

The Upward Look

He Dwelt There

TERAH took Abram his son, and Sarai his daughter-in-law, from Ur, of the Chaldees, to go into the land of Canaan; and they came unto Haran and dwelt there.—Gen. 11:31.

On the very edge of this ancient Ur is Kut-el-Amara, about which we have been hearing so much in General Maude's triumphal march from there to Bagdad. Terah, with Abram, in going to Haran, followed the Tigris River, just as the Turks are doing now in their precipitate retreat.

Terah evidently started out with the intention of obeying the "heavenly vision" of his God, that was calling him to go into the land of Canaan. But when he came unto Haran he dwelt there.

What a tragedy of failure there is in that word "dwell." For Terah! We can but wonder if he gave up quickly and without a struggle, the going on, to the land of greater opportunity. Or, if year after year he kept intending to rouse himself and carry out the purpose of his younger manhood. Then, when we read of the wonderful power and blessings that were promised and granted to Abram and his descendants, we think of all that Terah missed.

Are we dwelling in Haran, or are we going on, obedient to the heavenly call within us? Are we content to remain each day as we were the day before, or are we advancing, by learning to know and utilize better, the wonderful God-given power within us? Are we remaining stationary, or are we learning to know God better and understand the wealth of His power that is ours to command? Are we remaining still and missing His power and blessing, or are we taking them as promised and granted?—I. H. N.

Are Our Spare Minutes Wasted?

With the Household Editor.

WHAT do we do with our spare minutes? By spare minutes we do not mean the time that is left after we have finished our day's routine work, dressed up for the afternoon and sat it down for a short time before we have to get tea ready. No, we mean the odd minutes throughout the day when we are delayed in our work. For instance, there are times when we have to wait for the kettle to boil and we poke the fire, take the lid off the kettle to see if there are any bubbles showing, give the fire another poke and wonder if that kettle ever will boil, until we work ourselves up into quite an aggravated state of mind. Or we have the dinner piping hot and all ready to serve, but something happens and the menfolk are delayed in coming in. We walk back and forth from the window to the stove, worrying over the fact that the dinner will be getting cold and can't imagine why those men are not on time for their meals once in a while. It is such spare minutes as these when it does not seem worth while doing anything to which we refer.

Why not, instead of fretting and fuming over these delays, plan some line of work for these idle moments. Nowadays in many homes, much knitting for the soldiers is being done and it is a splendid idea to have a sock which can be picked up and a few stitches added. Then there is the woman who is fond of crocheting. Why not have a piece of crochet work always on hand. It may often seem hardly worth while picking up this

work for such a short time, but it will be surprising how a few stitches put in now and again will count up. Would this not be a good way to get Christmas gifts made for the friends whom we know appreciate our handiwork. Having a basket nearby with material for quilt patching would be another way of utilizing odd moments, or rags might be sewn together for the rag rugs we are planning to have ere long.

Why not have a book to pick up on just such occasions as this. We may be fond of reading and find little time to devote to it. How much wiser we would be to pick up a book and enjoy reading a few paragraphs instead of playing havoc with our good nature by fretting when unforeseen delays occur. If we are ambitious we might make our reading at such times take the form of study. There are many subjects such as science, agriculture, history, nature study, food values, psychology, mother-craft, etc., etc., which if we would fit ourselves with good material on our chosen topic, we would be surprised at the end of the year to note what we had accomplished in the moments which previously had been wasted.

Let us try then to use our spare moments wisely. We must on the other hand guard against the tendency to crowd too much into the day. Our time for rest and recreation should also be carefully planned and followed.

Swiss Meat Cheese

H. S. Eakins.

IF you are tired of eating the same old sausage on the farm, try the following: Fresh lean veal, four pounds; pork, three and one-quarter pounds; wheat flour, three-quarters pound; hog liver, two pounds; onions, one-half pound.

Run through grinder until very fine and then mix the following: White pepper, one tablespoonful; nutmeg, one-half teaspoonful; mace, one-third ounce; salt, one handful.

A good way to prepare this for the table is to bake in square forms in a hot oven. Grease the forms with lard before filling and cover with a piece of caul fat.—Colorado Agricultural College.

As a side light on the labor situation, it is interesting to note that thousands of Kafirs from South Africa have reached Europe, this influx causing considerable discussion in England.



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