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The Upward Look

Power of Expression

"And they shall see His face; and His name shall be in their foreheads."—Rev. 22:4.

A young girl said rebelliously, "I don't see why God made Alice so much prettier than me." It seemed so right to tell her that no matter how God made her, her face was really more beautiful than her sister's as her's had moral and spiritual beauty from her life of unselfishness and service for others.

In a tiny, few-dollars-a-month house, a Deaconess was trying to bring comfort and hope. The wife and little ones were sick, the man out of work and utterly disheartened. In answer to a question the husband asked at the wife, The visitor just caught that look, so tender, so loving and so radiant. It seemed as if of heaven's own sunbeams had entered that poor dark room.

That couple had sunbeams for many a long day the thought of that look brought strength to the heart of that worker, who often became very much discouraged. Where a look like that was, love was, and there God was. It was by seeing a vision of God's love, by keeping very close to him, by striving to live a Christ-like life that we can carry His name in our foreheads.

A friend who had spent many years of his life in the land of the midnight sun once said it was impossible to describe the effect of the glowing light and vivid coloring, which transformed all upon which it shone. At one time he turned to a friend whom he surprised he found very beautiful in that radiance, though usually she was very plain.

As the outer features, the external, were thus transformed, so the inner, the spiritual life can be, but only by and through God's power and might. When the soul longs for and the will strives for the noble, the pure, the right, there cannot be the ignoble, the impure, the wrong. What we are shows in our looks, our expressions, our bearing. Far more than we can ever know we are helping others for the worse or for the better.—I. H. N.

Making Unattractive Homes Attractive

Mrs. F. McCann, Oxford Co., Ont.

What are we to do with that unsightly room where the plaster has become cracked on either walls or ceiling? In almost every home there is at least one room where the plaster has become cracked. How can it be made to look attractive?

Prepared wall board as a substitute for plaster is growing in popularity. It can be applied to the studding and joints direct or over old plaster. There are three regular styles in which wall board is prepared: plain oak, cream white and burnt leather finish. Recently, however, another finish, that of quartered oak has been gotten out. Authorities tell us that this is the best wood imitation that has yet been put out and is almost an exact imitation of actual quartered oak. This finish and the plain oak are usually used as a wainscoting and above that the cream white finish is placed.

As wall board is a decoration in itself it does not require anything extra as a finish. It especially adapts itself to rooms that are finished with panelled walls and ceilings, such as a

dining room or den. An important feature to be taken into consideration is that this wall board can be applied in winter or summer without any of the muss, litter, delay and inconvenience of plastering, and is considered to be less expensive than laths and plaster. The surface of wallboard is water-proofed to prevent absorption of moisture and consequent warping. An additional advantage is in the fact that anyone can apply it, the tools required being a hammer and saw or knife.

Those who are planning the renovation of some of their rooms next spring, may find these suggestions valuable. Why not act upon the suggestions now, when work is rather slack, instead of waiting until the rush of spring work sets in.

This Day in the Farm Home

If it is to be the best yet, we will have to make it so. You can do it. How? By holding an executive session with the wife and the boys and girls in the morning before you start out. It will do you all good. The day can be made better:

By bringing into play all the experience, all the carefulness and all the good judgment the years have given. Cold storage is not a good place to keep the things you have been so long in making.

By taking advantage of every bit of advice and of every good suggestion men about you may have to give. It takes a wise man to give advice, and a smart man to take it.

By keeping a brave heart. The old sow may dig under the fence and come wandering into the back kitchen. Don't get excited. Take her back patiently and be good to your wife while you are doing it. By making the home cheery. The day which begins with a spat between man and wife is sure to turn out badly. The old dog takes to the hole under the wood shed; the hired man has a job in the back lot; everything and everybody is the worse for it runs around loose. Love makes the home life beautiful. Be a man to-day and that will make it easier for you to-morrow.—Farm Journal.

Special Work of the Women's Institutes of Ontario

Geo. A. Putnam, Superintendent. When a woman conceived the idea of having a Women's Organization for the farm homemakers of Ontario and founded the first society, at Stony Creek, the sceptics said, "It is pleasant enough diversion, but it will soon die out." That was 17 years ago.

To-day the Women's Institutes of Ontario has a membership of 25,000 with 840 branches and many places about ready for organization. What is quite as important, the movement has been extended to every province of the Dominion, and never has it shown such intelligent and enthusiastic activity as during this last year.

Unlike almost any other women's organization, the Institute is composed almost entirely of homemakers who do most of their own work. They have no time for intercity outside their homes and their families unless these interests are going to benefit some other women's home and family. Perhaps that is why their efforts have been so serious and practical and well-directed. Perhaps that is also why they have shown such perseverance and unity and ready sacrifice during the months since the war began. We might quote the numbers of socks and shirts and pillows and bales of cloth-

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