

The Upward Look

Our Ideal

How sad, hopeless and aimless seems a life without the great motive power of an ideal; one of the most discouraging, but at the same time most encouraging forces in our lives! To have an ideal is discouraging because no matter how long or how hard we may strive we can never really attain it.

The encouraging part is that by constant prayer, earnest thought and persistent endeavor, we will always become more and more like what we determine to be. Have you ever noticed how much elderly couples often look alike, though in the far away days of courtship, they may have been totally unlike?

An ideal is such a power in our lives that it will lead us to accomplish what often seems impossible. Many lives of the long ago famous, the modern great and the unknown heroes of every-day life give us many an illustration.

Of course this ideal, this vision, often varies as the years go by. What a change in the boy of five, who declared he was going to hunt lions and tigers through the week and be a missionary on Sunday to the earnest Christian man, spending all his life for the benefit of his fellow-men.

Just as every minute part of man-

chinery must be absolutely exact, in like manner we can never overlook a-y minor points in our life-education, but must constantly aim at being as well equipped as we possibly can to be ready for the realization of our dreams.

No ideal can be a vision beautiful unless it includes in it that thought of helping others to lead a life beautiful.—L. H. N.

Grown Old Together

By Thomas Drier

They had grown old together, just he and she.

"How was business to-day?" she asked, as he stood washing his hands at the sink.

"Pretty good," the old man answered — "pretty good to-day, but somehow that little store will never be the same without you. I'm sorry you're not strong and well as you used to be. I miss you very much."

There was a faint flush of a young-wives live for the finer sentiment in life, and years only increase the intensity.

For years he and she had kept a little store in the middle of the block on Centre Street. Then she was taken sick and sent to the hospital, and could come to the store no more.

One day she started to visit him at the old store; but it was a long, tedious, hard walk. On the sidewalk, not far from the old store, he stood, with a tray fastened to his shoulders,

on which were a collection of collar buttons, braids and papers of pins. He had sold the store to pay the hospital bills. An Italian occupied it as a fruit stand.

It was a long, a much longer walk back for the old wife.

When he arrived, she, in her usual cheerful manner, said: "How was business to-day, William?"

"Business is pickin' up, Jane," was his optimistic reply.

That night they both harbored a secret that neither—the brand of a secret that spells sacrifice and deep regret.

Maggots on House Plants

For the past year I have had trouble with my house plants harboring maggots which eat the fine roots off and kill the plants. They are small, clear looking worms about the size of a pin and about one-quarter of an inch long, with a black head and black spot on the body. I notice small flies at top of pots and the maggots develop into them. Have tried soap suds, tobacco, carbolic acid in water and several other things, but without effect. Have tried repotting several times and brought earth from the woods, but in a short time they are as bad as ever, and eat the roots so that the plants can be lifted right off the top of the pot. I have some beautiful ferns that I find are dying off, and would like to save them.—Rose Floral.

The small insects or grubs mentioned as infesting the soil of pot plants are induced by a sour, badly drained soil, and originate often from the barn yard manure used in potting soils. The plants had best be repotted at once, removing as much of the old soil as possible without injur-

ing the plants. Re-pot them into some fresh potting soil composed of about six parts of loamy potting soil made from well rotted sod, or from loamy soil taken from just under the surface, clean sand, and one part leaf soil (black soil) from the bush. For a fertilizer use one-third part of the whole of these of dry cow manure from the pasture field. Mix these all well together. Use nearly an inch of broken flower pot for drainage, over this sprinkle a thin layer of fine charcoal, or lump charcoal may be used entirely for drainage.

The soil is doubtless the cause of the trouble. Try and kill the adult flies with tobacco smoke or use sticky fly paper for this purpose. Baking the soil in a hot oven, so as not to burn it, will often kill off any insect life or fungus there may be in potting soil. A tea cup full of clear lime water to each large plant will often eradicate worms and grubs from the soil of pot plants. Repeat the application in two weeks if necessary. Use a pound of fresh lime slaked with two quarts of hot water in a two-gallon pail and then filled up with cold water, or made in this proportion, will make the lime solution mentioned.—W. Hunt, Guelph.

To soften paint-brushes which have become dry and hard, heat as much vinegar as required to boiling point, immerse the brushes, and allow them to simmer for 10 minutes; then wash in strong soap suds.



Add water to milk—
You weaken the milk.
Add soft wheat to flour—
You weaken your flour.
Cheapens it too.
Soft wheat costs less—worth less.
Soft wheat flour has less gluten less nutriment.
Your bread is less nutritious, sustaining, economical.
Soft flour has less strength, less quality gluten.
Giving less good things for your money and things less good.
Use Manitoba flour—Manitoba hard wheat flour.
Having everything the soft stuff lacks.
Five Roses is all Manitoba.
Without a grain of cheaper wheat.
Strengthen your food values.
Use FIVE ROSES.

Five Roses Flour

Not Bleached



Not Blended