

The Upward Look

Showing Christ's Spirit

Return to thy house and declare how great things God hath done for thee.—Luke 8:39.

Our text was Christ's command to the man out of whom He had driven the evil spirits. It is also God's command to each of us. We are to show daily, by the power and influence of our lives, how great things God hath done for us and thus others, seeing our good works, will be led to glorify our Father, which is in heaven.

Just as a healthy normal child grows in stature and wisdom so should the true Christian ever grow in strength and beauty of character, and in power and ability to help others. Our attitude toward Christ and towards others should ever and always be that of a little child, conscious of our lack of wisdom and ready and eager to gain it from each and every service but particularly from God Himself. We must also have the same faith in God's wisdom and power and love and in His willingness to help us that the little child has in its parents. The true parent does not impose tasks on the child greater than the little one can manage and ever stands ready to give the needed aid when such assistance be-

comes necessary. True, the little one may be left to struggle alone for some time—it may seem a long time—but the wise parent knows it is for the child's benefit; for only as the little one learns to carry burdens can its strength be developed and only as it overcomes difficulties does it gain in power to accomplish still greater achievements.

Our lives are constantly moulding and influencing the lives of those around us. We simply cannot help this. If the spirits within us are strong and pure and loving, everyone with whom we come in contact will be uplifted and inspired by the example and influence of our lives. If, on the other hand, our faith is weak, our thoughts and acts often unworthy of the true Christian, and our love cold then we will constantly be repelling and discouraging the aspirations for better things as they spring up in the hearts of those around us.

One of the most solemn thoughts that came to any of us is that the Great Judge of all in the final day is going to judge us, not by how we have prayed, not by how we have made public profession of His leadership, not by our gifts to the poor, but by how we have lived. These other things do not constitute living; they are mere incidents connected with it. We pray in order that we may be enabled to live better lives. We profess Christ in order that we may direct the attention of others to Christ, and not to ourselves. The giving of gifts to the poor is the out-

growth of God's indwelling Spirit and not a means of acquiring it. Thus it is that the success of our Christian lives will be determined in a large measure by the influence our lives have on the other lives that meet and mingle with ours almost every hour of the day.

What, then, is our influence particularly in the home, on the lives of those we love most? Are we inspiring them by the effect of our example to seek after higher and better things? Are we living so near to God that they are able to see His Spirit working in and through us? If so, we are living the overcoming life, the life of service and true joy, the life that is well pleasing in His sight, the life that is possible for each and every one of us.—I. H. N.

THE COOK'S CORNER

Recipes for publication are requested. Inquiries regarding cooking, recipes, etc., gladly answered upon request, to the Household Editor, Farm and Dairy, Peterboro, Ont.

A Cheap Christmas Pudding.—Mix a cup of chopped suet with a teaspoon of salt and three and one-half cups flour. Put together one cup molasses and one of milk; add a teaspoonful of soda and then the flour, a little at a time. Put in a cup of raisins mixed with part of the flour and half fill a covered pudding mould. Steam for

three hours. If wished, spices may be added to the batter, also one cup chopped figs mixed with part of the flour; but in this case use only three and one-quarter cups flour in all. Turn this pudding out on a hot dish and surround it with hard sauce.

Mince Meat Without Meat.—One pound currants, one pound raisins (chopped), one pound sugar, two pounds apples, one pound suet, one half teaspoon mixed spices, one pound candied peel (mixed), grated rind and juice of two lemons.

Hard Sauce.—Beat till smooth one cup butter and one cup powdered sugar, and flavor with vanilla. Put in spoonfuls around the pudding, and decorate with candied cherries and a few sprays of holly.

Popcorn Candy.—Mix hot popcorn with a little molasses, and press down into buttered loaf tins, then put another tin and a weight on top. When cool, cut in thick slices. This must be used when fresh.

Stuffed Dates.—Wash the dates, take out the stones, and fill the cavity with chopped almonds or peanuts, or whole walnuts. Close the dates and roll in powdered sugar. Figs may be used instead of the dates, if preferred ferred.



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