

The Upward Look

A New Year's Thought

How many times we hear people say: "I am not going to make any more New Year's resolutions!" Is it not because they never keep their old ones, and so realize the uselessness of making new ones? But is the need not a very great one?

Will we not make fresh ones, at this solemn time, of entering upon this, our New Year, and with God's help strive harder than ever before to keep them? Then when next New Year comes, we will feel strengthened and encouraged to begin again with renewed determination, when we see the results of the endeavor of the past year.

Each and every one has some faults and failings, which he must feel that he ought to conquer. In this battle of self-conquest, it is often so hard to make a beginning, but now is the best time possible.

One very helpful suggestion is to write down what we feel needs conquering first of all. Put it where we will see it often. Ask ourselves daily if we can see a gain. Regard it as a very serious matter, if we cannot.

Now our thoughts are very much with the soldiers fighting for our nation's safety. Everywhere one sees the flash of knitting needles, as hands work busily for their comfort. What would our opinion be of a soldier that, quite complacently, would say that,

as he had not succeeded as well as he should have, he was not going to fight any more, even though his own honor and that of his country was at stake?

What should our opinion be of ourselves, when we calmly give up, when a certain fault will be a stumbling block in our own highest Christian development? Then there is even a more sacred obligation that we owe to others who are following our example. Just to-night I heard of a sorry tried man who took a position for a long period in an isolation hospital, so as to be out of reach of temptation.

This battle, whether the falling be great or the fault seemingly trivial, must be fought, not spasmodically, but daily, hourly and never in our own strength, and the greater the struggle, the greater the conquest. Solomon must have understood the magnitude of such a task, when he wrote: "He that is slow to anger is better than the mighty, and he that ruleth his spirit, than he that taketh a city."—Proverbs 17, 32.—I. H. N.

The man who has learned to take things as they come, and to let go as they depart, has mastered one of the arts of cheerful and contented living.

Clearly Impossible

"Feyther," said little Mickey, "wasn't it Patrick Hinky that said 'Let us have peace'?"

"Niver!" said old Mickey. "No body be th' name uv Patrick iver said anything loike that."

To Dress Well but Economically

Mrs. W. E. Howard, Lanark Co., Ont.

If there is one place above all others that many a farmer's wife is easily detected as a "farmer's wife," it is the day she goes to town and walks up and down the streets mingling with the townspeople. How do we know she comes from the country? Why by the way she is dressed of course. Really, when I go to town and see the way some of my neighbors dress on such occasions I am almost ashamed to be classed as a farmer's wife.

I don't think there is any reason why we country women should not be dressed as neatly and attractively as scores of city women who haven't any more money, and perhaps not as much, to spend on clothes as we have. It is not necessary to be extravagant in order to be well dressed. Some one has said that to be well-dressed a woman should be dressed so that no one will notice her clothes. I would like to add to that that she should try to make her clothes express her personality and to wear what is becoming to her, even though something more extreme may be "the style."

There are lots of styles and materials that are quite suitable for the city woman, but which are not serviceable for the country woman who has to drive almost every place she goes. We should, when buying, keep this thought in mind and select something that will not be too delicate to withstand our weather, dust and so forth.

I do not consider that it is economy to buy a very expensive piece of goods when selecting a dress, going on the

argument that it always pays to buy the best. If a woman buys such goods she has to wear that dress until it is terribly out of fashion in order to get the value out of it. I believe in buying the cheaper materials (but not too cheap) and making them up with the intention of wearing them out in one or two seasons. In this way we are enabled to keep abreast of the styles and avoid making ourselves the subject of ridicule when we go to town.

We must avoid extremes in style and color, as they are so noticeable and soon begin to look old-fashioned. I think it is better to choose one or two colors for the season, then by having hats, dresses, coats and waists to match, we can have variety in our costumes without having many clothes.

A great deal of money is spent unwisely in little details. Shoes and gloves usually come in this class, but really it is so important to have neat shoes and gloves that I hardly feel justified in calling them details. It is not necessary, however, to wear patent leather shoes or white kid gloves all the time in order to be well dressed. Good cashmere or silk gloves are very neat and shoes of a more substantial nature for common wear are more desirable. Wearing silk stockings or fine lingerie underwear under cloth dresses is not economical. The well dressed woman is particular about these points, but they need not be expensive to be fresh and dainty.

We should not forget too that no matter how extreme or ugly the fashions may become there are always styles that are pretty without being out of date.



"Uniformity is a big word, Bud."
"I 'spect it's because it means a lot, Rose."
 Steady—Regular—Dependable Quality, there's the FIVE ROSES idea.
 No bad dreams bakeday eves — the morning batch "flat" instead of "up."
 So very exasperating, you know, to get less loaves this week than last from the same quantities.
 FIVE ROSES is the sure flour — reliable, you see.
 No wrinkling worries over bread, or cakes, or pies, or anything.
 Bake things always up to the mark of your happy expectations.
 Disappointment—never.
 Four times Uniform—Strength, Color, Flavor, too, and Yield.
 FIVE ROSES—trouble-proof flour.
 Use FIVE ROSES always.

Five Roses Flour

Not Bleached  Not Blended

MADE BY THE FIVE ROSES MILLING COMPANY, LIMITED, MONTREAL