

# The Upward Look

## Trust in Difficulty

Today we are going to think about "Trust, in times of difficulty." An inspiring example in this respect, is Joshua. It was a work of great magnitude that had been entrusted to him, for his was to be the accomplishment to perform. Being the man that he was, it must have been with a heart full of anxious foreboding that he contemplated taking the place of the one that had been his beloved leader and guide. With a great shrinking, he must have realized his weakness, thought of his deficiencies, considered his difficulties. He was now to be leader, teacher, general, and judge. His insistent question must have been, "How can I worthily succeed such a man, as my own chief?" But God in His loving, wonderful tenderness, addressed to him these words: "Be strong and of good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee, whithersoever thou goest." His own name was a great help-giving one, as it means, "whose help is Jehovah." So, strong and courageous in the strength of this promise, he accomplished those marvellous results.

He who had grown up a slave, in

the brickfields of Egypt, in six years, among them being the old terror of Egypt, Anakin.

As Smith says: "His was the character of a devout warrior, blameless and fearless, who had been taught by man; who earns by many vigor, a quiet, honored old age; who combines strength with gentleness, ever Divine impulse, with the simplicity of a child, while he wields great power and who directs it calmly, to the accomplishment of a high, unselfish purpose."

Like those of Moses his farewell words to his people were those of glorious fulfillment.

"And, behold, this day I am going the way of all our hearts, and ye know in all your heart, and in all your souls, that not one thing hath failed of all the good things, which the Lord your God spake concerning you: no one thing hath failed thereof."

So can we in our everyday life, take the promise and his testimony unto ourselves. When our lives are running smoothly and pleasantly, then it is an easy matter to "trust," but we can make it just as easy an one to do so in the cloudy days as well as the sunny ones, in our sorrows as well as our joys, in our difficulties as well as our successes.

Wherever we are, whatever we do, in the kitchen, in the office, in the workshop, in the fields, we must meet

hourly difficulties, which strong in our promise, we can face serenely and calmly.

This was the promise a young woman rested on during the weeks of preparation for a serious operation,—during the long night before it was to take place,—during the taking of the anaesthetic,—during the moments of returning consciousness, and during the weeks of convalescence.

Later, when her most dearly beloved was called upon to pass through the same ordeal, she clung more firmly still, to this same precious promise.

How good the dear Father is, that with the command he gave the strong promise, "for the Lord thy God is with thee whithersoever thou goest." He is ever with us to help us yield obedience, bear disappointments, and solve our difficulties.—I. H. N.

## Tasks Made Lighter

There are too many tired housewives who are longing for rest. This state of weariness is often carried into the lives of the daughters in the home, and may in a large measure be due to the fact that both mother and daughters are living a seeming life of monotony.

It may seem to some of our readers who live on a farm that they are in an isolated spot, and there may be a longing for a change of scenes and duties. Why not remedy this trouble by a change of thought?

The housewife can, if she will, interest herself in things outside of her

routine duties in the kitchen and the duties of general housekeeping.

We know of a beautiful home—say beautiful because it is a home isolated on the prairies of one of our North-Western states—that is manned by a happy, contented housewife, one who has trained herself to notice the things in nature about her. She has adopted the idea of a change of thought. She revels in her garden, knows every tree, bush and bird about the home. Books of the best literature of the time may be found in her little library, and the study of all of these do not detract from her doing her daily duties well.

## HELPFUL COMPANIONS

In this home the children have grasped their mother's idea of finding things out, and are helpful and noble little companions during many hours of drudgery.

Thousands of homes can be like the above if the spirit of thoughtfulness and desire to make the most out of the surroundings are only worn into the everyday life. Nature study is one of the most fascinating helps in making dreary hours pass quickly by.

Tired housewife and daughter, bear in mind that one of the secrets of rest is a change of thought. Try it. Let it pervade your life; do not get into a rut.

Outside of your regular duties try to find a good "hobby," and keep it, then you will have a charm against discontent and monotony.—Western Farmer.



Why don't some flours behave?  
Why don't they keep good?

Because they contain too much of the branny particles, too much of the inferior portions of the wheat—may be little pieces of the oily germ.

Which act on one another—that's why some flours "work" in the sack.

FIVE ROSES is the purest extract of Manitoba spring wheat berries.

Free from branny particles and such like.

Twill keep sound, and sweet longer than necessary.

Keep it in a dry place, and when needed you find it even healthier, sounder, fresher, drier than the day you bought it. Buy lots of FIVE ROSES.

It keeps.

# Five Roses Flour

Not Bleached



Not Blended