

Sunday School Lesson

July 13. Lesson II—Jacob (A Selfish Man Transformed)—Genesis 25: 23-34; 28: 18-22; 29: 18-20; 33: 1-4. Golden Text—For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?—Matthew 16: 26.

ANALYSIS.

I. TAKING ADVANTAGE OF A BROTHER'S WEAKNESS AND A FATHER'S BLINDNESS, Gen. 25: 23-34; 27: 1-46.
II. BARGAINING WITH GOD, chapter 28.
III. CONFESSION AND RECONCILIATION, chapters 32 and 33.

INTRODUCTION—Jacob, the grandson of Abraham, is one of the most puzzling characters in Old Testament story. There is much in him that is mean and dishonest, much also that is very fine and noble. It is true that he cheats his brother both of his birthright and his father's blessing, but it is also true that he values very highly that birthright with its great material and spiritual inheritance, held in such light esteem by Esau. The spiritually-minded and ambitious Jacob stands out in the story, with all his faults, in striking contrast to Esau, who, to gratify the appetite of the moment, sells that which would have made him heir to the promise of Abraham.

I. TAKING ADVANTAGE OF A BROTHER'S WEAKNESS AND A FATHER'S BLINDNESS, Gen. 25: 23-34; 27: 1-46.

Jacob's pottage was made of lentils, still a favorite dish in the east and usually stewed with onions, rice, and oil, or small bits of meat and fat, and seasoned to the taste (Driver's "Genesis"). The birthright which Esau parts with so lightly, accompanied by the father's blessing (chap. 27), would probably have made him head of the tribal community and heir to the greater part of his father's possessions. Pressed by his appetite he sells the future for an immediate gratification. Jacob takes a mean advantage of his heedless brother. To satisfy a far-seeing ambition he is willing to scheme and plot and lie. But of the two he is clearly the stronger character and capable of the greater achievements in life. It may be that the character of Esau was reflected in the Edomites who claimed descent from him, as that of Jacob in Israel.

II. BARGAINING WITH GOD, chapter 28. Jacob, a fugitive from his home in southern Palestine, fleeing from his brother's wrath, and commanded by a jealous mother to choose a wife of her own and his father's kinsfolk, not like Esau of the daughters of the land, lighted upon a certain place where he tarried for the night. There in restless slumber he dreamed a dream of angels on a stairway which ascended to heaven and the Lord standing above it. There his regeneration began. It is true that Jacob's scheming, self-seeking spirit here again asserts itself. His morning vow is conditioned. If God will be with me and will keep me, then shall the Lord be my God. There is nevertheless genuine piety in this vow, a real desire and seeking after God, even though it is still on the lower plane of material advantage and success.

III. CONFESSION AND RECONCILIATION, chapters 32 and 33.

After many years Jacob returns to Canaan with his family and his servants and his flocks and herds. At the ford of the river Jabbok, east of Jordan, he hears that Esau is coming to meet him with four hundred men, and he is greatly afraid. Perhaps not until now did his conscience really trouble him as regards his treatment of Esau, and now his conscience is awakened by fear of Esau's vengeance. Jacob does three things. He divides his followers into two companies with the hope that if one is attacked the other may escape. He sends forward his servants with rich presents to meet his brother. Then he prays to God for deliverance, chap. 32: 9-12. Night falls and alone by the river he wrestles with an invisible adversary. Was it not that God's Spirit was urging him to a real repentance? When at last he answered the question, "What is thy name?" and said, "It is Jacob, his confession was made. For the word Jacob really means a supplanter, one who takes the place that rightfully belongs to another. The name fitted well his character. Now that he has confessed and admitted his guilt he receives the blessing which he sought, and a new name, Israel, for as a prince he had prevailed with God.

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

LOVE

O there is nothing holier in this life of ours, than the first consciousness of love—the first flutterings of its silken wings—the first rising sound and breath of that wind which is so soon to sweep through the soul, to purify or to destroy.

In King Arthur's Footsteps

Those who regard the stories of King Arthur and his knights merely as rather charming fables for children will be surprised to learn that an international Arthurian Congress is to be held in Cornwall this summer.

Scholars interested in Arthurian research are expected to come from America and from a number of European countries in order to attend the congress. They will make a tour of the places in Cornwall associated with the Arthurian legend, and may go on to Wales on the same mission. There are many holiday-makers who visit the scenes of Arthurian romance yearly, yet never realize the fact. They do not know that Camelot is supposed to be Camelot, where Arthur and Guinevere held their court; that the Scilly Isles are the land of Lyonesse; or that Tintagel is the centre of a district rich in Arthurian associations—Slaughter Bridge, for instance, is the reputed scene of the king's death.

What New York Is Wearing

BY ANNABELLE WORTHINGTON

Illustrated Dressmaking Lesson Furnished With Every Pattern



The sleeveless capelet frock of printed silk crepe is probably one of the most wearable types of the season. The soft caress in this chic model falls in soft ripples over the arms, giving the effect of short sleeves.

The fitted basque bodice with button trim and snug line through the hips of the circular flaring skirt is impressive of Princess silhouette.

Style No. 2507 can be had in sizes 14, 16, 18 years, 36, 38 and 40 inches bust.

Plain crepe silk in lobster-red or iris-blue is youthful choice. Printed dimity, printed voile, chiffon, printed batiste and linen are dainty suggestions.

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Sure of His Ground
Straw Hat—"You'll never be as popular as I am, you big stiff!"
Derby—"Possibly not, yet my superiority is felt."

MUTT AND JEFF—By BUD FISHER



Eat and Grow Thin Is Woman's New Cry

By MARIE ANN BEST Introduction



accomplish our object, we would long ago have gotten rid of those extra pounds.

Frequently we pick up the papers and in the doctor's column of questions and answers, we see the oft repeated pathetic call from our fleshy sister, "Doctor, how can I reduce?" These are but a few words but we know they mean a great deal. The reply is generally this, "Reducing is just a matter of self-control," which leaves a sort of feeling of being suspended in the air, for still the "how" is not answered. Someone whispers "diet," but that very word nearly always makes the overweight person balky right at the start, for she sees visions of good things she likes, placed tantalizingly before her with big "touch-me-not" signs on them and therefore thinks she just won't begin. Of course, no one likes to be fat but the question is how to get it off.

I was enough overweight to make me view with consternation every added pound. I didn't think I overate. It is true often I would go to a tea, have a good time and come home, after having eaten sandwiches, cake, and perhaps ice cream, and then eat some supper just to be sociable; while cooking I liked to see if things tasted right and often without thinking would eat a piece of cake, or a cookie, between meals. I felt virtuous because I put a ban on taking second helpings, for I knew they were the cause of more added avoirdupois than anything else: I ate quantities of raw fruit between or after a full meal and thought they only consisted of water and vitamins. But I know better now, and nothing could induce me to return to the old way of eating.

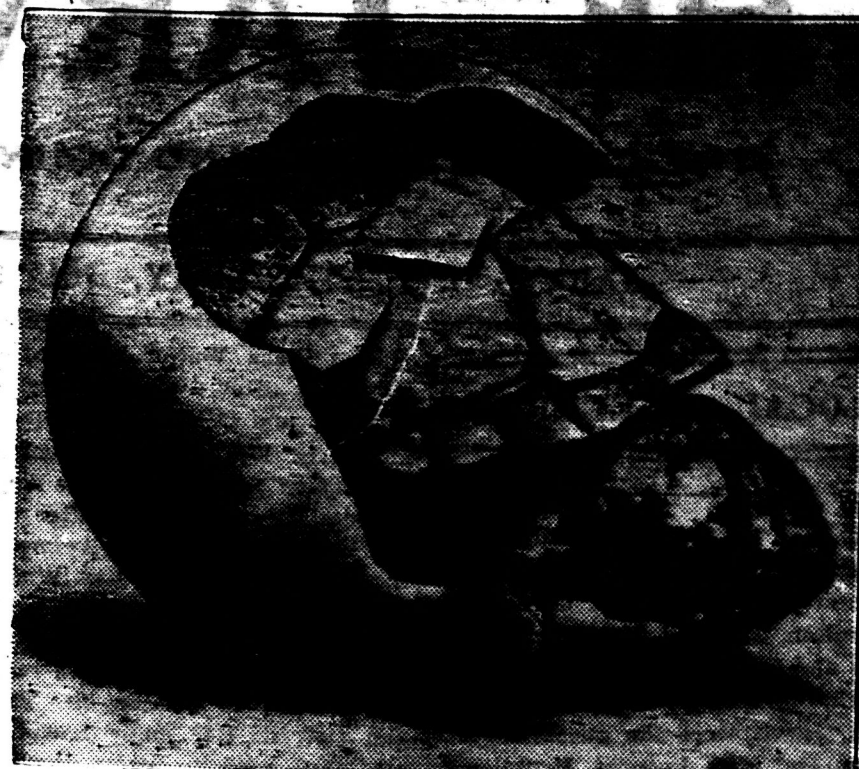
Nothing worth while can be won in a day and to conquer obesity takes time.

But it can be done, and oh joy, it can be done without suffering hunger pangs and without your having to give up all social functions where tempting viands appear to tempt one's appetite. It is going to be done simply by learning food values in calories so you will know what you are doing and why you are doing it. You will attain a slow, sure knowledge that will keep you normal after you get there, and the scale instead of being the enemy it now is, will register so nicely the pound or so gained during the festive season that it becomes but a gentle indicator of the increased pound and your weight can easily be adjusted to normal the following week because you know how.

When visiting a friend one day I happened to pick up a book entitled "Watch Your Weight." It proved wonderfully helpful and a real eye-opener. From then on I delved into doctor's and dietitians' books until I learned what caused my abnormal weight. I found too, I must reduce slowly so as not to injure what health I had, and after carefully working out a system of eating which will be set forth in succeeding articles, discovered to my delight and comfort that my health was greatly improved when I gradually threw overboard the excess baggage I had been carrying in the form of superfluous weight.

But you must not be like the pupil who expected her music teacher to teach and also do the work of practice and study, and then expect in some miraculous way to become an accomplished musician. Things do not work out that way. Do not think you are going to grow normal unless you are serious about it. Think over it and plan for it, for if you follow closely the advice and knowledge I give you, you will reduce around two pounds each week while using the ordinary daily menus. All foods can

A Weird Chicken!



Terrapin, or baby tortoise emerging from shell. This species of tortoise is born from hard shelled egg, while most of the turtle family come from soft shell eggs.

be eaten and if you follow the instructions here outlined you will emerge feeling fine and become slender in three or four months time depending on the number of pounds you wish to take off.

What I learned I joyfully give to my overweight sisters for I have found it largely a matter of diet. It does not mean, however, doing without a fleshy person's favorite foods altogether. I found I could enjoy all foods. I didn't need to avoid them. It is mostly a matter of cutting down on the quantity of certain kinds of foods. If you know the values of foods that will enable you to reduce them and cut down on some of the foods which are your favorites but which if taken in too large quantities add to your weight.

Remember, reducing is a slow process because if done too quickly health is impaired.

Beauty only comes with health and too strenuous reducing methods lower the vitality. But if superfluous fat is gradually dispensed with, in its place will come health, comfort, ease of motion, not to mention improved good looks.

Have a note book and a pot of liquid paste ready next week, and keep these articles for reference as they appear each week in your home paper.

Next week—"Why Should I Reduce?"



Little Ethel—"Don't you like to play with paper dolls any more?"
Little Willie—"No. I put them out long ago."

The Wayside Pool

There is hardly a roadside pond or pool which has not as much landscape in it as about it. It is not the brown muddy dull thing we suppose it to be; it has a heart like ourselves, in the bottom of that there are the boughs of the tall trees, and the blades of the shaking grasses, and all manner and kinds of variable pleasant lights out of the sky. Nay, the ugly gutter that stagnates over the drain of the trail city is not altogether so down in that, if you look deep enough you may see the dark serious blue of far-off sky and the passing pure light of clouds. It is at your will then you see in that despised stream, either the refuse of the street or the image of the sky. So it is with almost all other things that we despise.—John Ruskin.

I like the advice of Josh Billings: "Don't take the bull by the horns; grab him by the tail; it is easier to let go."—Ambassador Dawes.

The Merry Heart Goes All the Way

When you come to a wearisome bit of the road,
Where the stones are thick and the path is steep,
And the back is bowed with the heft of the load,
As the narrowing way is hard to keep,
Don't stop just then for a wasteful sigh,
But challenge the worst with steady cheer;
If nowhere else, there is help on high—
God's angel will hasten, your pioneer.

When you reach a lonesome bit of the road,
Curtailed about with mist and murk,
And you hear faint sounds from the dread above,
Where shivering, grim hobgoblins lurk,
Just laugh to scorn their doleful cries—
This is the place to whistle and sing;
Brush the fog from your fearless eyes,
And close to the faith of your fathers cling.

When you stand at a sorrowful bit of the road,
And a hand you loved has loosed its clasp;
When streams are dry that in sweetness flowed,
And flowers drop from your listless grasp,
Even now take heart, for, farther on,
There are hope and joy and the dawn of day;
You shall find again what you thought was gone;
'Tis the merry heart goes all the way.

—Margaret E. Sangster.

London Birds Like Roar of Traffic

London birds seem thoroughly to enjoy themselves amid the roar and rush of traffic, and some of them adopt the most unusual places for their dwellings.

Not long ago, the golden statue of Peter, Earl of Savoy, which stands in the busy Strand, was being cleaned by workmen. These workmen found that under the shelter of the Earl's shield, Mr. and Mrs. Swallow had actually made their home, and were bringing up a family!

Another strange nest in London was built by a pigeon. For some time, it had brought string and hairpins to a bathroom window, entirely unheeding the fact that these were promptly thrown away again. But at last it had its chance, and was left in peace for a short time. When Mrs. Pigeon was next seen she was sitting in triumph on the completed nest, which rested on a shelf inside the room. It had two eggs inside, and was built of hairpins!

Nurse: "Jimmy, an angel has just brought you a baby brother. Would you like to see him?" Jimmy: "I'd like to see the angel!"

Hints to Drivers

BY ACCELERATOR

There are only a few things about an automobile that need routine attention—engine and chassis lubrication, batteries radiator and tires. The engine, chassis and radiator should be attended to according to the particular needs of your car, but batteries should be watered at least once every two weeks and your tires should be checked at least once a week.

When changing a wheel or rim after a puncture take the spare off the rack at the rear, or out of the fender well, before you jack up the car and remove the flat. Otherwise, in getting the spare loose you may joggle the car just enough to cause it to slip off the jack.

The garages for the old high-pressure tires were marked to measure each five pounds of air, but the gauges for balloons are marked to register each pound. This shows how much more important it is to have exact pressure in balloons.

It's a good idea to have your speedometer checked once in a while. If it registers much too low you may be going a great deal faster than you think and become involved in an accident or an altercation with a traffic officer.

If you should ever have to be towed be careful to keep your foot lightly on the brake pedal, so that if the towing-car stops, or slows down unexpectedly you can do likewise before you climb up on its rear bumper. And if you are doing the towing warn the other driver to watch out.

Scraping a tire against the curb when parking, or hitting the edge of the curb, is one of the best ways in the world to shorten the life of your rubber. Such carelessness is expensive.

Look Wide!

A little gipsy boy lay on his back in a meadow where the dew still sparkled on the grass. A few yards away a lark suddenly rose from her nest and flying up and up until she was almost out of sight, sang the joy of the morning, then swiftly and surely dropped to the green.

"Why do you fly so high to sing your song?" asked the gipsy boy, wondering.

"Oh, when I'm above everything I can look wide at all the beauty of the country," whispered the lark, "and it just makes me sing."

Presently the boy rested again beneath a great tree, and looking up through the spreading branches, he murmured, "I wonder why the tree grows so high, and throws out its branches so far?"

"To look wide," rustled the leaves, "and to see as much of the sky as we can."

He saw bluebells hanging from tall stems. "I suppose they are looking wide too," he said.

"Yes, yes, there's so much beauty to see," rang a hundred tiny bells. He saw forest ponies that throw up their heads to look all round before they cantered off over the heath, and he saw cows that lifted their great stupid faces to the sun before they sought a patch of shade in which to lie. He felt the touch of breezes that brought the scent of the sea from the coast miles away, and shaded his eyes to look at the sun, which could see half the world at once.

After this day the friends of the gipsy boy noticed that he was always happy. If a baby cried in one of the caravans it was he who offered to sing it to sleep. If water ran out, he made no bother of going to the brook for more; and always he laughed.

At last his mother asked him: "Why is it, lad, you're always so happy?" "I just look wide," grinned the gipsy boy, "and you know, mother, if you look far enough there's always something to be glad about." Grace Holmes, 3rd Hants Lane Company.

Farmers along the border of England and Scotland recently met and demanded of the British Government fair play for agriculture by controlling imports and securing an economic price for farmers for home produce.

We speak the most involved language the world has ever known. It is drawn from thirty-five or more other languages and we misspell for the simple reason that twenty-two of the twenty-six letters are silent in certain combinations of words.—Frank H. Vizetelly.