THE SUNDAY SCHOOL.

LESSON IV, FIRST QUARTER, INTER-NATIONAL SERIES, NAN. 28.

Text of the Lesson, Gen. ix, 8-17-Memery Verses, 11-13 - Golden Text, Gen. iz, 13-Commentary by the Rev. D. M.

8. "And God spoke unto Noah and to his sons with him, saying." We have passed over probably 1,500 years since the last lesson, during which time the views of Cain and Abel had full time to develop and bear fruit. In the line of Seth, who took the place of Abel, his brother, the most notable those recorded in chapter v was Enoch, the seventh from Adam (Jude 14), who walked with God at least 300 years and was then translated without tasting death. The scendants of Cain, who turned away from God, gave their attention to building cities, inventing musical instruments, working in brass and iron and trying to make this world a happy place without God. The result of Cain's way is seen in chapter vi, 5, and the only remedy was the deluge, which came after long warning, destroying all except Noah and those with. him in the ark.

9. "And I, behold, I establish my covenant with you and with your seed after This is the first covenant, so called, in the Scriptures and is first mentioned in chapter vi, 18. It concerns the whole earth. Then we have some 400 years later the covenant with Abram, Isaac and Jacob con-cerning the land of Canaan and the peo-ple who should inherit it as a center of blessing to the whole earth. These two are unconditional, About 400 years later we have the conditional covenant at Horeb. Compare Deut. v, 2, 3, and Gal. iii, 17. Then 400 years after that we have the unconditional covenant with David concerning the throne and the kingdom. Happy are all who can make the last words o David their own and rest quietly in the falthfulness of God—"Although my house be not so with God, yet He hath made with me an everlasting covenant, ordered in all things and sure" (II Sam. xxiii, 5).

10. "And with every living creature that with you, of the fowl, of the cattle and of every beast of the earth with you; from all that go out of the ark to every beast of the earth." The Lord is good to all, and His tender mercies are over all His works (Ps. cxlv, 9). Even the sparrows of which are are sold for two farthings are cared for by Him (Luke xii, 6). And the whole crea tion which still groaneth and travaileth in pain because of sin shall yet be delivered from the bondage of corruption into the giorious liberty of the children of God (Rom. viii, 21, 22).

11. "And I will establish my covenant with you. Neither shall all flesh be cut off any more by the waters of a flood; neither shall there any more be a flood to destroy the earth." The next purification of the earth shall be by fire, after which there shall be a new earth filled with righteousness to abide forever (II Pet. iii, 6, 7, 10, 13). The earth will not be destroyed-that is annihilated—but purified from all defile ment, loosed (as the word "dissolved" sig nifies) from its bondage of sin. And as it was in the days of Noah so shall it be in the days preceding that purification (Luke

zvii, 26, 27).

19. "And God said, This is the token of the covenant which I make between Me nd you, and every living creature that is with you, for perpetual generations." In great mercy and loving kindness God condescends to give to man outward and visi-ble signs of His faithfulness. The token to Abraham was circumcision; in the passever it was the blood upon the door; to Rahab it was the scarlet cord; to Gideon the fire from the rock; to Ahaz it was the virgin'sson (Gen. xvii, 11; Ex. xii, 13; Joshua ii, 12, 18; Judg. vi, 17, 21; Isa. vii, 14). The last, even Jesus Himself, is to us the sign that He will do all that He has said.

18. "I do set My bow in the cloud, and it shall be for a token of a covenant between Me and the earth." This is the first time that we read of the rainbow, and it is only spoken of in four places, here and in Ezek , 28; Rev. iv, 3; x, 1. Four in Scripture is the perfect number concerning the earth, and in each of these four places the bow speaks of a redeemed earth. In the other three places as well as in this it is seen in connection with Him who is the only Re

14. "And it shall come to pass, when bring a cloud over the earth, that the bow would be more interesting to us if we re membered that He brings them and that they are the dust of His feet (Nah. i, 3). He led Israel by a pillar which was a cloud by day and a fire by night, and which He also spread over the whole encampment as a overing (Ex. xiii, 21, 22; Ps. cv, 39). At the transfiguration a cloud overshadowed Him, when He ascended a cloud received Him, and when He shall come again in His glory bringing His saints with Him it will be in the clouds of heaven (Math. xvii, 5; xxvi, 64; Acts i, 9). Clouds sometimes teach that, though His way be not clear to us, yet we are to trust Him implicitly

"And I will remember my covenant, which is between Me and you, and every living creature of all flesh, and the waters shall no more become a flood to destroy all flesh." See also what He will remember in Lev. xxvi, 42, 45, and Ezek. xvi, 60. Consider what we are to remember in Deut. vii, 18; viii, 2; I Chron. xvi, 12; Eccl. xii, t. I Cor. xi, 24, 25. Take comfort also in what He will not remember (Isa. xliii, 25; Heb. viii, 12; x, 17). Notice that in the margin of Isa. Ixii, 6, 7, we are called "the Lord's remembrances" and observe care fully what we are to remind them of. The R. V. says we are to take no rest and give Him no rest till He does this. He does not need to be reminded, but He condescends to let us do this, and loves to have

us plead His promises, 16. "And the bow shall be in the cloud, and I will look upon it, that I may remember the everlasting covenant between God and every living creature of all flesh that is upon the earth." How many of us ever think when we see a rainbow in the clouds that God is looking specially upon it and is interested in it; that the cloud is His, and the bow is His, and the covenant is His, and when we are interested in that which interests Him then we have fellowship with Him? When the clouds come in our lives, may we by faith see also the bow and rece that however things may seem to go we are in the bonds of an everlasting covenant ordered in all things and sure.

17. "And God said unto Noah, This is the oken of the covenant which I have estabshod between Me and all fleah that is upon the earth." The word for "establish" is often translated "raise up," "confirm," "per-form," "accomplish," and is the very word used when speaking to Moses of Christ, "I will raise them up a prophet like unto thee." All things that God says orders are established in Christ. When we are in Christ by simple faith, and just taking Him at His word, we, too, become estab-lished, but not otherwise (II Chron. xx. 10, HOW TO REDUCE THE FLESH.

Burned Bread and Lemon Juice Reco

The bread eaten should be coarse wheatmeal bread, baked the deepest brown, not quite burned, but very hard and crisp. This bread, with acidnlated tea and drinks of every sort mixed with lemon juice, will, it is said, reduce flesh, correct disorders of digestion and leave one with a very light complexion besides. It would be well for our best class bakers to furnish this bread for families. I find it delightful, as we rarely get bread that is baked half enough. Salt water baths, free exercise and restricted diet are combined with this bread and lemon cure, but all three without the coarse, hard bread and acid do much less than with them.

The corset should not extend an inch below the waist line. If the short cincture leaves the flesh prominent below its girdle, burned bread and bladder wrack should be at once ordered. This last is the obesity cure which some people are making thousands out of, being the extract of a marine weed which you will very likely find by the half hundred along the shore. Fucus vesiculosus is a high sounding name, but it will do its work under either label. Country people burn the weed, save the ashes, pour boiling water over it and drink it for various complaints-dropsy and rheumatism. I hear the obesity cures don't suit all constitutions, as people find them-selves gaining steadily under the treatment, but the burned bread and lemon juice is pretty sure. It is easily tried.

How Came About the Story of "John Gilpin.

Cowper, the poet, suffered from religious melancholy, and to divert his mind Lady Austen related to him an amusing story about a certain Mr. Beyer, an eminent linen draper. This so tickled Cowper's fancy that in the course of a single night he twisted it into "John Gilpin." The story bears a strong resemblance to the honeymoon adventure of Commodore Trunnion in "Peregrine Pickle." Mr. Beyer died in 1791 at the age of 98.

How Cigarettes Are Made.

The details of the manufacture of cigarettes are in a greater or less degree a secret. Each maker has his own peculiar combination of tobaccos. No brand as sold is of one kind only. In addition to the tobaccos used various essential oils are employed. These include rose, rose geranium, vanilla bean, tonka bean and licorice root. These are added after the tobacco has been prepared and shredded. The particular drug chosen, in a liquid form, is then sprayed on the material with an atomizer, while the whole is stirred and mixed. The quantity of the drug is so many drops to a cigarette. Some of these agents are opium, valerian and cauatis indica. Each manufacturer creates in a way a special drug habit, as the smoker grows to care only for that brand.

low to Test Baking Powder.

As alum is usually the adulterant used in place of cream of tartar, the best way to detect its presence it by scattering a little of the powder in a glass of cold water. The alum will sink to the bottom of the glass as a heavy white sediment. The powder containing cream of tartar will produce more foam and not have By doing deeds of hospitality. much sediment.

How to Prepare and Cook Eggs. A few drops of vinegar in the water for poached eggs make them set properly and keep the whites from spreading. A squeeze of lemon added while they are cooking improves scrambled eggs. Asparagus tops are nice in an omelet. Toasted bread, spread with pate de foie Till I and my affairs are answered. gras and covered with scrambled eggs, is a fine lunch dish. Cold fried eggs can That thou but lead'st this fashion of thy malbe revamped by dipping them in fritter batter and frying. Fresh eggs taken from the shell and boiled in half a pint of sweet cream, seasoned with salt and pepper, are a delicious breakfast dish. They should only cook two minutes in the boiling cream.

How to Make Label Paste. A pound of flour (best) with 6 to 8 ounces of brown sugar. Boiling water should be used, as with ordinary paste. If the labels are light in color, use white sugar instead. Make it fresh when required, as it sours easily. This is best

How to Make Cream Wafers.

to paste labels on tin or glass.

Warm, without melting, a quarter of a pound of butter; work into it-5 eggs, 1 at a time, then add a quarter of a pound of sifted flour and a tablespoonful of ground cinnamon, mixing all to a smooth paste. Into a hot wafer iron put a spoonful of paste, which bake after closing the iron. Trim off the edges before opening the iron. Open, roll quickly in the form of a cone, and when cold fill with whipped cream sweetened and flavored. This same batter rolled after cooking, but without any filling, makes a delightful cake for an invalid.

How to Effect a Joining In Present Style

Dress. The reason most skirts sag and hang crooked is on account of the hollow in a woman's back. A giant hook and eye must be used on a costume, the former on the skirt band and the eye on the waist belt. This is a perfect remedy.

How Meerschaum Was Discovered.

The use of meerschaum for pipes is recent, but the substance itself has been long known. It was supposed to be petrified seafoam and was found on the coast in round balls. It was meerschaum in consequence of this superstition. We do not know by whom the first lump was found, but the first pipe from it was made by Karol Kowates in 1723 at Posth for Count Andraway, and the pipe is still at the Pesth museum.

How to Clean the Bindings of Books. Books with white and very delicate bindings are cleaned in the book stores by rubbing the covers with a chamois skin dipped in powdered pumice stone. This scouring makes them look like new.



No. 387.-Scottish Diagonal Puzzle. 1. A group of islands near the western coast of Scotland, 2. An old Scottish palace associated with the life of Mary, queen of Scots. S. Wind instruments, very pop- for sows bred. Choice fall pigs cheap. ular in the highlands of Scotland. 4. The See my premium pig offer. mountain home of Queen Victoria. 5. A daughter of James I of Scotland. 6. The Christian name and surname of a great Scottish reformer. 7. A large district in the south of Scotland, famous for its cattle. 8. The title of a novel by Scott.

The diagonals, from the upper left hand letter to the lower right hand letter, will spell the name given in Scotland to the last night of the year.

No. 388. - Metagram.

I am used in hanging pictures. Change my head and I am a place for prisoners. Again, and I carry water. Again, and I bear a ship along. Again, and trains run upon me. Again, and I belong to animals. Again, and I am to lament. Again, and, round and white, I drop from the clouds.

No. 389.—Arithmetical Puzzles. 1. How many coins has a person in his purse if, a dozen more being added, he would then have 5 times as many? 2. If a boy having 36 nuts gives away three times as many as he keeps for him-self, how many will he have then?

3. If 4 men can reap a field in 41/2 days, in what time could one man reap it? And how many men could reap it in a day? 4. Two brothers, A and B, buy a house for \$960, of which sum A pays half as much again as B. They let it at \$45 a year. How much of the rent should each receive?

No. 390.-Numerical Enigma. My whole is a huge wild animal fond of the water.

My 10, 5, 3 is a household implement. My 12, 7, 11, 4 is good to eat. My 10, 9, 12, 8 is part of a ship. My 6, 2, 3 is a seed. My 12, 1, 11, 8 is closed. My 12, 8, 9, 10, 3 is put on a letter.



No. 392.—Quotation Puzzle.

All of the following quotations may be found in Shakespeare's works. When the missing words have been rightly supplied and placed side by side they will form a quotation by La Rochefoucauld: And wonder we to see thy honest son . . will of thy arrival be full joyous.

The evil that men do * * * after them. Nor no * * * book prologue, faintly spoke

after the prompter. If thou remember'st not the slightest . . That ever love did make thee run into,

My master * * * of churlish disposition

Thou hast not loved.

I am shepherd to another man And do * * * shear the fleeces that I graze. And . . , from hour to hour, we ripe and

Fools may not speak wisely what * * * men

. I do live by food, I met a fool. · dies that touches any of this fruit

To the last hour of act.

No. 393.—Double Acrostic. My initials and finals, read downward, will form the name of a great emperor, and also that of the last battle he fought in. Fresh. 2. A continent. 3. A measure. 4. A color. 5. A crustacean. 6. A title of nobility. 7. To surpass. 8. A native of

No. 394.—Disguised Proverbs. 1. Aabccdeeeehhhilmorrrstt

2. Bedeehiillmmoopretttuu. 3. Oooooottthhssabceiklmn

4. Yurpoccollkfeeeba. 5. Aaadeghhikklmmnnor

6. Ywwwtt's'srrrllihhheeeee

No. 395.—Hidden Birds. 1. Edith rushed down stairs to meet her 2. I climbed that willow last night,

3. Norah awkwardly broke a teacup this 4. Put the spade and pail in Nettie's

5. We went for a drive in the new carriage today. 6. Thomas wandered down the lane and

7. As I am going to the chapel I can leave the parcel on my way. 8. I met her on the cliff with her brother. 9. Grace had overtaken me before I

reached home.

A weathercock's policy is always in vane. It is dangerous even in a ballroom to step on a moving train. A Christmas story, "I didn't expect any thing this year."

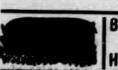
It is a strange paradox that fast colors are colors that will not run. Strange to say, everybody likes to see a square man round.

Key to the Puzzler. No. 383.-The Coming of Santa Claus: Take the third letter from the beginning of each line-"Merry Christmas." No. 384 .- A Coin Puzzle: Millicent said:

"I met a doll arrayed in white agleam with gold." "Miil" i "centa" ai "d i mo" t a "dolt ar" rayed in whit "e ta"." am with No. 385,- Double Acrostic Primals,

Christmas tide; finals, Childermas day. Cross words: L. Chromatic. 2. Hemistich 3. Hannoull. 4. Impartial, 5. Stupefied. 5. Turbinate. 7. Midsammer. 8. Asphaltum. 9 Substrata. 10 Tinctures. 11 Im-penched., 12 Discordia. 13 Extremity. No. 380.—Something Nice: Colory.

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