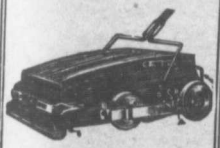




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## The Upward Look

Before and Now.

IT is good for me that I have  
been afflicted that I might learn  
thy statutes."—Ps. 119: 71.  
She was the gayest and giddiest of  
the frivolous set of her college year.  
She was selfish, too. Never did it  
seem to occur to her to sacrifice her-  
self for anyone else. Then the love  
of one of the noblest of the young  
men, also of her class, came into her  
life. Intending to become a medical  
missionary, he felt his nation's need  
first and went overseas. Then came  
the word to her that he had been  
wounded and there was no hope. She  
at once set sail, but reached him three  
hours too late.

Now I see her often, one of the  
sweetest, serious, self-sacrificing and  
cheerful of girls, for she is really that  
girl. Grey is her favorite color with  
touches of pink. Now she is particularly  
sought for in any of Christ's  
work that requires special tact and  
understanding.

When you look into her face and  
eyes, you see the suffering, the patience,  
the hope and the joy. For life  
ever imagined in those days before she  
the greatest of joys and the greatest  
of sorrows were hers. She was al-  
ways beautiful, but never then as she  
is now. Months of joy could never  
have given to her countenance the  
strength, the depth, the pathos, the  
trust and the joy too that sorrow has.

Can you think of a truly noble and  
great-souled person who has never  
been to the school of suffering? On  
the other hand, think of those who  
live nearest to Christ and most for  
others. Has not sorrow been their  
portion as well as joy? Because our  
Heavenly Father also sends joy as  
well as the sorrow, which purifies and  
sanctifies and brings us very close to  
humanity and humanity's Christ—  
I, H. N.

## Items of Interest on Alberta Institutes

MRS. ELEANOR MULDREW, of the  
Controller's Office, told the delegates at  
the Women's Institute Convention in Toronto, some-  
thing of the work of Women's Institutes  
in the West and particularly in  
Alberta, as her home is in Edmonton.  
In speaking of the school question  
in that province she said:

"I know some of the difficulties the  
teachers have to put up with and I  
know the effort the teachers make to  
overcome them. But they cannot do  
everything themselves. The solution  
is to put women on the school boards.  
In this connection I would advise the  
women of the East not to put one wo-  
man on their school board. This mis-  
take was made in one of our Western  
swampy, with the result that she was  
swamped. Put in two women and  
then stand by them. Whenever any  
question on schools comes up in the  
West, we from the East have a ten-  
dency to tell them how well things are  
done in Ontario. Ontario has the best  
educational system. It is not well,  
however, to think that the Ontario  
system is perfect. It is a good thing  
to have a divine discontent."

"Out in the West we borrow ideas  
from the United States and they do  
likewise from us. One idea we bor-  
rowed from them was that home and  
school should be one and that there  
should be no distinct cleavage. Neither  
should the child be allowed to think  
that school life is beautiful and home  
life drudgery. The system which we  
have worked out is called 'School  
Credits for Home Work.' The teacher  
makes a bargain with the parents to  
keep track of the hours of work done  
by the child at home and marks are  
given by the parent for this work in  
a book kept for the purpose. The  
child is therefore taught that work at

home helps to build up character as  
well as work at school.

"The first Women's Institutes in  
Alberta were organized in 1912, and  
there are now from 180 to 200  
branches with an enrollment of 8,000.  
Since Women's Institutes were or-  
ganized we have also organized an-  
other women's association, called the  
United Farm Women's Association,  
which came into existence in 1915.  
The difference between these organi-  
zations is that the latter deals largely  
with political questions. After the  
franchise was given to the women in  
Alberta this organization went for-  
ward by leaps and bounds. Already  
Alberta has two women members of  
parliament.

"We are asking for better roads,  
good schools and medical inspection  
in the West. We are trying to over-  
come the menace of the mentally de-  
fective and must have a large build-  
ing which will cost \$100,000. We will  
get it, too, though I don't know how."

## The Spirit of Unselfishness

Mrs. Walter Paribby, Alix, Alta.  
SINCE the war began we have  
been busy cheering one another  
with the thought that the world  
can never be the same when at last  
the struggle shall cease. Poor old  
platitude, how mightily hard it has  
been worked, and even yet it is not  
dead. What are we doing, you and I,  
to ensure that this stale platitude  
shall become a living truth?

Who are we to say that war shall  
cease, the world be cured by the quick  
medicine of a glorious international-  
ism? Today the world is bleeding to  
death in its efforts to conquer a false  
nationalism, but the only true  
nationalism, the only true international-  
ism, is a spirit of mutual sympathy  
and understanding among all the peo-  
ple—in other words, the spirit of un-  
selfishness which is the essence of the  
thing we call co-operation. Until we  
can bring about the birth of that new  
spirit among the nations, until we can  
grow it in our own homes, our own  
communities, our own Dominion, as  
well as cry out to the skies to cease their  
flowing, as well try to stop the stars in  
their course as bid war to cease. Here  
is work for every individual woman of  
us, every group of organized women,  
work in the doing of which you may  
feel you are bringing perhaps a little  
nearer that time when there shall be no  
new heaven and a new earth.—Ex-  
tract from an address.

## Watering of Plants

THE person who is successful with  
house plants realizes that con-  
siderable importance is laid on  
the watering of the plants, as they  
may be as greatly injured by too  
much water as by too little. Plants  
should not be watered except when  
they require it and then the watering  
should be thorough.

It is sometimes difficult to keep  
plants in good condition when they  
have to go without water for a few  
days. Some people fill the flower pot  
good plain but it is better still to  
place the pot on two saucers which  
fill the bottom of the saucer with  
water. The pot, thus lifted  
gets a certain amount of air other-  
wise cut off from it.

To tell when a plant needs water-  
ing, try this method: Knock the side  
of the pot sharply with your knuckles;  
if the resulting sound is dull you may  
be sure that the soil has water in it.  
But if the sound be hollow, then you  
know that the soil is dry.

When possible, place the potted  
plants in a pail of water. The water  
should not reach, of course, to the  
top of the pot. Now the water passes  
through the drainage hole to the soil.  
When the top surface of the soil is  
wet, remove the pots from the wa-  
ter. Whatever method of water-

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