

The Upward Look

Our Greatest Duty

"With God all things are possible.—Mark x, 27. God is love.—I, John iv, 8.

Love is the greatest power and force in the world. No other power can compare with it. Love is God. If we work in the power of love we work in the power of God, and all things are possible unto us.

When we think of striving to comply with all the requirements set forth in the teachings of the New Testament we may well, at times, feel hopeless and discouraged. The immensity of the task compared with our weakness, is sufficient to make us feel the impossibility of the undertaking. Christ knew how we would feel. For that reason he showed us a more excellent way. He told us that if we would but love God with our whole heart and soul and mind and strength, and our neighbor as ourselves, that is all that will be required of us.—St. Matthew xxii, 37-40. Our supreme duty, therefore is to love God and our fellowmen.

Love is the magic talisman that makes hard tasks easy. When our hearts are full of love, and this love is manifested in our voices and in our eyes, we have a great power over our friends and over all with whom we come in contact that can be acquired in no other way. "We cannot serve God, we cannot work for God," said D. L. Moody, "unless we have love. That is the key which unlocks the human heart. If I can prove to a man that I come to him out of pure love; if a mother shows by her actions that it is pure love that prompts her to do for her boy to lead a different life, not a selfish love, but that it is for the glory of God, it won't be long before that mother's influence will be felt by that boy, and he will begin to think about this matter, because love touches the heart quicker than anything else."

As we love more our characters change. Selfishness and pride disappear and a new and a lovelier disposition grows up in their place. If we love people as we should we will not scold about them, we will endeavor to help and aid them, we will return pleasant words for cross ones; good deeds for bad ones. And as we do our power to influence others for good will grow. They will see that a new force is working in our lives, and they will long to learn more about it.

"We cannot work for God without love. If I have no love for God or for my fellow man, then I cannot work acceptably. God is unable to use many of us, because we are full of irritability and impatience. It is easy to reach a man when you love him. All barriers are broken down and swept away."

"There is no way so sure to win our families and our neighbors and those about whom we are anxious to bring to Christ than just to show forth the fruits of love in our lives. If we have peace and joy and love and gentleness and goodness and temperance, not only being temperate in what we drink, but in what we eat, and temperance in our language, guarded in our expressions, if we just live in our

homes as the Lord would have us, an even Christian life day by day, we shall have a quiet and silent power proceeding from us that will constrain them to believe on the Lord Jesus Christ."

This quality of love can be acquired in but one way. We must ask God for it. We must study about it in His Holy Word, and pray that it shall be given to us. Half-hearted seeking and praying will not be sufficient. We must be in earnest. When we are we will soon find a change taking place in our lives. This change will be just in proportion to the intensity of our desire that love, God's love, shall abide in our hearts. "Ye shall find me when ye shall search for me, when ye shall search that love, God's love, shall abide in our hearts.—Jeremiah xxxi, 13.—I. H. N.

Work yet to be done by Women's Institutes

Miss Ethel Italy, Hagerman's Corners, Ont.

Some find fault with our Women's Institutes, claiming that we spend too much of our time discussing cooking, pickling, preserving, etc. This should not be the aim and object of our Women's Institute, though some seem to think it is. Recipes are all right, and the majority of us enjoy a well cooked meal, but in this day when help is scarce, would it not be better instead of exchanging recipes and telling each other how to prepare elaborate dishes, which so many have neither time or strength to do, if we should learn how to simplify our cooking and other work as well, and learn how to save ourselves as many steps as possible. A cheerful untired mother, at a very simple dinner, is worth more to her family than a weary exhausted one, though the feast she serves be elaborate. The simple meal is better for us. We all know the result which often follows eating rich food.

One successful Woman's Institute has a rule that at no meeting shall there be permitted any conversation or discussion of either dress, disease or domesticity. As for disease and domesticity it is very important that we understand how to govern both and could we not do worse than discuss these at some of our meetings, to learn much that would be helpful to us without rehearsing every little ache and pain and symptom, and without telling all that Bridget did, or did not do.

It is not our object to draw women away from their home or have them neglect their duty. Our object is to do all we can for the betterment of conditions in our home life and to get the most and the best out of life that we can by the giving of our very best services to our home and community. I am sure that our meetings are helpful to any woman. To most of us, life is not all sunshine, and if we make our meetings helpful and encouraging, they cannot help but do good. If a woman is to be as she should be, her home she will soon become too narrow minded. It does one good to be able to talk over and exchange opinions of different subjects. In organization and union there is strength. We should accomplish much, then let us as members strive to be as helpful to each other as we can.

It may have been only a cheerful word,

A grasp of the hand when meeting,
But if hope revived at the message heard

Or courage came from the greeting,
How glad to think of a soul waxed strong

Of a burden lighter growing
Because you happened to come along
When life made it dreariest showing.

For this is the true, good comrade-ship

In the life we live together,

That holds to a friend with a firmer grip
Though rough be the way and weather.

I think as a Woman's Institute, our work is without limit. A great trouble to-day is to keep our boys and girls at home. Instead of staying at home as their mothers did, we find our girls going off to the towns and cities and taking different positions, while they could not look after a home if they had one. The greatest question is how are we to get them to take sufficient interest in house-keeping and in the home life to keep them there. So many girls look upon our "arm life as simply a drudgery. We must make our home life more interesting, more attractive, get them to take an interest in the work, have different sources of simple and healthy pleasures, which they will enjoy.

The products of our homes are our boys and girls who are to go to make up the rising generation. Here is our field of labor, and a field in which neither time nor trouble is wasted. How great the responsibility of a mother in training up her children in such a way that in future years as men and women she will be proud of them, and they in turn will look back to their mother and call her blessing. Let us strive to make our home lives as bright as possible. The culture of flowers in one's home helps much to brighten life. It will have an influence which in after years will not be forgotten. Flowers are God's messengers, fragrant without toil, beautiful without art.

Another great field in which we will find plenty of work is the temper-

ance field. Intemperance is doing more to drag down the standard of our manhood than any other evil to-day. We have a chance to do great work here if we are willing. Let us do all we can to help on the good cause.

Let our object and work be in future the uplifting of character, the betterment of our home life, the forwarding of every good work. Let us work so that we will compel people to acknowledge the benefit of the Woman's Institute and so that there will be no lack of patronage, even as that a recipe book will take the place of the Woman's Institute meetings.

Letter Writing

Have you any unkind thoughts? Do not write them down.
Write no word that gives pain;
Written words may long remain.
Have you heard some idle tale?

Do not write it down;
Gossip may repeat it o'er.
Adding to its bitter store.
Have you any careless jest?
Bury it and let it rest—
It may wound some loving breast,
Words of love and kindness,
Words of truth and kindness,
Words of comfort for the sad,
Words of counsel for the bad—
Wisely write them down.

Words that small are mighty things
Pause before you write them.
Little words may grow and bloom
With Litter breath or sweet perfume,
Pray before you write them.

When making jelly with fresh fruit the juice should always be allowed to drip into a china or glass dish. A tin one will spill the color.—Mrs. M. L. Winslow, Peel Co., Ont.

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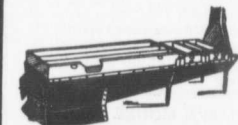
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