

The Upward Look

Home Courtesy

"Finally, be ye all of one mind, having compassion one of another; love as brethren, be pitiful, be courteous."
—1 Peter iii., 8.

"Though this is the anniversary of our wedding day, Jack is so depressed and low-spirited and yet I hate to say it, cross, won't you come in and talk to him and cheer him up. I am afraid he gets tired of hearing me. He doesn't seem to enjoy seeing the children?" This was the request made by one friend to another.

Poor father, poor mother, poor children! No matter what the business anxieties, what the provocation, that man had no justification for casting a cloud like that over that home. It was a very harmful mental attitude for himself, destroying much of the peace and happiness of life. Shakespeare writes of "creeping into the jaundice by being peevish. As he is really doing himself physical harm,

in the face of the present hard time, the Institute contributions to philanthropic causes have increased. Grants to hospitals, children's shelters, old people's homes, the travellers' aid, and general relief work have not been neglected, even when the demand for the Red Cross and patriotic societies was so pressing. Perhaps the civic improvements which have always been very popular with the Institutes will receive less attention, although during the past year they have been as enthusiastic as ever in building and walks, improving public halls, paying for street lamps and drinking fountains, planting trees in parks, distributing flower bulbs, etc. One Institute last year gave a prize of a ten-dollar lawn mower for the best kept lawn in the town. Another way in which several Institutes have been doing a much needed work, and one which we hope will not be neglected, is the care and beautifying of country cemeteries.

It is almost impossible to outline the scope of the various lines of work undertaken and carried out successfully by the different branches of this organization. In one town, the special

TODAY

TODAY is not the best day that ever will be; it is only the best day there has ever been. It is the heir of countless yesterdays, and from this vast inheritance each may take what he will. Tomorrow will inherit all these things, and the accomplishments of today as well. What you will accomplish tomorrow depends upon the way you take today. "In yourself lies your future"; tomorrow must be built today. And, remember, today is the best day there has ever been. So what high hopes we are warranted in holding for tomorrow! Selected

one cannot but think of the more important aspect, that of the mental and spiritual.

Children are considered naughty when they are puerile and fretful, and are punished, but a man can come home at night with an air of "I'm cross, let everyone keep out of my way," and everyone does. One often wishes that summary punishment could be judiciously administered in his case, if it would only bring him to a realization of what he is really like. He would never dream of speaking to a stranger or a friend as he does to the members of his own family, although he loves them as much as a father can.

If at times a Victor record could be taken to enable him to hear himself speak and a snap-shot to see how he looks, a transformation might be wrought.

Without thoughtfulness, courtesy and love, one and all towards one another, the home cannot be the joy-spot on earth that our Heavenly Father meant it to be.—I. H. N.

Good Work of the Women's Institute

Geo. A. Putnam, Superintendent

The influence of the Women's Institute in an educational way is being felt in every district, perhaps not so much where they have taken up reading courses and study of literary works, as where they have established or improved public libraries, or brought high-class entertainments and lectures to the village. In most sections it is possible to detect excellent material from local talent, and the Institutes excel in getting the cooperation of every specialist or professional person in the district. Especially has this been helpful in getting demonstrations in horticulture, bee-culture, etc. Several Institutes have taken advantage of the university extension lectures, and a few have worked through the local school board to form technical classes for the people. It has been gratifying to note that

feature is a neighborly and uplifting attention to the foreigners. In a few Institutes, where most of the members are farmers' wives, cooperative egg circles have been formed. Several Institutes have taken a specialty of helping with the fair lands, and of holding Institute fairs to encourage various lines of domestic art and to raise money for philanthropic causes. In some places this winter, the Institutes have found all they could do to take care of the needy families in their own locality, and no work could be more important than this. The special lines of work to undertake are left to the best judgment of the individual societies, and they have proved this year, as never before, the high ideals and the stamina of their organization.

Work Table Satisfactory Height

A woman four feet 10 inches in height will find 33½ inches a satisfactory working surface height for kitchen tables, etc., says a correspondence study instructor in home economics of the University of Wisconsin Extension division. Above this, an addition of half an inch in table height for each inch of increase in human stature will usually be about right.

Low sinks, tables, ironing boards, etc., are responsible for many tired, aching backs. By a little thought in purchasing, these pieces of furniture may be of such a height that an upright position may be maintained while the housekeeper is working at them. In any case it is well by some means to adapt all kitchen furniture to the height of the user.

Tables that are too low can be raised an inch or more by castors. Failing that, it will be worth the money to lengthen the table legs. The sink can be raised by lengthening the waste pipe and raising the faucets. But a simple and effective device is to raise the dish pan by setting it on an inverted pan.

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