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## necessessessessessesses y The Upward Look

## Following the Master's Example

"Now as He walked by the Sea of Galilee, He saw Simon and Andrew his brother, casting a net into the sea: for they were fishers. And Jesus said unto them, 'Come ye after Me,' '—Mark 1: 16, 17.

Me. "—Mark 1: 16, 17.

This verse is typical of the ranks from which Christ drew His first coworkers, net from the rich, the more powerful, the more influential, but from the poorer, the more humble, the less influential. Yet in the majority of our churches it is the former il at a could be seen than the same of the majority of our churches it is the former il at a could be seen than the same of the are sought after, and courted, not the latter

Why will we not give a welcoming why will we not give a wetcoming hand shake, not a condescending one, not a patronizing one, but a close, hearty one, to the man with the ragged coat, the sin-marked face, the discourage heart; and the worse the rags, the more evil the face, the deeperth ediscouragement, the more he needs our church and our help.

Passing through a poper section of

Passing through a poorer section of a city lately, I saw a stirring, rousing sight. A place was being dug out for signi. A place was being dug dut out the foundation of a new church, evidently to be a very large one. There were working old men and little boys and girls. Evidently the able bodied ones were at their ordinary daily ones were at their ordinary daily work. The aged ones were digging and filling the wheel-barrows which the younger were carrying off and then emptying elsewhere. As I looked at the happy, busy crowd, all more or less poorly dressed, I pictured the church that was to be complete and when finished the result of love's labor. Judging from the scene I thought the congregation would be such as thronged around our Saviour, such, too, the earliest members of His

Recently also a Social Service meeting was held at which many different labor organizations were represented, anor organizations were represented, as well as other societies, including members from the Ministerial Association. In the course of the proceedings the first named upbraided the last for lack of knowledge, sympathy and cooperation with their interests. Two ministers answered; one acknowledged the justice of the charge, and said he would do anything in his power to work with them. He realized the gulf of separation, but was doing his best to bridge it, and the men realized he was. The other minister made a long speech, and in many respects a fine one, but the whole tone was so conone, but the whole tone was so con-descending, though he had not the slightest idea of it, that the gulf was only broadened and deepened. If Christ's teachings had been con-scientiously followed such a gulf would never have existed. If we wish

to draw all classes into the church, and help them there, we must follow our Saviour's example, as He mingled with men, and must enter into their lives, their needs, and their work.— I. H. N.

### . . . Winter Comfort Now Ensured Mrs. W. W. Walker, Halton Co., Ont.

each fail and the same program to go brough in the spring,—taking down pipes and stoves and cleaning them. We had a kitchen stove and another n the dining room, where we lived practically all winter. The rest of the house was like a barn, and when it ame time to retire we almost dreaded to leave our fireside. The bedrooms were so cold that it meant much shivering and shaking before we were ready to crawl beneath the quitts. While we knew that it was advisable to have good fresh air in the sleeping room, we oftentimes could not think of opening our windows. They would be frosted from top to buttom. bottom

All this was changed last winter, All this was changed last winter, however, when we installed our fur-nace. Now we can live comfortably all over the house. The girls can go into the parlor and play on the piano without having to step every few minwithout having to atcp every few min-utes to warm their fingers by blowing on them. If any member of the fam-ily wishes to be alone to read or write they can sit comfortably in their own bedroom. When we want cold, fresh air in a bedroom, all we have to do is to shut off the register, close the door of the room and open the window. Another great advantage is that the floors are so much warmer than when using stoves, and I can go around the huse without the fest-soied shoes that I used to wear. used to wear.

The initial expense in installing a furnace amounts to ruite an item it is true. The furnace also burns more fuel than the stoves did, but we are tuel than the stoves did, but we are repaid in that the whole house is comfortable and we don't have to live cramped up in two rooms during the winter. I am a hearty advocate of a furnace for every farm home.

# The Potato Habit

Mrs. L. M. P., Wellington Co., Ont. "My boys are the heartiest eaters you ever saw," remarked a farm woman to me in whose house I was quartered during a recent Institute tour. "I simply can't fill them up. Potatoes! You should see them go for potatoes. We have them three times a day, and even then they not satisfied. I don't object though. Potatoes are cheap, easily prepared and 'filling.' I am glad they like potatoes so well, for meat is getting most awfully dear."

A few minutes later that same mother remarked to me that it was mother remarked to me that it was funny that her boys were not more healthy. A couple of them were sub-ject to headaches, and the only one who did seem to be healthy was so over-burdened with flesh that he was lazy and useless.

The real trouble was that her boys were getting a one-sided ration. Every human being requires a combination of fat forming and muscle forming foods. Her boys were getting principally fat forming or starchy foods. pally fat forming or starchy foods. Potatoes are extremely starchy. The white bread they were eating is starchy. As a result of their one-sided ration they were neither strong nor healthy. Along with the foods they were getting they should have had more liberal quantities of such muscle making foods as meat, cheese, brown bread and whole wheat bread. One quarter as many potatoes as this family were getting balanced up against a little more of the muscle forming foods would have resulted un a healthy and energetic family.

This woman was committing the

This woman was committing the same error that hundreds of other women are committing. She was ig-In many farm homes cold weather norant of the food requirements of means the setting up of stoves and the human body and ignorant of the inga strings of pipes, a task that distinctive value of the different kinds never fails to tax the patience and inorease the rocabulary of the man of greatest problems of the homemaker, the kenses. For a good many sears we—the compounding of menus that are bad this distanctive in the search of the compounding of menus that are this day of free Government bulletins which give full information on all which give full information on all problems pertaining to household man-agement, there is no excuse for any-one who can read being ignorant of the scientific principles of nutrition. It is a subject I believe that every homemaker should study much more than has been the habit in the past



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