

down with a heavy hand of unyielding determination. At last she grew weary of struggling, and settled down in sullen submission, a hopeless, heavy-eyed, spiritless woman, and as time went by she became a greeder for money than her husband.

"Good-morning," Pearl said brightly.

"Are you Mr. Tom Motherwell?" "That's what," Tom replied. "Only you needn't mind the handle."

Pearl laughed.

"All right," she said. "I want a little favor done. Will you open the window upstairs for me?"

"Why?" Tom asked, staring at her. "To let in good air. It's awful close up there, and I'm afraid I'll get the fever or something bad."

"Polly got it," Tom said. "Maybe that is why Polly got it. She's awful sick now. Ma says she'll like as not die. But I don't believe ma will let me open it."

"Where is Polly?" Pearl asked eagerly. She had forgotten her own worries. "Who is Polly? Did she live here?"

"She's in the hospital now in Brandon," Tom said in answer to her rapid questions. "She planted them poppies out there, but she never seen the flowers on them. Ma wanted me to cut them down. They used to put off so much time with them, but I didn't want to. Ma was mad, too, you bet," he said, with a reminiscent smile at his own foolishness.

Pearl was thinking—she could see the poppies through the window, bright and glowing in the morning light. They rocked in the wind, and the shower of crimson petals fell. Poor Polly! she hadn't seen them."

"What's Polly's other name?" she asked quickly.

"Polly Brazz," he answered. "She was awful nice, Polly was, and jolly, too. Ma thought she was lazy. She used to cry a lot and wish she could go home; but my! she could sing fine."

Pearl went on with her work with a pre-occupied air.

"Tom, can you take a parcel for me to town to-day?"

(Continued next week.)

## The Upward Look

### Obstacles to Prayer

For the eyes of the Lord are over the righteous and his ears are open unto their prayers; but the face of the Lord is against them that do evil.—1 Peter 3: 12.

Christians who are right with God find great joy in prayer. If our prayers do not bring us the peace we desire, if we feel that they are not being answered then we should search our hearts to find if there is any hidden sin that is coming between us and God. Not until we have removed everything out of our lives that is likely to be displeasing to God need we expect that God will pay any attention to our prayers. We must first "get right with God."

God has commanded us to love our enemies. If there is anyone against whom we hold feeling of ill-will we may rest assured that God will forgive and listen to us only as we forgive and are willing to help those whom we dislike. This may be a hard thing to do but God requires it of us. If we value wealth, fine homes, good looks, our children or other dear ones more than we do God's approval, then we have idols in our heart. We need not expect God to listen to our prayers as long as we give Him only second place in our heart.

God will not heed our petitions unless our first and chief desire is to please Him in everything that we do. We must not only endeavor to remove all sin from our life but we must,

also, endeavor to do those things which God has told us to do. We must do those things that are pleasing in His sight.

There are many things, which, if we are not careful, will creep into our lives and prevent us from obtaining the gift of God's holy spirit, without which we are powerless to live as we should. Whenever we find our prayers ineffective we should not conclude that God does not hear our petitions. We should humble ourselves before God and should pray to Him in the words of the Psalmist: "Search me, O God, and know my heart; try me, O God, and know my thoughts, and see if there be any wicked way in me." (Psalms 139: 23, 24). We should wait before God until He has shown us whatever is displeasing in His sight and then we should hasten to remove it, counting not the cost.—L.H.N.

## The Fireless Cooker

Janet M. Hill

The quality of food is, in large measure, determined by the proper management of the heat used in its cooking.

Often, when we come into our own houses or go into the houses of our friends, we are made aware by the odors which permeate the atmosphere that chicken, fish or, possibly, onions are to be served at the coming meal. These odors may not always be objectionable, especially if we bring a good appetite with us, yet these same odors, clinging to draperies, etc., become stale and prove to be anything else than wholesome or agreeable. But this is only one item of the matter to be considered.

Did it ever occur to you that the dish to be served is thus much poorer in quality, because of this loss of extraneous which it has incurred? Let these volatile odors and flavors once be dissipated throughout the house, and how can they be brought back again to the soup kettle or the roast? They are wont to eat too much roast and insipid food that has lost much of its nutritive properties through injudicious cooking. And, besides, this loss occurs most largely in meats, fish and the more expensive kinds of food. Have you ever noted the gray, solid particles upon the inner surface of the cover of the kettle in which meat has been cooked in furious boiling water? These coagulated juices represent quite a portion of the nutriment and extractiveness for which we have paid our money. This valuable material goes

out in the dialpan and the flavorless muscle is sent to the table.

The temperature to which food is subjected in cooking gives the keynote to the efficiency of the cook. The flavor secured in the exterior of meats, browned in a hot oven, cannot be improved upon, but after the initial searing, to keep in the juices, has been secured by this browning process, the tenderest, juiciest and best-flavored meats are those in which the temperature of the cooking of the joint does not rise above 130 degrees Fahr., for beef, mutton and game, nor above 160 degrees Fahr. for poultry and veal. So, too, in cooking meats in water by the process termed boiling, after the initial searing has been accomplished, either in the frying pan, the oven, or boiling water, the continued boiling of the surrounding water indicates a temperature too high for the best results. At the same time to keep the water in a vessel, exposed to currents of cold air and the changeable heat of an ordinary cooking range, at just the right temperature is a rather nice procedure, and calls for constant care and attention.

Right here is the point where the fireless cooker may be used to advantage and prove a never-failing source of comfort and delight. Let the article be subjected to the requisite degree of heat, first searing it over in the oven or frying pan when this is the order, then transfer it to the fireless cooker and cover closely at once, and after a sufficient interval of time, without further thought or care, the dish will be found to be cooked most thoroughly and satisfactorily.

Another feature of the cooker, which eliminates attendance in the kitchen, is the fact that the dessert, if it be in the form of custard, cabinet or bread pudding, rhubarb or blueberry betty, or similar dishes, may be set into the cooker, at the same time as the other viands, and left, without injury, until all are ready to be served. It is desirable to embellish the dessert with a meringue, this may be added on the removal of the dish from the cooker, when the delicate coloring required may be secured in the oven.

### HOW THE COOKER WORKS.

In a fireless cooker the cooking is done by retained heat; if the enclosed heat be let out, cooking soon ceases. With a stove to generate the heat and a fireless cooker to retain it, the hours spent over a hot stove in a hot kitchen may be cut down to the minimum and the summer season be thus made an occasion for enjoyment for all members of a family.

Fireless cookers give good results with such dishes as are cooked in boiling water; as ham, leg of lamb, corned beef, steers of all kinds, fricasses, curries, etc., soups, custards and all puddings cooked custard fashion. Probably no fireless cooker will turn out Boston baked beans as satisfactory as are those that have been baked in a well-regulated oven; but in some cookers the flavor of the well-browned exterior of a roast which has been obtained in the preliminary cooking in the oven, is secured and the long process in the fireless cooker.

The length of time to be given to the preliminary cooking of a dish, in preparation for the fireless cooker, varies with the article to be cooked, and much depends on its size. Before consigning food of any kind to the fireless cooker, the temperature at the very center of the article must be raised to the proper cooking point for this specific article, then the cooker will conserve this heat until the cooking is completed. Soups, stews, etc., must be at the boiling point, when removed from the source of original heat.

Just as the fireless cooker conserves heat, so will it conserve cold. For instance, a quantity of well-frozen ice cream, closely packed in ice, may be kept for hours without even the melting of the surrounding ice. No salt should be used. If the ice has not been made fine enough to pack closely, bits of newspaper may be used to fill the vacant spaces.

No heat is generated in or about the fireless cooker. It is simply a conservator of the heat that is enclosed in the article to be cooked, as it is set into the cooker. The principle on which the cooker is constructed is identical with that of the thermos bottle now coming into such common use. Both are designed to keep hot things hot, and cold things cold. The cooking process involved is that highly approved method of slow, long-continued cooking which, in many cases, produces the most delicate and acceptable dishes. As a thing of convenience, on many an occasion, nothing can take the place of the cooker; for it provides the means of presenting, at evening or in the morning, the main dishes of a meal that have called for no thought or care during the ten or twelve preceding hours. The fireless cooker, the direct descendant of the old-time hay box, is an article of real and practical utility, and well worthy of a place in any kitchen.

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