

refusing to interfere?
ly sometimes. During
ers, wives and sisters
red ones to go straight
n has so often been
at any proof that they
unkind? The tender
for His children on
cause He was ready
ved Son to die for our
of our sins is pressing
as if God were far off,
ur Lord on the Cross
t He was lifted up
be drawn nearer to
Was ever love as
hear His gentle words
nails tear His tortured
His welcome to the
We wonder at His
s He provides for
e midst of His own
nber how gently He
Judas, and we under-
r was cut to the heart
l words of denial
a look of undying

proved His love for us?
le scourging so silently
e tender flesh was torn
Think of the insulting
e, and the shameful
with silent courage.
us—to the uttermost.
is love for the souls
He will not lay one
on us; but if we—like
be perfected through
shrink back and refuse

ive in ease and pleasure
ot especially noble and
Christ-like. Surely we
things than comfort
is wonderful how the
the Christian world's
Instead of dreading
back from it in fear,
ges have gone forward
n joyfully to meet it,
vilege to be called into
Christ's sufferings,
ill inspiring men and
nd to die.

rosses in France had a
ce on men—yes, even
parently worldly men
those crucifixes which
to be miraculously

concrete shelter, while
de, wrote these words:
not past, but present.
can see set up above
a huge and towering
arms stretched out east
e rising to the setting
Cross my God still
all brave men to come
ch evil, and by their
l with Him help to
darkness into light."
rist draws men to His
adoration, and then
inspired with a great
ke Him. Browning's
m his own deep desire
of his sullen misery,
to help must be in-
Shall love in man be
races—love revealed
hall God be less ready
ve's sake? In such a
be nobler than his
incredible.

for him that I love?
Thou—so wilt Thou!

shall bear most; the
stand the most weak.
in strength, that I cry
that I seek
I seek and I find it.
ll be
nce that receives thee;
me,
d be loved by, forever:
this hand
the gates of new life
rist stand!"

us leading you forward
do not worship a dead
ut one who goes forth,
h, conquering and to
gospel story ended at
be a message of gloom,
shining through the
of God were really
Himself it would be
Him to save others.

His parting promise is one of constant
Comradeship: "I am with you always,
even unto the end." This promise brings
with it a command: "Fear thou not, for
I am with thee." Fear is a proof of un-
belief. We could not fear, if we were
trusting in our ever-present Saviour. It
is one who abides under the shadow of the
Almighty who can walk fearlessly, in
spite of the terror by night and the arrow
that flieth by day, the pestilence that
walketh in darkness, and the destruction
that wasteth at noonday.

With eyes uplifted to Him Who suffered
perfectly, returning love for hate and
forgiveness for insult, we are stirred with
a great ambition to grow every day a
little more like our Great Example.
And so we change our selfish prayers for
present ease and comfort into a more
soldierly petition.

"I do not pray that Thou
Keep me from any wound,
Though I fall low from thrust and blow,
Forced, fighting, to the ground;
But give me wit to hide
My hurt from all men's sight,
And for my need the while I bleed,
Lord grant me strength to fight,"

DORA FARNCOMB.

For the Sick and Needy.

Yesterday two dollars for the needy
came to me from "the Doan sisters."
This gift will be divided between two
very sick people. To-day I received a
dollar from Mrs. H.—which will help a
poor widow to make both ends meet.
The S. S. papers for the "shut-in" are
always welcomed in the hospital. Thanks
to you all!

DORA FARNCOMB,
6 West Ave., Toronto.

The Ingle Nook

Rules for correspondence in this and other
Departments: (1) Kindly write on one side of
paper only. (2) Always send name and address
with communications. If pen name is also given
the real name will not be published. (3) When
enclosing a letter to be forwarded to anyone, place
it in a stamped envelope ready to be sent on.
(4) Allow one month in this department for
answers to questions to appear.

Something About Milk.

THIS is about a Dairyman's meeting,
but it is not a news report. It
happened too long ago. Other things
came along—the Exhibition, etc.—and
I could not find time to get my notes
"in shape" right away. However, one
of the men on our staff (the "heavy
weights," the printers call them) assures
me that the "stuff" is too good to let
slip, and that the facts are "perennial,"
as it were, good every year and all the year
round; so that is my reason for passing
the meeting on to you to-day.

The meeting, as a matter of fact,
took place several weeks ago. It was
held in the Institute of Public Health,
in this city and Mr. J. C. Nichol
President of the Dairyman's Association
opened it. Milk production can't be
done at haphazard, he said, we want all the
information we can get, and we should
take every means to bring it to the highest
standard. The Dairyman's Association
does not exist to boost prices; it aims
to promote the interests of both producer
and consumer.

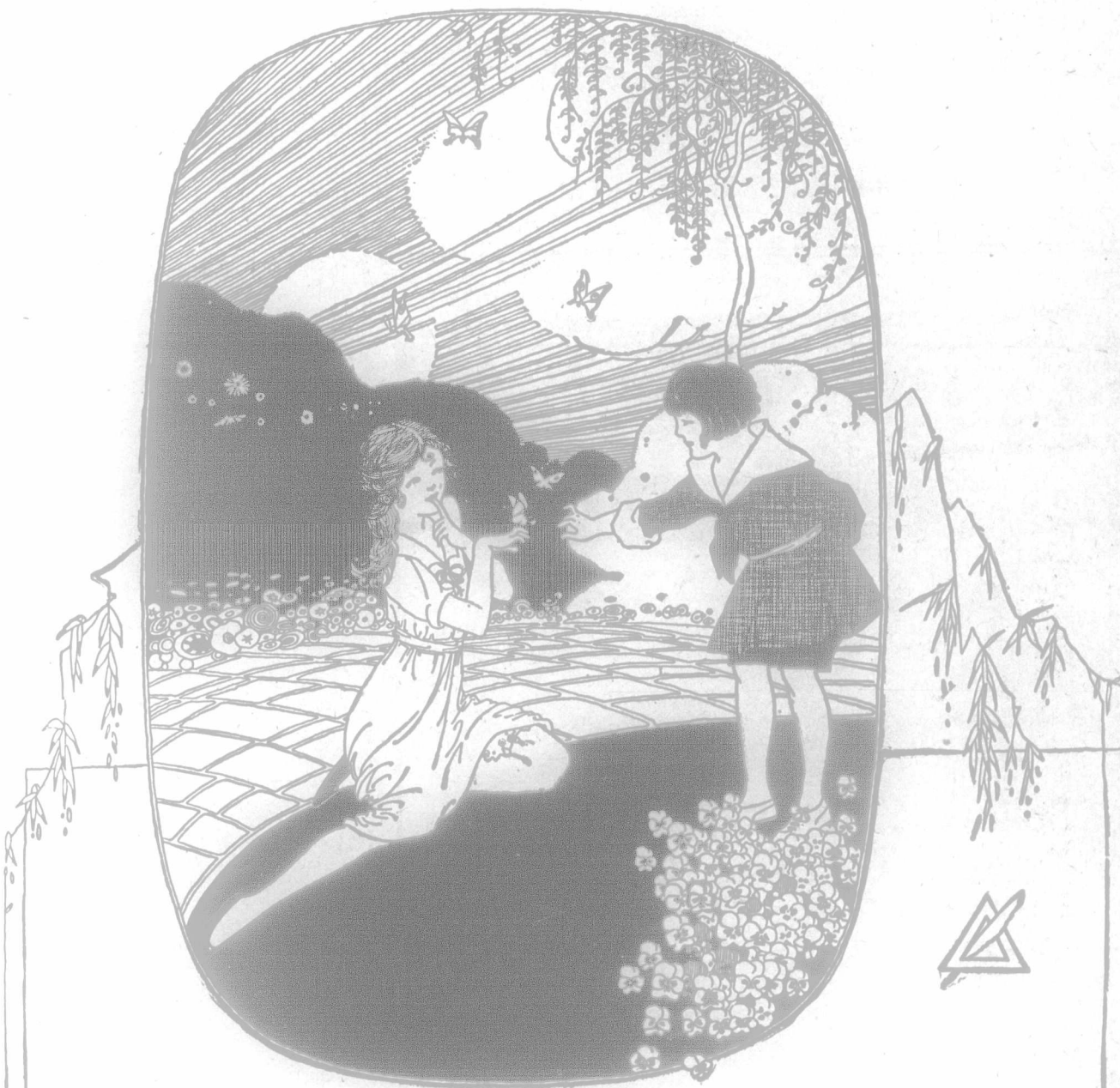
Dr. H. W. Hill of the Institute of
Public Health, who was called upon
to take the chair, congratulated the
Dairyman present upon the fine spirit
that considers both producer and con-
sumer. The solution of the whole problem,
he said, is "fresh, pure, clean milk at a
fair price."

The scientists at the Institute of Public
Health are evidently fully aware of the
great value of pictures as a public educator,
for Dr. Hill's remarks, as well as those of
Mr. Best (chemist), who followed, were
illustrated at every point by views
shown by means of a powerful electric
lantern.

As a custodian of public health—
probably the foremost in Western Ontario
—Dr. Hill was, of course, more concerned
with the quality of the milk than with
the business of selling it. The great
curse of the milk business, he said, is
manure, and the very greatest care
must be taken to keep it from contamin-
ating the milk in any way. It is a fact
that 10 per cent. of the cattle killed under
Government inspection, and 25 per cent.

McClary's

Make good stoves and Cooking utensils.



OUT at the knees, out at the heels—what a
problem it is to keep Children supplied
with Stockings!

Why not buy Penmans Seamless Hosiery and
forget your troubles? They are strongly knit
from the best long-fibred yarns and reinforced
at the points of greatest wear.

Penmans Hosiery

"THE STANDARD OF EXCELLENCE"

Penmans Limited, Paris.

Also Makers of Underwear and Sweater Coats.

of the hogs, are tubercular, and it is also
a fact that the germs get into the milk,
not so much from the udder, but from
the manure. Since this is the case,
it can readily be seen that the bull may
be as great an offender in this way as
the cows. For many years Danish
"pasteurized" butter has been noted
for its quality, and it is gratifying to
know that Danish methods are now
being adopted by the leading dairymen
in our Canadian Northwest.

Upon the men who care for the cattle,
milk the cows and attend to the milk, rests
a tremendous responsibility. Slides were
shown to illustrate how typhoid germs may
be distributed through the dairy—from
the hands of the milkers, water used in
washing the milk vessels, etc. In Boston
500 cases of typhoid, and 50 deaths were
traced to one man who was mildly sick
with typhoid, but continued bottling
milk in a dairy. Also disease may