Briciation had rewarded his reverent, tish staff officer said to me last questing spirit in an idolatrous night with something like dient to his heavenly vision. That a single light on the horizon; cost this man Abraham the suris the big fact about Abraham, or there is no star in the sky. We render of his only son to be obedany other man. So long as even a are left without any leadership, lent to the limit. Anybody who small proportion of the people Our supposed great ones have be thinks that the high way of loywill stake their personal interests trayed the world. I tell you our alty to God is a fragrant path of upon the pursuit of a sacred sum-people are depressed beyond words roses and ease has not read aright





You cannot afford to economize on sleep

Sleep is the most important of costs only two or three cents per life's few necessities. Total loss night for all its years of use. of it kills any animal in a week, while men have gone without food for 50 days and recovered.

Yet the majority of Canadians spend lavishly for food, year after year, and make their beds objects of unthinking economy.

For this mistake they pay-pay in mental energy and physical well-being—pay even in years of life. And all the while, the best spring and mattress made

The Ostermoor Mattress Check up on your sleep equipment tonight. Then go to a furniture store and examine the famous Ostermoor Mattress at \$30 - for thirty years the finest mattress value in Canada. Study the whole range of Simmons mattresses, springs and beds, now offered at prices to fit any pocketbook. Simmons Red Label, Green Label and White Label mattresses cost less; all are built in clean factories of sanitary new materials; each is highest quality at its price.

Look for the Simmons Label. Beware of imitations Write for your copy of "Restful Bedrooms" to Simmons Limited, Montreal, Quebec

Mattresses



We Handle Only-Simmons Beds, Springs and Mattresses.

JAMES REID PHONE 147 FOR SERVICE



Maintain your children's health and offset the strain of study by giving them

"OVALTINE" is the ideal beverage for children's daily use. It comprises all the vital food elements needed to maintain rugged health and provide for childhood's rapid physical and mental development. "Ovaltine" requires only half the digestive effort needed for milk, and children enjoy its delicious flavour.

"Ovaltine" contains more nourishment than 3 eggs, 7 cups of cocoa or 12 cups of beef extract.

At all druggists . 50c. - 85c. - \$1.50

Canadian Office: A. WANDER, LIMITED, 455 King Street, West, Toronto.

ty-seeking, material-minded men liance of the figure of this great umph lead through a Gethsemane. and women who will risk nothing character Abraham, who dared dis- Abraham and Jesus were neighern Cannaan, which thereby became for an ideal or a vision. It is the regard all prudential and person- bors in the Garden of Sacrifice men who dare to be different, and al considerations, in audacious loy- and Surrender. But both became who are not afraid to stand or alty to the highest sense of duty. saviour. Civilization makes spiritwalk alone, who are best blest- It takes a rare quality of heroism and pilgrimage to Hebron and Jerued by a becoming a biersing to their to live life on loftlest levels. In a salem today because Abraham dar-

How often have I heard in the

sordid .time to seek steadfastly ed go the limit for God. spiritual ends is a mark of real greatness. To put God and duty first, with nothing else even second, is to move up into the foremost ranks of character. It made Abraham, "a friend of God," and a benefactor of all mankind.

If wishes were fishes a lot of peo-

TAXI place and time; and he was obe-guish in his voice: "There is not Of course there is a price. It SERVICE 960

Blackheads simply dissolve and disappear by this one simple, safe and sure method. mons, then the future of the race by the plight into which we have either Scripture or life. Men are less not in the been put." Against this dark modicine and sure method not made a blessing to their kind from any drug store—sprinkle it on a lot made a blessing to their kind from any drug store—sprinkle it on a lot, wet cloth, rub the face briskly—lot, wet cloth, rub the face br

