



BY ROYAL WARRANT, MILLERS TO H.R.H. THE PRINCE OF WALES

## What Flour Granulation Means in Bread-Making

Flour is composed of myriads of tiny granules.

To make good bread these granules must be uniform in size.

In poorly milled flour some granules are large, some small.

The small ones absorb yeast, "rise" and "ripen" before the large ones—the result is bread of coarse, poor texture.

The large granules are not developed into "sponge," they bake into heavy hard particles, spoil the texture of the bread and make it harder to digest.

ROYAL HOUSEHOLD FLOUR is perfectly milled—all the flour granules are uniform in size—the sponge rises uniformly—the bread is even in texture—perfect in flavor—good-looking, appetising bread—easily digested.

Ogilvies back it with their reputation by branding it

**Ogilvie's Royal Household Flour.**

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### Keeping "In Touch" with Christ.

And Jesus said, somebody hath touched Me: for I perceive that virtue is gone out of Me.—S. Luke VIII: 46.

"Only a smile, yes, only a smile,  
That a woman o'erburdened with grief  
Expected from you; would have given  
relief,  
For her heart ached sore the while.  
But, weary and cheerless, she went  
away,  
Because, as it happened, that very day  
You were 'out of touch' with your  
Lord."

The account given by three evangelists of the woman who was healed simply by touching the hem of our Lord's garment, is a very strange one; the miracle seems to stand in a class by itself. Although we are told in a general way that people were healed of disease by touching His garment, this is the only particular instance recorded of a cure in which He was, apparently, a passive instrument. In other miracles He actively exerted miraculous power, in this He submitted to have "virtue" taken from Him. Instead of His hand outstretched to help, we find the woman's hand stretched out in determined faith. Touching Him in that way she could not fail to win the health she wanted, although the multitudes thronging and touching Him on every side gained no advantage from that nearness to God Incarnate. Have things changed in these days? See how many throng into our churches, pressing close to their Lord in His own House. Some go because it is the common custom, some because they have nothing else to do, others to meet their friends—but only those who, with earnest purpose, are reaching out to touch their unseen Master come away strengthened and refreshed for the battle of life. It is the same way when we approach Him in private prayer. One earnest sentence really spoken to Him brings a swift and glad answer, and we can go away feeling, like the woman, that He has helped us, that prayer is not speaking only into blank space. It is the same with hymn singing. You may sing hymn after hymn—and enjoy the singing too—and yet never give a thought to the listening Lord. Then, perhaps, you rouse yourself and send a strong "Abide with me" straight up to the Throne, and you are thrilled through and through with the wonderful thought that you have touched the hem of Christ's garment, that His glorious quickening power has been poured afresh into you.

Strange, is it not? that we who know by happy experience the gladness of an upward look to Him, and the sense of renewed strength it never fails to bring, should drag along so wearily without it hour after hour—perhaps day after day. Baring Gould says that Noah had a window in the roof of the ark, so that when he got troubled and discouraged he could look up towards Heaven. He could not see the waves or the drowning people, but his thoughts were lifted up after his eyes—up to God—and he goes on to say: "It is very true that you have your home duties set you by God. You wives have got the cooking and washing and mending for your husbands and children. You have the cradles to rock, and stockings to darn, and the floors to scrub, and the potatoes to peel. Well, well, well! Of course you must do this. God expects you to do this. It is your duty to do this. But then, don't occupy your minds only with the cradle, and the stockings, and the floors, and the potatoes. Have a hole in the roof of your house. Look up! Look up to God! Think of Heaven. Set your affections on things above. Let your heart be there. Your spiritual nature will be smothered if there be no opening for it. Never allow your minds to be engrossed by the cares and duties of the things of earth. Always keep an opening towards Heaven, through which you can look up to God's throne."

It is wonderful how helpful a literal window is—a window through which one can see the sky. I always find it easier to make prayer a real speaking to a listening God when, like Daniel, I am looking through a window, up, up into infinite space. One can find God more certainly when gazing up to the solemn stars than when the head is buried in the hands—at least it is often so.

But there is another reason for keeping "in touch" with our unseen Head besides the help and happiness it always gives to ourselves. The Body of Christ is like our own bodies—each member must be in constant communication with Him or it is helpless. Destroy the nerve along which messages flash from head or foot to the controlling brain, and they are paralyzed at once. So, if we want to give others any real help in their spiritual life, let us see to it that we are channels of power from Christ to them. To work on our own account would be as fruitless as to attempt to move a car with a wire which had been cut off from the central power-house. The wire does not, cannot, move a machine or light a room; it is only a channel for the invisible force which we call electricity. So it is in spiritual matters. God chooses to touch men through men, but all the power is His, the men are only channels. We are warned that no one can even "pray" without the help of the Holy Spirit, much less can a "power-word" be spoken without His help. Though angels proclaimed the good tidings of great joy on one occasion, for the most part it is man's high privilege to proclaim the good news of God's love to a sinful world. Angels may well wonder that men seem so indifferent to that great privilege. But to get into helpful "touch" with men it is most necessary to keep "in touch" with God, otherwise mission work at home or abroad will most surely be a dead failure, no matter how prosperous it may appear on the outside. And it is encouraging to remember that if you really are "in touch" with Him, if you lay all your schemes before Him, asking advice in simple, practical fashion, as you would of any wise earthly friend, then your words and influence will surely tell for good in the end, though you may think the outlook is very discouraging at first. Time is very precious; don't let us waste it by letting days and years slip away without actively touching Christ, so that we may reflect His light. The face turned up to Him must shine, and men who see the good works which are the natural result will be led to glorify the Father in heaven, because it is very plain that a light which no sorrow or pain can quench is not an earthly and natural, but a heavenly and supernatural glory.

"Only a day, yes, only a day,  
But, oh! can you guess, my friend,  
Where the influence reaches and where  
it will end  
Of the hours that you frittered away?  
The Master's command is, 'Abide in Me.'  
And fruitless and vain will your service  
be  
If 'out of touch' with your Lord."

It is a very solemn thing to be living a life here in a world full of immortal souls, because no one can possibly measure the influence his life has on others—an influence which must tell for time and for eternity. A very talented Canadian author, Gilbert Parker, describes in one of his books how a clever lawyer in Montreal who had lost his own faith deliberately helped to destroy the faith of a younger man. Years after, when he had repented of his own sins, he was appalled to find that the seeds he had sown so recklessly had taken root and borne bitter fruit in the life of the other man, and he was utterly, unable to undo the mischief he had done. That is the sad side of the power of influence, but think of its mighty power for good. Think of the healing power of that life lived nearly 2,000 years ago, in a country