

Sunday School Lesson

September 7. Lesson X—Jehoiakim (A Royal Reformer)—2 Kings 22: 1-23; 23: 1-25. Golden Text: Thy word is a lamp unto my feet, and light unto my path.—Psalm 119: 105.

ANALYSIS

- I. FIRST STEPS IN WELL-DOING, 2 Kings 22: 1-7; 2 Chron. 34: 1-13.
II. AN INSPIRED BOOK, 2 Kings 22: 8-20; 2 Chron. 34: 14-23.
III. A GREAT REFORM MOVEMENT, 2 Kings 23: 1-3, 21-25; 2 Chron. 34: 23-35: 19.

INTRODUCTION—We have, in the story of Jehoiakim, that combination of forces which the world and the church have come to know so well: the Man with pure heart, high purpose, and gift of leadership, the Book inspired of God, and faithful workers, both artisans and ministers of the state and of religion, to carry its precepts into effect. To understand the situation in which Jehoiakim found himself in the first twenty years of his reign one should read the story of Manasseh's reign in 2 Kings, chap. 21, and of Jehoiakim's sons who succeeded him on the throne, in 23: 31-34; 24: 1-20. Or, better still, one should turn to certain chapters of Jeremiah, whose ministry as a prophet in Judah began at this time, and who sets forth with startling clearness its follies and its vices (see chaps. 2, 5, and 7).

- I. FIRST STEPS IN WELL-DOING, 2 Kings 22: 1-7; 2 Chron. 34: 1-13.

Both historian and prophet speak well of Jehoiakim (2 Kings 22: 1-2; 23: 25; Jeremiah 22: 15-16). "He did that which was right in the eyes of the Lord." His character is in striking contrast to that of his father and grandfather, chap. 21. As a child of eight years he came to the throne at a time when there appears to have been an uprising of "the people of the land," people of the better sort, against the corrupt court party which was responsible for the murder of his father. For a time, and until he was old enough to bear the burdens of state, he must have been under the care of tutors and guardians, and they did their duty well. His naturally good disposition was cultivated and strengthened. The historian of Chronicles represents him as beginning his work of reform "in the eighth year of his reign," 2 Chron. 34: 1-7.

In the eighteenth year his workmen were busy at the temple putting it into a state of repair. It had apparently been much neglected. "It is a pleasure to read of the good relations which existed between the king, the priests, and the workmen who dealt faithfully." The money for the necessary material and for wages came from the offerings of the people, and this money was put in the hands of carpenters and masons of whom no reckoning was required because they were known to be honest men.

- II. AN INSPIRED BOOK, 2 Kings 22: 8-20; 2 Chron. 34: 14-23.

The money which "the keepers of the door" gathered of the people" came first into the hands of Hilkiah the high priest. It was "when they brought out the money" from the treasure that "Hilkiah, the priest, found the book of the law," 2 Chron. 34: 14. In a safe place, in some hidden recess of the treasure chamber or in the treasure chest, it had lain unnoticed and forgotten, for one knows not how many years. It was found now at the opportune moment. Coming into the possession of the king he regarded it from his first reading of it as the very word of God to him as to his people. He accepted it as his textbook of reform and in the years that followed he endeavored to put its laws into force. The book must have contained both receipts of the law and penalties for their non-observance. Jehoiakim's first act upon reading it was to repent. He and his people, like their fathers, were guilty before God. He "humbled himself" as only a truly great man could have done, and his penitence brought to him from Huldah, the prophetess, assurance of the mercy of God.

- III. A GREAT REFORM MOVEMENT, 2 Kings 23: 1-3, 21-25; 2 Chron. 34: 23-35: 19.

Jehoiakim, under the inspiration and guidance of this book, did three things, each of which must have had a far-reaching effect on the life of the nation. He assembled the elders of the people in Jerusalem, read to them the words of the book, and entered with them into a solemn covenant and engagement to keep what they now accepted as the very laws of God. Next he had all idolatrous vessels taken out of the temple and destroyed, and all the sanctuaries, or high places,

throughout the land with their corrupt practices ended, confining worship to the Jerusalem temple. And finally he revived, in an impressive way, the sacred festival of the Passover.

From Vegetable "Thinnings"

Young vegetables that are thinned out in the garden to make room for the others should not be thrown away. Young carrots, onions, beetroots, and so on may be used to make a delicious vegetable soup; and young beetroots used with cold beans, lettuce, and vinegar make an excellent salad. Boil the "thinnings" till tender, keeping them as whole as possible, then cut up the lettuce and add with the beans and the vinegar to the beetroot. Mix thoroughly, taking care not to break the beetroot.

To use "thinned-out" onions and carrots, clean and cut the onions, then scrub the carrots and shell some green peas. Scrape about a dozen small potatoes, then place all together in boiling water and add a generous pinch of salt and pepper. Simmer until the vegetables are ready, then mix in a basin one tablespoonful of flour, a piece of margarine the size of a walnut, a little chopped parsley, and a pinch of pepper. Slowly add sufficient stock to bring the mixture to the consistency of thick cream, stirring well all the time. Pour off the water from the vegetables, then pour the mixture over them.

Ask the Conductor!

First-aid cases, containing toothache drops, eye salve, and cough mixture, are to be carried on all long-distance buses in Poland, by order of the Traffic Ministry.

People sent to prison on criminal charges in England during 1923 totalled 40,449! Of these 6,028 were women. This is the lowest year's total on record.

Manufactured glass goods to the value of nearly \$25,000,000 are imported into England every year, mostly from Germany, Belgium, and Czechoslovakia.

Weather reports issued from the London Meteorological Office of the Air Ministry are based upon information supplied by about 600 observing stations in Europe and Western Russia.

The Dominions, Colonies, and India import manufactured goods worth more than \$2,500,000,000, while the United Kingdom's total annual export of manufactured goods every year amounts only to \$2,915,000,000.



"Every girl likes a big check—plaid should be fashionable."

ASK DAD, HE KNOWS

Two modern little girls on their way home from Sunday School were solemnly discussing the lesson. "Do you believe there is a devil?" asked one.

"No," said the other promptly. "It's like Santa Claus; it's your father."

"Great leaders don't tell a man of their virtues; they try to show them their possibilities."—Lady Astor.

There are five times as many private motor-cars on the roads now as there were in 1923.

The seriousness of the Italian earthquake disaster is dramatically illustrated by the announcement that the Government will suspend tax collections in the affected zone.

This Is the Life!



Oh boy! This is the stuff. Blanket tossing of new entries at the Navy League Cadet summer camp at Burlington, Ont.

Study Your Type Before You Reduce

Article 5—More About Calories and Foods.



By Marie Ann Best

Last week we found out the average person of about 150 pounds will reduce on 1200 Calories of food per day. If your normal weight is more than 150 lbs., then you will need more Calories, on 1200 Calories of food per day. If you are small, 1000 may do.

One lady I know cannot reduce until she goes down to 900 calories and her normal weight is 150 lbs., but that is unusual. Men seem to need more food than women, perhaps because women are more angelic and therefore do not need so many calories? Children need more than men or women according to their weight since they are building up their bodies, making bone, etc. Old people do not need as much as any of us, for they are through building and are not so energetic.

It shows that to a certain extent each person must study his or her own body performance and find out by systematically getting weighed faithfully each week just what has been accomplished. It seems necessary also to always get weighed on the same scales, for it is surprising how you will find no two scales weigh alike.

One of your red letter days now will be weigh-day, you will not need to be reminded of it for it is a real pleasure to see the steady decrease chronicled on the scales. After you are weighed keep tab of your reduced weight with the date in the back of your daily calorie note-book.

There generally comes a time when you confidently go to the scales and have a little shock in store for you. There must be something wrong. You look at last week's record, and find the scales are exactly the same today as last week! No—they are actually a wee bit more. Oh, how disappointing.

Perhaps the average helpings of high-caloried food grew imperceptibly a little larger. You counted them the same in your note-book, but your body wasn't so lenient. It counted up calories as well as any old electric meter and added a plus sign to every helping. 1 1/2 a.h. 1 1/4 a.h. So don't unconsciously cheat yourself. A good plan is to count high if you are reducing—count low if you wish to gain.

Suggested Menu for 1200 C Per Day

Breakfast
2 large dry figs or 2 large stewed prunes with juice 130
1 medium buttered B. Powder bis-

cut or medium bran muffin	75
Coffee with saccharin 1/4 gr.	90
Lunch	
Cheese Omelet or two thirds cup cream of celery soup	100
Lettuce leaves with salt or 1 large slice Spanish onion	10
2 thin or 1 slice cut 1/4 thick bread—brown or white	50
Butter, 1/4 tbslp.	50
Jello 1 oz. or 1 tbslp. honey	100
Postum or tea with saccharin, and 1 tsp. thin cream	25
Dinner	
Chicken-roast a.h. 3-oz. or baked whitefish dressed 4 oz.	150
Dressing small helping	50
1 medium baked potato	100
1 tbslp. gravy	30
Cranberry jelly, 2 tbslp. or Spinach jelly with S. dressing	100
1/2 piece onion crust pie cut in six pieces, lemon or cream	100
Tea almost clear	20
1/2 glass warm skimmed milk before retiring	50
Total per day	1200c

Recipes

Individual Baked Cheese Omelet—100 Calories. Recipe No. 1

Beat white and yolk of 1 egg separately, add to the yolk 1 tbslp. grated cheese, salt and 1 tbslp. water. Fold in white of egg. Beat stiff. Bake in oven until gold brown.

Recipe No. 2. Baked Cheese Omelet—1-Portion 150 Calories.

Two cups skim milk; 2 eggs; 1 cup grated cheese; cayenne to taste; 1 tbslp. melted butter; 1 cup fine bread crumbs.

Soak crumbs in the milk in which pinch of soda has been dissolved. Beat eggs light, add bread and milk, stir in butter seasoning and grated cheese. Bake in greased pudding dish and serve at once.

Spinach Jelly Salad 450 C. Without Mayonnaise

1 cup cooked spinach; 1 package lemon jello; 1/2 lemon; mayonnaise. Chop spinach fine, make lemon juice adding as part of water the juice 1/2 lemon well stirred in, put in cups and add spinach. Serve on lettuce leaf.

Megapodes Hatch Fully Feathered

The mound builders, a family of birds inhabiting Australia and certain South Sea Islands, are unique in that the young are hatched fully feathered and able to fly and live independent life from the moment they emerge from the eggs. These birds are called Megapodes, because of their large feet. Most species lay their eggs in large mounds constructed of loose soil, leaves, grass, twigs, etc. Not infrequently the mounds are 10 or 12 feet in height and contain several wagon-loads of material. After the eggs are deposited they are left to hatch out by the heat of the decaying vegetable matter. The brush turkeys are the most common of the mound builders. One species of Megapodes, found in the Philippines and on other islands, lays its eggs in the sand on the seashore and leaves them to be hatched by the heat of the sun.—The Humane Pleader.

Chinese Are Inevitable Smokers And Get Their Cigarettes Cheap

Shanghai, China.—The Chinese are becoming inveterate smokers. Their favorite form of the "weed" is the cigarette. Although trade in many lines is almost completely paralyzed as a result of civil war, handiwork and the drop in the money market, the tobacco dealers are doing bigger business than ever and are congratulating themselves on what appears to be a real change for the better, as far as they are concerned.

During the month of March the largest foreign cigarette manufacturing concern in China reported that sales reached the highest figure in history. Apparently the Chinese prefer to have their "smokes" even if they must cut down on necessities. Coolies who support a family on only a few cents a day manage to buy cigarettes. For their convenience cigarettes of the

very cheapest quality are made which sell at prices ranging from five for a cent to two and three cents a package of twelve.

In Shanghai hundreds of small tobacco shops boast of large daily turnovers simply by selling cigarettes two and three at a time. The Coolie must have his smoke along with his bowl of rice. Considering that there are 50,000,000 of his class in China the daily turnover would be enormous if each bought one cigarette a day. Cigarette smoking has become national in China during the past 20 years. Foreign tobacco concerns send their men into the remotest parts of the country where few white men have ever penetrated and find an increasing market for their wares. And they seldom fall victim to kidnappers or bandits, for bandits are usually friendly with the men who bring them tobacco.

What New York Is Wearing Change Your Diet With the Seasons

By ANNABELLE WORTHINGTON
Illustrated Dressmaking Lesson Furnished With Every Pattern



Smart junior chooses feminized sports mode for town and vacation.

It's a darling dress of vivid blue and white pique print, that is so thoroughly practical.

Little shoulder capes create impression of flared sleeves. A pert bow accents the cool open V-neckline. Circular godets or insets at either side of the straight skirt, provide a soft flared fullness and suggest Princess lines. The smooth fitting hiplines makes it so entirely smart and sophisticated.

A narrow belt nips the natural waistline.

Style No. 2601 is designed for girls of 6, 8, 10, 12 and 14 years. It's very inexpensive to copy.

White sheer muslin with gay red dots is fetching.

Yellow linen with bias binding in brown used to edge cape, hem and godets is ultra-chic.

Pale blue candy stripe shirting and sprigged dimity in pink tones are attractive.

HOW TO ORDER PATTERNS

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.

The Kind Husband

At playing a quiet game of draw He knew he was a hummer, And through the scheme his wife never saw When he sent her away for the summer.

Advice about eating in hot weather is given as below in the London Daily Mail (Continental edition) by Sir W. Arbuthnot Lane, English surgeon and President of the New Health Society. He writes:

"If you want to derive the maximum health benefit from the summer weather you must pay particular attention to our diet. With the altered climatic conditions it is unreasonable to expect our body machine to run smoothly on the same quantity and quality of fuel as is necessary during winter. If you do not change your diet with the season you will find yourself listless, heavy, and inert—thoroughly unfit, in fact—during the hot spells."

"The basic principle of summer dieting is to eat an abundance of fresh fruit and vegetables, fortunately plentiful and moderate in cost at this time of the year, and to substitute as far as possible dairy produce for flesh foods. Fruits and vegetables in the form of salads are very palatable and supply valuable mineral salts and the indispensable vitamins which have been relatively lacking in our winter diet."

"For breakfast, coffee, wholemeal bread with butter and honey, an egg served attractively, and raw fruit salad make up a well-balanced and sustaining meal. For lunch, a large glass of milk with wholemeal biscuits and butter and a couple of apples or oranges are usually adequate while a cup of lemon tea will be found very refreshing in the afternoon. Cheese, eggs, or ground nut dishes with fish occasionally, along with fruit and vegetable, salads tastily prepared should form the basis of dinner."

"Water should be taken abundantly between meals, as during the hot weather the skin is very active, losing large quantities of water to keep the body cool. Insufficient intake of fluid is liable to lead to intestinal stasis. In this connection it is well to remember that the cellulose or roughage present in fruits and vegetables is mildly stimulating to the intestinal function and is therefore the best laxative during spells of heat."

POLISHING TORTOISESHELL

Tortoiseshell ornaments, and combs, may be polished by rubbing them with pulverized charcoal and water, using a clean flannel cloth.

Next moisten the article with vinegar and rub with whiting and water, afterwards polishing with a soft cloth.

The arrival of the R-100 at her home base in England coincided with the test cricket match, in which the public seemed to be more interested. Here the news of its safe return was similarly blanketed by the Empire games. It would appear that the love of sport is the most powerful passion that English-speaking peoples have in common.

A Jew and a Christian were having an argument about the ways of their respective races.

"You people," said the Jew, "have been taking things from us all your lives." The Ten Commandments, for instance.

"Well, yes," said the other, "we took them from you all right, but you can't say we've kept them."

MUTT AND JEFF—By BUD FISHER



The Little Fellow Seems to be Right This Time.

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