

SUNDAY SCHOOL LESSON

By Rev. Samuel D. Price, D. D., Associate General Secretary of the World's Sunday School Association.

International Sunday School Lesson for August 11
DANIEL AMONG THE LIONS
 Daniel 6:10, 11, 16-23

Stories from Daniel's life have a fascination for children and continue to give great teaching lessons to those of older years. As a book of romance the Bible reveals the truth that is stranger than fiction.

Joseph became prime minister in Egypt because of his innate worth and the same is true of Daniel in Babylon. As he had been a marked man under the Chaldean rule, so he was preferred by Darius the Mede who became the conqueror. The governmental organization consisted of 120 satraps with three presidents. Daniel was the leading president. The fact that he was a Jew led to much jealousy by the other officials and they planned to do away with him if possible.

Religion offered the one sure ground of attack, for these evil men were certain that Daniel would always do in his relationship with God. With Daniel's dependable habits in mind it was agreed at the caucus to appeal to the king's pride and propose that a decree be promulgated forbidding anyone to pray during thirty days except as Darius was the object of their approach. The penalty for disobedience was to be cast into

the den of lions.

Sypers were watching Daniel who had the known habit of praying to Jehovah at least three times a day. He would open the windows in the direction of Jerusalem, 500 miles away as the airplane now flies, and kneel devoutly in his approach to the throne of Jehovah. The decree did not change his heart attitude in any way, and when the next prayer time came, he just prayed "as he did aforesaid." God was continuously gracious to him and he naturally "Gave thanks before his God." Prayer was an essential part of his life and not a spasm when in fear because of some special need. Then the plotters forced the king to order Daniel to the den of lions.

Daniel was the coolest in the crowd. He feared to dishonor God far more than to face the lions. Here was but another place for prayer. He entrusted himself to his Father, then said, "Amen," and was ready for sleep. He may have used a lion's shaggy skin for a soft pillow. Meanwhile the angel watched through the night between these creatures of the Most High. Read chapter 6 in full for all the familiar details.

WITH THE PRESS

The Luxury In Which We Live
 (By Judge C. C. Featherstone)
 The very startling statement is made that, by the calculations of the economist, every man, woman and child in the United States, has the equivalent of the services of three hundred slaves, at his disposal in the material splendor he has and the comfort in which he lives.

The statement is not mine; it comes from one who has investigated and is in a position to know. I confess that, at first blush, I couldn't take it in.

The time was when a man who owned 300 slaves was considered the richest of the rich. In what luxury and style did the services of his slaves enable him to live? Was he able to travel on the highway at forty or fifty miles per hour, or in the air at a hundred miles?

No, five miles an hour, in a clumsy vehicle, drawn by horses, or twenty miles by railroad was the best that he could get. By the use of 300 slaves, could he read at the breakfast table what had transpired in the world the day before? Or turn on his radio and listen in on New York, Chicago and Toronto?

Could he have picked up his telephone and in a few minutes talked to London?

Could he have turned on his electric lights, by means of his slaves? Tallow candles, or, at best, kerosene lamps, would have been the limit.

With his 300 slaves, could he have, in the winter months, had on his table fresh fruits and vegetables from Florida or California?

Could his slaves have turned on the gas, or the electric heat, and cooked his waffles, his toast, or his eggs, on his table? No. Waffles and eggs from the kitchen, several hundred yards from the Big House, transported by several little Negroes, in a trot, would have been the best that he could expect.

And the same truth obtains in every department of life: In the reading world, dealing with its hundreds of sources of enlightenment and pleasure. In the medical and sanitary world, where disease is prevented and cured. In fact everywhere we look we find the man with his 300 slaves outclassed.

Some very pertinent questions might be asked with reference to this situation:

What are we doing with these riches? Are we better men and women by reason thereof? Have we the character and stamina that obtained when all these luxuries didn't come so easily? Has the social and moral life been enhanced, rather than impaired, by every man, woman and child possessing the equivalent of 300 slaves? Has our respect for law and the rights of others been made stronger or weaker?

Has our spiritual life been strengthened or weakened thereby? Has real happiness increased, in proportion to the increase in riches and luxuries?

The old slave owner was master of his slaves. He dared not let them master him. So long as these luxuries and conveniences are our servants, we are safe; but when they master us, and weaken, and destroy our manhood, stamina and morality, then the danger point will have been reached.

"A soft horse can't stand the road."

Helpful Building And Loan Book

The Clinton Building and Loan association has just issued an attractive and helpful booklet entitled "How Best To Use Building and Loan." It has been generally distributed, and has met with favorable comments by those who have received one.

It is written in a clear and understandable manner and presents in simple explanation the details of building and loan operation and the many uses to which building and loan can be put.

Many have the erroneous idea that building and loan stock is useful only in the building of a home. The booklet, however, explains dozens of appropriate and serviceable uses to which building and loan stock can be put and the booklet is well worth reading and following.

Copies will be supplied complimentary to all who wish them by application to Wm. P. Jacobs, Sec.-Treas., or Jno. F. Norris, Asst. Sec.-Treas., of the Clinton Building and Loan association.

Pineapple Nut salad in Tomatoes
 Mix 1 cup shredded pineapple with 1 cup chopped nuts and blend with French dressing. Put on ice. Peel and scoop out top of tomatoes; fill with pineapple nut mixture; garnish with mayonnaise and serve very cold.

Boston Bean Sandwiches
 Press 1-2 cupful of beans through potato ricer; season with 1 tablespoon horseradish, 1 teaspoon celery, 1 teaspoon parsley, both minced fine, 1-2 mustard, dash of Tabasco or Worcester-sauce onion juice, 1-2 teaspoon terehine sauce. Spread between slices of wholewheat bread; add crisp lettuce leaf.

String Bean and Egg Salad
 To 1 pint cooked string beans add 1-2 cup chopped celery, 1-2 cup chopped nuts, 1 tablespoon chopped onion. Make a paste of the yolks of 3 hard boiled eggs, add to French dressing, mix well with the beans and set away to become thoroughly chilled.

SHADY GROVE

Mr. and Mrs. Madison Workman, Miss Helen Workman, Ralph and Jack Hendrix of Cross Hill, were the guests of Mr. and Mrs. Fred Johnson last Wednesday.

Miss Sara and Mary Keller Bonds are visiting friends here.

Mr. and Mrs. A. A. Cleland, Mrs. D. Boyd, and Miss Agnes Davis visited friends and relatives here Sunday.

Little Mary Lou Johnson, William and J. B. Johnson of Clinton, are spending the week with relatives here.

Miss Mildred McKittrick is the guest of Misses Lois and Olivette Nabors this week.

Mrs. Raymond Dean and little daughter of Whitmire, are spending a few days with Mrs. Dean's parents, Mr. and Mrs. Robert Henderson.

Luther Johnson spent the week-end with his parents, Mr. and Mrs. Fred Johnson.

Joe McGuirt was a visitor here during the week-end.

Miss Helen Hollingsworth spent the week-end with her sister, Mrs. Ruth Nabors.

Misses Julia Workman of Cross Hill, is the guest of Mrs. Fred Johnson this week.

W. G. Hollingsworth of Cross Hill, was a visitor here on Tuesday.

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GUIDEPOSTS TO Health and Happiness
 By Bernarr Macfadden

PROPER CARE OF THE TEETH

Every so often some scientist foretells what, in his opinion, the man of the future will look like. Not all of the prophecies tally. But on one thing they seem to be fairly unanimous—and that is that man is gradually becoming a toothless animal. The teeth must go, they say, the same as the hair that once upon a time covered man's entire body has almost vanished. Clothes now take its place. And because of soft foods that require little or no chewing they claim our teeth are gradually deteriorating.

It is not likely, however, that such a change will occur for many generations. Despite what these scientists say I do not believe that teeth must go. With the proper care man need never lose his teeth. With just a little trouble and the application of common sense we can all add ten or fifteen years to the life of our teeth. But until the "toothless" age descends upon us, here are a few simple precautions that will prolong the life of your teeth, keep them strong and healthy, and ward off many unnecessary diseases—thereby improving your general health and condition.

Brush the gums as well as the teeth. Massage the gums with a rubber massage cup (made for the purpose) or a cloth wrapped about the forefinger.

Avoid extremes in temperature both

in foods and liquids. Chew hard whole grains and other resisting foods that will keep the spaces between the teeth and the point where the gums cover the teeth free from particles of soft food that decay and cause pyorrhea.

Strengthen the teeth and jaws by gripping tenaciously between the teeth a small hand towel, folded lengthwise until it is narrow enough to enter the mouth. Pull it through the teeth with as much force as you can stand. At first it may be painful to the front teeth, but if you persist in a short time you will be able to tug the towel with sudden jerks without any discomfort whatever. Gripping the towel with the teeth and pulling is another splendid exercise. Fastening a weight to the other end of the towel and swing it is also good.

But the fundamental principle that lies behind healthy teeth is the same as that which lies behind the healthy body and the healthy mind—good general physical condition. Adhere to a natural diet. Take regular exercises that increase circulation and thereby purify the blood. Regular elimination. The daily cold bath that stimulates the muscles and glands. Sufficient relaxation and sleep. And, of course, avoid stimulants and tobacco.

In short, anything that benefits the general health also benefits the teeth.



Heart to Heart

SUNDAY

Naturally we don't like to see anything good fall into disuse; at least I feel that way. And what can be more delightful than a day of peaceful rest? Doubters may say that the seventh day was not set apart by the Creator, but no one can deny the wisdom of the plan, whoever is responsible for it. Conservation of our forces is absolutely necessary to a long, healthful, happy life.

I arrived in the city of New York on Saturday evening, a few years ago. I had never been there before. I was mighty glad when a traffic policeman piloted me across the street in safety; never before had I been surrounded by such a jam!

I concluded that my visit to the great city would be anything but a vacation and post-graduate study. I would put in my time dodging for my very life! And I never liked that.

The next morning was Sunday. I ventured forth, armed with my camera; the folks back home must get an idea of where I had been—they must

see pictures of the vast throngs that brush elbows in an unending stream of humanity.

I went to "The Little Church Around the Corner"; O, the hush—the quiet! After an hour, I went to Broadway; I took a snapshot of the "Flatiron building"; just one man was crossing the street in front of the camera! It was as calm as a country village! Later, I saw the great arteries—the street railways crowded—people were going to the parks. It was Sunday. That fact had never been so emphasized to me. I enjoyed it.

Why, back in my home town of six thousand, Sundays are the best money-making days of the week! Drug stores, garages, fruit shops, restaurants—all busy—wide open and noisy. How can my home town prosper and grow, unless she works seven days a week? And almost day and night? Yet New York has made a fair sized town, hasn't it? Just one day of rest—why not? Term it God's way, or what you will—it is right.

Lander College Goes Over Top

Greenwood, Aug. 5.—Lander college has raised its necessary half million dollar endowment and gone considerably beyond it. The total amount raised to date this year in cash and subscriptions is \$175,000. The college has also in legacies and wills \$75,000 more, making a grand total for the

endowment of \$628,000. Of this the alumnae gave \$85,000. The number of students last year was 372, the largest in the history of the college. The enrollment for next session is already largely in advance of last year at this time.

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