

## The Upward Look

### Following Vain Things

And Samuel said unto the people, turn not aside from following the Lord, but serve the Lord with all your heart: And turn ye not aside; for then should ye go after vain things, which cannot profit nor deliver; for they are vain. I. Samuel 12: 20, 21.

The more we study our own hearts and examine our thoughts and motives the better we are able to appreciate the causes which led the ancient Israelites to sin so grievously and so often. Human nature has been the same through all the ages. The same sins of pride and selfishness, as well as an undue desire to have a good time, and which blinded the people of Israel to their duty to God so frequently that we marvel, as we read their history, how they could have done it, lead us into sin just as easily and even more often than was the case with them.

Our failures arise from our neglect to live as near to God as we might. We all know that when we shut our eyes when out walking we soon go astray and get off the path. We do not, however, realize quite so clearly that when we allow our thoughts to wander away from God for any considerable period, we quickly lose the power to keep from sin.

Sin cannot exist in God's presence. When our thoughts are undelayed by a more or less conscious desire to do God's will, Satan flees from us and keeps at a safe distance. As soon, however, as we allow thoughts of our work or of our pleasure to claim an undue proportion of our attention, we soon begin to feel that, somehow or other, things are going wrong. Just as the machinery needs frequent oiling in order that it may perform its full measure of work, so we require to be constantly refreshed by communion with God in order that we may have grace to live at our highest and best.

That is what the prophet Samuel had in mind when he warned the people of Israel not to turn aside from following the Lord, but to serve Him with all their heart. Otherwise, he pointed out, they were sure to go after vain things, which in time of need would be of no avail to save them from their sins.

The same warning comes down through the ages to us. The things of this world, including wealth and earthly blessings, will be a benefit to us only as we accept them thankfully as from God and strive to use them for His glory. It is a lovely thing to walk so close to God that our thoughts are free to commune with Him at any moment. Such is the truly happy life. Until we have attained to it we have not found what it is to live our lives to the full.—I. H. N.

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Be good and you'll be happy.

## One Woman To Another

By Mrs. Alberta M. Kepper.

Farm women hold a peculiar and important place in the world. They are creators of new wealth; for by their labors the poultry industry has assumed one of the most important places in the list of farm outputs; millions of pounds of butter annually vouch for their unremitting toil; the home garden, shelves heavily laden with filled fruit jars—all these bear testimony to their thrift. "She look-eth well to the ways of her household."

Primarily, woman's sphere is not in following gusts and mists, but as the provider of the honey touch that only a woman's hand lends, she cools the fevered brow, she smiles when others sigh, and she that hides anxiety in time of trouble is more of a help to the husband than any material life affords.

### COMPANIONS EVER AT HAND.

Farming life and isolation need not be synonymous, for lonely hours come not to the woman who has learned the joy in the companionship of authors. The whole river of literature flows at her door.

Farm women who were denied an education in youth need not despair. By systematic reading they may acquire a self-cultivation that will serve them well. The world is an educator, get out in it and elbow along.

\*Extract from an address before the International Congress of Farm Women, held recently at Lethbridge, Alta.

Getting it into our heads that we know it all has dwarfed many a career. We should, day by day, advance mentally all we can. Every farm woman should be buoyed in the spirit that the world looks to her for men of integrity, men of clean morals, men of unflinching trust in right from principle. She has better opportunity to keep close to her boy than the mother in the city where so many vile things becom. The whiff of the fields is not the same that hovers over the saloon bordered sidewalk. Our boys are safe with nature as their companion.

Women everywhere should add new beauty touches to the home; the artistic is adaptable to the country as well as the city. Music is not so hopelessly lost in the farm house as in the tenement where none has time to listen.

We must hold up the hands of our husbands, urging them to meet companionship with cooperation that a fair measure of the profits of his toil may return to him, and when it seems necessary to retrench a little here and there, let us accept conditions cheerfully; this is a test of the true wife and mother.

In our little kingdom of home let us pledge our talents for its betterment.

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A loaf of dry bread may be made as good as new by dipping it in cold water and setting it in a hot oven for a few minutes.



Come again, Pie Time, and often.  
For wholesome, *digestible* "eats"  
—give us **PIE**.

At its very best wrapped in a **FIVE ROSES** crust.

Upsets Pie Prejudice without upsetting the Eater's Insides—**FIVE ROSES** flour.

Great for Pie Crust—top and bottom.

And Puff Paste and Difficult Things.

Close-grained—melting—even textured.

Flaky, too, and crinkly—crisp yet tender.

Put into your bake things the rare antique sweetness of **Manitoba** wheat kernels.

All soppy with the rich red juice of the cherry—or lemon pie—or apple—or healthy custard—meat, may be, or mince—

Put the **FIVE ROSES** "crust end" about 'em. See the hungry wedges fade behind busy milk teeth.

At Pie Time—

Use **FIVE ROSES**.

# Five Roses Flour

Not Bleached



Not Blended