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relative cost to the user has steadily declined. Today you can reach many more people by telephone the better to serve your needs for business or personal use. This record, which stands out as an achievement, is becoming more and more difficult to maintain as the costs of everything going into the furnishing of telephone service continue to rise.



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### Improved Uniform International SUNDAY SCHOOL LESSON

By HAROLD L. LUNDQUIST, D. D. Of The Moody Bible Institute of Chicago. Released by Western Newspaper Union.

#### Lesson for August 4

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#### JESUS AND THE SABBATH

LESSON TEXT—Exodus 20:8; Mark 2:27-28; Matthew 12:1-13. MEMORY SELECTION—This is the day which the Lord hath made; we will rejoice and be glad in it.—Psalm 118:24.

"The Sabbath was made for man," and was ordained of God for the good of man's body and soul. It was intended to be a day of glad fellowship with the Lord.

Since the Sabbath — the seventh day — was essentially one of rest and worship, the principles which surrounded it and directed its life may be applied to our day of rest, which is the first day of the week—the Lord's day.

That word "rest" sounds a little strange in this busy world of ours, and yet it is an important one. It means quiet for the struggling one, calm for the troubled, repose for the weary, cessation of labor for the worn-out one.

God in his infinite wisdom saw that without rest man would soon destroy himself, and he made provision for one day in seven when labor should cease and man should be free for that recreation of soul and body which should fit him for the labor of the week.

I. A Day of Holiness (Exod. 20:8). God gave his people a holy day to balance up their days of labor and to bring blessing to their souls. On that day he decreed that they should come apart from their labors, turn from secular interests and turn their hearts and minds to the unseen and the eternal. Man would become so engrossed in the things of this world that he would soon forget; therefore, God commands him to stop and worship. That should be sufficient to cause his people to "remember" the day "to keep it holy."

Notice that the day of rest was to be not only for the family, but also for servants and for visitors. The employer who unnecessarily operates his factory or office on Sunday violates this commandment. Note also that the man who is to rest on the seventh day is supposed to work on the six days. Some neglect to do both.

This matter of keeping the Lord's day holy is one which has tremendous implications in the lives of our children. Many men and women who have had built into their own characters the stalwart virtues nurtured by family attendance at divine worship have not only forgotten their own continuing need, but are destroying the interest of their children in church attendance.

It is serious enough to go astray in one's own life, but to lead one's children astray is an appalling responsibility. Let's keep the Lord's day as a holy day.

II. A Day of Holiness (Mark 2:23-28). The formalists of Christ's day, the Pharisees, had overlooked the heart of God's law and the holy living which it was intended to produce, and had bound up even the observance of the sabbath (which was intended to be a day of rest and gladness) in such a mass of technical "thou shalt not's" that it was a day of fear.

The accusations against the disciples because they had taken and eaten grain was not on the ground that they had stolen, for the law (Deut. 23:25) guaranteed that right to the one who passed through his neighbor's field. The Pharisees contended, however, that the disciples had worked on the Sabbath in picking and hulling the grain.

God's laws are helpful laws, and it is only when men pervert them, or add to them their own traditions and interpretations, that they become burdensome to anyone who is God-fearing and obedient.

III. A Day of Healing (Matt. 12: 9-13). Jesus made it clear that healing of the body (yes, and of the soul) was most appropriate on the Sabbath day; in fact, that is the very day for it.

The healing of the man with the withered arm revealed that back of the Pharisees' professed concern for the Sabbath was a real hatred for Christ. It is an appalling thing that in the house of worship on the very Sabbath day, these men, outwardly so religious, were plotting against our Lord.

Jesus cuts across human hypocrisy and hatred to declare that the true keeping of the Sabbath is to do the work of God. No work of necessity (like plucking the grain) or of mercy (like healing the withered arm) is ever out of place on the day of rest.

A word of caution is needed, for some have sought to interpret this Scripture as providing biblical ground for doing all sorts of things on their day of rest. That day is for man's good, not for his destruction. His greatest good is served by rest, worship, spiritual development, Christian fellowship, and the doing of deeds of necessity and mercy.

The desecration of the Lord's day in our time is a serious matter. Let us not contribute to it.

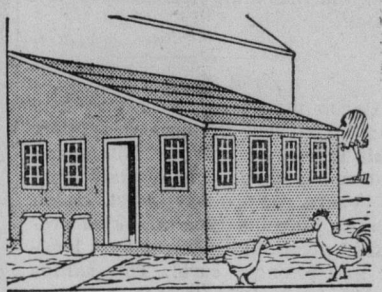


### Economical Milking Parlor for Farm

#### Saving in Capital And Labor Costs

Economy, both in initial cost and labor, is the chief attribute of the pen-type dairy barn with attached milking parlor used by many dairymen. It is particularly advantageous when adding to the size of the herd. The cows are allowed to run loose in the barn and are milked and fed in an adjoining lean-to milking parlor.

The total cost for materials of the lean-to shown in the sketch would be approximately \$900, including a



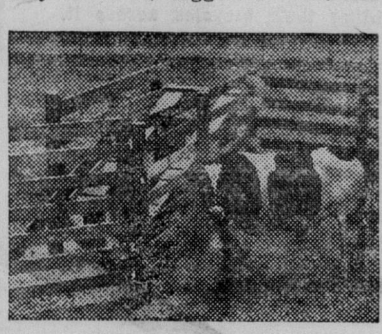
fire-resistant asphalt roll roofing and gypsum exterior walls. This will permit the farmer to qualify for producing Grade A milk.

The six-stall parlor is large enough for a 20-cow herd. It does increase the amount of bedding needed by nearly 50 per cent. This results in a corresponding increase in manure value.

One of the main advantages of this type construction is that the herd may be added to without expense of new stanchions.

#### Farm Safety Week to Stop Accident Gains

Making life on the farm safer for children and adults is the basic aim of Farm Safety Week. President Truman, in proclaiming the week, July 21 to 27, suggested "that the

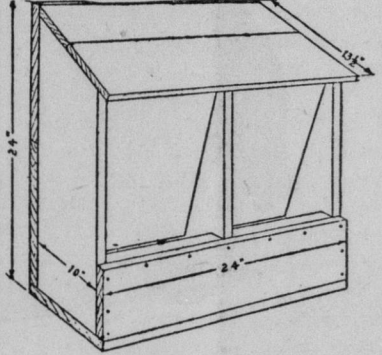


Proper confinement for the bull may save lives.

farm people of the country observe the week by resolving to eliminate at least one hazard a day until their farms are as safe as they can possibly make them."

Open wells, improperly fenced dangerous animals, ladders, dangerous parts of machinery unprotected, cluttered barnyards, all take toll of thousands of farm children and adults annually.

#### Grit and Shell Box



An easy to build grit and shell box for the laying house may be made of box lumber but should be strong enough so that it can be nailed to the side of the house, six inches above the litter.

#### Concrete Measuring



A box for measuring sand and gravel is shown in the illustration. For a 1:3:5 mixture the frame should measure inside 4 feet seven inches, 2 feet wide and 1 foot deep. On the inside and 33 inches from one end, a partition is placed.

#### Ants in Garden May Be Controlled by Pyrethrum

Ants in lawns, fields and gardens can be controlled with a concentrated pyrethrum product, according to W. A. Price, Kentucky experiment station. A preparation containing 2 per cent in a vegetable oil soap is recommended. The dosage should be applied at the rate of one tablespoonful to a gallon of water. A gallon is sufficient for a hill 12 inches in diameter and two inches high.

### Y M C A TO BEGIN ACTIVITIES AT MAYODAN SOON

Wilson Smith, interstate secretary of the Y. M. C. A.'s of the Carolinas, announced recently that arrangements are being made to obtain as soon as possible a trained Y. M. C. A. man for the town of Mayodan.

For a number of years Washington Mills company of Mayodan has had under consideration the erection of a Y. M. C. A. building for the benefit of employes of the company and the citizens of that community and section. In 1940 preliminary plans were drawn for the building but these plans were necessarily deferred on account of the war. Since that time Washington Mills company has made substantial donations to the state Y. M. C. A., for the purpose of erecting a building at Mayodan as soon as practicable.

#### DEW DROPS

There was a governor of Texas who did not shave during the whole term of office.

You could be most interesting to some girl if you'd tell her that time stood still when you gazed into her eyes. But it would not be as tactful to tell her her face would stop a clock.

What is the human center (scenter). The nose.

Christ GOT his power from above.

Christ USED his power below.

Man said he never knew what happiness was until after he was married and then it was too late.

Carrie Chapman went to see a man and said, "I've come to talk as man to man." "All right," said the man, "come in Carrie and have a cigar."

"A cow has two legs in front", and two more in addition to hold up her chassis, her rear end and transmission.

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### Redcross Completes Fifty Sweaters For Children

Fifty sweaters for children have been finished by workers in the production rooms of the Buncombe county chapter of the American Red Cross, it was reported by Mrs. Mark W. Wooding, chairman of the knitting service.

These garments are for foreign relief and will be sent abroad by the National Red Cross.

Mrs. Wooding further reported a large quota for the knitting group, and emphasized the need for more workers. The local chapter has a quota of 165 pairs of

socks and 400 pairs of boot socks for the U. S. Army, and 950 children's sweaters.

All those who are interested in helping in this work are urged to contact Red Cross offices. The wool is furnished for the sweaters as well as directions for making them. It was further stated that the garments may be made at home, and there is no need for knitters to stay at the production center while doing the work, though the material is obtained there. The production center is in the county courthouse.

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