## The Upward Look

## Travel Series No. 40-In the Right Way

ALK ye in all the ways that I have commanded you, that it may be well unto you."— Jer. 7: 23.

Jer. 7: 28.

Ever since being at Banff, and all the while there, I wondered how it was that no one had prepared me for its wonderful beauty, nestled there among its glorious mountains. The first thing attempted was the ascent of Summit Mountain, by a trail quite easy, winding along the

From the summit there was a grand panoramic view in every direction, of beautiful winding and snow-capped mountains. While up there I wanmountains. While up there I wan-dered away from the trail, to see if I could get a still wider view. Several times on the way up clouds had come down so low that one was enveloped in a thick mist. While I was off the trail at the summit the same thing frail at the same thing occurred, only there the mist was denser and remained much longer; so long indeed, that I became seriously anxious. I dared not move from the spot, for fear of going over the dizzily, precipitous mountain side. I wondered if the night would have to be spent there. But it cleared, and no time was lost in getting again onto the right path, from which I dared not wander again.
This little incident has seemed typi-

This little incident has seemed typi-cal of the Christians Ilife-trail, to which he must keep most closely. Otherwise he can have no idea of the depths into which he may fall him-self: lead others who may be dearer to him than life itself; cause others to fall too, with whom he comes in daily contact, or those whom he may

The question may arise: "How am I to know RI am on the right trail!" God will always show that, so there will be no doubt. The decisive balance may be very, very slight, but it is always there. The peace of mind that comes with the right decision always shows which it is. Whenever I doubt, no matter how slight, as to some course which may not be on our trail, then never attempt it, but let us keep to the right trail with all strength and trust and faith—I. H. N.

## Mothers, Take Time

was a hot morning of a busy day.

I was a hot morning of a busy day. I was hurriedly paring the potatoes for the noon meal when I heard him tapping at the back door. Looking up, I saw a small, fushed face peeping through the screen. "Open door, Mammai! sald an imperious little voice. "I dot somenn fa you!" I wanted to say impatiently, "Oh, I can't, Teddie—I haven't time!" but thanks to my good ange! I did not. I pushed back the door and he opened his sweaty, small hand disclossing a few wilted red clover heads. "They is all melted and haan't any handles on," he explained. I clasped the soiled, moist hand and kissed it. Then he ran away all smiles while

the soiled, moist hand and kissed it.

Then he ran away all smiles while I renewed my paring with greater speed to make up for lost time. An hour later, as I bent perspiring over the ironing-table, "doing up" Marian's white dress, I heard a girish voice call, "Want any meat to-day, Mrs. Brown?"

Brown!"

I turned and discovered the "play meat-man" sitting in the express cart.

"Oh dear! I can't play with them now! I'm busy and so tired!" I sighed to myself; but a glance into Manian's bite, expectant eyes made me answer as brightly as I could, "What have you!"

fine broidered beefsteak."

ecluded any outdoor play, but after precludes an apt their little brains seemed for kiss on tiny reasons an apt their little brains seemed for kiss on tiny reasons an apt their little as ever in devising new games. I unrunred: "What shall we play to-morrow, which is a helped about the dishes, amount only and reproving me to her "Something nice," I whispered, "go chanced to pass his place and sleep now, aweetheart." These are just anatches from a day in the supersection of the plapen, watching its new occupant. The provided on said to me the other day:

"How do you to, Johnny?" and he "flow's your pig to-day?" "Oh, pretty well, thank you," re"How's all your folkst"" "Oh, pretty well, thank you," re"How's all your folkst" a nap their little brains seemed fer-

I struggled to rise and looked at Marian's clean apron and Ted's waist.
"Kiddies, if you wifl change your clean things for those you wore this

a heavy thundershower thought, fast asleep in their little any outdoor play, but after white beds, I tiptoed back for a last r little brains seemed fer kiss on tiny Ted's sweet, red hips. He

whom I was thinking. Dear little Ted had stayed with us but a few bright. An orange of

Mothers, always, when I look at his

Four o'clock found me stretched on the couch in my room for a two moments' rest before attacking the very play with us children as you used to? "Oh, pretty well, thank you," remeats' rest before attacking the very play with us children as you used to? "Oh, pretty well, thank you," remeats' rest before attacking the very play with us children as you used to? "Oh, pretty well, thank you," remeats which we will be to do so."

"Mamma!" rushing across the room and almost smothering me with their clasping arms. "The sun is shining! time! You will never regret it, I am the very regret it. I am th

An orange or lemon placed in the jar with newly-made cookles will give them a delicate flavor.



W-E-A-R. At the same time there is a smartness of finish about them, a snug fit and a velvety feel that you'll like. Of course, you probably wear Penmans all the time, but this little message is passed along in an unfortunate state you should case you do notremedy next time you buy hosiery. After you've tried Penmans you'll be very glad you read this. Don't forget--Penmans.

