

### IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By REV. HAROLD E. LINDQUIST, Dean of the Moody Bible Institute of Chicago, of Chicago, Western Newspaper Union.

#### Lesson for November 22

##### AN AMBASSADOR IN CHAINS

LESSON TEXT—Acts 28:16-24, 30, 31; Romans 5:9-11.  
GOLDEN TEXT—I can do all things through Christ which strengtheneth me. Phil. 4:13.

PRIMARY TOPIC—In the World's Greatest City.  
JUNIOR TOPIC—An Ambassador in Chains.

INTERMEDIATE AND SENIOR TOPIC—A Prisoner Speaks for Christ.  
YOUNG PEOPLE AND ADULT TOPIC—Chained But Not Silenced.

The rescue of Paul from the Jewish mob by the Roman authorities resulted in consideration of his case on their part to determine what manner of man he was, and why his words and actions provoked such violent reactions among the Jewish subjects of Rome in Judea. When it appeared that Festus, who was procurator, was inclined to turn him over to the Jews at Jerusalem, Paul, knowing of their hatred, makes

**I. An Appeal to Caesar** (Acts 28:16-19).  
It was an act of great significance, and largely determined the course of Paul's life and ministry until his death. It is a question upon which there is no little difference of opinion whether Paul was right in making this appeal. Perhaps Dr. G. Campbell Morgan has best gathered up the truth of the matter in saying, "His way was that of an attitude revealing for all time what the duty of the Christian man is—to be true to his Lord, to be true to his conscience, to be loyal to the powers that be, and to make his appeal to them where necessary, for protection, in order that he may continue his work in accordance with the will of his Lord." Paul made no appeal to save his own life, but he did want to continue his ministry. And this he was permitted to do, for after he had come to Rome we find him to be

**II. A Prisoner Preacher** (vv. 20-24, 30, 31).  
He was chained, but not silenced. He was anxious that those in Rome should "see" and "speak with" him (v. 20). They knew of the Christian "sect" only by rumor as one "which everywhere is spoken against" (v. 22). He now proclaimed the truth to them, and with what results? "Some believed . . . and some disbelieved" (v. 23). Again, we see that the greatest of all preachers met just the same encouragement and discouragement that we face. The witness and messenger is not judged by the success that crowns his efforts, but by the faithfulness with which he discharges his duty. Let us not condone our own carelessness or inefficiency by saying that even Paul was unsuccessful; but if we have been faithful and diligent, let us be encouraged even though some disbelieve.

Verse 30 indicates that Paul either had a large measure of liberty, being permitted even as a prisoner to dwell in a private house, or that he was tried and acquitted and continued to work in Rome for a period of years. Whichever may be true we cannot but admire the faithful testimony of this man upon whose body time and trials had borne heavily, but whose spirit was as young and as powerful as the message he presented. And what was his message? We find it in his epistle to the Roman church. It was

**III. Justification by Faith** (Rom. 5:6-11).  
Christian men and women are those who were weak (v. 6), ungodly (v. 6), unrighteous sinners (v. 7, 8), and enemies of God (v. 10). But having been justified by his blood (v. 9), they are "saved" (v. 9). What a beautiful word—"saved!" Brought back to God, "reconciled to God through the death of his Son" (v. 10), we are indeed saved if we have accepted him as our Saviour.  
This was Paul's message, and it is our message to a lost world.

**Count Your Mercies**  
Be on the lookout for mercies. The more we look for them the more of them will we see. Blessings brighten when we count them. Out of the determination of the heart the eye sees. If you want to be gloomy, there's gloom enough to keep you glum; if you want to be glad, there's gleam enough to keep you glad. Say, "Eless the Lord, O my soul, and forget not all his

## Home News

By Nancy Hart

Exercise the eyes to make them full of sparkle, is the advice of a prominent oculist who was asked for a few suggestions on keeping the eyes young and bright.

"For one thing," he said, "when your eyes are so tired that things blur and jump before them they probably need not so much rest as exercise. Eyes have muscles that get taut and tired like any other part of our complicated organism, and need their daily dozen."

Before you begin to exercise, you should relax your entire body, including your eyes. Then look straight ahead at a spot on the wall. Don't blink. Hold the position for a few seconds. Now close your eyes and imagine you are looking at coal-black velvet. Open them, look straight ahead, then up to the right, up to the left, down to the right, down to the left. Do this several times. Then again turn the eyes straight ahead, and repeat this exercise eight or ten times. Once more look straight ahead, and repeat this exercise eight or ten times. Once more look straight ahead, then look down ten times.

If you do these exercises with vim and vigor you will find that cramped tired feeling has left your eyes. Your mirror will show them bright and sparkling, with the whites clear and unobscured.

Add to the daily dozen equipment a good eye wash to be used night and morning or as often as you need it; a good tissue cream to spread on very tenderly at night under the eyes and over the lids; then get plenty of sleep and your eyes will be among your brightest beauty assets.

Schiaparelli's favorite floral accents are nosegays of lacquered linen trimmed with a lacy edging recalling that on Valentines. She uses them on the lapels of day suits or to make an entire shoulder strap on evening frocks. Some of her mannequins wear a cluster of flowers at the nape of the neck with evening gowns.

A tourmaline crystal found at the base of a tree in Maine, led to the discovery of \$50,000 worth of semiprecious stones in that area. Two amateur geologists, E. L. Hamlin and E. Holmes, were the lucky men. Tourmaline occurs in a variety of colors and is the national stone of Brazil. It is one of the few gems used in the industries, being made into tourmaline tongs for measuring the emanations from radium, in optical work, and in the radio industry.

Girls who totter about on spike-heeled shoes were verbally spanked by a well-known osteopath who declared: "In shoes with high heels, the toes are constantly over-ex-

ercised. New bath tablets that foam slightly when you put them in water are another grand little way of softening it. The tablets come in flower colors, are cut in the shape of a flower and are perfumed to make the water smell like your favorite bloom.

Those who feed birds during the winter and observe their sleeping habits are being invited to send summaries of their observations to the American Nature Association, Washington, D. C. The question of where winter birds roost at night generally has been unanswered by the ornithologists and the Association is interested in finding a solution to the problem.

Honey as a substitute for sugar doesn't enjoy the popularity it deserves. Used in fruit salad dressing or on baked ham, in making cinnamon toast or candied sweet potatoes, it adds a flavor peculiarly its own. It is also a good sweetener for pies, custards, puddings, and baked apples. Honey is one-fifth water, so if you use it in cake and quick bread recipes reduce your liquid content accordingly. Fruit cakes, cookies, candies, and steamed puddings will remain fresh longer if made with honey—a good point to remember.

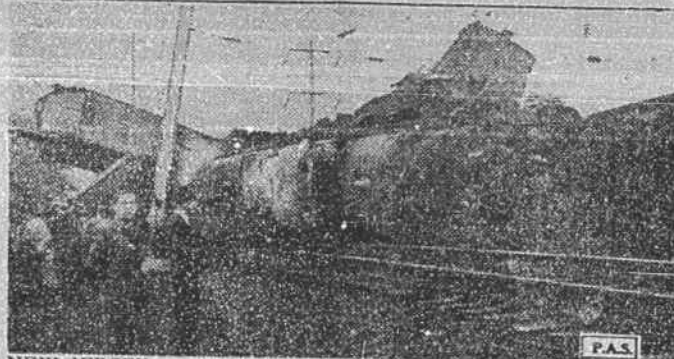
Even Joseph's famous coat would have been put to shame by the multi-colored heels on the new fall evening pumps. Many of the heels that click in the smartest night clubs and hotels are covered with exquisite brocaded fabrics and shimmering bits of silver and gold.

**Treasure Hunt**—No more dashing around the countryside to find a treasure. Deep sea treasure can be taken right from the counter into the home and you can have the fun of searching for a pearl yourself.

**A True Life**  
One truly Christian life will do more to prove the divine origin of Christianity than many lectures. It is of much greater importance to develop Christian character, than to exhibit Christian evidences. —J. M. Gibson.

**Power of the Spirit**  
The spirit of a person's life is ever shedding some power, just as a flower is steadily bestowing fragrance upon the air. —T. Starr King.

### 1 Dead, 3 Hurt in Train Wreck



NEW JERSEY . . . Engineer was killed and 3 men injured when cars of west bound train hurtled into an eastbound engine. A pile of twisted, torn and splintered wreckage blocked road. Police say a broken coupling apparently caused the wreck.

The body weight is carried on the ball of the foot, completely breaking down the transverse arch. The wearer proudly displays her high arch—high because the shank of the shoe fits like a glove and will not let it down. Yet she complains that it is agony for her to walk five minutes in a low shoe. The reason for this is that she has lost all muscle tone to aid her in the normal usage of her feet.

If you are one of those high-tension persons who go to bed at night only to pitch and toss around until the once smooth sheets are twisted into wrinkled knots, here are some bedtime relaxing exercises from a famous beauty specialist that are guaranteed to work wonders for insomniacs. Try these exercises and see if your tense body doesn't sink quickly and easily into sleep.

(1) Stretching in bed—Stretch arms above head. Pulling first one arm up-up-up, then the other, stretch every muscle from the waistline. At the same time stretch the alternate leg downward, pulling first one leg down, then the other. In the exercise the pull should be felt from toes to finger-tips.

(2) Salaam in bed—Kneel on bed, with body upright, arms stretched upward, head relaxed backward. Drop body forward, head between arms on the bed, relaxing completely with the trunk folded back on the heels. Repeat several times.

(3) Rolling in bed—With arms at sides, body relaxed, knees slightly bent, roll over on one side, leading with the hips and following with the shoulders, until you are completely turned over and lying face down. Turn back and repeat to the other side. Do it several times, first to one side and then to the other. The rolling should be done slowly and effortlessly with relaxed muscles that grow even more so as you roll. The clouds you'll be pushing for the next few hours won't need any muscular tension.

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**Treasure Hunt**—No more dashing around the countryside to find a treasure. Deep sea treasure can be taken right from the counter into the home and you can have the fun of searching for a pearl yourself.

An oyster, not edible, packed in a can, with its shell still on, is the latest novelty. Open the can, drain off the liquid, open the oyster and then start the search. In each oyster is a pearl guaranteed to be worth more than the money you pay for it, and sometimes an especially busy oyster will produce one worth many times more. Here is a bridge prize de luxe.

**Household Hint:** To remove grease spots on silk, dip the spot in ice water then cover with starch. Let the silk dry and the grease can be brushed away with the starch.

We know that the Romans had candy shops, for one was brought to light during the excavations in Herculaneum. In the ruin of the confectioner's shop were found tools, apparatus, and molds that closely resemble some of the elementary equipment used in candy making today.

### STONE-AGE MAN'S FEATS REVEALED

Clovis, N. M.—The Folsom man, who roamed the high plains of Texas and New Mexico 10,000 years ago, lacked neither courage nor ingenuity.

Members of a joint expedition from the Academy of Natural Science at Philadelphia, the Carnegie Institute of Washington and the University Museum of Philadelphia found traces of the pre-historic man's prowess in Blackwater Draw between Clovis and Portales, N. M., last summer.

Several specimens of the long-toothed elephants uncovered carried the stone head from a Folsom man's spear. At least one showed every evidence of having died from a thrust of the human's crude weapon.

Dr. Edgar B. Howard, associate in paleontology at the academy, said the discovery of elephants killed with a spear was the first ever made.

"The bone points apparently are the first of their kind to be found with pre-historic elephants," said Howard's statement. "Evidence of the early hunters' beautiful workmanship may be seen in the carefully chipped stone spear points, which are leaf-shaped in appearance and perfect condition—some 10,000 years later."

"One can picture the ponderous mammoths, bogged in the swamp that once covered the site of the present excavations, being finished off by the deadly stone spears of the Folsom hunters."

"The occurrence of so many weapons and tools in place with the elephant bones precludes any doubt that man existed on this continent at the same time as the mammoths. The date may be estimated as approximately 10,000 years ago."

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proximately 8,000 B. C."  
The summer expedition was the second made by Dr. Howard and his associates. He visited the Blackwater Draw area three years ago. Last year, excavations were made in the Scandinavian countries of Europe in an effort to find if the Folsom man ever inhabited those regions.

Oland F. Peck, 4-H club boy of Wayne county, has won \$128.50 in premiums on his seven purebred Berkshire hogs this fall and has sold \$139.65 worth of pigs. This together with the increased value of the herd has made it a profitable venture for the owner.

### LEGAL NOTICES

Advertisements appearing under this classification are payable in advance. This rule is enforced impartially. Please do not expect the publishers to deviate.

#### NOTICE OF ADMINISTRATION

Having qualified as the administrator of the estate of Thomas Don Kerley, late of the county of Watauga, state of North Carolina, this is to notify all persons having claims against the estate of the said deceased to present them to me for payment within twelve months of the date hereof or this notice will be plead in bar of their recovery. All persons indebted to the estate will please make immediate payment.  
This October 6, 1936.  
FRED CRITCHER, Administrator  
Thomas Don Kerley Estate.  
10-15-36

#### NOTICE OF SALE OF LAND

Whereas, on the 27th day of January, 1934, Mrs. Maggie P. Swift and A. C. Swift executed and delivered unto W. O. McGibony, trustee for Land Bank Commissioner, a certain deed of trust which is recorded in the office of the register of deeds for Watauga county, North Carolina, in Book 18, at page 427; and

Whereas, default has been made in the payment of the indebtedness thereby secured as therein provided, and the trustee has been requested by the owner and holder thereof to exercise the power of sale therein contained;

Now, therefore, under and by virtue of the authority conferred by the said deed of trust the undersigned trustee will on the 30th day of November, 1936, at the courthouse door of Watauga county, North Carolina, at 12 o'clock noon offer for sale to the highest bidder for cash, the following real estate:

All that certain tract of land containing seventy-nine and 7/8 (79 7/8) acres, known as the "Mrs. Maggie Swift place" in Laurel Creek township, Watauga county, North Carolina, located on the Laurel Creek public road, on the waters of Cove Creek, about 10 miles west from the town of Boone, North Carolina, and now in the possession of Mrs. Maggie Swift; bounded on the north by the lands of G. L. Phillips and J. B. Phillips and on the east by the lands of O. J. Billings and R. L. Greer; on the south by the lands of A. W. Phillips; on the west by the lands of A. W. Phillips. Said tract of land is particularly described according to a plat prepared by L. A. Baumgardner on the 30th day of November, 1920, as follows, to-wit:

Beginning on a white oak, A. W. Phillips line, and runs north 16 degrees east 6 1/2 poles to a stake; north 45 degrees east 29 3/4 poles to a white oak; north 2 degrees west 1 1/2 poles to a hickory; north 43 degrees 50 minutes east 126 poles to a stake; north 44 degrees west 28 poles to a chestnut oak; south 86 degrees west 10 1/2 poles to a white oak; south 60 degrees west 25 poles to a stake; north 89 degrees west 36 poles to a large rock; north 57 degrees west 35 poles to a stake; south 30 degrees west 18 poles to a stake; south 11 degrees west 13 1/2 poles to a chestnut; north 70 degrees west 20 poles to a stake; south 28 degrees west 2 poles to an apple tree; north 89 degrees west 10 poles to a stake; south 4 poles to a stake; north 73 degrees 30 minutes west 20 poles to a white oak; south 85 degrees west 47 poles to a cucumber; south 24 degrees east 50 poles to a bunch

of chestnut; east 45 poles to a stake; north 18 degrees east 22 poles to a stake; south 25 degrees east 10 poles to a stake; south 16 degrees east 18 poles to a stake; south 12 degrees 30 minutes west 24 poles to a stake; south 7 degrees west 14 poles to a stake; south 13 3/4 degrees 30 minutes west 8 poles to a stake; south 6 degrees west 16 poles to a stake; south 3 degrees west 12 poles to a stake; south 15 degrees west 4 poles to a wild cherry; south 78 degrees east 11 1/2 poles to a stake; thence south 60 degrees east 30 poles to the beginning, containing seventy-nine and 7/8 (79 7/8) acres.

Being the same tract of land conveyed to Maggie Phillips by J. B. Phillips and wife, S. A. Phillips, by deed dated September 30, 1920, and recorded in Book 25 at page 178, Watauga county registry.

Copy of said plat now being on file with the Federal Land Bank of Columbia at Columbia, South Carolina.

Said property being advertised for sale, and sold subject to an outstanding first deed of trust executed by Mrs. Maggie P. Swift and A. C. Swift to the Federal Land Bank of Columbia, recorded in Book 2, page 394, Watauga county, North Carolina. This 30th day of October, 1936.  
W. O. MCGIBONY, Trustee

J. E. Hoishouser, Agent and Attorney for Trustee. 11-5-36

#### NOTICE OF TRUSTEE'S SALE OF LAND

By virtue of the power of sale contained in a certain deed of trust executed to the undersigned by N. T. Byers and wife, Lottie Byers, on the 1st day of April, 1931, and recorded in the office of the register of deeds for Watauga county in Book 15 of Deeds of Trust at pages 65 and 86, to secure the sum of \$2,000.00 to be paid to the Federal Land Bank of Columbia, according to the terms of a certain mortgage deed executed to the Federal Land Bank of Columbia, by Andrew Greer and wife, Alice Greer, said mortgage being recorded in the office of the register of deeds for Watauga county in Book 2 of Mortgages at pages 69 and 81, said deed of trust having been given to secure Hattie Swift against loss by reason of said mortgage deed; and default having been made in the payment of the moneys to the Federal Land Bank as in said deed of trust provided, I will, on Monday, November 30, 1936, sell to the highest bidder for cash the following described real estate, purchase price of said sale of land to be paid to the Federal Land Bank, to-wit:

Tract One: Beginning on a buckeye tree in J. A. Warren's line, and runs north 51 poles to a chestnut on top of the ridge; thence west 20 poles to a stake; thence south 25 poles to a hick on the bank of the creek; thence with the public road a south-east course 31 poles to a buckeye in J. A. Warren's line; thence to the beginning.

Tract Two: Beginning on a buckeye on the bank of the creek, J. A. Warren's line; thence an east course 7 poles to the old E. L. Glenn corner; thence a west course to the beginning.

Tract Three: Beginning on a stake on the bank of the branch, formerly a sugar tree stump near a black hickory and runs a north course 44 2/3 poles to a stake; thence a west course 26 poles to a chestnut tree, E. E. Perry's and N. T. Byers' corner; thence south 45 poles to a stake in N. T. Byers' line near a wild cherry; thence an east course with top of bank, an agreed line between N. T. Byers and R. J. Perry 2 1/2 poles to the beginning, containing 14 acres, more or less, in the three tracts.

This 30th day of October, 1936.  
T. E. BINGHAM, Trustee. 11-3-36

#### NOTICE OF SUMMONS

North Carolina, Watauga County; In the Superior Court, before the Clerk, Ella Greer and husband, Fred Greer, and Anne Idol and husband, Lane Idol, vs. Zella Garcia and husband, Orlando Garcia, Joe Watson and wife, Ruby Watson, Max Watson, husband, Donald Reed, Josie Watson, Teddy Watson, and Mary Reed and son and Altrud Watson, Minors.

The defendants in the above proceeding will take notice that on the 2nd day of October, 1936, a summons in said proceeding was issued against the defendants by A. E. South, Clerk of the Superior Court of Watauga County, North Carolina, the petitioners stating that they are tenants in common with the defendants of a tract of land in Watauga County, North Carolina, known as the John Watson lands, containing 81 acres, and asking for a partition of said land, which summons is returnable before the Clerk of the Superior Court of Watauga County on the 28th day of November, 1936, when and where the defendants are required to appear and answer or demur to the petition, or the relief asked for will be granted.

This 28th day of October, 1936.  
A. E. SOUTH, Clerk Superior Court. 10-29-36

**THE HOUSE OF HAZARDS**  
\*  
By Mac Arthur

