

# The Upward Look

## Travel Thoughts—No. 10

### The Wonder of God's Handiwork

"HE sendeth the springs into the valleys, which run among the hills."—Psalm 104, 10.

It was with almost a feeling of fear that I entered Yellowstone Park. I am disappointed in all the wonders of which I had heard, and to which I had looked forward so long. But all this vanished once I was in the Park, as we drove along in the coach and watched the wonderful panorama unfolding, ever changing; green forests and running streams, so welcome after the desert, with a background of distant blue ridges of snow-capped mountains.

Late in the afternoon, we had our first sight of the springs and the geysers. The former are full of interest and variety, some of a dainty rose mist over them, some of an unwitting, muddy aspect. Others are exquisite blue or dainty lavender or rich green, but all bubbling, boiling, spraying. The greatest care has to be taken when one walks on the formations, as the crust is often very thin, and a step off the walk into those hot depths would be fatal. One smites with a constant roaring sound, which may be heard two miles off, that it is terrifying even to go near it. The Mammoth Springs are a series of waterfalls of every color, all blending into a beautiful harmony and falling over terraces for a great distance. This coloring is all caused by minute life called Algi, which die once removed from their natural surroundings.

Great and over again as I gazed with a great welling of the heart at these wonders, before then to me unimagined and unknown, the marvel of God's creations was borne in upon me as I became so accustomed to the beauties of the world around us. Often, alas, we take neither time nor thought to enjoy and appreciate them. But if we do, there must come a sense of closer communion with Nature's Creator. The beauty of the sunset, moonlight, clouds, valleys, and mountains are ours if we will make them so. We do not need to travel miles to find this, but everywhere are manifestations of God's love and power.—L.H.N.

## The Brown Thrasher

The brown thrasher breeds throughout the United States, east of the Great Plains, and winters in the South Atlantic and Gulf States. It occasionally visits the garden or orchard, but nests in swales or stands standing upon low ground. The thrasher's favorite time for singing is in the early morning, when, perched on the top of a tall bush or low tree, it gives an exhibition of its powers which would do credit to a mocking bird. Indeed, in the South, where the latter bird is abundant, the thrasher is known as the sandy mocker.

The food of the brown thrasher consists of both plants and insects. An examination of 636 stomachs showed 36 per cent. of vegetable and 64 of animal food, practically all insects, and mostly taken in spring before fruit was ripe. Half the insects were beetles, and the remainder chiefly grasshoppers, caterpillars, bugs, and spiders. A few predacious beetles were eaten, but on the whole the work of the species as an insect destroyer may be considered beneficial. Eight per cent. of its food is made up of fruits like raspberries and cur-

rants which are or may be cultivated, but the raspberries at least are as likely to belong to wild as to cultivated varieties. Grain, made up mostly of scattered kernels of oats and corn, is merely a trifle, amounting to only three per cent. Though some of the corn may be taken from newly planted fields, it is amply paid for by the destruction of fly, beetles, which are eaten at the same time. The rest of the food consists of wild fruit and seeds. Taken all in all, the brown thrasher is a useful bird, and probably does us good work in its secluded retreats as it would about the garden, for the swamps and groves



are no doubt the breeding grounds of many insects that migrate thence to attack the crops of the farmer.

## A Permanent Home for the Institute

Geo. A. Putnam, Sup't. of Women's Institutes

A FAMILY has a keener interest in home life and a deeper concern with community affairs when the father owns the home in which they live—the farm, where they are working. So the members of a society which has a permanent home—a hall or a room which is known as the institute rallying place from month to month, take a keener interest in the organization. Have an eye to a permanent organization, and nothing will be a stronger factor towards permanency than a permanent home. The same concern there is a possibility of cooperating with the Council, the School Board, or it may be some private individual in securing permanent quarters for the Institute. When the new school is about to be built, and that provision is made for a ball room in which the Institute may hold their regular meetings, and may be used as a rest room and library, social centre for the boys and girls, men and women of the community. The fact of having a home gives the organization a standing in the community and commands attention.

Since all sects and interests have wide scope of activity and effectiveness through the Institute, may we not expect to exert an influence in preventing unwarranted duplication in the erection of places of worship.

Principles and programmes. A home lends status to your plans and work. The officers and members at once set about to make definite plans to be carried out in that Institute home. The result is usually printed programmes; and whether we have a permanent home or not, it is well to have definite programmes for months in advance, or still better, a year in advance. This plan need not provide for a full programme at each meeting, but should leave a few blanks to be filled in by some of the good things discovered by wide-awake officers and committees from time to time throughout the year.

The extent and strength of the Institute is due largely to the fact that local talent has been unearthed, developed and used in the local organization. If it were not for the capable, experienced, talented women in all

sections of the province, we would not have permanent organizations, the value of which to the people depends largely upon the service of the individual members in making the programmes of such interest and practical worth as it is well and quite possible to secure into existence, even to depend to any considerable extent, in the early existence of an organization upon such assistance, and not conducive to beneficial work and permanency.

Interest in Educational Matters. The Institutes continue to take a deep interest in the welfare of the school children of the community, both from an educational, social and health standpoint. May this continue. We trust that provision may be made so that school committees appointed by the Women's Institutes will be recognized and their cooperation sought in making for more healthful and efficient rural schools. The Department of Education looks upon the Institute as one of the strongest forces for the improvement of rural schools. You are familiar with what has been done to demonstrate the practicability and need of medical school inspection in

the rural districts. If you have a good teacher, use your influence in retaining her on her services. As an educational factor, our Demonstration-Lecture courses promise well, but in war years, few of our good women are ready to devote time to systematic instruction. Since we met last year, a number of most successful courses have been given, the most popular and helpful course being that in Food Values and Cooking, and the addition of four or five afternoons devoted to dairying and poultry raising. Home Nursing and First Aid to the Injured are gaining in popularity, a natural result in war time, and you will be pleased to know that the St. John's Ambulance Association is prepared to grant to those who take the course under a lady lecturer approved by their Society, a form "B" certificate.

We believe that Mothercraft should be added to our Demonstration-Lecture course, for there is no topic of greater interest to the women, and none in which service of greater value to the nation can be rendered.

The woman in the home is always (Concluded on page 15.)

# For Christmas

An organ would make a beautiful Christmas gift. Of that there can be no doubt. The price question has been, in many cases, the only difficulty. This difficulty is now removed. Read over the list below and you will agree with us. Who could not afford \$22.00, payable on very easy monthly payments? This is only a few of the Christmas bargains we are offering. Secure one of our complete lists of write us to-day for more complete lists. Every instrument guaranteed to be in perfect condition. If you would prefer a square or upright piano or player-piano, we have some great snaps for you. Mail the coupon to-day.

Ye Olde Firme

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- BELL five octave organ at high school, polished rosewood case, folding fallboard, lamp stands, has 10 stops including Vox Humana, Bass, Cello, Sliding Couplers, Forte, Viola, etc. Grand organ and knee swell. This is a well known make with a lovely tone and very suitable for any parlor. Special bargain at ..... \$39
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- DOHERTY six octave walnut piano case organ, folding fallboard, low music desk, grand organ and knee swell. This instrument has no stops but a couple which are controlled by the grand organ and knee swell. The tone is so fine and elegant and the instrument is just as good as new. Price ..... \$50
- UXBRIDGE six octave piano case organ, polished rosewood case, folding fallboard, 3 plain panels in top door with centre swing music desk. This organ is another instrument which has no stops but is equipped with the open sets of reeds which are controlled by the grand organ and knee swell. The tone is so fine and elegant and the instrument is just as good as new. Price ..... \$59
- CONLEY Church six octave walnut piano case organ, sliding fallboard, automatic music desk with piano covered top, has 11 stops including Vox Humana, Bass and Treble Couplers, Viola, Grand Organ and knee swell. Home proof pedals. This organ has been put into our own workshop, and is just as good as new. A bargain at ..... \$68
- TROMAS six octave piano case organ, handsome mahogany case, roll top with mirror, sliding fallboard, full length music desk, lamp stands, 12 stops, including Bass and Treble Couplers, Forte, Viola, Grand Organ, etc. Grand organ and knee swell. Home proof pedals. This instrument is new but has had a slightly top worn. Regular price \$150. Special Bargain Price ..... \$99

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