PAGE TWO

institute of Chicago.) (20. 1956. Western Nowapaper Union.)

Lesson for September 26

REVIEW-EARLY LEADERS OF

GOLDEN THEY-Let us run with pa-tience the race set before us, looking unto Jesus, the suther and finisher of sur failth-Hob. 12:1, 2. PRIMARY TOPIC-Favorite Stories of the Overset

the Quarter. JUNIOR TOPIO-Stories of the Lead-

s of Israel INTERMEDIATE AND SENIOR TOP-STRING Incidents of the Quarter. YOUNG PROPER AND ADULT TOP-The Main Teachings of the Quar-

It is strange that the lesson com-mittee should have selected the title "Early Leaders of Israel" when only Moses appears. A better title would

Mores appears. A better title would have been "Mores, the Leader of Israel." In such a case consideration should be given to Mores' life, char-

acter and teaching. Indeed, a good method of review would be to use this

plan for the quarter's lessons. Another method of review would be to

give a synthetic view of the book of Exodus, since all the lessons of the

quarter are taken from that book. However, for the senior and adult,

classes the best method will be to re-

cuil the principal fact and then state

the leading lesson of each Sunday's tesson of the quarter. To aid in this,

When the time drawn people the following suggestions are given: Lesson for July 4. When the time drew night for God to deliver His chosen people He crussed them to multiply greatly. Enzy and slarm incited the new king to in-stitute measures to check israel's in-

crease. The attempt to carry these measures out not only displayed their

futility but brought to be sheltered and nurtured in the king's palace the very one who later upset Pharaoh's

Lesson for July 11.

perceived that he was a child of destiny. The king's edict was that

every male child should be destroyed

but the faith of his mother moved her

to blde him. When no longer able to

hide him he was preserved in an ark

of buirushes and taken in charge by

Pharnoh's daughter. At the sugges-tion of Miriam, his mother was called

as a nurse. He was educated both at his mother's knee and in the Egyptian

Lesson for July 18. While Moses was keeping Jothro's sheep, God appeared to him in a burn-

ing bush and commissioned him a de

liverer of His people. Moses faltered but God patiently heard and met his

Leason for July 25. In memory of the great deliverance of israel from bondage, the passover wis instituted. All who were under

the blood were saved from the de

Lesson for August 1. God permitted the Israellites to get

inving haspt, in order to touch them to trush litim and also to lay a snare for the enemy

Lesson for August 8. Before going far into the wilderness he people lusted for the fleshpots of

the people lusted for the fleshpots of Egrid. God answered their normar-logs to giving them qualls and manna

from God to man. Those who ent of his bread shall never die. -Lesson for August 15. Jettiro, seeing Moses completely or

cipled with the indging of Israel, ad-

pic Godwaril and that all the weighter matters should be cared for

by him and that suitable men should appointed to judge the smaller mat-

intera of tinnecessary burdens Lesson for August 22.

God's work should be carefully logi so as to relieve his min-

Christ is the true manna sent

When Moses was born, his mother

throne.

court

dHiculth

to eat.

Die

stinging angel.

Sunday Sc

### Improved Uniform International Knowledge of Foods Essential to Health

Raleigh, N. C., Sept. 20 .- G od health is dependent to a great extent on the food eaten but to have the right kind for growth and heafth. it is necessary to know what food is needed and what the different foods are used for.

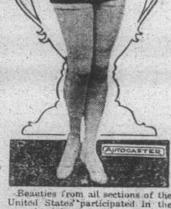
"We know that fod is divided into the various classes according to the work that it does," says Mary E. Th mas, specialist in nutrition for the e tosion service of StRe College. "If it bullds bone, it is put into one class; if it builds flesh, it is put into another class, Some foods keep us warm and give us energy, some regulate the body process and others promote growth and health and help us to keep well. There are six classes of fools-water, mineral matter, protein, fats, carbohydrates and vitamins"

Water regulates the body temperature, aids in digestion and helps to carry off waste, states Miss Thomas. Mineral matter builds up parts of the body, as the bones and teeth, and helps to keep the body in good running order. Milk, fruit and vegetables supply these necessary miner-Protein builds muscle. als. Many foods contain this protein but milk lean meat, eggs, fish, peas and beans are called protein foods. Fats give heat and energy. They are obtained from butter, cream, oils, fat meats and nuts. Carbohydrates, the sugars and starches, supply heat and ener gy. They are obtained from sugar, bread, creals and potattes.

Miss Thomas explains that in addition to these fords, there are important substances called vitamina which promote growth and protect the body from diseases. Certain foods such as milk, butter, fruits, leafy vagetables and while-grain creats are rich in vitamins and are pro toctive foods essential in the diet ach day.

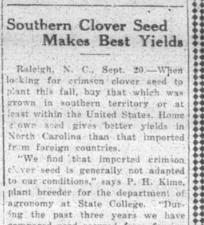
Food is cooked to develop new flavors, to make it more digestible, to kill bacteria and in some cases to improve its appearance.

Many housewives in North Caroselection and preparation.



Miss America

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#### In one test described by Mr. Kime, sted of crimson cliver grown in this country made a yield of 2,000 pounds of bay while seed secured from England yielded only 1,360 pounds of hat the chances are, states Mr. Kime, hay per acre. Mr. Kime states that the bulk of the imported crimson clove: seed N & Whoifolk & Western Schelule Effective August 30, 1925 a. m p. m. p.m. p.m 9:00 \*5.10 lv. Durham ar \*1:00 \*8:21 a.m. p.m. s.m. p.m. 10:07 6:20 lv.,Roxborn ar. 11:47 7:14 19:31 6:50 ly Deaniston ar.11:18 6:45 10:55 7:13 dv. S. Boston ar. 10:55 6.21 11:07 7:27 lv: Halifax ar. 10:44 6:12 p. m. p. m.

made poor growth."

THE ROXBORO COURIER

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1:15 9:45 ar. Lynchg. 1v. 8:35 4:00 "Above trates daily. Connections at Lynchburg fe Washington, Baltimore, Philadelphia and New York.

Parlor and steeping cars, din na cars. The best route to the west and northwest. Rates and information upon application to agent, or JNO, L. BLANDON.

· General Pass, Agent Roanoke, Va

countries with that grown here in somes from France where a number the South. In nearly every case i commercial varieties are grown we have fund that the southern Several different lots of French grown seed did no winter-kill and grown seed have been tested by the a good growth, while the imported North Cartlina Experiment Station seed was a failurs. Some of it and while one of these compared fawinter-killed very badly and there vorably with southern seed, the there made very poor yields. Unter any road loss less risk is run when southing grown seed are planta'. When the foreign seed are used, one may secure a good crop;

> that he will not. Tem Tarbeel says that when the emselves in the community, they

Street Improvement

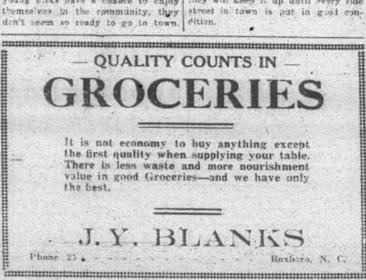
Wednesday September 22, 1926.

The Mayor and the Town Commissioners, under the supervision of Mr. I.O. Abbitt, are doing some splendid work on the streets just now. The past week they did some good work on Foushee Street, paralleling Main Street. This street is cluse to Main, and in time, will come into general use, for there are many splendid locations for dwellings. We are glad to commend the powers that Tom Tacheel says that when the roung filks have a chance to enjoy they will keep it up until every side

D

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**Special Announcement** The writer is pleased to announce that by special arrangement with the Carolina Mortgage Company, Raleigh, N. C., I have available now:

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GOOD ADVICE



a God with all the heart, soul, and mind is the fulfilment d the first four commandments of the Decalogu

Lesson for August 29. Leving our neighbor us we love our-serves is the fulfillment of the last six commandments of the Decalogue. Supreme love to find and love to our fritownian as we love ourselves is the Lesson for September 5.

God through Christ dwells in the midst of His people-just as He did in the midst of Israel in the taber-

Lesson for September 12. in carrying on of God's work all should offer willingly such girts all

they have, Pisobedience to God's laws always brings calamitles, while obedience to Ged's law is always accompanied with blessings.

LAMB

VEAL

PORK

#### **Our** Assignments

God never gave man a thing to do, concerning which it were irreverent to ponder how the Son of God would have done H.-G. Macdonald.

A Prayer Father, we thank Thee for Thy tenshown us in so many ways.

The Humble Saint A fumble saint looks most citizen of heaven. Echoes. like

the second



Roxboro, N. C.

Chops of your choice make such an appetizing dish for breakfast, dinner or supper. Easy to prepare in a number of different ways.

#### e's Market PHONE 175



Advice is hard to take. It is a human weakness or conceit to think we "know it all."

But advice from older and wiser heads, from people who have graduated from the school of hard knocks is well worth listening to. Especially by the young folks. 20

Thrift-plain common sense applied to spending is absolutely essential when married. Of course young men and women should save for the time when they marry but afterward—saving is imperative, if they are to succeed and be happy.

Savings make a happy home for children-the worthwhile things of life within your reach.

Reckless, thoughtless spending is fatal to both happiness and success.

## The First National Bank

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