

## The Upward Look

### Trusting in the All-Powerful One

"In nothing be anxious; but in everything, by prayer and supplication with thanksgiving, let your requests be made known unto God." Phil. iv. 6.

Paul sent this message to the Philippians from prison. His heart was tender and grateful towards them, for the present of money they had sent him to help supply his needs. It must have meant a great deal to them, when they thought of him who wrote it, in the midst of his own trials and privations.

The "nothing" and the "everything" include all; the small causes for anxieties as well as the great; the little annoyances that fret and hurt; the misunderstandings that cause so much trouble; the pressing need to meet certain obligations; the constant struggle to make ends meet; the cares and strain of every-day work; the disappointments we find so trying; the heavy sorrow so hard to bear.

Life is transformed, if this verse becomes a living, daily reality, by taking all the troubles and griefs, straight to our Heavenly Father.

There is one important thought which is often overlooked, and that is that there must be prayer before our requests are made. We must pray earnestly that God will direct us in our petitions, and that our

will and wishes may not be the dominant note.

Also we must not forget the thanksgiving. How often we feel hurt and annoyed when, although we have done a great deal for another, we never receive an expression of gratitude from that one. Just so over and over again do we forget to thank our Father for blessings and help received, though it would seem that the first thought would be one of thankfulness towards Him.

This verse is followed by the one: "And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus."

Paul could not have written this so convincingly if he had not himself realized the preciousness in those hard days of his imprisonment.—I. H. N.

### Start Begonias Now

B. C. Tillet, Wentworth Co., Ont.

Some of the finest begonias can be raised cheaply from seed, and if this is sown in boxes now it will produce flowers in September. The soil should be coarse below, with plenty of drainage underneath, and very fine and even on the top. It should be firmly pressed down, well watered, and left for 24 hours. The seed is very small and should be sprinkled very thinly on the surface and lightly pressed with the palm of the hand. Do not cover it with soil. Cover the boxes with glass to check evaporation. The boxes should be placed in a glass house where there is some heat.

## OUR HOME CLUB

### Introducing "Aunt Margaret"

We have much pleasure in introducing to the members of the Home Club this week a new member of the fair sex. She comes to us under the guise of "Aunt Margaret," with an interesting letter on the life of the lumberjacks in our Canadian lumber camps. We know that Home Club members will welcome "Aunt Margaret" into the circle, and we hope that she will be a frequent visitor. We have two or three more new members to introduce, but lack of space prevents our doing so until our next meeting.

We are glad, too, to welcome back Aunt Jane after a few weeks' absence. There are a lot of old friends we would all like to hear from. Where, we wonder, are Father, Bob Boy, The Parson, The Doctor's Wife and many others whose visits were once so thoroughly appreciated? Drop back for a visit, please. We will give you a right royal welcome.

### Life in an Ontario Lumber Camp

I wonder how many Home Club members know anything of the life of the lumberjack. During the winter months the average back woodsman resorts to the hardy lumber camp, possibly 30 or 40 miles distant, with his turkey on his back. His turkey is a grain sack filled with a change of underclothes, a few pairs of socks and

possibly one or two handkerchiefs. Unless he manages to catch a tote-team going into camp with supplies he is obliged to hike all the way on foot.

There are usually four buildings at camp: the cook camp, sleep camp, office and stable. The cook camp is a long, low building with a kitchen in one end; this is the cook's domain. He has two assistants called cook-eyes; their tasks consist of peeling potatoes, washing dishes, preparing the tables and rendering all the assistance necessary to the cook. Every night an immense pan of yeast for bread is set, to be baked into loaves the following day. Pies, cakes and cookies are in abundance. Raisin is the principal pie; while a light-colored one without a cover, said to be made from the remains of old shoe-packs, is named "shoe-pack" pie.

Small granite dishes are used for tea and granite pie plates to eat from, with iron knives and forks and tin spoons; thus nothing is broken while being washed. After a meal they are dumped into a huge pan covered with boiling water to remove grease, the water is then poured off and the dishes inverted upon the stove to dry, while the knives, forks and spoons are put into a large gunny sack, which is shaken back and forth a number of times. When the contents are removed they are perfectly dry.

No one is allowed to speak while at his meal, and must go to the sleep camp immediately after eating. In this camp two rows of bunks are arranged along each wall, and usually two men sleep in a bunk, which is



Add water to milk—  
You weaken the milk.  
Add soft wheat to flour—  
You weaken your flour.  
Cheapens it too.  
Soft wheat costs less—worth less.  
Soft wheat flour has less gluten less nutriment.  
Your bread is less nutritious, sustaining, economical.  
Soft flour has less strength, less quality gluten.  
Giving less good things for your money and things less good.  
Use Manitoba flour—Manitoba hard wheat flour.  
Having everything the soft stuff lacks.  
Five Roses is a Manitoba.  
Without a grain of cheaper wheat.  
Strengthen your food values.  
Use FIVE ROSES.

# Five Roses Flour

Not Bleached



Not Blended