

The Upward Look

What the Trinity Embodies

I wonder if any readers of the Upward Look have ever been perplexed over the Trinity—the Three in One, the Father, the Son, and the Holy Ghost. Once I had such a satisfactory explanation given me, that I am now writing it out for you.

The Three, Father, Son and Holy Ghost are One, because they represent three great attributes of the one Being, those of Creator, Redeemer and Comforter.

This explanation was a great comfort because before in thinking of God, the feeling of reverence and awe had always predominated over that of love.

Christ had been the one I loved. The Holy Spirit had seemed a mysterious power bestowed in Christ's time, but which meant nothing in my own life.

But now it is all so different. These attributes all belong to the One. God is now the wonderful Creator whom I can love and praise any moment of the day, in His visible works around me, the glorious sunshine, the sparkling snow, the wonderful snow-storms, the blue sky, the beloved human life.

He is also our tender, loving, Saviour, who saves us from ourselves and from our sins; who has taught us

how we must live the daily life, to be forgiving as He has forgiven us, to be patient as He was patient; to be willing to sacrifice ourselves, and to help others in our daily lives, when we think how He gave His life for us.

Then God Himself is our Comforter. His presence cheers us in sadness, helps us in difficulties, encourages us in disappointments, comforts us in loneliness. Just as surely as He came, as the Holy Ghost, the Comforter, when the apostles so sorely needed Him, so He will come in our hour of trial and sorrow, our great Creator, our tender Saviour, our blessed Comforter.—I.H.N.

The Place of the Woman's Institute

Geo. A. Putnam, Supt. W.I., Toronto

The residents of every rural community in Canada, and I wish to include in that all the large cities, may well ask themselves if they can afford to do without a women's institute, or some organization working along similar lines. Do you who represent the Women's Institutes of Ontario, fully appreciate the possibilities for good in an organization founded upon such sure ground? You will go far and not find the earnestness, enthusiasm, unity, ability, broad-mindedness and charitableness of the Women's Institutes duplicated; and the dreams of the most optimistic as to what the future of the Institute may

be will be more than realized if each does her part.

The women in some localities state, and are sincere in their belief, that they have nothing to learn of cooking, food values, know well how to look after the physical welfare of their children, are good seamstresses, and know sufficient of home making. Granted, but could not these same people use the Institutes as a basis for civic improvement, study of social problems, the consideration of clothing, or they may ask themselves have they any need of a better social life in the community? Are there not some needy mothers, lonely widows, companionless girls in the neighborhood who would gladly accept suggestions or help on the part of the best women of the community banded together to assist others? There is no rural district which could not be benefited in efficiency, sociability, philanthropy, or educationally by the establishment of a Women's Institute.

FOR CITIES ALSO

I said "rural districts." In the premier city of the province much of the time now devoted to social functions might well be employed in those activities which characterize the Women's Institutes. Probably some of the organizations and clubs which we now have in the cities might with profit, certainly not with loss, disband, and devote their energies to that which means increased efficiency as home makers, and community

supporters. Literary societies, travel clubs, or dramatic clubs will attract and interest only certain classes or sets in the community, but the Women's Institute is of a character which appeals to all women, young and old, who rightly understand its aims, objects and possibilities. All who have the mother heart will find room in the Institute to gratify their desire to help others. Community pride is created and fostered by the Institute and the Institute is more than any other society a community expression of a common interest and spirit.—Extract from an address.

Don't Fret

Don't get discouraged when you hear
What people say about you,
Don't get the blues and drop a tear
Because they chance to doubt you.

Don't go around with troubled brow
O'erlooking all life's beauty;
The folks that talk will suffer more
Than you, so do your duty.

Don't fret and fume and wish them ill,
Their lives hold little pleasure;
Send back a measure of good will,
'Twill serve to heap your measure.

Don't be discouraged, for the world
Will always criticise you;
Earth's dearest treasure is the few
True friends who love and prize you.



Try this Thirsty Flour

A very thirsty flour. Absorbs a lot of water. Because it contains so much gluten.

Manitoba wheat is wonderfully rich in sturdy gluten.

And, think of it, FIVE ROSES is milled exclusively from the very cream of the Manitoba wheat berries.

So FIVE ROSES must be awfully thirsty, don't you see.

In your mixing bowl it greedily absorbs more water.

So you get more loaves than usual without using more flour. You use less.

Your flour lasts longer, doesn't it?

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That's how FIVE ROSES saves money.

Actually, saves YOU money.

Use this economical flour.

Five Roses Flour

Not Bleached



Not Blended