

The Upward Look

Travel Thought No. 34

Guidance.

TRACE me "Thy path, -O Lord, and lead me in a plain path," Psalm 27:11.

The trip through the Arrow and Kootenay Lakes was a rare and unexpected treat, combining as it did grandeur, beauty and interest. To reach them a boat was taken down the Okanagan Lake. Then came a railway trip through the Kettle Valley. That wonderful road rose up four thousand feet, from which heights we looked down on the Lake below. All day we wound in and out of and around gorges, canyons, peaks; sometimes the road was on the edge of these precipices. At sunset, we looked down four thousand feet on the wonderful blue-green waters of Arrow Lake, the mountains towering far above, and over all the glory of the sunset sky.

Next day we sailed through the Kootenay Lakes, a grand study in blue; blue was the water, blue the sky; and blue, the distant lofty mountains. Over and over, and again and again on that day and on the day before both by boat and train, we could not see the water ahead, so hemmed in were we on all sides, by those majestic heights. When we looked back, neither could we see the way by which we had come.

So many times those days I was reminded of the wonderful plan in life, in which God opens the way. Whenever we seem so hemmed in by difficulties that we cannot see what we are to do, always, in a blessed manner, a way is shown us.

Often, those days, I would think the outlet would be totally different from what it proved to be. So in life, God's plan for the outlet from our difficulties is so different from what we could possibly have planned. Although in looking back from the car window or the boat I could not see whence we had come, yet in looking back over our lives we can remember how wonderfully God has pointed out the way. So in the future can we not trust Him and confidently look for the way out.—I. H. N.

With the Household Editor

THE optimist and the pessimist.

The optimist sees the doughnut.

The pessimist sees the hole.

What a difference there is in people and their outlook on life. How often we meet women, probably at our institute meetings, who come in with a long face, looking as if they had lost the last friend they had. One woman complains that she was up about half the night before with the baby, who is teething. Another tells everyone to whom she is talking about her husband having rheumatism. Some other woman relates her woes along the line of either her ailments or those of some member of the family.

By and by another woman comes along and the atmosphere clears. What is the reason? Well, everyone likes Mrs. G.—, although none, perhaps, have stopped to figure out just why she is so popular. It is, however, because she has such a sunny personality. Everywhere she goes, she carries a sunny face and has a hand out for all whom she meets. And yet the people of her neighborhood know that Mrs. G.— has serious troubles to contend with, just as great and greater than those of some of her neighbors. She, however, has the happy faculty of tuning herself

to her surroundings and taking the best out of everything at hand.

How do we leave the folks as we meet them from day to day? Do we leave them happier and better contented with the world and the things in it? If so, we are fulfilling a mission worth while.

A Formula Which Will "Do the Business."

THERE are few homes that do not at some time require to be fumigated. This may be due to some contagious disease which some of the members of the family have had, when it is necessary to thoroughly fumigate to prevent infection. It is also often necessary to fumigate cellars or store rooms in order to get rid of fungus spots. Bad odors, due to the products of decay, fermentation and decomposition, can also be removed by the use of a proper fumigant. The best disinfecting and deodorizing agent is formaldehyde. The following information as to how to use this fumigant properly comes from the Colorado Agricultural College:

For each 1,000 cubic feet of space use 11 oz. potassium permanganate (crystals); solution formaldehyde (40 per cent.) 11 oz., and water 3 oz.

The cellar or room should be prepared for fumigation. The door should be closed-tight and made tight by means of pieces of felt or wet newspaper strips tacked to joints and threshold. All cracks, windows, ventilators, etc., should be sealed with wet newspaper strips or with felt. Prepare wet strips of paper beforehand to seal the last door after starting the disinfection.

Prepare fumigant as follows: Use an earthenware receptacle or a metal pail with tinned (not soldered) seams, holding not less than 1 1/2 quarts. Place the vessel on bricks which are standing in a pan of water. Moisten the walls and floor of room by sprinkling with boiling water. Next distribute the 11 ounces of potassium permanganate evenly over the bottom of the vessel. Mix the formaldehyde solution (11 oz.) and the water (3 oz.), and pour over the permanganate in the dish.

The operator should leave the room as quickly as possible and seal the door with the wet strips of paper. Leave the room sealed overnight, after which it can be opened and aired out.

If the room contains more than 1,000 cubic feet of space, use one of the above receptacles for each 1,000 cubic feet or fraction thereof. Never use a double charge in one receptacle holding 1 1/2 quarts.

A Good Motto

A COLORED gentleman entered his store to buy a pair of blankets. He was interested in two pairs, one at \$4, the other at \$6, and the dealer was pointing out the fine points of the better article. The purchaser replied that he had only \$4, whereupon the salesman suggested that he equate the \$4 pair and pay the difference later on. The reply of the colored man was this: "No, sah, I never hangs my hat higher up den I can reach."

Now, there's a whole sermon in the philosophy of that man, and you don't get no prize in comparison, it either. Extravagance is contagious, and the insane desire to "keep up with the neighbors" may have much to do with a lot of trouble, the blame for which is laid elsewhere.

The motto of the colored man is well worth remembering, and also practicing: Never hang your hat higher than you can reach.

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| Albion Grinn. No. 1, lb. | 75c | | Range (Dwarf) Dozes, lb. | 10 |
| North Western Grinn. | 1.00 | | 1,000 Headed Kale, lb. | 22 |
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