

The Upward Look

Sin in Ambush

Watch and pray that ye enter not into temptation.—St. Matthew, 26, 41.

Each of us has our points of special weakness. The Devil knows them off by heart. Invariably he attacks us through them. If we desire unduly to be praised he generally manages to see that there are those who will praise us it may be over only the most simple things, until, before we realize it, our vanity has mastered us and led us into the habit of doing things for the purely selfish purpose of having our action applauded. If our tempers are quick he takes pains to see that many little annoyances creep into our daily experiences. Daily our habit of speaking sharply or impatiently grows until we become slaves. Our dearest friends suffer from our weakness. We wound their feelings and though we may shed bitter tears in secret we seem powerless to gain back the ground that we have lost.

When our faith is weak, Satan delights to whisper in our minds thoughts of our weakness and helplessness and to secure up before us visions of all the fearful things are likely to happen. He knows well that as soon as we begin to think steadily about God's infinite power and love our fears disappear as though they were swept away by an invisible hand. Therefore He keeps us thinking about self.

Some of us are given to indulging our appetites, our desire for dress, our love for the saving or spending of money. It matters not what our failing may be. The Devil knows it well. There are none of us who have not felt his power in our lives working steadily, even although often imperceptibly, to hold us back from working out our best impulses and most lofty desires.

It is a difficult thing to fight the Devil if we do not recognize him when we encounter him. He is so crafty in his approaches, he lies in ambush in such unexpected places, he adopts such deceptive disguises, we often do not realize that he is near until after the fight has been lost without a struggle on our part.

Let us learn to look through things. Let us learn to see that the most trifling of our daily experiences are steps that are going to take us up or down in the pathway of life. Every time we catch an impulse to give way to our weakness and conquer it we make the next victory the more easy to win. The little temptations that we meet really represent our opportunities; oppor-

tunities to refine in grace and strength and to grow and to improve our characters. The fight is a glorious one. It is for a splendid prize—greater joy and peace on earth, and thereafter Life Eternal. The same prize awaits those of us who prove ourselves worthy to gain it.

The secret of success lies in turning our thoughts away from self to God and to so long turning them. "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall not be weary; and they shall not faint." (Isaiah 40, 31.)—L.H.N.

A Food Chopper

Rose M. Winslow, Frontenac Co., Ont.

The most helpful aid in our home is my food chopper, which was a gift at Christmas time.



What does it do?

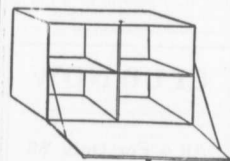
Well, it is hard to enumerate all that it does. Grinds beef for hamburger steak, cruettes, pressed meats, hash, cheese for various dishes, browned bread for chops and cutlets, also for puddings and everything else for which crumbs are used.

We also use it for making pickle that needs to be fine, nuts for cake, candies, etc., and horseradish. I value it so highly because it is such a saving of labor, doing the work in half the time, and better than the old-fashioned chopping knife and bowl. I do not think any aid in our home is as valuable as this, and my advice to the readers is if you have not one already, buy one at once, and in a little while you will wonder how you ever got along without it. Farm and Dairy gives as a premium one of these food cutters, for only three new yearly subscribers to Farm and Dairy. A good way to get one.

Handy Cupboard for Barn

A small cupboard fastened up in the barn, similar to the one shown in the cut, is of much convenience to every farmer. In it can be kept a variety of articles, such as bottles, brushes, combs, clothes, sponges, pieces of old straps, buckles, etc., in fact everything that usually clutters up the stable or barn.

A dry goods box, of the desired shape and size, fastened at a height of about five feet answers the purpose nicely. A drop leaf side is fastened by hinging at the bottom and fastening supporting straps from the upper corner of the box to the outer corner of the leaf. This makes a table in front of the closet. When open. Should this not be desired, a small screw-eye can be fastened in each upper corner, connect with a wire and hang over the wire a thick cloth for a curtain. Shelves as shown in the cut can then be put in straps put in place to hold small tools, etc., and what more for convenience and handiness is wanted?—Miss C. B. Jackson, Selkirk Co., Man.



A Pleasure Book

Many of us keep diaries, but what do we record in them? Are we careful to have it something which shall like to read? Let me tell you of one which I have kept for a year. I call it my pleasure book. I write only the pleasant things in it—the disagreeable ones can not be forgotten too soon. If I receive a gift from a loving friend I make mention of it. If any one does me a little

service, I make a record of it. Even

a welcome letter has its acknowledgment. It is indeed a pleasure to turn its pages, but it serves a deeper purpose, that of showing me the blessings which I ought to be thankful for. It is good for the blues to be made to realize how many loving friends you have. If you do not believe this just try my plan for a year and judge for yourselves.—Katherine Bennett, York Co., Ont.

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Those who have to eat an early breakfast before the stove is radiating heat can get immediate warmth from an oil heater, and then turn it off.

The girl who practices oil on the piano in a cold room in the morning can have warmth from an oil heater while she plays, and then turn it off.

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