The International Sunday School Lesson for June 21 is "Peter Delivered From Prison."—Acts 12:1-24.

By WILLIAM T. ELLIS

caps," or porters, New York railway points, that have light for the life stations now have a green cap mes- of our own everydayness. And the senger service, to fulfil any sort of first of these is our attitude toward service that may be needed by a trouble. For trouble is inevitable in passenger. Heaven has its messen- everyone's experience. Some of us gers -- which is the English word for | have great troubles. Others magnify the Greek "angels"-to run unex- all our trifling inconveniences until pected errands; and this Lesson re- they seem to be great troubles. Many lates how one such was sent to Pe- act as if the fact of trouble gave

There is comfort beyond all telling her. assurance, "He shall give

needs its own fresh experience of committee to them. God. If it requires trouble to afford | That young man was of the Peter experience, trouble is cheap at the spirit, which kept a sweet sense of

The greatest heresy of all is sim- with the great host of working peolove and care. Underlying all other his case it was made serene by a belief is the confidence that "He clear consciousness that his Heavenkeepeth the feet of His saints"; and ly Father was looking out for him. that the Lord who sent His Angel to deliver Peter from prison still has other messengers to run His errands in this month of June, 1925. Peter's God has not gone out of bus. bonor to these miners of spiritual

How Do You Meet Trouble ? I, and the long line of Herods; and do they appear as celestial figures, the ruins of their proud palace that robed in shining glory. Usually they one may visit today.

those "four fours" of Roman sold. ly operative God who shows His iers who guarded Peter, take us into greatness in no ohter way more than entertaining by-paths; with today's by His care for the small concerns question of prison methods, and of of His children, is ever guarding by political prisoners in particular, cal- His messengers the welfare of His ling for discussion. Little more than beloved. a year ago I had the privilege, when lease to the captives."

WALKED THE FLOOR FOR HOURS NERVES WERE SO BAD

Wherever there are people who are shattered nervous system to a per-

Mrs. W. W .- Aulthouse, Woodrous Ont., writes:- "After having a severe attack of bronchitis I was left in a very weak, run-down condition; my corner, holding a praise and praynerves were all broken up; could not er service all by himself practical sleep at night, and would have to Peter woke up to the realization get out of bed and walk the floor for that he was no longer being person-

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began to feel much better, and after taking a few more boxes I could enjoy my rest as well as I ever did. I always recommend them to all my

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In addition to the familiar "red must stick to two or three essential

them a grievance against God. Right at the outset we need to heard a foolish old woman in a ket hold of this old, old teaching of | Washington street car the other day, the Christian religion, that Gou relating to a companion, so that her does care for His own individually, voice filled the car, how sick her son and that special providences are an had been and how bitter she was at part of the Divine law. God for having dealt so unfairly with

Better was the attitude of a young His angels charge concerning thee." | newspaper man whose room in the the Lord did for Peter, he Y.M.C.A. had been entered and all for his friends. In these his possessions stolen: "Oh, it's just restless, troubled times, men and one of the bumps of life, and a felwomen need to pillow their souls up- low must get used to them." That on the promises of a covenant-keep- young man declined his father's ofing God, who, as Jesus assured His fer to replenish his wardrobe; and friends, knows and cares for our he even refused to become bitter at the failure of the Y.M.C.A. officials Only so is faith kept vital. Every to make compensation for their own generation, every individual life. failure to safeguard what had been

proportion. When the angel visited Newspapers and magazines are Peter in prison he found him sound vociferous nowadays concerning the asleep! Unjustly a prisoner, chained doctrinal matters which various to two soldiers, with only the stone kinds of Christians do or do not be- floor of a cell for a couch, Peter lieve; and there is much talk of slept more sweetly than crafty and "heresy" Sensible folk-and Chris- vain Herod Agrippa in his palace. tions who work at their religion are | That is what faith in God does for a usually men and women of uncom- disciple. A fisherman's fortitude, monly sound judgment-will not be which could take life's "bumps" misled by all this noisy discussion. | along with its boons. Peter shared ple lack of faith in God's everyday | ple in all lands and times; only in

When the Angls Come

Scholars who dig into the significance of Scripture's language- all gold and precious stones!-tell us that the Greek verb used in our Lesson to describe the appearance Actionful and dramatic as a good of the angel to Peter is the same as motion picture, this incident in the that which is used of the angel's lief of the early Church opens up a visit to the shepherds at Bethledozen inviting avenues of considera- hem. Not always may God's angels tion I want to write about Agrippa be so carefully catalogued. Seldom are unrecognised providences. But Roman criminal procedure, and a watchful, interested and personal-

Something like a general law of in the Holy Land, of securing the re- providence is made plain by the anlease from an island dungeon of se- gel's conduct with Peter. He unloosven Syrian patriot leaders. So I am ed the chains that Peter could not particularly interested in that plank | break; but Peter had to dress himself of the platform of Jesus wherein He It was the angel who led him, as in declared, in the Nazareth synagogue, a dream, past the guards, through-"He hath sent me to proclaim re- the multiplied gates of the prison: but as soon as Peter was placed on Instead of following out the al- one of the familiar highways of the luring byways of the Lesson, we old city of Jerusalem, the angel disappeared. "God helps those who cannot help themselves." No angel ever does for mortal what mortal can do for himself. Dependence upon Divine Providence is an incentive to personal initiative and effort, rather troubled with deranged nerves they than substitute therefor. It was not will find in Milburn's Heart and until the angel had left him that Nerve Pills a remedy that will re- Peter really came to himself and unstore the equilibrium of these de- derstood what had taken place. ranged centres and bring back the God's ways with men are never seen clearly from the far side of the ex-

> One Woman's Way As he stood on the dark street ally conducted to safety. The angel had left him upon his own resources to keep out of the clutches of Agrippa's now wrathful and outraged minions, and to establish contact with his friends.

Where should be go? What should he do? Of course, there was only one answer. Whose house, in all Jerusalem, was the likeliest rendezvous of the brotherhood? Peter knew instantly, even as Jesus had known before him; for the home to which Peter repaired was probably that which contained the sacred Upper Room of the Farewell Supper. That association had given a new sacredness to this secret centre of fellow-

Mary, the mother of Mark, was woman with a genius for friendship could warm the hearts of others dispute with one another, God's an members in need. who did. What her home had meant gels are kept busy. Whenever it is to the Master, and later to His friends, only they could know. Out of this Lesson Mary speaks down the ages the old, old-and now un-

fashionable message of hospitality. Do you want the explanation of John Mark, whose deathless Biography of Jesus was the first and most vivid; and who himself labored with Barnabas and Paul? The answer is simple: he grew up in t home great in Christian hospitality. and his inheritance and associations made him what he became, I rather fancy, also, that Mary's hospitable bome accounts somewhat for the eareer of her brother Barnabas. By the shortest route of all-via the prayer path that runs through the throne of God-the Christians

in Mary's home were linked with

Peter in prison. We could not under-

stand the story of the angel with-

out the picture of the brotherhood

The Borden Co. Limited

That the Canadian Mother May Have Quick and Ready Information On Feeding Her Child -BORDEN'S EAGLE BRAND MILK-

In the following charts and data we provide the Canadian mother with the necessary information she may require for the use of Borden's Eagle Brand Milk for her child. You will note that the directions provide for a child from three days of age through until the child is 24 months old.

In addition to the directions for feeding Borden's Eagle Brand Milk, the mother should read carefully the suggestions which should be adopted in connection with the use of Borden's Eagle Brand Milk. The Borden Company Limited is proud of the fact that it has been helpful in the raising of many, many Canadian infants into sturdy boys and girls and men and women who are a credit to their country. For further information, do not hesitate to write direct to The Borden Company Limited—Montreal.

TABLE OF DILUTION STRENGTH AND TIMES OF FEEDING "EAGLE BRAND" CONDENSED MILK

| AGE | Hours Between Feedings | Feedings During the Night | Quantity At each Feeding | Quantity Fed in 24 Hours | Teaspoonfuls of "EAGLE BRAND" to ounces of boiled water | Feedings in 24 Hours |
|------------------------|---------------------------|------------------------------|-----------------------------|-----------------------------|---|-------------------------|
| 3 to 7 Days | 2 | 2 | I to 11 ozs. | . 10 to 15 ozs. | to 11 ounces water | 10 |
| 2 to 3 weeks | 2 | 3 | 1½ to 3 ozs. | 15 to 30 ozs. | 1 teaspoonful "EAGLE BRAND" to 2 ounces water | 10 |
| 4 to 5 weeks | 3 | 1 | 21 to 31 ozs. | 22 to 32 ozs. | 2½ teaspoonfuls "EAGLE BRAND" | The 1-911-11 |
| 6 weeks to 3 months | 23 | 1 | 3 to 41 ozs. | 24 to 36 ozs. | 3 teaspoonfuls "EAGLE BRAND" to 4 ounces water | 8 |
| 8 to 5 Months | 8 | 1 | 4 to 51 ozs. | 28 to 38 ozs. | 4 teaspoonfuls "EAGLE BRAND" to 5 ounces water | . 7 |
| 5 to 9 Months | . 3 | 0 | 5 to 7 ozs. | \$0 to 42 ozs. | 5 teaspoonfuls "EAGLE BRAND" to 6 ounces water | 6 4 |
| 9 to 12 Months | * | _ O _F | 7 to 9 ozs. | 35 to 45 ozs. | 6 teaspoonfuls "EAGLE BRAND"s to 7 ounces water | *.5 |

IMPORTANT.—In preparing feeding mixtures it is imperative that all utensils, bottles, nipples, etc., should be sterilized in boiling water before using. Use a dry spoon in removing contents from the can, and in measuring be careful to pour from can to spoon, allowing the milk in the spoon to level itself. Repeat this procedure with every spoonful measured, using the same spoon every time. This will insure accurate measurement and produce the best results.

DIET FOR CHILD DURING THE SECOND YEAR

Usually after the twelfth month, the mother should select a diet schedule. Every new article of food should be carefully prepared, and given at first in very small quantities. All meals are to be given regularly, with nothing between meals. With many children this expansion of the diet list is attended with considerable difficulty. They are thoroughly satisfied with milk, and refuse all other form of nourishment. In such cases, withhold the milk until the more solid articles of food have been eaten. If both are given at the same time, the child will prefer the milk and when he has finished drinking it he will refuse the solid food. The following diet schedule will permit the mother to select a suitable meal from the foods listed. It is never advisable to make a change in diet during very hot weather.

NOTE: One teaspoonful of EAGLE BRAND CONDENSED MILK added to one ounce of boiled water results in a mixture equivalent in nutritive value to whole milk. When-

7 A.M.—Oatmeal, barley, or wheat jelly, one to two tablespoonfuls in 6 or 8 ounces of milk. Stale bread and butter, or rusk and butter.

9 A.M.—The juice of one orange.

11 A.M.—Scraped rare beef, one to three tablespoonfuls, mixed with equal quantity of bread and moistened with beef-juice. Or a soft-boiled egg mixed with stale bread-crumbs; a piece of rusk and 6 or 8 ounces of milk.

3 P.M .- Beef, chicken, or mutton broth, with rice or stale bread broken into the broth. Six ounces of milk, wanted. Stale bread and butter or rusk and butter. Many children at the above age will take and digest applesauce and prune pulp; when these are given, milk should

6 P.M.—Two tablespoonfuls of cereal jelly in 8 ounces of milk; a piece of rusk. Stale bread and butter.

10 P.M.-A tablespoonful of cereal jelly in 8 ounces of

ORANGE JUICE When baby is four months old, give one teaspoonful of strained orange juice, diluted with equal quantity of boiled water, once daily before feeding time. Gradually increase the amount until you are giving the strained juice of a half

When baby is five months old, add one teaspoonful of oatmeal jelly to each feeding. Gradually increase the amount until you are adding three tablespoonfuls of oatmeal jelly to each feeding. To make oatmeal jelly add four ounces of oatmeal to one pint of water; boil for three hours in a double boiler, and add enough water so when cooking is completed a thin paste will be formed. This while hot is forced through a strainer to remove coarser particles. When cold a semi-mass will be formed. Oatmeal jelly may be continued until child is old enough to eat

12th TO 15th MONTH---FIVE MEALS DAILY 15th TO 18th MONTH--FOUR MEALS DAILY. 18th TO 24th MONTH--FOUR MEALS DAILY

7 A.M.—Oatmeal, hominy, cornmeal, each cooked three hours the day before they are used. When the cooking is completed the cereal should be of the consistence of a thin paste. This is strained through a colander, which upon cooling will form a mass of jelly-like consistence. Of this give two or three tablespoonfuls, served with milk. 8 or 10 ounces of milk as a drink. Toast.

9 A.M.—The juice of one orange.

11 A.M.—A soft-boiled egg mixed with stale bread-crumbs, or one tablespoonful of scraped beef mixed with stale bread-crumbs and moistened with beef-juice.

stale bread-crumbs and moistened with beef-juice. A drink of milk. Rusk or bran biscuit, or stale bread and

3 P.M.-Mutton, chicken, or beef broth, with rice or funket or with stale bread broken in the broth. Custard, corn-starch, plain rice pudding, junket, stewed prunes, 6 P.M.—Farina, cream of wheat, wheatena (cooked two hours). Give from one to three tablespoonfuls, served with milk. A drink of milk. Rusk or stale bread and

7 A.M.—Cornmeal, oatmeal, hominy (prepared as in the above schedule). Serve with milk, or with butter and salt. A soft-boiled egg every two or three days. Hashed chicken on toast occasionally. A drink of milk. Bran biscuit and butter, or stale bread and butter. " 9 A.M.—The juice of one orange.

11 A.M.—Rare beef minced or scraped; the heart of a lamb chop, finely cut. Chicken. Spinach, asparagus tips, squash, strained stewed tomatoes, stewed carrots, mashed cauliflower. Baked apple or apple-sauce. Stale bread and butter. After the twenty-first month, baked potatoes and well-cooked strained beans. 3 P.M.-Chicken, beef or mutton broth, with rice or

with stale bread broken into the broth. Custard, cornstarch, or plain rice pudding, junket, stewed prunes. Bran biscuit and butter or stale bread and butter. 6 P.M.—Farina, cream of wheat, wheatena (each cooked two hours). Give one to three tablespoonfuls, served with milk, or with butter and salt. A drink of milk.

Rusk or stale bread and butter.

The following suggestions have proved to be helpful when properly used with bottle feedings, and they may be used in conjunction with Eagle Brand Condensed Milk.

Always pour the milk from the can into the spoon—allowing it to level itself but not run over. You can readily understand that by dipping the spoon into the can you get more than a level spoonful, because of the milk that would adhere to the bottom of the spoon. When you have added the milk to the water stir thoroughly. This is important. After opening, it is safe to leave the milk in the original can. We recommend that you cover the can tightly with an inverted cup, and keep it in a cool, clean place.

of an orange undiluted, once daily before feeding time. Orange juice may be continued until child is old enough to eat other fruits as well as oranges.

OATMEAL JELLY

well cooked whole cereals.

CONSTIPATION

Oatmeal water very often relieves this condition. To make oatmeal water add one heaping tablespoonful of oatmeal to one pint of water, and boil for three hours in a dou-ble boiler. This will make a little more than half a pint of thick gruel to which add one pint of water that has been boiled. After straining mixture through fine strainer, you should have a little more than a pint of whitish liquid. This should be used with each feeding instead of the plain boiled water. If you find that this makes bowels too loose, dilute oatmeal water with plain boiled water.

Barley or rice water may be used instead of oatmeal wa-

ter. If necessary two to three drops of plain codliver oil may be given twice daily added to the morning and night

DIARRHEA

Give nothing but plain boiled water for twenty-four hours. Then start feeding with barley water, or rice water, to which has been added a little salt to improve the taste. If these feedings are retained, and bowel movements lessened, small amounts of very weak regular feedings may be started and gradually increased according to baby's condition. If your baby does not improve after trying the above suggestions, consult your doctor at once.

BARLEY WATER

Obtain the very best barley flour. Add one rounded tablespoonful to one pint of water. Boil for thirty minutes, strain; then add enough water to make one pint. RICE WATER

Add one tablespoonful of rice to a pint of water. Boil three hours, adding water from time to time so that you will have one pint of rice water at the end of the three

LIME WATER

It is seldom necessary to use lime water with Eagle Brand Milk but should there be undigested particles of food in the bowel movements (which seem to be otherwise normal) or should there be vomiting of large curds shortly after feeding—or colic—it would be then advisable to try lime water.

Obtain freshly prepared lime water at the Druggists, of
which add 1 to 2 teaspoonfuls to each feeding.

COLIC OR VOMITING

These conditions may be due to over feeding, or constipation. Reduce quantity of food and use constipation formula, or lime water formula, as given above.

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not do great deeds herself; but she for one another, oftener than they a fellowship of prayer for all the there was a fisherman's fist at the



Writing Paper

and hospitality. Perhaps she could at prayer. When Christians pray true to type, the Christian Church is during the Master's trial?), and

The Girl at the Door "Wasn't that just like a woman" the Greek), recognizing his voice, for simple action. ran away in excitement, forgetting . Ah, what a scene followed! tly able to prove himself.

end of his arm, so he soon made himself heard and admitted, despite the foolish arguments within.

Doubtless Peter grinned at the premany a man Sunday School teacher dicament in which he had been will exclaim, as he reads how, when placed by silly Rose, who was quite Peter knocked at the door of Mary's modern in her natural inclination to home, the girl Rose (or Rhoda, in substitute ecstacy and speculation

to open the door. Quite like a lot fires the imagination. There, frontof modern churchmen, the assem- ing the amazed and incredulous bled Christians, upon hearing the brotherhood, stood Peter, telling his maid's report, got into a discussion | wonderful story, that must have as to the nature of the phenomenon evoked ejaculations of praise from she reported. Instead of arguing, the radiant-eyed hearers. Before he they needed only to open the door. fled to safer quarters, from the en-So, in place of present fruitless doc- raged and baffled Romans, Peter trinal squabbles, the Church of our bore his testimony. That is how the time should open the door, and let Gospel goes and grows simply by in the living Christ who is abundan- the telling of the Story. Not debaters, but testifiers, is the day's dem-Apparently, there was a rich Gal- and. Those who have experienced flean burr to Peter's voice (do you God's favor and fellowship, should recall how it made him a marked say so. "Let the redeemed of the man as he slunk away from Jesus Lord say sol" is a text for the day.

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