

The Upward Look

Our Guide in Life

Search the Scriptures: for in them ye think that ye have eternal life and they are they which testify of Me.—St. John 5:39.

In every walk and phase of life we realize our need for authoritative and accurate guides and rules that will help us to make a success of whatever work we have in hand. When making dresses, even of the most simple nature, we have our patterns to guide us. When cooking we follow closely the directions of our cook books. The carpenter or builder would not think of erecting any building of considerable size without the use of his plumb line and plane and the plans of an architect. The mariner who set to sea without a chart or compass or who neglected to consult them frequently in order that he might be sure of his bearings and of the direction in which his vessel was proceeding would soon have the command of his ship taken from him. And thus it is in the accomplishment of all our earthly undertakings. The up-to-date progressive farmer studies the latest government bulletins, the general follows the practices of modern warfare, the civil engineer the reckonings of his instruments. How necessary it is, then, that we shall recognize our impera-

tive and constant need of a guide that will enable us to decide wisely the moral and spiritual problems that continually confront us.

No matter how humble our daily duties may be we constantly feel the need of such a guide. The history of the centuries proves that there is only one infallible guide of this character. It is the word of God, as revealed in the Scriptures. Are we then as faithful in our study of this guide as we are of those other rules that we use in less important matters?

In these modern days, many people seem to think that if their consciences do not trouble them when they follow certain lines of procedure, that there can be nothing wrong in their actions. As well might we conclude that there is nothing wrong in a cannibal consuming his captive or in an Indian torturing his victims.

Our consciences cannot be depended upon to lead us aright unless we are constantly adjusting them by the standards which God has set. Just as the astronomer must constantly test the accuracy of his instruments to ensure the correctness of his readings and just as the lawyer must continually keep in touch with the latest decisions of the courts in order that he may be sure of the strength of his case, so it is necessary that we shall study God's word, systematically and prayerfully, in order that we may be sure that the standards set by our consciences have not, all unknowingly to us, lost their delicacy and power through becoming confused and

contaminated by the standards of the world around us.

On all sides we see people, who in some cases are professing Christians, doing things to which the world takes no exception. It, therefore, becomes easy for us to accept their standards as our own unless we are constantly searching God's word to know what He directs us to do in such circumstances.

When Christ spoke the words contained in our text he was condemning the self-righteous Jews for their sins. They, although they did not realize it, were following their own commandments rather than those of God. Christ told them to search—not just to read, but to search—the Scriptures and He assured them that if they would they would find the mistake they were making.

That same command applies to us. Christ was sent by God to be our example. Only through the study of the Scriptures can we be sure that we are following in His footsteps. No matter how busy our lives may be, or how much good we may think we are doing for God, we are sure to wander off the path which God would have us follow unless we regularly read His word. The daily reading of our Bibles, with minds intent on learning their messages for us, together with simple trusting prayer, are the two great sources God has provided for each of us through which we may obtain the daily strength and wisdom that we need. Let us then be faithful in our private as well as

in our public worship of God in order that, like Jesus, we may increase in wisdom and in favor with God and man.—I. H. N.

Fastening Skirts and Yokes

Skirts and dresses have an unpleasant way of splitting down below the limit allowed for the placket hole, no matter how firmly they are stitched and some thin fabrics require very careful handling or the stitches show and look unsightly on the right side.

An excellent plan, and one by which all such trouble is avoided, is to sew a hook and eye at the extreme end of the placket, hook it together and pinch the hook tight so it cannot come undone. This will keep neat and prevent the opening from tearing down when the dress is slipped off and on.

When making a bodice with a lace yoke, a good plan instead of sewing it in is to sew snap fasteners on; then it can be removed and washed when it becomes soiled, without the trouble of ripping out stitches and sewing the yoke in again.

To keep the blouse in position around the waist line, get five patent fasteners and sew the pointed part to the waist line of the blouse and the eyelet to a piece of white elastic, making them correspond in position to those on the blouse. Fasten the elastic with a hook and eye at the ends. This is an excellent plan for a blouse that is not lined, as it allows it to rise and slip down again in position when the arms are raised or lowered.



**Peep again in your oven.
See those loaves, those pleasing
loaves you've made.**

How fat—rounded—substantial.

No, they won't fall when colder.

**Because the Manitoba strength that
is in FIVE ROSES will hold them up
till eaten.**

**This sturdy elastic gluten has kept them
from dropping flat in the oven.**

**No unsightly holes 'twixt crust and crumb—
never.**

All risen evenly—to stay risen.

Never heavy—sodden—soggy—indigestible.

Yours are the FIVE ROSES loaves—

Crinkly and appetizing of crust.

Golden brown and tender.

Snowy of crumb—light as thistledown.

FIVE ROSES helps a lot.

Try it soon.

Five Roses Flour

Not Bleached



Not Blended

LOAF OF THE WOODS MILLING COMPANY, LIMITED MONTREAL