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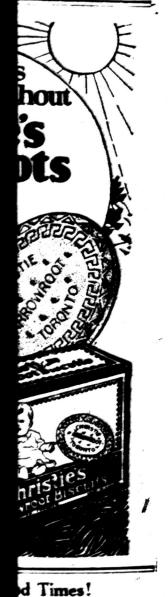
lp if necessary. At night of dog guidance is less dog himself sees imperan beings are apt to icts and cause accidents. nortunity which the Bersees for his invention ric lamp is attached to at he can see his way. l light may be placed on back so that nearby hue just what is going on. are supplied with elecrom a small dry battery dog in a simple harness ack. The blind man can ng the warmth of the or not they are burning he dog might even be probable, to turn these off as required.

's Aerial gress Steady

e Says Great Adade in Dominion

ment of civil aviation is ter in Canada than in ntry of the world with of the United States, acir Commodore J. A. was in Toronto recenttoured much of Canada t States, largely by air. hamier was formerly a kers Aviation, London. he thought of the esthe Northern air mail tain to Canada, Commosaid that he was inve that a better route on a line soith of the expenses of lighting up oute and heating planes orthern latitudes, would he said, and would add the cost. Though the south was greater, the e easier and he calcutrip could be done in 35

possibility was emphanodore Chamier in the n connection with fast The planes could put after the vessels leave and leave it with mail



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DN, N.A. Toronto, Ont.

Sunday School Lesson

July 20. Lesson III-Moses (A Courageous Leader) - Exodus 3: 1-12. Golden Text-By faith he forsook Egypt, not fearing the wrath of the king; for he endured, as seeing him who is invisible.—Hebrews 11: 27:

ANALYSIS THE VISION AND CALL, 3: 1-14 III. THE TASK, 11: 1-10. IV. THE MAN. 32: 30-35; Deut. 34: 1-8; Hebrews 11: 23-29.

INTRODUCTION-"Moses, beloved of God and men, whose memorial is bless-So writes of him the son of Sirach a thousand years later. And two thousand years later still a great English painter, in a fresco entitled "Juspainted for Lincoln's Inn in London, gave Moses the central and ously tinted because of impurities in commanding place in a group of the world's lawgivers. The figure of Moses is not the obscured or forgotten. It still commands the world's reverence. For, says the poet quoted

"God chose him out of all men. He made him to hear his voice. And brought him into the dark cloud And put hefore him commandments, Even the law of life and knowledge, That he might teach Jacob his covenants.

And Israel his judgments."—(Ecclus. 45: 1-5.)

I. THE PREPARATION FOR LEADERSHIP, Exod. 1: 8-14; 2: 1-22.

The oppression of Israel described in the first chapter of Exodus is common.

Donald K. Tressler, in "The Wealth of to miss all the fun of being invited a certain amount of it is very import- BY ANNABELLE WORTHINGTON been two centuries earlier. The people of Israel had been long in Egypt and The farther you go, the deeper you had greatly increased in numbers (12: 37, 40. 41). Their home was in the The more you will know you never grazing lands in the northeastern part of the country not far from the Asiatic boundary.

II. THE VISION AND CALL, 3: 1-14 How often in history the call is accompanied, or preceded, by the vision! So it was in the experience of Moses. Standing upon holy ground he had a vision of God. The bush burned with fire end the bush was not consumer. Whether this might have been a natural phenomenon, a peculiar effect of light upon the mountain side, or a miracle, the effect upon the mind of mistakes. Moses was the same In that great Your bridge education hasn't begun sight he saw the presence of God.

We may well believe that Moses in his Midianite exile thought much upon the sorrowful plight of his own people in the Egyptian orpression. He may have indeed must have, desired greatly to help them. Hitherto the way had not been clear. Now these comes unmistakable call of duty. One thing is made clear to him. The God who calls is the God of his fathers, though now revealed by a new name, the name which the Hebrews pronounced as Yahweh, which 'e wrongly pronounce Jehovah, and which seems to mean "The Living One," the living God. Fortified by the promise of God who said, Certainlyl I will be with thee, and with his doubts and fears removed, Moses returns to Egypt to take up his great task. His brother Aaron becomes his chosen and willing

III. THE TASK, 11: 1-10.

The task to which Moses was called is merely sugges ed here. Its magnitude and extreme difficulty appear in the chapter preceding and following There was, first of all, the mind of the enslaved people to be prepared for the adventure, and the Egyptian kind to be persuaded to let them go Then there was the leading of a great undisciplined company from the plenty of Egyptian servitude to the hardships and privations of the wilderness, beyond which lay the fair and goodly land of promise. Moses had to be their leader and judge, their ruler and lawgiver. He had to endure their murmurings and complaining their rebellious moods and disloyalties, their lapses into idolatry, their disobedience and faithlessness. But out of this horde of emancipated slaves he made a nation, he gave them a constitution and laws, a sanctuary and a priesthood, and brought them into a covenant bond with their father's God

IV. THE MAN. 32: 30-35; Deut. 34: 1-8; Hebrews 11: 23-29.

was the man himself, great in his fidel- bad if he called it a 'drawing room'!" ity. his courage, his unselfish devotion to his task, and his faith in God. The story is told in chap. 32 of the turning, during Moses' absence from the en- the story of your dad and the Great campment, of many of the people to a War." Son: "Yes, dad; but why did gross form of idel worship, and of the they need all the other soldiers?"

prise seemed here to be doomed to failure. He would have himself made atonement for the people's sin. Forgive them, he rayed to God, or if not blot me out of thy book. He is worthy indeed of the high praise bestowed upon him in the Epistle to the Hebrews, where he is the greatest of all that bright succession of the elders who obtained a good report through faith.

Ocean Colors

A landlubber's first impression of the ocean is one of striking beauty, and those who were reared near the I. THE PREPARATION FOR LEADERSHIP, far from it. Few scenes surpass the beauty of a sunset at sea. Although the great body of the open ocean has a definite, clear blue color, its apparent color is always changing; and, because it is so changeable, we never grow tired of it. Its diversity in appearance is caused partly by the reflection of the constantly changing sky and partly by varying light conditions.

Some parts of the ocean are varithe water or minute organisms present in great quantity. The Red Sea is so named because of the reddish color given it by certain plankton. Different intensities of green and yellow tints occur near land. The olivegreen tint of the Antarctic Ocean is caused by enormous quantities of diatoms suspended in the water. Streaks of unusual colors are also noted occasionally in the open ocean; many trawelers have observed stretches of water of a brilliant red tint. Ocean- then we know it is something which nice things about this way of reducfound large numbers of minute red The oppression of Israel described in organisms, usually dinoflagellates.—

The Bridge Question

can be A master of all the problems you find, But much can be learned if you open your mind.

The player who thinks he's conquered it all Will cease to improve and ride for a

The fool will defend each error he makes.

The wise one will gain from all his

Unless you can say: "What should I have done?"



"Whether you collect your late husband's insurance is just a matter of

Moscow's Newest Worry

The Soviet Government has closed

the tomb of Lenine to the public. Away went the church and the steeple, Away went the ikons and all. Religion was out of the scene. But now the exuberant people,

Set free from theistical thrall. Are making a god of Lenin!

"Why does the dentist call his office 'dental parlor'?" "I suppose he Greater than all his achievements thinks it would make his patients feel

Johnny. "And there, son, you have



By MARIE ANN BEST "WHY SHOULD I REDUCE"

First, because I feel so much better. Second, because I look so much bet-

If you have a knowledge of food values, you will be in a position to bring your weight to normal whether you are over or under weight.

My purpose is to give you that knowledge so it can be used in the every day menu. Then each person will know just what she is eating in an average helping of food.

When the time comes I will clearly set forth the values so they can be easily followed. It is necessary first to understand why we hould do certain things, then naturally, we wish to know how to do them. If one keeps healthier through being normal, more breakfast but cut down on the neither too thin nor too fat, and if quantity of all your meals instead of

fear we might not have the courage There will be more said about exout to various forms of entertainment. ant but for the overweight person, But cheer up; this way of reducing is too strenuous exercise, especially at not so drastic. You may go to your first, is not good. It is not difficult parties, but remember, moderation in these days to find suitable exmust be your watchword. The next ercises in the various papers or magaday you should be willing to eat less zines. Very likely you know of many.

over-fat people eat unwisely and do 10 minutes every morning. Get used not exercise enough. That is why to taking a daily walk but do not anti-fat advertisements claim diet and walk and exercise so much that you exercise are unnecessary if you will become famished for food. Here is a only take their medicine. When you good principle to remember. To read these claims rmember what Ar- reduce we must cut down on the temus Ward said, "There are so many amount of food we are accustomed to people in this world who tell us so eating until it supplies less than the many things that ain't so."

thick layers of fat padded the sides, and the causes one to reduce. Student but the most alarming thing about it this, think about it and be patient. was that the fat which clogged in Don't expect results too soon before around the stomach, liver and heart, you understand what you are doing. big lobs of fat, also crowded the vital organs. The poor chicken had egg yolks inside waiting to be made into eggs, but there was no room for development Fat is no respecter of people or ani-

mals, so the thing to do is to get rid of it. The chicken was overfed and so are people. Life insurance companies would

rather have thin middle-aged policyholders than stout ones. about it.

Soon we will begin to understand sary.) calories. Try starting on something One medium sized head of lettuce like this, so as to acquire the art of or 1-3 pound. reducing by degrees. Eat your three meals a day, but cut

down an everything, gradually lessening the quantities. Eat sparingly of very healthful) use it instead of of crisp white organdie. pastries, pie, ice cream and candy. Start out with an ordinary helping of lean meat, fish or fowl, no fat, a one inch cube cheese. big helping of vegetables such as spinach cabbage carrots etc., but only take half as much potato or rice, peas or tea. or beans. Use fresh fruits a great deal and especially oranges for desserts. Salads of lettuce and tomatoes with a little dressing, are very necessary. Then drink water any time, lots of it but be sure there is no food in the mouth when fluids are taken. Tea and coffee have no calorie value but the cream and sugar you add have, so be sparing of the trimmings. Eat nothing between meals.

for your next meal, drink some warm water. It gives the stomach something to do. It is very important to eat your stant attention. If you decide to eat for lunch. a very light breakfast to get a good start for the day in trying to reduce, be sure you do not start out without any breakfast at all. Perhaps you

New Speed Record?



John Henry Mears, veteran globe trotter, with the motor of the Lockheed Vega aeropiane in which he will attempt to make a new round-the-word speed record. The motor is now on blocks, being tested at the Curtiss Flying the news dispatches, show that the

What New York Is Wearing ing is that you can pick and choose It is often hard to begin because we as to when you will do with less food. Illustrated Dressmaking Lesson Fur-

food to make up for the extra good From these choose a moderate exercise for the arms, the neck, the waist, It is a proven fact that nearly all the legs and do them regularly for amount of energy fuel needed. This The other day I was dressing a is what makes the body draw on its chicken, and a fat chicken. Two surplus fat for fuel to run the body

A SUGGESTED DAILY MENU **Breakfast**

One poached, boiled or scrambled One slice of toast, little butter. Tea or coffee with a little cream and sugar.

One orange or other fruit.

(Skimmed milk for breakfast or Think lunch is very good because of its content. For children it is very neces-

naise dressing.

other oil. One tomato or a slice of pineapple

One toaster roll, scant butter. Lemonade with 1-4 grain saccarhin or with short sleeves with turn-back

(Saccarhin takes the place of sugar and is non-fattening.)

One cup consomme (no fat) or bovril

(This counts very little but is strengthening.) Beef roast (lean) one slice-5 oz.

One medium potato boiled in skin. carrots, beets or string beans, one patterns as you want. Enclose 20c in If you feel hungry before it is time small piece of pie or fruit and a small stamps or coin (coin preferred; wrap piece of light cake, tea or coffee. it carefully) for each number, and

and kind of food that should be taken Service, 73 West Adelaide St., Toronto three meals each day, for you ned fuel in a day to reduce. If less breakfast to carry on. A low fire needs con- is desired a little more can be eaten

Next Week-"What is my Normal Weight?"

are very fond of breakfast; then eat gone is not easily recovered.



A quaint pretty sleeveless frock with bertha cape collar for the important One tablespoon mineral oil mayon- age of 6, 8 10 and 12 years is sketched in style No. 3062 in printed dimity in (Mineral oil is not fattening and is bois de rose tones with capelet collar

The skirt is top-stitched with two rows of machine stitching to moulded

bodice. It can also be made with long sleeves

Printed pique in red and with white dots with self-fabric collar and black

grosgrain ribbon tie is very attractive and sturdy as well.

material with 1/2 yard of 32-inch contrasting. HOW TO ORDER PATTERNS

Write your name and address plainten large stalks of asparagus or ly, giving number and size of such This is about the average amount address your order to Wilson pattern

Spinsters, as well as bachelors, will pay a higher rate of income tax if the German Government have their way. your vacation this year?" The rate for unmarried taxpayers "I can't make up my mind whether, will be 15 per cent., which is 1 per to spend two days at a ten-dollar-a-day A character for steadiness once cent. higher than married people will place or two weeks at a ten-dollar-a-

Southern Cross Conquers Again

the airplane Southern Cross, has done

This time it was the North Atlantia over which she fought her way through head-winds and fog in the long jump from Ireland to North

Cheated of complete victory in one eap, for her objective was New York City, the Southern Cross has, nevertheless, added a brilliant chapter to aviation history. She is the second plane to fly the Atlantic from east to west, we read, ten per its having already perished in a ... empting the crossing. The first to hop the Atlantic from Europe, the German plane Bremen, was forced down on an island off the coast of Labrador.

Contrasting with that flight, the Southern Cross landed safely at Harbor Grace, Newfoundland, with her crew of four happy after their long fight. The men were Capt. Charles Kingsford-Smith, Evert van Dyk, assistant pilot; John W. Stannage, radio operator, and Capt. J. P. Saul, navi-

Southern Cross took off at Port Marnock, Irish Free State, at 10.27 p.m., Eastern Daylight Saving Time, on Monday, June 23, and touched ground again at Harbor Grace at 6.57 a.m., Eastern Daylight Saving Time, on Wednesday.

It was the fog that spoiled the flyers' hopes of "hitting New York on the nose," a dense curtain through which they floundered for three hours, while their compass played tricks, and they strove to get their bearings by radio, as the precious fuel supply went lower. But, as C. C. Nicelot writes in the New York Telegram:

"The fog that cloaks the northern coast from Nova Scotia to Labrador, and makes the Grand Banks a graveyard for fishing-boats and transatlantic airplanes, could not entirely overcome the invincible combination of an airplane that had flown three-quarters of the way around the world, a pilot whose experience in transoceanic flying outdid and other's, and a crew whose ability was proved in the long night battle to reach land.

"Kingsford-Smith and his three companions, by landing safely after circling the Harbor Brace flying-field for nearly an hour, pleading for an airplane familiar with the region to guide them down through the heavy managed to establish themselves as the first to fly from Europe to the Western Hemisphere and land in civilization."

Newspaper Notions

Old newspapers are more effective than camphor for discouraging moths from clothing. Moths detest the smell of printers' ink.

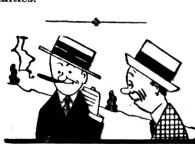
When there is anything to handle, or dishes that are extra greasy to wash, wipe off the soot or grease with pieces of old newspaper.

Dustbins will keep dry and free from grease if old newspapers are burned in them after they have been emptied.

Place several layers of old newspapers between the wool or hair mattress and the wire mattress of the bed. This prevents rust marks forming on the mattress or its cover.

Fame

Some cities are founded upon fame, some have fame thrust upon them. Size requires 1% yards of 39-inch while others achieve fame by absorbing all their neighboring communities.



"Have you decided where to spend

week place."

MUTT AND JEFF- By BUD FISHER Mutt Can Prove Any Lie He Tells. JEFF, I WAS THE SMARTEST

