

Improved Uniform International

Sunday School Lesson

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Lesson for September 26

REVIEW—EARLY LEADERS OF ISRAEL

GOLDEN TEXT—Let us run with patience the race set before us, looking unto Jesus, the author and finisher of our faith.—Heb. 12:1, 2

PRIMARY TOPIC—Favorite Stories of the Quarter.

JUNIOR TOPIC—Stories of the Leaders of Israel.

INTERMEDIATE AND SENIOR TOPIC—Striking Incidents of the Quarter.

YOUTH PROGRAM AND ADULT TOPIC—The Main Teachings of the Quarter.

It is strange that the lesson committee should have selected the title "Early Leaders of Israel" when only Moses appears. A better title would have been "Moses, the Leader of Israel." In such a case consideration should be given to Moses' life, character 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 recall the principal fact and then state the leading lesson of each Sunday's lesson of the quarter. To aid in this, the following suggestions are given:

Lesson for July 4.

When the time drew nigh for God to deliver His chosen people He caused them to multiply greatly. Envy and alarm incited the new king to institute measures to check Israel's increase. The attempt to carry these measures out not only displayed their futility but brought to the sheltered and nurtured in the king's palace the very one who later upset Pharaoh's throne.

Lesson for July 11.

When Moses was born, his mother 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 hide him. When no longer able to hide him he was preserved in an ark of bulrushes and taken in charge by Pharaoh's daughter. At the suggestion of Miriam, his mother was called as a nurse. He was educated both at his mother's knee and in the Egyptian court.

Lesson for July 18.

While Moses was keeping Jethro's sheep, God appeared to him in a burning bush and commissioned him a deliverer of His people. Moses faltered but God patiently heard and met his difficulties.

Lesson for July 25.

In memory of the great deliverance of Israel from bondage, the passover was instituted. All who were under the blood were saved from the devastating angel.

Lesson for August 1.

God permitted the Israelites to get into straitened circumstances after leaving Egypt, in order to teach them to trust Him and also to lay a snare for the enemy.

Lesson for August 8.

Before going far into the wilderness the people lusted for the fleshpots of Egypt. God answered their murmurings by giving them quails and manna to eat. Christ is the true manna sent down from God to man. Those who eat of his bread shall never die.

Lesson for August 15.

Jethro, seeing Moses completely occupied with the judging of Israel, advised that Moses should be to the people Godward and that all the weighty matters should be cared for by him and that suitable men should be appointed to judge the smaller matters. God's work should be carefully attended so as to relieve his ministers of unnecessary burdens.

Lesson for August 22.

To love God with all the heart, soul, strength and mind is the fulfillment of the first four commandments of the Decalogue.

Lesson for August 29.

Loving our neighbor as we love ourselves is the fulfillment of the last six commandments of the Decalogue. Supreme love to God and love to our fellowman as we love ourselves is the sum total of human duty.

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 tabernacle.

Lesson for September 12.

In carrying on of God's work all should offer willingly such gifts as they have.

Lesson for September 19.

Disobedience to God's laws always brings calamities, while obedience to God's law is always accompanied with blessings.

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 it.—G. Macdonald.

A Prayer

Father, we thank Thee for Thy tender mercy and Thy loving kindness shown us in so many ways.

The Humble Saint

A humble saint looks most like a citizen of heaven.—Echols.

Knowledge of Foods Essential to Health

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

"We know that food is divided into the various classes according to the work that it does," says Mary E. Thomas, specialist in nutrition for the extension service of State College. "If it builds 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 foods—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 minerals. Protein builds muscle. 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 energy. They are obtained from sugar, bread, cereals and potatoes.

Miss Thomas explains that in addition to these foods, there are important substances called vitamins which promote growth and protect the body from diseases. Certain foods such as milk, butter, fruits, leafy vegetables and whole-grain cereals are rich in vitamins and are protective foods essential in the diet each 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 Carolina would be benefited by having a copy of Extension circular 162, recently issued by the State College of Agriculture and giving facts on food selection and preparation.

Miss America



Beauties from all sections of the United States participated in the annual Atlantic City Pageant. Here we have Miss Norma Smallwood, representing Tulsa, Okla., upon whom the judges bestowed the coveted title of "Miss America 1936."

Southern Clover Seed Makes Best Yields

Raleigh, N. C., Sept. 20.—When looking for crimson clover seed to plant this fall, buy that which was grown in southern territory or at least within the United States. Home grown seed gives better yields in North Carolina than that imported from foreign countries.

"We find that imported crimson clover seed is generally not adapted to our conditions," says P. H. Kime, plant breeder for the department of agronomy at State College. "During the past three years we have compared seed secured from foreign

countries with that grown here in the South. In nearly every case we have found that the southern grown seed did no winter-kill and a good growth, while the imported seed was a failure. Some of it winter-killed very badly and others made poor growth."

In one test described by Mr. Kime, seed of crimson clover grown in this country made a yield of 2,000 pounds of hay while seed secured from England yielded only 1,300 pounds of hay per acre.

Mr. Kime states that the bulk of the imported crimson clover seed comes from France where a number of commercial varieties are grown. Several different lots of French grown seed have been tested by the North Carolina Experiment Station and while one of these compared favorably with southern seed, the others made very poor yields. Under any road less risk is run when southern grown seed are planted. When the foreign seed are used, one may secure a good crop; but the chances are, states Mr. Kime, that he will not.

Tom Tabeel says that when the young folks have a chance to enjoy themselves in the community, they don't seem so ready to go to town.

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N. & W. Norfolk & Western

Schedule Effective August 30, 1936

a. m. p. m.	p. m. p. m.
9:00 *5 10 lv. Durham ar. 1:00 *8 25	
a. m. p. m.	a. m. p. m.
10:07 6:20 lv. Roxboro ar. 11:47 7:14	
10:34 6:50 lv. Daniston ar. 11:18 6:42	
10:55 7:13 lv. S. Boston ar. 10:55 6:21	
11:07 7:27 lv. Halifax ar. 10:44 6:10	
p. m. p. m.	a. m. p. m.
1:15 9:45 ar. Lynchburg lv. 8:35 4:00	

*Above trains daily.

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Street Improvement

The Mayor and the Town Commissioners, under the supervision of Mr. I. O. Abbott, 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 close 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 be for this good work, and trust they will keep it up until every side street in town is put in good condition.

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GOOD ADVICE

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.

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.

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