

our Jimmy could ha' beat him in a fair race, and no favors; but he's a awful snooty kid and prays about everything. Do you sing?"

"I do—a little," the Englishman said, modestly.

"Oh, my, I am glad," Pearl cried rapturously. "When I was two years old I could sing 'Hush my babe lie, all through—' I love singin'—and I can sing a little, too, but I don't care much for my own. Have they got an organ here?"

"I don't know," he answered, "I've only been in the kitchen."

"Say, I'd like to see a melodeon. Just the very name of it makes me think of lovely sounds, religious sounds, moun'tain' higher and higher and swellin' out grander and grander, rollin' right into the great white 'trone, and shakin' the streets of God. Do you know the 'Holy City,'?" she asked after a pause.

The Englishman began to hum it in a rich tenor.

"That's it, you bet," she cried delightfully. "Just think of you coming all the way across the ocean and I know that just the same as we did I used to listen at the keyhole when Mrs. Francis had company, and I was there helping Camilla. Dr. Clay sang that lots of times."

The Englishman had not sung since he had left his father's house. He began to sing now in a sweet, full voice, the sound on the quiet evening air, the cows staring idly at him. The old dog came down to the bars with his bristles up, expecting trouble.

Old Sam and his son Tom coming in from work stopped to listen to these strange sounds.

"Confound them English!" old Sam said. "Ye'd think I was payin' him to do that, and it harvest-time, too!"

When Dr. Clay, with Danny Watson gravelly perched beside him, drove along the river after saying good-bye to Pearl, they met Miss Barker, who had been digging ferns for Mrs. McGuire's bouquet on the river bank.

The doctor drove in his house.

"Miss Barker," he said, lifting his hat, "if Daniel Mulcahey Watson and I should ask you to come for a drive with us, I wonder what you would say?"

Miss Barker considered for a moment and then said, smiling:

"I think I would say, 'Thank you very much Mr. Watson and Dr. Clay. I shall be delighted to come if you have room for me.'"

Life had been easier for Mary Barker since Dr. Clay had come to Milford. It was no longer necessary for her to compel her father to go when he was sent for, and when patients came to the office, if she thought her father did not know what he was doing, she got Dr. Clay to check over the prescriptions.

It had been rather hard for Mary to ask him to do this, for she had a fair share of her father's Scotch pride; but she had done so many hard things in her life to hesitate now. The young doctor was genuinely glad to serve her, and he made her feel that she was conferring, instead of asking, a favor.

They drove along the high bank that fell perpendicularly to the river below and looked down at the harvest scene that lay beneath them. The air was full of the perfume of many flowers and the chatter of birds.

The Reverend Hugh Grantley drove with them, whereupon Danny made his presence known for the first time by the apparently irrelevant remark:

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A 14 kt. Gold Fountain Pen will be given to any person who secures only one new subscription for Farm and Dairy. These pens are guaranteed to give satisfaction. Try and win one.

"I know who Miss Barker's fellow is! so I do."

Now if Dr. Clay had given Danny slight encouragement, he would have pursued the subject, and that might have saved complications in the day to come.

(Continued next week.)

The Upward Look

The Spirit That is Within Us

Create in me a clean heart, O God, and renew a right spirit within me.—Psalms 51: 10.

None of us can live as happy, cheerful, helpful lives as we should until we have the right spirit within us. Every thought by that inner spirit. There are all kinds of spirits. There is the spirit of pride that leads us to many foolish errors. There is the spirit of self that makes us forget our ourselves. There is the spirit of doubt that binds us to God's glorious Him for, if we ask him in the right way. There is the spirit of revenge that inclines us to dislike or injure others and thereby warps the spirit of our very natures. There is the spirit of an evil temper that leads us to vent our tired feelings or worries on others, often on those we love most, in unkind words and in cross tones.

The foregoing, and many other similar spirits, are spirits of evil. They are placed in our hearts by Satan, the prince of evil spirits, who knows where we are weak and just how he can tempt us to sin. Not until we recognize that feelings of pride, of selfishness, of doubt, of hatred, of temper are not little faults, common to many, but are sins that come between us and God, will we be able to overcome these evil spirits that are in us.

David, when he cried to God, as we should, in the words of our text, recognized his need of a right spirit within him. The spirit he desired is mentioned in the following verse: It was the spirit of God. Just in proportion as we have the Holy Spirit in us evil spirits will be driven out. If we are full of God's spirit there will be no room for anything displeasing to Him.

The spirit we need is the spirit of love. That is the spirit of God for God is love. In John 4: 12, we are told that "If we love one another God dwelleth in us, and His love is perfected in us." If we have God's spirit in us our lives will show the result for the fruit of His spirit is love, faith, peace, long suffering, goodness, faith. Everybody, even sinners, long for love and joy and peace. We may all have them and much more for the asking for God has promised to give His Holy Spirit to all who ask Him for it.—I. H. N.

Labor Saving Devices

By Charlotte Aiken

Few homes can boast of a model kitchen. And yet, given a room with proper light and ventilation and ordinary dimensions, much can be done by the ingenious housewife who takes pride in that domain to make the home kitchen—if not all a kitchen should be—at least a very convenient and comfortable spot to work in.

The tendency is toward smaller kitchens that will not necessitate too many steps between the pantry, sink and range. If possible the kitchen should have two windows on opposite sides or ends, so that a good circulation of air can be secured. Two shades of paint, in some suitable light shade, make a very desirable finish

for the walls of the ordinary kitchen.

As it is the laboratory of the home from whence are to come the supplies to be used to repair the waste of the bodies and maintain health and vigor, it needs to be, first of all, a clean room. No amount of kitchen utensils and labor-saving appliances will mean comfort, unless there is a system used in planning the entire work. No patent device will ever take the place of common sense in the kitchen.

For the floor-covering, linoleum is easily cleaned, and so much more comfortable for constant walking or standing than a hardwood floor, that it is certain to remain indefinitely in favor in kitchens of all grades of homes.

One of the first steps toward the saving of labor in one home was to cover the two work-tables in the kitchen with zinc treated well over the edges. This can be readily cleaned by washing with soap and water, and does away with the arduous labor of scouring. Never keep dry food supplies on the shelves in paper sacks. Each article should have its own receptacle, labeled so that it can be easily found. Glass fruit jars make excellent containers for articles of this kind, as it is next to impossible to keep nut or pantry shelves if one is obliged to dip into paper sacks for supplies.

The kitchen cabinet is an exceedingly useful piece of furniture. Most of the cabinets contain a small flour bin and sifter, sugar bin, cans for half a dozen or more kinds of spices, places for stirring-spoons, graters, etc., all within reach, also sliding mixing or kneading boards.

A food chopper or grinder is another kitchen utensil that saves time and energy. Bread crumbs, suit meat—raw or cooked—or any vegetable that is to be minced can be prepared in less than half the time it takes to chop them in the old way. Horseshad without the fits of weeping that usually follow that operation.

Scoops for the flour and sugar bins, biscuit cutters of the right sizes and shapes, graded in measuring cups small aluminum jelly or blanc-mange molds, wire dish-cloths, egg-beaters and lemon squeezers are among the little things that do not cost very much but which help to make cooking an easier task.

Many a cook has been thoroughly discouraged at the collapse or falling in pieces of a cake while trying to remove it from the pan. To prevent this accident there are cake tins with separate bottoms, which are worthy of a place in any kitchen where many cakes are made. A wire cake-cooler is simply a sheet of wire supported on four wire legs. The use of one of these prevents the bottom of the cake becoming soggy from the moisture.

For the cooking of eggs there are numerous devices. A wire egg-boiler is simply a basket which holds the eggs while they are immersed in water; and an egg-poacher makes the task of poaching eggs much easier and there is less likelihood of breaking the eggs.

A high stool in the kitchen saves a great deal of strain on the back and limbs, and in a short time will seem almost indispensable. It will prove very useful when ironing or washing dishes.

Old newspapers can be utilized in various ways to prevent soiling of the kitchen tables and floors. A crumpled-up newspaper, if used to rub off kitchen stoves, will render cleaning and polishing less frequent. Old newspapers also make excellent substitutes for a rubber window-brush in polishing windows.

Where much meat or fowl is to be roasted, a roasting-pan with a cover will be needed if one wants to reach the highest success in the line of cookery. In handling and preparing

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meats, a cleaver, or hatchet, and a small meat-saw will be worth having, as many a time.

The condition of the dish-cloths and dish-towels is an index to the habits of the housewife. One who is careful to wash out her dish-cloths can as a rule be trusted. For the daily washing of dish-cloths and dish-towels a small wash-board such as is furnished children for toy laundry-purposes—one that fits easily into the dish-pan—has proven an invaluable to many a cook to keep her dish-cloths clean.

Life's Mirror

(By Madeline D. Brydes.)

There are loyal hearts, there are

There are souls that are pure and true;

Then give to the world the best you have,

And the best will come back to you.

Give love, and love to your life will flow.

A strength in your utmost need; Have faith, and a score of hearts will show

Their faith in your word and deed.

Give truth and your gift will be paid in kind,

And honor will honor meet; And a smile that is sweet will surely find

A smile that is just as sweet.

For life is a mirror of king and slave, 'Tis just what we are, and do;

Then give to the world the best you have.

And the best will come back to you.

What would you take?

Suppose you were required to live for a certain length of time on only one article of food. Which would you choose?

There is one food that stands without a rival for such a test. Quaker Oats is that one. It furnishes more strength with least wear and tear on the digestive organs than any other food. You'll feel well and strong at the end of the time. Try it. Don't stop eating other things, but eat more Quaker Oats and you'll notice the gain in strength.

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Eat Quaker Oats daily for breakfast, it strengthens you for the day's work. It's Canadian.