

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. F. B. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute of Chicago.)

Lesson for May 30

JACOB AT BETHEL

LESSON TEXT—Genesis 28:10-22. GOLDEN TEXT—I am with thee and will keep thee in all places whither thou shalt go. Gen. 28:15.

PRIMARY TOPIC—Jacob Dreams at Bethel.

JUNIOR TOPIC—Jacob's Vision at Bethel.

INTERMEDIATE AND SENIOR TOPIC—A Young Man's Dreams and Visions.

YOUNG PEOPLE AND ADULT TOPIC—The Place of Vision in Human Lives.

I. Jacob's Flight to Haran.

He fled from an outraged brother. His deceit and cunning got him into trouble. His long exile from home was the result of his selfish ambition. "Whoever a man soweth that shall he also reap." Rebekah made her plea before Isaac for sending Jacob away, stating her fear of Jacob's probable marriage with a daughter of Canaan, when in reality she feared that Esau would kill him. Isaac at once recognized the wisdom of her suggestion. He knew that the success or failure of one's life is largely determined by his marriage. It was clear that if Jacob were to continue in the line of the covenant blessing care must be exercised in his marriage. Besides, it is a parental duty to see that children are well married. Among Christians only marriage in the Lord is allowable (1 Cor. 7:39). Isaac, alive to Jacob's destiny, issued his command and bestowed upon him the covenant blessing which had come from God Almighty to Abraham (Gen. 28:13). The elements embraced in this blessing are:

- (1) A numerous offspring (v. 3). (2) Possession of the promised land (v. 4).

(3) And everything that is included in the Abrahamic covenant (Gen. 12:13 and Gen. 15:1-8).

We should learn from the experience of Jacob.

- 1. Be sure your sin will find you out.

Jacob deceived his father. He in turn was deceived by his children.

- 2. That wrong home life has its perils.

Isaac knew that the blessing was to be Jacob's, yet he planned for Esau to have the place of prominence. He was willing for the sake of a little venison to give to Esau that which God had planned for Jacob.

II. Jacob at Bethel.

- 1. The Lord meets Jacob at Bethel (vv. 10-15).

With a spirit clouded by homesickness on the one hand and by fear on the other, he had a dream that night in which God appeared to him. In this dream Jacob beheld a ladder or stair reaching from earth to heaven, upon which angels were ascending and descending. Above the ladder stood the Lord who spoke to him. This ladder suggests a means of communication between earth and heaven, between man and God. Jesus Christ is the ladder which provides us a means of communication with heaven (John 1:51; 14:6; Heb. 10:19-20). Jesus became a real ladder to us, bridging the chasm between earth and heaven. He was a real man that He might identify himself with the race. He is very God, really divine, that He might lift us up to God and secure a reconciliation with Him. Earth and heaven, man and God, were separated by the introduction of sin, but through Christ a means of intercourse is re-established. This vision suggested to Jacob that the only approach to God was through a mediator. The angels ascending and descending are heavenly messengers which are sent to minister to man through the mediatory work of Christ (Heb. 1:14). God spoke to him from the top of the ladder and assured him that He is the God who entered into covenant with Abraham and renewed the same into his father Isaac (v. 13). This assurance embraced the following:

- (1) The possession of the land (v. 13).

(2) A numerous offspring (v. 14).

(3) The promise of His personal presence and preservation (v. 15).

This promise was fulfilled in a marvelous way with Jacob, and is still being fulfilled with his seed.

- III. Jacob's Vow to the Lord (vv. 16-22).

He set up as a monument the stone which he had had for a pillow. He named the place Bethel, which means the house of God. Jacob now vowed that since God had so graciously obligated himself to perform all this for him, he would enthrone God as the Lord of his life and give back to Him one-tenth of all that was given to him.

Borrowing From God

Of all created comforts God is the lender; you are the borrower, not the owner.—Rutherford.

His Word Alone

One monarch to obey, one creed to own; that monarch, God, that creed, His Word alone.

Safety Valves

Tears are the safety valves of the heart when too much pressure is laid on it.

(This strip should run with Ad. No. 342)

In the Kitchen with 6 Famous Cooks

NOVEL MEXICAN DISHES Pacific Coast Expert Tells How to Prepare Them

(Editor's Note: This is one of an unusual cooking series contributed to this paper by six famous cooks. Cut it out and paste in your cook book.)

Enchiladas, picadillo, Spanish rice, beans a la Ayre, and refritos!

Those words conjure up pictures of most palatable and spicy dishes to the Spaniard. And many an American has fallen for their tempting tooth-someness.

Mrs. Kate Brew Vaughn, home economics director, Los Angeles, and author of several cook books, was taught how to make these dishes by a Mexican lady.



MRS. KATE BREW VAUGHN

Fragrant and Delicious

Mrs. Vaughn gives the following directions for making enchiladas. The gravy may be made the day before. Its ingredients are: 4 ounces chili peppers, 1 1/2 pounds tomatoes, 2 slices hard toast, 1 small onion, 1 pinch each of clove, thyme, pepper, sugar, and salt.

Open peppers, and if it is not desired very hot, remove veins and seeds. Soak in boiling water about 10 minutes. Skin tomatoes by holding over flame. Put toast and onion through food chopper and then strain all the ingredients in order to make a smooth gravy. Melt two tablespoons shortening in frying pan and fry, and simmer slowly until smooth and thick.

Filling for Enchiladas (Picadillo)

- 1 pound pork, 1/2 cup shortening, 1/2 cup chopped onion, 1/2 cup of garlic (chopped), 1/2 cup chili sauce, 1/2 cup chopped green olives, 1/2 cup chopped, blanched almonds, 1/2 cup raisins (chopped), 1/2 cup vinegar, 1 pinch salt, 1 pinch sugar, 1/2 cup olive oil. Boil pork until tender, then chop fine. Melt shortening and fry onion, garlic, and chili sauce, and fry for three minutes. Add olives, almonds, and raisins, and cook two or three minutes. Just before removing add vinegar, salt, sugar and olive oil.

Make Tortillas, Too

- 1 quart white flour, 1 cup lard, 1/2 teaspoon salt. Dough: water or milk to make dough sufficiently thick to roll out like biscuit. Divide into balls size of turkey egg and pat between the hands until thin and round and cook on top of the stove without grease. After frying, dip in hot gravy, place on plate and place 1/2 tablespoon of filling in center. Roll tortilla loosely and garnish with gravy, grated cheese, sliced onion that has been soaked in salt water a few minutes, a green olive, blanched almond, radish, and a sprig of parsley.

Spanish Rice

- 1 cup rice, 1/2 cup shortening, 1/2 cup chopped onion, 1 clove of garlic, 1/2 cup tomato sauce, 1/2 cup boiling water, Pepper and salt to taste. Melt the shortening, add the onion, and partially cook, not allowing to brown. Add to rice and fry until brown. Add the tomato sauce a little at a time, allowing each portion to almost cook dry before adding more. Add the boiling water. Do not stir, and allow to simmer slowly until done. If it is necessary to add more water, be sure it is boiling. Do not stir. Requires about 1 1/2 hours of cooking.

Delicious String Beans

Here's a new way to prepare string beans—a la Ayre. Use 1 1/2 pounds string beans or green beans, 1 egg, and 2 tablespoons cornstarch. Cook string beans until tender. Repartite into bundles of eight or ten. Make batter by beating whites of eggs until stiff. Add slightly beaten yolks. Continue to beat, adding cornstarch. Place a bundle of beans on a large tablespoon and place in batter, working batter around the beans with the spoon. Fry in hot fat until brown on all sides. Serve with the following sauce:

- 1 teaspoon shortening, 1 teaspoon garlic, 1/2 teaspoon chopped onion, 1 small tomato, 1/2 teaspoon cornstarch, salt, pepper, and sugar. Melt shortening in frying pan and cook for a few minutes. Add the tomato chopped fine, and cook until almost dry. Add cornstarch and enough water to make a smooth sauce. Add salt and pepper.

BETTER KITCHENS RESULT FROM SPECIAL CAMPAIGN

Raleigh, N. C., May 10.—Farm women of North Carolina are converting their kitchens into better and more convenient workshops as a result of county-wide campaigns held by the home demonstration agents. "These kitchen campaigns are held as a part of our home management work," says Mrs. Jane S. McKimmon, in charge of home demonstration work for State College. "Last year eleven such campaigns were

conducted in which 326 kitchens were carried to completion. Three other counties were holding campaigns at the close of the year with 194 kitchens being improved. Beaufort County held probably the largest and most successful campaign ever put on in the State. In this movement, 102 kitchens were entered and 62 were completed."

Mrs. McKimmon states that it is interesting to hear the women tell of the improvements made in their home workshops. Some of the contestants thought they could never have a pretty, well lighted and conveniently arranged kitchen when they considered the old room as it was at the start of the campaign. But the valuable prizes offered by business men and club organizations stimulated many housewives to make an extra effort to win first place with the result that a transformed workshop was secured.

Some of the women did 100 things to improve their kitchens. Many of them painted the walls and ceiling, put linoleum on the floor, had windows cut to add light and air, built shelves and tables, put in sinks, bought new curtains, kitchen cabinets, stoves, and cooking utensils and rearranged the objects in the kitchen for greater convenience of operation. In a number of instances,

the women were so pleased with their new kitchens, that they immediately began work on other parts of the home to make the entire structure conform to the renovated work shop.

And now scientists destroy another illusion by finding that it is the discontented hen that sings. No more can we praise the peaceful and contented singing of the barnyard bird.

Yellow corn is better for feed than white corn, find the scientists. It may not look as nice baked for cornbread but the yellow corn will produce larger gains more cheaply

DR. S. RAPPORT of Durham OPTOMETRIST

Specialist in examining eyes and fitting glasses will be in Roxboro at Davis' Drug Store every first Wednesday in each month. His glasses will give you real pleasure and satisfaction. They are accurately fitted in every detail. They feel right and look right. Charges reasonable.



My next visit will be Wednesday June 2nd.

when fed to livestock. Attendance at recent commencement shows that the country schoolmaster is another extinct institution.

If nitrate-of-soda is to give best returns as a side dresser, it should be applied early to both cotton and corn.

PERFECTION Oil Cook Stoves and Ovens. A new member of a famous family. Just as dependable and satisfactory on a camping trip as the larger Perfections are in your kitchen. Handy size to pack in your automobile. Come in and see it. Long, Bradsher & Co.

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