

Improved Uniform International Sunday School 'Lesson'

(By REV. P. B. FLETCHER, D.D., Dean
of Day and Evening Schools, Moody Bible
Institute of Chicago.)
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Lesson for August 15

JETHRO'S WISE COUNSEL

LESSON TEXT—Exodus 18:1-27.
GOLDEN TEXT—To every man his
work.

PRIMARY TOPIC—Jethro, Helper
Moses.

JUNIOR TOPIC—Jethro Gives Moses
Good Advice.

INTERMEDIATE AND SENIOR TOPIC—
Jethro's Wise Counsel.

YOUNG PEOPLE AND ADULT TOPIC—
Organizing for Service.

I. Jethro's Visit to Moses (vv. 1-6).

1. The occasion (v. 1).

Upon the receipt of the news of the
marvelous deliverance of the Israel-
ites from the Egyptians, Jethro went
out to meet Moses.

2. The object (v. 2-4).

It was to bring to Moses his wife
and children. When God called him to
Egypt to deliver His people Moses did
not deem it wise to take his wife and
children, therefore left them with his
father-in-law.

3. The place (v. 5, 6).

At Mount Sinai where the Israelites
were encamped.

II. Moses' Reception of Jethro
(vv. 7-12).

1. He bowed to him and kissed him
(v. 7).

Moses not only honored him as his
father-in-law, but as a priest of Mid-
ian. Jethro, though outside of the cov-
enant people, evidently retained proofs
of the true God as Melechsedec be-
fore him did.

2. Moses conversed to him the won-
ders which God had wrought through
him (v. 8).

It is through the testimony of those
who have experienced the wonders of
God's grace that men come to know
the true God.

3. Jethro's response (v. 9-12).

(1) He rejoiced for all the good-
ness which the Lord had done to Israel,
whom He had delivered out of the
hand of the Egyptians (v. 9).

(2) He blessed the Lord (v. 10). He
not only praised the Lord for His deliv-
erance of his son-in-law from the
Egyptians, but for the deliverance of
the people of Israel from their bond-
age.

(3) He confessed the supremacy of
the Lord (v. 11). He said, "Now I
know that the Lord is greater than
all gods."

(4) He offered sacrifices to God (v.
12). We are unable to determine the
degree of intelligence of this worshiper,
but he evidently out of a sincere heart
made this offering.

III. The Occasion (vv. 13-18).

1. After Jethro came to Moses he
observed how completely Moses' time
was taken in judging Israel. When he
saw the greatness of the task he in-
quired as to why he was doing the
work all alone. Moses explained to
him that his task was not thereby a
matter of judgment but of teaching the
statutes and laws of God to the peo-
ple. Jethro recognized Moses' motive,
but suggested that his method was not
a good one, as it would result in wear-
ing his strength.

2. Jethro's plan (vv. 19-23).

(1) Moses was to be unto the peo-
ple as Godward, to bring their causes
unto God and teach them the ordi-
nances and laws, to show them the
way wherein they must walk and the
work they must do (vv. 19, 20).

(2) Suitable men should be pro-
vided as elders over thousands, hun-
dreds, fifties and tens (v. 21). All great
matters should be disposed of by
Moses, and all subsidiary matters
should be adjusted by these judges.

(3) Qualifications of these subordi-
nates (v. 22).

(4) They were to be "able men,"
that is, men of strength. They must
be men of such intellectual power as
to be able to understand the ordi-
nances presented, and of such will power
as to be able to enforce the same.

(5) "Such as fear God." This is the
basis of true strength.

(6) "Men of truth." This means
men who are able to discern truth,
rich in the truth, men who tell the
truth.

(7) "Hating covetousness." These
men must be free of all selfishness,
the man who is to be a ruler of the
people must be free from the suspicion
of following his profession because of
covetous gain.

IV. Moses Accedes to Jethro's
Counsel (v. 24-27).

This counsel was wise advice made
in response to Moses' heart. He recog-
nized that God was speaking through
Jethro. According to Deut. 1:9-13 the
people selected the judges and Moses
appointed them. When this work had
been done according to Jethro's ad-
vice, he took his departure, going into
his own land.

Lesson From the Son of God

The highest service may be pre-
pared for and done in the hum-
blest surroundings. In silence, in
waiting, obscure unnoticed, in years
of uneventful, unrecorded duties, the
Son of God grew and waxed strong.

Cure for Indolence

The only cure for indolence is
work; the only cure for selfishness is
service; the only cure for unbelief is
to shake off the yoke of doubt by
doing Christ's bidding.

About Your Health

Things You Should Know



by John Joseph Gaines, M.D.

THE ALARMING PREVALENCE OF HEART DISEASE

Let my reader bear in mind that
I am speaking strictly from my own
experience, not from the authorities.
My opinion is that throat infection
lead in causing serious heart
affections. Influenza is a most dan-
gerous and deadly thing if neglected.
Tonsillitis may cause either vascu-
lar disease, or myocarditis. No
throat infection should go untreated
for a single hour.

Colitis, accompanied by putrefac-
tion in the colon, is a potent source
of heart disease. The presence of
indican in the urine tells us that we
have the makings of serious vascu-
lar trouble, unless we attend
to that colon, and diet accordingly.
Once heart disease is set up, every
hearty meal aggravates the circula-
tory disorder. If you happen to
have a large abdomen, out of pro-
portion to your general build, you
are putting up with something that
will make you trouble some day.
Watch your colon.

Of course pneumonia and rheu-
matism often leave defective hearts,
both of them bearing disease germs
from the respiratory organs. With
such a heart it is utter foolishness
to give heart stimulants with the
idea of effecting a cure, until you
are rid of the germs that are caus-
ing the weakened heart. In my ex-
perience, vaccines are the most
rational treatment for infections,
though many physicians seem to be-
lieve differently. When failure oc-
curs the diagnosis is probably in-
accurate.

Two valuable suggestions for the
heart are,—do not neglect your
throat, and take care of the colon
—do not overeat. In this way you
may lessen your chances for heart
disease.

With His Father



The body of Robert Todd Lincoln
33, last of President Abraham Lin-
coln's immediate family, will soon
be placed in the Lincoln tomb, near
that of his illustrious father, at
Springfield, Ill. He passed away
while asleep in his summer home
at Manchester, Vt., last week.

"Doctor, what can you give me for
my trouble?"
"I don't know, but I'll find
out what it is."

BETTER SWINE FEEDING PAYS GOOD RETURNS

Raleigh, N. C., August 9.—Because
of the results secured by farmers
who have fed hogs according to proper
feeding plans, the number of
demonstrations conducted by county
agents in this work has increased
about 300 per cent in the last year.

W. W. Shay, swine extension spe-
cialist at State College, finds that
last year at the middle of July there
were 55 demonstrations with 730
hogs under feed. At the same time
this year, there were 174 such dem-
onstrations with 3,617 hogs. Each
of these demonstrations is carefully
conducted. The hogs are weighed
at the beginning of the feeding pe-
riod, an accurate record kept of all
feed given, the cost computed and
the weights of the hogs at the close
of the period are obtained. Figures
are kept on file at the swine ex-
tension office and a complete record
of the work is mailed back to the
county agent and the cooperating
farmer. Thus do the cooperating
parties know exactly whether money
has been made or lost on the dem-
onstration.

"This work has been under way
for four years," says Mr. Shay.
"During that time over 600 farm-
ers have conducted feeding demon-
strations. We have made out the
feeding schedules to be followed and
have tabulated the results of the
demonstrations. During that time
we have seen the price of hogs as
low as \$3.50 per hundred pounds and
we have seen it as high as \$15. Corn
has sold by the carload as low as
sixty cents per bushel and as high
as \$1.50 per bushel. Where in-
structions in feeding have been fol-
lowed accurately, there has been a
profit from the feeding. The profit
from the corn so fed has been from
300 to 500 per cent greater than if
During the four years, growers
it were sold at current ma-
have been urged to govern the breed-
ing dates of their hogs so as to get
the pigs off the soft pork producing
feeds at a weight not exceeding 80
pounds and to add approximately 115
to 145 pounds before selling them,
just under 200 to 225 pounds.

Suffered weak, nervous

"I WAS in a very weakened,
run-down condition, surely
in need of a tonic and build-
er," says Mrs. J. R. Wrenn, of
Anna, Texas. "I was so weak
I had to go to bed, and kept
getting weaker."

"I suffered with my back so
much. I was very nervous,
couldn't rest good at night. I
couldn't eat anything—I just
wasn't hungry."

"I had read so much of
Cardui, I thought best to use
it. I took seven or eight bot-
tles, and by the time I had
taken them I was stronger
than I had been in several
years. I can highly recom-
mend Cardui."

"Thousands of other women
have found that the tonic ef-
fects of the purely vegetable
ingredients of Cardui were
just what they needed to help
restore their appetites, to help
bring them easily and natu-
rally back to normal health
and strength. Its action has
been found to be of great
benefit in many common so-
male ailments."

Buy it at your druggist's.

CARDUI
For Female Troubles

FOR A SUMPTUOUS SUNDAY DINNER



It's most necessary that you have good Meat as the
basis for your Sunday spread. So you will at all times
find here the very choicest cuts you like.

Moore's Market

PHONE 171

TRUSTEE'S SALE OF REAL ESTATE

Under and by virtue of the authori-
ty contained in an order of the
Honorable Clifford Frazier, Referee
in Bankruptcy in a certain matter
entitled L. E. Long, Bankrupt, the
undersigned trustee will offer for
sale at public auction to the highest
bidder, for cash.

12 o'clock M., Saturday, August 14,
1926.

the following lot or parcel of land
situated in the village of Hurdle
Mills, North Carolina, and described
as follows:

Bounded on the North by the lands
of George Brooks and C. C. White;
on the East and South by the Rox-
boro and Hillsboro public road and
the lands of John Thompson and N.
D. Harris; on the West by the lands
of Mrs. R. L. Long, containing three
(3) acres, more or less. Situated
upon this lot of land is a five room
cottage, store, filling station and
other buildings.

The successful bidder is required
to deposit a certified check for ten
percent of the bid with the trustee.
Any and all bids are subject to re-
jection by the Referee.

For further particulars inquire of
the trustee or C. A. Hall, Attorney.
Place of Sale: Courthouse in Rox-
boro, North Carolina.

Date of Sale: 12 o'clock M., Sa-
turday, August 14, 1926.

Terms of Sale: Cash.

This the 14th day of July, 1926.

THOS B. WOODY,

Trustee in Bankruptcy.

L. E. Long, Bankrupt.

Burlington, North Carolina.

JUNIOR ORDER MEETINGS

Longhurst Council No. 570 meets
every Monday evening 7:30. Come
to these meetings members. Busi-
ness of importance comes before us
often which you should know about.

LEMON OLIVER, Councilor,

O. J. BLUE, Rec Sec.

ADVERTISE IN THE COURIER

JUNIOR ORDER MEETING

Roxboro Council No. 121.
Meeting opening at 8 o'clock P. M.
All members requested to be pre-
sent. Visitors of other orders in-
vited.

W. K. MOORE, Councilor,
ROBERT LUNSFORD, R. S.

DR. S. RAPPORT

of Durham
OPTOMETRIST

Specialist in examining eyes and fit-
ting glasses will be in Roxboro at
Davis Drug Store every first
Wednesday in each month. His glass-
es will give you real pleasure and
satisfaction. They are accurately
fitted in every detail. They feel
right and look right. Charges reason-
able.

My next visit will be Wednesday
September 1st.

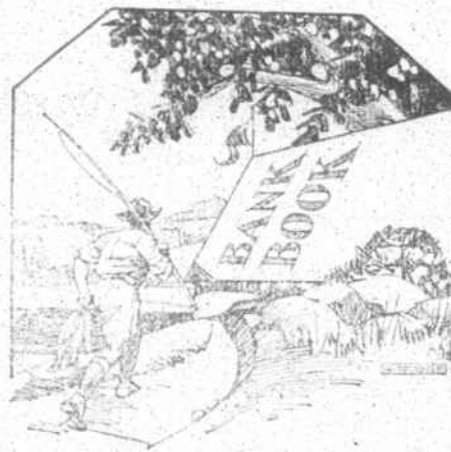
-Coca-Cola-

Magic Square

Begin with "I" in center and read zigzag any way going to any
corner and it will be "I DRINK BOTTLED COCA-COLA."

A L O C A C O C D E D C O C A C O L A
L O C A C O C D E L E D C O C A C O L
O C A C O C D E L T L E D C O C A C O
C A C O C D E L T T L E D C O C A C
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A L O C A C O C D E D C O C A C O L A

ROXBORO BOTTLING WORKS
Roxboro, N. C.



Shelter In Storm or Fair

All work and no play makes life very dull and hardly
worth while. With the call of the great out doors, sea
or camp lure you far. Pleasure and enjoyment becomes
a matter of finances. Will the pocketbook cover all?

Should a storm of expenses rise, would it mar your
complete enjoyment?

Provide yourself with ample shelter — start a saving
account.

The First National Bank

"THE FRIENDLY BANK"

Under Supervision U. S. Government