

THE UPWARD LOOK

The Bright Side

EVERY day will I bless thee: and I will praise Thy name forever and ever.—Psalm 145:2.

In a sunny window in my study I have a big beauty of a sweet-scented geranium. Every few days I have to turn the pot around because the leaves will in some way twist around to face the sun, so that if I do not do this, the whole plant looks lopsided. Thus naturally in the world of nature God's creations look to the bright side.

A visitor passing down a long hospital ward of "Someday", noticed a soldier tugging with his teeth at the drawstrings of a surprise-bag. In answer to her offer of help he said apologetically, "I am slow madame. I have only one hand. My legs are gone, too, but I still have my teeth, thank God!" So that poor maimed soldier looked on his bright side.

Thus, too, in the spiritual life, in all circumstances it is a duty as well as a privilege to look to the light. When the day has held many disappointments and failures, think of the happy events that must have happened.

We must not overlook those disappointments because they may have been due to our fault, but with fresh courage we should make up our minds to prevent the mistake recurring. One of God's Christians should not brood over them or be discouraged by them.

If the way is full of difficulties and you cannot see the way out, while doing the very best you can with whatever you have, then gladly, confidently, expectantly await God's relief.

Notice the psalmist sings "Every day." That, of course, means the days of difficulties and sorrow and anguish, when more than ever we need to look out and up to God's light of comfort and help and joy—I. H. N.

Housewives—A Powerful Factor

NINETY per cent of the food consumed in Canada passes through the hands of our women. There is, then, a great responsibility resting upon them to conserve supplies needed overseas and to utilize perishable foods. Waste in all its many forms should be regarded not only as a sin, but as actual disloyalty in war time. It is important that sufficient and nourishing food should be provided, suited to the needs of the different members of the family.

Arbitrary rules in this case are of little value, but the principle is of general application—that the women in the homes can do no more important patriotic service than by guarding against waste. The question of substitution is very largely in their hands. A little saving in every home, when multiplied by all the homes in the Dominion, would mean a very large amount of food products saved for the soldiers.

You may feel that you do not need to aim the food pledge—that you will save all you can without it. But how about your neighbor? The actual pledge may help her to remember the duty of food service. The housewives of Canada, pledged to food service, and living up to their pledge, will be a powerful factor in the struggle against Germany and against starvation.

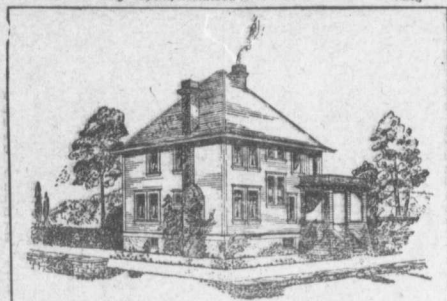
Henry was very proud of the new kitchens, and fetched them to show to the visitors.

His mother heard them coming along the hall, and, alarmed at the noise of the procession, called out: "Don't hurt the kitchens, Henry."

"No, mother," came the reassuring answer, "I'm carrying them carefully by the stems."

House Plan "E" Better Farm Homes

By Prof. L. J. Smith, Manitoba Agricultural College, Winnipeg



Manitoba Agricultural College
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THIS is the last of the Five Plans from the Women's Farm Home Competition. It was submitted by Miss Christiana Guild, of Kenney, Manitoba. This plan comes the nearest of the five plans to meeting the average requirements as to size, according to an average of the plans submitted in the competition, it being 30' x 32'.

It is quite different from the other

plans; but the hall with its large archedway between is really a part of the living room. The kitchen has but one outside wall; but with the arrangement of doors, there should be no difficulty in securing ample ventilation in warm weather. The pantry is located conveniently between the kitchen and dining room. In the corner is a clothes' chute leading down from the bathroom.

The chute does not detract from the pantry, since the space that it occupies would be hard to utilize, being in the corner. It can be shelves on the left and the little table-cupboard under the window at the right. Many would put a slide in the partition between the pantry and the dining room.

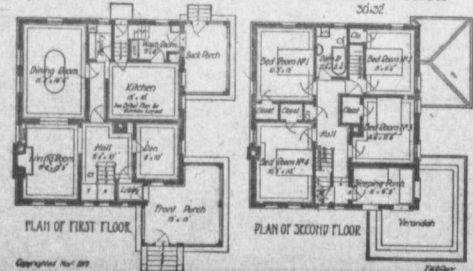
The back stairs lead up from the wash room to a little landing, which opens on the hired men's bedroom (No. 2), or into the hall near the bathroom. There is a small window at the turn of the stair, (not shown in the plan) to give plenty of light.

There are three good sized, well lighted and ventilated bedrooms besides the men's room. Each has a large closet. There is also a good linen closet conveniently located off the upper hall. The attic stairs lead to an attic bedroom with closets.

Many will appreciate the little sleeping porch. From it one can step out on the upper veranda which commands a splendid view of the surrounding country, and which is very useful for airing bedding, and during housecleaning time.

One figure shows the lay out of the

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PLANS OF FARM HOUSE "E"



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