THE UPWARD LOOK

In His Name

THE joy of the Lord is your strength.—Neh. 8: 10.

I heard such a stirring address yesterday on Dr. Grenfell and his work in Labrador that I am just passing it

The speaker said that Dr. Grenfell must never be pitied on account of his great isolation and the great difficulties under which he has to work and live. He simply glories in the life there, and the greater the difficulties and the hardships the keener is his joy in overcoming and accomplish-

His beloved boat, The Strathcona, is as homely a one as could be imagined. Yet in his eyes it is beautiful. and beautiful, too, to the eyes of all the dwellers in the little hamlets in the deep coves and on the bare cliffs. the deep coves and on the lit is a memorable sight to see the doctor lying down flat on the prow deck, peering over into the water, as the staunch boat forces its way through the masses of ice and he shouts his orders back to the one running the boat.

caim evenings, where of hymns. On the well dotted with boats fits of the people to let in fresh fire others.

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ter, doctor, teacher, lawyer, surveyor, architect, captain, harbor commissioner, and much more than all these.

-I. H. N.

Mending Bags and Carpet Rags

WHAT are we going to do with our evenings this fall and win-ter? Do I hear some busy mother say, "It is not difficult for me to put in the evenings. Why that is the only time in which I can catch Then I must make quilts, sew ing. Then I must make quilts, sew carpet rags, knit, etc. Oh, I could work right up to bedtime and then not get done, so I need not worry about idle evenings."

Yes, there is usually plenty of work to do, but are we being honest with ourselves and the rest of the family, ourseives and the rest of the family, if we persist in working throughout the long winter evenings? There are so many ways in which we might en-jow ourselves if we would only re-solve to let the work go which is not done by evening, until next day. We could do this occasionally at least. We should plan to do considerable reading throughout the winter. does father and the boys and girls of the family good to see mother settle down with a book or magazine for an evening's relaxation.) There so many sources from which we can derive good reading material. Of course we should aim to keep in touch with current events through the newspapers. Then we can receive inspiration and helpful suggesfor improvement along household lines by reading the household department of our farm papers, and by having several magazines especinlly devoted to the interests of

women coming into the home each month. Good stories, too, are a source of much enjoyment.

But there are other lines of recreation besides reading. Even if we feel it absolutely necessary to catch up with our work by doing odd jobs in the evening, can we not devote two or three evenings in the week to such duties and keep the others free? Let us make a practice of having some of the neighbors in occ. donally It will also keep us young and cheer ful to bestir ourselves, even on a cold night, and go off to visit a neighbor. A trip to town to hear a good concert is another worth-while outing and a treat of this kind will often do us good for days afterwards.

The long winter evenings should be taken advantage of by all of us, and if in other winters we have planned to accomplish a great deal of work in the avenings, can we not turn over a new leaf this year and endeavor to devote more evenings to recreation and in this way keep ourselves "feeling fit" for our duties as homemakers.

Perhaps some of Our Women Folk have worked out what they consider a evenings during the winter. If so, we would be glad to receive suggestions

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you don't watch

Adapted from "Life."

Beef and Bacon Demands Increasing

EF and bacon are needed over-B. seas in increasing quantities.

They are foods especially suited to the requirements of the men who are fighting and those doing heavy physical labor. The scarcity of fod-der and the greater call for meat, have compelled the allies since the begin-ning of the war to kill more than 33. 000,000 head of their stock animals Thus the source of their meat is de-creasing. At the same time the needs of the soldiers and war workers have increased the necessary meat consumption.

Imports of beef and bacon into Great Britain from Sweden, Denmark and Holland have been reduced to a very small amount, whereas all three countries formerly supplied large quantities. The United Kingdom is thrown more than ever upon the North American continent for these North American continent for these commodities. Moreover, the entrance of the United States into the war has greatly increased the requirements of both beef and bacon for the United States army

The soldiers need beef and bacon

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