

The Upward Look

The Rift in the Clouds

"UNTO Thee lift I up mine eyes,"
—Psalm 123

It was a vision, that gave a great uplift, seen from a balcony, far away from, but which had a clear view of a large city. Tall steeples, graceful towers and stately buildings rose above the green woods and across the valleys that intervened. All was a dark, dreary morning. Clouds were low and threatening. Fields and river and mountains were shadowed and forbidding.

Suddenly, just after sunrise, there was over the centre of the city, a great break in the clouds, and there the highest towers and tallest buildings were all resplendent in those early morning rays. Above the shadows and gloom they rose towards the heavens, clear, pure, gleaming.

Ever since, that vision has been a wonderful help, causing the theistic to rise to the Power behind that radiance, in the surrounding darkness. It has caused to higher endeavor in the daily, common-place duties. It has strengthened in the hours of weakness and weariness. It has encouraged the moments of depression and discouragement.

The inspiration was brought about by the story in that sombre setting. That thought suggested Tennyson's lines:

"I'll at the last raise the man,
Or crown'd with attributes of woe,
Like glories move his course."

We know not what the clouds and the shadows and the darkness of our lives are working in our characters, but by a higher strength we rise above them, and, in spite of them, and through them, into the beauty and the greatness of noble Christlikeness.—I.H.N.

Don't Kiss the Babies

If some babies could speak when they are being caressed, dandled in the air, and in various other ways made uncomfortable by admiring relatives, they might give vent to their feelings in a way that would be rather surprising to those said admirers. A writer in the Canadian Ladies' Home Journal expresses some pronounced views on this subject that are worthy of note:

For the first few months the babe should do little but sleep and eat. It should not be tossed about, kissed and tickled, nor should it be hawked about, visiting; its feeding hours should be regular, and between times let it alone.

The persecution these little ones suffer at the hands of silly relatives and family friends is really pitiful. Leave the babies alone and let them grow.

The death rate in the first three years of child life is greatest, and after that every added year increases its safety.

The most frequent cause of infant mortality is improper feeding, and impure milk; the stomach of the new-born babe is a very small, and a very delicate affair, but it is through the action of this small and delicate organ all growth comes, and the food which Nature has prepared for the babe's stomach is the mother's milk.

The wise mother will insist upon nursing her child not only for the child's sake, but also for her own. The mother-fed child is the one that escapes a hundred dangers to which the bottle-fed babe is exposed; folly Nature and it is well for mother and for child. Nature loves her own, and it is when we stray from her that infant mortality begins.

The mother must be well fed if she

would feed her child; make no mistake about this. To-day we have so many food fads, and eat so many things that often have really no food value, that often the mother's milk is deficient in certain essential elements necessary for the child's growth.

Think of all the elements required. Bore, muscle, energy, nerve (we can't live to-day without nerve), the heart, lungs, in fact all the thoracic viscera, all the abdominal viscera, the skin, the brain—all must be fed and kept growing; and the mother must through the food she takes provide for herself and her child.

It is not difficult to understand that a most generous diet is required to meet these demands. Every food stuff should be a part of the mother's daily rations from the time of conception until the child is weaned.

There is no better resting place for a child than in a roomy carriage on the verandah, sheltered from the winds, or in the south room of the house, well ventilated and warm in winter time.

Inexpensive Curtains

PROBABLY after washing some of the bedroom curtains in the spring, you have found that they came through the wash and the stretchers rather badly worn. Probably you darned and patched them up, saying to yourself that you would make them do until fall. Here is a way in which curtains may be made for less than 50 cents a pair, and a suggestion may pave the way for you to have a new pair of curtains for the summer after all.

Purchase a fairly cheap grade of unbleached cotton, and in order that curtains may not be too plain, add a fringe of old-fashioned candle-wicking. A heading may be left at the top of the curtains and the rod run through a casing. In adding the fringe, one has to punch holes half an inch or so apart all round the hemmed side of the curtain and the



In the Dairy

Use Panshine to thoroughly clean and shine all the cans, pails, shelves, etc. Leaves everything sweet-smelling and sanitary. Cleanliness pays—especially in the dairy. Use



PANSHINE

It's a pure, white, clean powder—doesn't scratch—can't harm the hands—odorless.

Sold in Large Sifter Top Tins 10c. At all Grocers.

P-3

THE MAN THAT USES HIS KNOWLEDGE

Of how to do things makes the most money from his farm. Are there any departments of your farm not paying, owing to unscientific management. If so write for our catalogue. It will tell you what books will help you put things on a paying basis. Write, Book Dept.

FARM AND DAIRY

PETERBORO, ONT.

St. Lawrence Sugar

SUCCESSFUL CANNING AT HOME

Requires Fruit perfect in shape and quality and a clear well made Syrup.

The Syrup must be made with pure good sugar, as organic matter in sugar acts like over-ripe fruit and causes fermentation. To avoid such disappointment and loss, it's worth while insisting on being supplied by your dealer with the old reliable more than 99.99 per cent pure St. Lawrence Standard Granulated Sugar.

Made exclusively from pure cane sugar in a perfectly equipped and right up-to-date refinery ST. LAWRENCE EXTRA GRANULATED SUGAR HAS THE REPUTATION WITH HOME JAR AND PRESERVE MAKERS OF BEING LUCKY, and it's even, steady excellence and purity are the secrets of its success.

To avoid mistakes buy St. Lawrence Extra Granulated in Refinery sealed packages, 2 lb. and 5 lb. cartons, 10, 20, 25 and 100 lb. bags, which assures absolute cleanliness and correct weights. Take your choice of the three sizes of grain: fine, medium and coarse. Any good dealer can fill your order.

ST. LAWRENCE SUGAR REFINERIES, LIMITED, MONTREAL.

