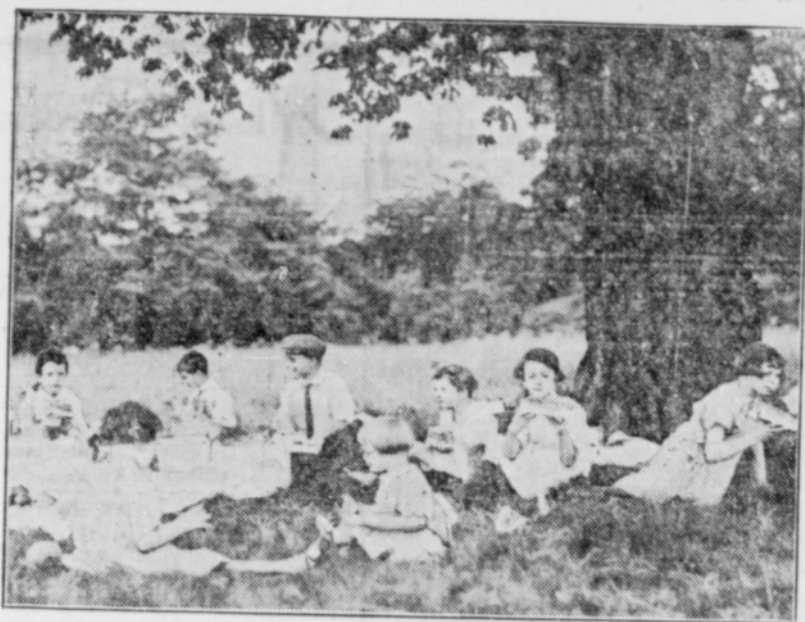


FRUIT AND FRUIT DRINKS FOR PICNICS



Watermelon is a Good Fruit for a Picnic.

(Prepared by the United States Department of Agriculture.)

More fruit and less pastry for picnics this summer, and there will be fewer chances of bad after-effects for the children. A great many fruits come in "individual packages," like oranges, apples, bananas, peaches, plums and pears. These are easy to transport from home and for the most part easy to eat from the hand. The children in the picture, which was taken by the United States Department of Agriculture, are being regaled with watermelon, cut up in convenient-sized pieces for handling in this fashion. A watermelon helps to quench thirst instead of causing it, as cake and candy do, and the flavor is popular and refreshing. The watermelon should be thoroughly chilled before the party starts and kept cold until wanted.

MILK OR ORANGE JUICE FOR CHILD

Glass of Fruit Juice Is Excellent for Youngsters.

(Prepared by the United States Department of Agriculture.)

A rapidly growing child who is very active may well have food in the middle of the forenoon and afternoon if it does not spoil the appetite for other meals, according to the United States Department of Agriculture. But the patronage of the ice cream cone vendor and the everlasting munching of candy, half-ripe bananas, and pickles form vicious habits to which American children are particularly addicted.



Fruit Juice Provides Part of Vitamine and Mineral Content Needed.

The nickels given to children for concentrated sweets might better be thrown away. They ruin appetite, digestion, disposition and good teeth. That child is fortunate who has been brought up to enjoy without question a glass of milk and a simple bread-and-butter sandwich, while the neighbor's children are eating all-day suckers. An apple, an orange, or other fruit in season, or a glass of cool fruit juice is especially desirable because it provides a part of the vitamin and mineral content of the diet needed for proper growth and good health. At the same time it does not take the edge off the appetite in the way that more concentrated foods do. For the child who needs a more substantial lunch, a chopped raisin sandwich or glass of dilute cocoa, chilled, may be a pleasing surprise.

Selection of Foods and Meal Plans for Family

Send to the United States Department of Agriculture for bulletins on food selection and meal planning. Get the whole family interested in the relation of food to health and what constitutes a well-balanced diet. The taste of food is no guide to its value in diet, but a pleasing flavor aids in getting the properly selected day's foods eaten by everybody. Have plenty of each kind of food, well seasoned and carefully cooked, but not too many kinds. Point out that on succeeding days there will be new combinations of meat, vegetable, fruit, dessert, and so on, so that eventually each preference will be catered to in turn.

What's the Answer?

Questions—No. 6

- 1—In what South American countries is the cost of living highest?
- 2—Who said: "Don't give up the ship!"?
- 3—Who wrote "The Mysteries of Paris"?
- 4—Who holds the record for home runs?
- 5—What is coal?
- 6—What is a "divining rod"?
- 7—What great American was born on January 17, 1700?
- 8—When was the Washington monument completed?
- 9—What composer, called the greatest of song writers, was forced by poverty to sell his most beautiful compositions for a few cents apiece and whose privations resulted in his early death?
- 10—What river pours the greatest quantity of water into the ocean?
- 11—Who said: "We have met the enemy and they are ours!"?
- 12—What is the real name of George A. Birmingham, Irish novelist?
- 13—What part of the North American continent is the oldest?
- 14—What play has been produced in America oftener than any other?
- 15—Which crew won the Oxford-Cambridge boat race in 1926?
- 16—Who originated the ringing of the curfew?
- 17—What is a Diesel engine?
- 18—What Confederate general once led United States troops in an expedition against the Mormons?
- 19—When and where was the first officers' training camp established?
- 20—Which of the states has showed the greatest economic progress in recent years?

Answers—No. 5

- 1—Twenty-six Innings, on May 1, 1920, between Boston and Brooklyn, ending in a tie, 1-1.
- 2—Andrew Johnson.
- 3—Wilson.
- 4—The medulla oblongata.
- 5—Sir Joshua Reynolds.
- 6—Russia.
- 7—The most ancient sacred literature of the Hindus.
- 8—Gen. Zachary Taylor.
- 9—Such use was formerly approved as good English and is found in many reputable authors.
- 10—In the beginning God created the heaven and the earth.
- 11—Mrs. G. H. Stetson of Philadelphia.
- 12—Taft.
- 13—Georgia, for George II.
- 14—Hearing, seeing, feeling, smelling and tasting.
- 15—Mary Pickford.
- 16—The Volga, in Russia.
- 17—"Vanity Fair" by Thackeray.
- 18—A beautiful, semi-precious stone of green or blue shades and is the national stone of Persia.
- 19—It has been in constant use for centuries by good writers to express thought forcefully.
- 20—The First Book of the Kings.

Really Mace Should Produce an Affidavit

Mace Liverwurst was telling a crowd in front of the blacksmith shop about a cyclone he was in one time at the close of the Civil war. He said it was the worst wind and electrical storm he ever saw, and that a bolt of lightning killed a big fat hog for him, and the wind twisted it in such a manner that the fat was rendered into lard, a frying pan came bouncing through the air and fell right side up beside the hog so that the rendered lard ran into it.

Mace said about that time the wind blew the feathers off a big spring chicken and tore the chicken into pieces, which fell into the pan of grease, the lightning set the grass afire and the grease got hot and the pieces of chicken in the skillet fried nice and brown. When Mace hesitated, to take a chew of tobacco, all his listeners left in disgust, and as we sauntered off we heard him say he could prove it by a dozen persons. Mace can prove anything by his cronies.—Altoona (Kan.) Tribune.

No Uniform Length

The length of a league varies in different countries. The Roman league was 1,376 modern English miles, while the league brought to England by the Normans was equal to 2.9 modern English miles. The metric league is four kilometers. At present the league is a nautical measure equal to the twentieth part of a degree—that is, three geographical miles, or 3.637 statute miles.

Is Handshake Unhygienic?

In the storehouse of a coal mine near Dortmund there is a curious placard on the wall. It reads as follows: "Gentlemen, commercial travelers and others coming here for business are requested to omit handshaking from their visits. "Shaking hands is a waste of time, is unhygienic, is often badly received, and will not have the slightest influence on the placing of orders from our firm."

Improved Uniform International

Sunday School Lesson

(By REV. F. A. FEEZATER, D.D., Dean, Moody Bible Institute of Chicago.)
(© 1927, Western Newspaper Union.)

Lesson for July 31

DAVID AND JONATHAN

LESSON TEXT—I Samuel 18:1-4; 19:1-7.

GOLDEN TEXT—There is a friend that sticketh closer than a brother. PRIMARY TOPIC—Two Good Friends. JUNIOR TOPIC—David and Jonathan.

INTERMEDIATE AND SENIOR TOPIC—Choosing the Right Kind of Friends. YOUNG PEOPLE AND ADULT TOPIC—The Obligations of Friendship.

The friendship of David and Jonathan has become immortalized in the world's thought. It was unique in that it occurred between two men of rival worldly interests. Jonathan was the crown prince, the heir to the throne. David was heir according to the divine choice and arrangement. Jonathan knew this and magnanimously waived his natural personal rights to the one he knew God had chosen.

1. Friendship Established Between David and Jonathan (I Sam. 18:1-4). 1. Love at Sight (vv. 2).

Following the interview of Saul and David after the victory over Goliath, Jonathan's soul was knit with that of David. He loved him as his own soul. While there was mutual love, this pleasing trait stands out more prominently in Jonathan than in David because it meant great loss to him—the loss of the throne; while it meant immense gain to David, the acquisition of the throne to which he had no natural right.

2. Covenant established (vv. 3, 4). Following the love covenant between them, Jonathan stripped himself of his court robe and his equipment and gave them to David. This act was a virtual abdication of the throne to David.

II. Jonathan Defended David Against Saul's Frenzy (I Sam. 19:1-7). David went into the battle with Goliath out of zeal for God and true religion—not for personal glory, but it turned out as always that because he made God first, God honored him.

Upon David's return from victory over the Philistines, according to Oriental custom he was met by a triumphal chorus of women from all the cities of Israel chanting praises to him for his victory over their enemy. They ascribed more praise and honor to David than to Saul. These women seemed to sing as answering chants. The one sang, "Saul has slain his thousands," the other answered, "and David has ten thousands." To hear sung the praises of a shepherd boy surpassing his own was too much for Saul. It aroused murderous envy which had been slumbering in his heart and moved him twice to attempt to kill David. This wickedness was in his heart as a bitter feeling, but this occasion fanned it into a flame, making it a burning passion of evil.

In Saul's third attempt to kill David, Jonathan defended him before his father and evoked from him the oath that David should not be slain. He thus exposed himself to the anger of his infuriated father for David's sake.

III. Jonathan Revealed to David Saul's Murderous Intent (I Sam. 20:30-40).

The beginning of the new moon was celebrated by sacrifices and feasting at which all the members of the family were expected to be present (v. 5). David's excuse for being absent was that he might go home to attend the yearly sacrifice of the entire family. The annual feast was more important than the monthly feast. Matters were now so serious that Jonathan and David renewed the covenant between themselves. In this renewal the terms were broadened beyond the life of Jonathan (vv. 14, 15). Saul's anger was now so fierce that for Jonathan to be found in David's company was most dangerous, so he cleverly planned a sign by which he could make known to David Saul's attitude and purpose. We prove our friendship by warning those who are exposed to danger. David's heart responded by pledging fidelity to Jonathan's seed forever. This pledge was faithfully carried out by David (II Sam. 9:7, 8). Concerning real friendship observe:

1. It should be made while both parties are young, when the hearts are capable of being knit together.
2. Real friends are few. We should be careful in the formation of friendships. For though we should love everybody we can have but few friends. Friendship should be formed for the purpose of helping each other. There can be no real friendship except where merit is on both sides.
3. Real friendship can only be with God-fearing people. Both David and Jonathan recognized their obligation to the Lord.

Satan on Watch

Prayer is the strategic point which Satan watches. If he can succeed in causing us to neglect prayer, he has won; for where communion between God and His people is broken, the true source of life and power is cut off.—Andrew Murray.

The Man at the Top

The man at the top is usually some one who has been in the habit of going to the bottom of things.—The Prospector.

If you are planning to trade-in your present car for a new car, remember these facts:

- 1 When you trade-in your used car for a new car, you are after all making a purchase, not a sale. You are simply applying your present car as a credit toward the purchase price of the new car.
- 2 Your used car has only one fundamental basis of value; i. e., what the dealer who accepts it in trade can get for it in the used car market.
- 3 Your used car has seemingly different values because competitive dealers are bidding to sell you a new car.
- 4 The largest allowance is not necessarily the best deal for you. Sometimes it is; sometimes it is not.
- 5 An excessive allowance may mean that you are paying an excessive price for the new car in comparison with its real value.
- 6 First judge the merits of the new car in comparison with its price, including all delivery and finance charges. Then weigh any difference in allowance offered on your used car.

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GENERAL MOTORS TRUCKS · YELLOW CABS AND COACHES

FRIGIDAIRE—The electric refrigerator

Too Bad

Sacha Guitry, the French actor and playwright, said on departing from New York:

"The movies are ruining the theater. It's too bad."

"A comedian said to a tragedian over a sandwich in one of your cafeterias the other day:

"I hear that the crowd hissed you off the stage at the Gaity last night."

"A lie, my boy," said the tragedian.

"A miserable lie. There was no crowd."

Wedding School Affair

Miss Ola Sunshine Thomas, teacher in a rural school near Los Angeles, became a bride on the last day of the term. Her wedding took place in the schoolroom, with each pupil in the class taking some part in the ceremony.

Some acts are quicker than thoughts.

Fine Telephone Service

For two and a half cents the telephone service in Stockholm or Gothernburg will call you at any hour specified, will tell you the exact time and answer calls in case you are ill or away.

It also will take messages while you are out, or even away over the weekend, and deliver them when you return, call a busy number as soon as it is free and perform several other services usually done by an office assistant or valet.

The services are performed by special exchanges.

Round One

Mr.—"Well, be satisfied! There are worse fellows than I am." Mrs.—"Oh, don't be such a pessimist."

A few people are envied because of their wisdom, many because of their wealth.

Bugville's Richest Citizen—

But Flyosan will get him too!



HE'S BEEN burying flies and mosquitoes by the millions.

Flyosan floats through your rooms, killing every single fly and mosquito—getting into corners and crevices you could never see.

But use Flyosan itself—the first liquid insect spray on the market (non-poisonous). Flyosan not only kills every fly and mosquito in your house, but also kills the millions of deadly, disease-bearing germs on the body of each.

And "swatting" only scatters these germs into the air you and your family breathe.

Peterman's has the right insecticide for each insect. On sale wherever drugs are sold.

Here is the right insecticide for each insect:

FLYOSAN, Liquid Spray—kills flies and mosquitoes.

PETERMAN'S ANT FOOD—exterminates ants.

PETERMAN'S DISCOVERY, Liquid—exterminates bedbugs.

PETERMAN'S ROACH FOOD—exterminates that cockroach army.

PETERMAN'S MOTH FOOD—protects against moths.

You must have a specific insecticide for each insect. No single insecticide will exterminate them all. We have had nearly 50 years' experience. We know that is true.

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