

The Upward Look

Repentance and Forgiveness

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.—1 John 9.

Our unforgiving dispositions often make it difficult for us to trust in God's loving kindness and mercy. Because we sometimes find it hard to forgive those who have injured us it is difficult for us to realize that God is love and that He forgives us for our sin, no matter how often we may have sinned in the same way before, the moment He sees that we are truly and sincerely repentant for our transgression.

Our doubts of God's ready forgiveness are prompted by the source of all Evil. If listened to they drive us into deeper sin. Because we feel that we do not deserve forgiveness we hesitate to approach God as humble creatures before Him. As long as we continue in this attitude of mind we add the sin of doubt to our other sins.

Christ told us that we should forgive one another seventy times seven. (Matt. 18, 21, 22.) If Christ expects such forgiveness from us on our part, how much more may we count on His forgiveness. But there is one condition. We must confess our sins. Until we recognize and admit our sin forgiveness is impossible.

A dozen times in the day we may give way to our evil tempers, to our pride, to our selfishness, but if we as frequently repent and humbly ask God for His aid in overcoming our faults our forgiveness will be complete and our intimate security sure. Instant repentance is followed by instant forgiveness. Even although this may seem too good to be true we must believe it and take God at His word. To doubt God's love and forgiveness is to grieve Him still more and to cut us off with our sin from Him. Let us, therefore, continue the fight without ceasing. If we fall it must be but to rise again, and renew the conflict. Faith in God's love and power will enable us to triumph completely over our foes. This is one of the great reasons why we Christians should be the happiest people in the world as even our temporary failures enable us to discover more and more of the infinite love and compassion of our Heavenly Father who is with us in all things and at all times.—L.H.N.

Cleaning House

M. C. Belle, Peterboro Co., Ont.

The cellar may be considered as a reservoir of air for the whole house. There is little use in adopting special means of ventilation for living, dining rooms and sleeping rooms if foul air is allowed to rise constantly from the cellar. More than half of the cellar air finds its way into the rooms above. If you have any doubts about that, try this experiment: Purchase at the drug store 1 oz. oil of peppermint and sprinkle it around in your cellar. Note how the odor will penetrate to every room above. Foul air will do the same. Though the odor may not be quite so strong, it is extremely unhealthy, nevertheless.

WHERE THE DANGER LIES.

One of the most dangerous qualities of the unhealthy house is that it does not always and at once produce a definite disease, though such is often its result; but it slowly and insidiously causes ill health and general weakness, to which women are especially confined to the house, are especially subject. In fact, the whole family is made to suffer if the cellar is not as it should be—sanitary—while the patent medicine man, the druggist

and the doctor—and, alas! even the undertaker—fatten on the fruits of neglect, or ignorance of the simplest laws of sanitation.

It is best not to store fruits and vegetables in the cellar, but if this must be done, then the greatest care must be used to keep them dry and to airt them often so that the decay and decaying parts may be removed.

AIR THE CELLAR.

The cellar should at all times be well aired. To accomplish this, one or more of the cellar windows should be opened in summer and again screened in winter. Never close the windows and bank up the cellar foundation with straw, leaves or manure. Such a practice is execrable, in the light of present-day knowledge about sanitary affairs, which he who reads may share.

The sanitary cellar is practically possible. The cellar should be as light and dry and clean as any room in the house. The walls should be free from dust and cobwebs, and receive a coat of whitewash at least once a year, preferably twice a year. The ventilation should be perfect. Such a cellar is not only a satisfaction to the house-keeper, but it has much to do with the well-being of the family. The time and money spent in converting the unhealthy cellar into a safe place is time and money well spent, which will pay interest in better health and less work in succeeding years.

USE WHITENASH.

Remove all removable things, sweep every nook and cranny, including ceiling, clear out all cobwebs, open bins and closets and set doors and windows wide open. Scatter charcoal in, or inclosed in corners and along the walls. Where ever it will not be in the way, hang a piece of netting with some fresh charcoal lumps tied inside. Charcoal has a marvelous power to absorb bad smells. Apply a good coat of cellar whitewash to all walls, wash and paint shelves, and then have a free, unobstructed current of fresh air allowed free access, since an unhealthy, close, dark cellar usually means an ailing family above it.

It should be remembered, however, that even a fully ventilated cellar or whole house sanitary, it must be kept so. Cleanliness and pure air will usually make it safe, but it takes eternal vigilance to keep things clean, and to keep the fresh air moving through.

THE GARRET.

The garret should never be the privileged place of disorder, the one spot where all rubbish is consigned, where chaos reigns supreme, and the accumulated rubbish of years is stored to mold, rot, draw out the air, attract dust, dirt and disease. Keep the garret windows open all summer, but screen them. Always have a current of air passing through, unless, perhaps, in time of heavy storms, but forget to sweep it. No house can be absolutely clean that keeps a reservoir of dust at the top. It will sift down, despite closed doors.

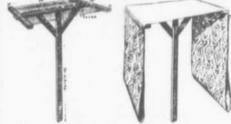
Don't keep so many useless things. Get rid of all that you can, and sort the rest systematically. Put white rags in one bag, the colored in another, rills and rackets in a box, and label all bags and boxes plainly. Put all boxes on shelves and underneath them hang the bags and any cotton garments not needed. Do not hang up woollen work, as they are simply breeding places for moths. Air and brush them and pack in a carefully aired and cleaned trunk or box, with newspapers between, above and below them, and hanging of camphor or moth balls between each layer. The floor should be washed well with a solution of carbolic water.

(Concluded next week)

Amateur Paper Hanging

Mrs. Fred Blake, Hunts Co., N.S.

The hanging of wall-paper by home labor is often a back-breaking job, especially when the amateur tackles the ceiling over head. The writer has, however, papered dozens of ceilings without straining either his spine or temper, by using a simple home-made device for supporting the pasted strips and holding them firmly in position until they are pressed into contact with a clean broom. This method does away with the necessity of high step-ladders, planks and "scaffolding," every operation being done with comparative ease while standing on the floor. The use of a broom to sweep the paper into contact is far easier for an amateur than to navigating a stepladder.



gates an elevated plank and operate a regular paper-hanger's smoothing-brush. The quality of the work done is just as good.

The construction of the supporting device is shown clearly in the figures to enable ordinary ingenuity to duplicate it. Its use is also indicated. The top of the device consists of a tightly-drawn twine—the strands being about an inch apart. The pasted and trimmed strips are laid upon this string-top in the manner shown in the figure and the whole arrangement lifted by the handle. After matching the figures and taking especial care to get the edges accurately parallel, the device is held snugly up against the ceiling either by an assistant or by means of a pole cut about as long as the height of room and pressed up against the central cross bar of the device.

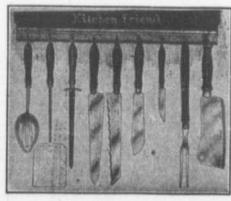
The folded ends of the pasted paper strip are then pulled down and a few strokes with the aforesaid broom completes the job.

There are a number of little kinks in the work which space forbids telling about. It is well to trim the margin after pasting and felding for the sake of clean edges. It is well to mark the centre of each breadth with a pencil before pasting. The writer uses the floor for a paste-table! It is well to lock the door and keep out well-intentioned "advisers."

Don't forget seeing your friends and having them join in for a club of subscribers to Farm and Dairy.

Woman's Kitchen Friend

This kitchen rack should be in every woman's home. You cannot afford to do your work another day without one of the articles shown are household con-



veniences. Handles are black, and well finished. All regulation size and length. You can have this FREE, for a club of two new subscribers to Farm and Dairy, at \$1 each. Get the boys and girls to sweep securing two of your neighbors to subscribe. It will surprise you how easily this can be done. Address Circulation Manager, Farm and Dairy, Peterboro, Ont.

Child Offenders

We have several times given to our readers during the past two years considerable information regarding the different institutions for neglected children, situated in different parts of Ontario. From the efforts of Farm and Dairy during this time, a great many children have been taken from these shelters and placed in the protection of a foster father and mother and have obtained a chance to attend school and become educated citizens.

Supt. J. K. Kelso of Toronto writes Farm and Dairy as follows,—"I would like to make an appeal through the columns of your valuable paper, Farm and Dairy, to our many friends throughout the province who have taken into their homes boys and girls from our orphanages and Children's Aid Societies. I would ask them to kindly see that these children are kept regularly at school, as it is most important to the young people and to the country at large that they should have this necessary training for life's work. In some cases it may mean considerable sacrifice, but it is a duty and responsibility that should not be evaded. If a child is deprived of education advantages, the loss of years of eight and fourteen the loss can never be made good."

Should any of our readers feel a desire to go into the matter of obtaining a child from one of these homes, they can do so by writing to Supt. J. K. Kelso, at the Parliament Buildings in Toronto. There are some 60 Aid Societies in the province at the present time. They are for the benefit of homeless children. Those of our readers who have taken children into their homes in this way have been most pleased with the results. Send all communications regarding this matter direct to Mr. Kelso at Toronto.

 Troubles of Twins.—The nurse had been giving the twins a bath. Later, hearing the children laughing in bed, she said: "What are you children laughing about?"
 "Oh, nothing," replied Edna.
 "Only you have given Edith two baths and haven't given me any."

 Watch for our special Household Magazine issue, October 13.

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