

PROTECTION

WINTER always proves a strain on the vitality of those who are not in the best of health.

Cowan's Cocoa is a food that tones up the nervous system and produces a reserve power which helps to combat attacks of La Grippe and Influenza.

A cup of Cowan's delicious Cocoa at breakfast makes a splendid foundation for the day's work.

Order a tin today.

B92

Canada Food Board
License No. 11-608.

Economy

The difference in cost between an ordinary baking powder and the pure, strong, *double-acting*

EGG-O Baking Powder

is trivial. It amounts to only a fraction of a cent on each cake you bake. Against this you risk your high-priced flour, butter, sugar, eggs and milk, and your reputation as a cook.

Spoiled bakings not only cost you money, but they waste food, which is needed to win the war. With the heavy war flours and wheat substitutes in use to-day, the selection of a strong baking powder is absolutely necessary.

The double-acting strength of Egg-O makes the heavy war flours light. Try a can and watch your war-time bakings improve. You can use sweet milk, sour milk, buttermilk or water with Egg-O—a different and better baking powder.

Egg-O Baking Powder Co., Limited
Hamilton, Canada

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"Plucky and valiant, forward march!
And smile whatever may come.
For, whether life is hard or easy,
The strong man keeps the pace.
For the desolate march and the silent,
The strong soul finds the grace."

A week ago some friends of mine were called to endure a great sorrow. They had bravely given their two sons to fight for the liberty of the world—the twin boys enlisted at the very beginning of the war. One has been discharged since, as physically unfit, and the other was sent back home with honors, to take a military position in Toronto. Then he was laid low with the dreaded influenza, and passed away a week ago yesterday.

Yesterday a message from the sorrowing parents was read out in our church. It was to thank the many members of the congregation who had expressed their sympathy, and to say this: "We are quite sure we shall see our son again, and we are trusting in the wisdom of our loving heavenly Father."

How splendid such courage is! Compare such a way of bearing troubles with the self-pity of the woman who appeared to Esdras. We may not feel inclined to copy that woman entirely, and yet it is possible that we are not bearing our troubles with a good courage, but are talking about them a great deal—talking to our own hearts, to our neighbors and to God—when it would be far nobler, and better for our physical and spirited health, to forget ourselves in serving others.

While I was writing this page the postman brought me a letter from a widow, whose daughter—a girl in her teens—died recently. The mother writes: "The passing on of my dear child has been a keen blow to me, she was so loving, and willing to do all she could, even now I can hardly realize the fact. God does send His angels with healing in their wings, or I am sure His poor weary children could not keep up under the present strain."

If we can really believe that God loves those young men and women with a love which, as the light of the sun is greater than the light of a candle, is infinitely greater than the love of father or mother, then we can rest in that love.

Esdras saw, in an empty field, the vision of the City Beautiful which God would build—would restore to far more than its first beauty. Even in days of greatest desolation let us see in vision the coming joy, the glory which He is keeping as a surprise for His trustful children. It was as our Leader went forward to the Cross—with no earthly light to cheer Him in His battle with a terrible death—that His upturned face was transfigured by the invisible glory. Knowing the worst that was to come, and going forward steadfastly to meet it, He said confidently: "And now, O Father, glorify Thou Me with Thine own self with the glory which I had with Thee before the world was." And then He pleaded that all His disciples might behold the glory which the Father had given Him: "For," He said, "Thou lovedst me before the foundation of the world."

The glory of infinite Love was His, in that day of earthly shame and pain of body and soul, therefore, He could endure silently, cheering the terrified disciples with His own untroubled peace. When we look at His beauty of selfless endurance we feel ashamed of our cowardly fears and our ignoble self-pity.

God loves us, but that certainly does not mean that He is going to give us our own way in everything. Pain is no sign that His love has failed us. When a king sends his son into the trenches, to face danger and learn to bear hardships with soldierly pluck, does that mean that the father does not love his valiant son? Would the son be better pleased if he were given an easy and safe job? Some young men may seek "safety first" (for themselves) as their chief aim; but such young men slip through life ingloriously. God trusts His sons to accept with silent courage the hard bits of life's campaign. Is His confidence in us misplaced?

I interrupted my writing of this Quiet Hour to visit a widow who has just heard that her son was killed at the front. I found her quietly cheerful. She said she had been in church last night and had heard the brave message from bereaved parents delivered. Their unshaken confidence in the love of God had helped her to thank God and take courage. I am passing the message on to you, praying that you, also, may be inspired to bear with shining faces and

fearless hearts the burdens which fall to your share.

"Who works for others and himself forgets
To all mankind a goodly pattern sets."
DORA FARNCOMB.

Gifts for the Needy.

The "Quiet Hour Purse" has been a great help in these days of sickness, when so many breadwinners have been laid low, and sometimes whole families have been stricken with influenza. And the special demand has not emptied that magic purse, for the inflow has been proportionately large. Last week "A Friend" in Bradford sent \$2.00, two sisters in Hornby sent \$5.00 each, Mrs. B., Port Hope, sent \$5.00, and Mrs. K., of Oakville, gave \$2.00. That is nearly \$20.00 in one week!—and nearly every day gifts have gone out to provide nourishing food or other comforts for sick people. To-day I shall dip into the Q. H. P. again, knowing well that you don't want your money to lie there and rust when it is so urgently needed.

DORA FARNCOMB,
6 West Ave., Toronto.

The Windrow

France has lost almost 1,500,000 men in the war—more than Britain and the Overseas Dominions, the United States and Italy combined.

Dr. J. B. Hall, a Toronto octogenarian, during the recent "Flu" epidemic, roused himself heroically to the task of helping the physicians of the city to combat the malady. Day after day he visited patients, making as many as 94 calls in a day, and at last gave up only when himself, taken with the disease.

Miss H. B. Palen, who was recently sworn in before Mr. Justice Latchford as Solicitor of the Supreme Court of Ontario, is the second Belleville girl to enter the legal profession. The first was Miss G. Alford, who is now practicing in Trenton, Ont. Miss Palen is practicing in Toronto.

"We see in William II. the last German military monarch. The Emperor has always asked great patriotic sacrifices from his subjects. It is now for him to show his spirit of sacrifice and to withdraw,"—*Cologne Volks-Zeitung*.

Training Little Children.

BY MRS. LENORE R. RANUS.

Allow your child to have company and playmates as often as you can. When possible, have playmates near his own age. Naturally out of this social intercourse will spring valuable lessons in courtesy, generosity and patience. Always be fair in settling disputes among children. Do not favor your own child's story entirely, for though he may never have told an untruth there is always the possibility of a sliding from grace. Sometimes it is very difficult to get a correct account from excited children. If the quarrel is over a doll or a train of cars and you cannot discover who is in the right, take away the toy, remarking quietly that if they can't play nicely with it they will have to do without it.

I do not think that there is a better opportunity than in play to teach lessons in honesty; play is so vital a part of child life and the child takes his play so seriously. In teaching a child to be honest in word and action the parents first must be honest in all their dealings with the child. Never make a promise that you cannot keep, or that you do not intend to keep. For the same reason never threaten, "Son if you do that again, I'll spank you," for if he does it again you will have to spank him or in a short time he will come to laugh at your authority.

Do not confuse the workings of an imaginative brain as evidence of untruth unless, but enter into the spirit of the "make-believe." In the case of the little tot who says, "Muvver, I went out in the garden and I saw some Indians," enter into the spirit of the play and say, "Just make-believe Indians, dear you mean?"

My little two-year-old daughter quite