

The Upward Look

Strength of Purpose

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.—Isaiah 26:3.

The great need with many of us is that we should have a more definite purpose in our lives. We are not overcoming the difficulties that confront us because we allow them to overcome us. As long as Peter kept his eyes on Christ he was enabled to walk on the waters towards Christ. The moment he took his eyes off from our Saviour and looked at the storm around him his fears triumphed, and he began to sink. The instant he cried, "Lord, save me," the Lord did so.

The Lord desires that we shall live the triumphant life. If we are not doing so it is because we have taken our eyes from off Him. Our minds are not stayed on Him. Because they are not we are buffeted around by our misgivings, our doubts, our fears, our sins.

As long as we pay heed to those voices within us that tell us that we lack the strength or ability to do these things that we would like to do, and we do not know what it is to have peace in our minds. Peace will come only with the consciousness that because we are working in harmony with God's will nothing, absolutely nothing, can prevent us from overcoming our sins and our material difficulties as well. Paul said, "I can do all things through Christ which strengtheneth me." The same Christ which strengthened Paul is willing and ready to strengthen us. All that

is necessary is that we shall do our part.

This means that we must examine ourselves to find if our minds are stayed on Him. If they are not, then we must banish the thoughts that hold us back. We must dispel them from our minds as soon and as often as Satan presents them. We must turn in our mind a definite conception of what we feel that God desires us to become. In this connection we need have no fear that we shall desire for ourselves more than God desires for us. When our desires are clear before us and we are sure that they are not for something that is purely or mainly selfish in character we may rest our minds in perfect peace that God will grant them to us when we are ready to receive them.

This, however, does not mean that we can sit down, fold our hands and expect God to drop the desired blessings in our laps. Not at all. We must "get busy." We must not only recognize the difficulties that stand between us and the accomplishment of our aims, but we must set to work to remove them, trusting, like Paul, that our strength will be renewed according to our need. We may stumble and fall often, but if our eyes are on the mark and our trust is in God, a stumble or fall will be forward and the lesson we will learn from them will help us to do better in the future. If we doubt this, then we are like the unfaithful servant, who wrapped his talent in a napkin and buried it through fear that he might lose it. He let his fears govern him. Our Lord has warned us that we will be condemned, as he was, if we do as he did. Instead we must "trust in God and do the right." When we do and as long as we do we will find our lives growing in influence and in power. Soon we will realize that difficulties which at one time appalled us have lost their power to influence us. Then we will rejoice and we will run with patience and with joy the course that is set before us.—I.H.N.

The Real Farmer Defined

"The farmer breaks clods and sprinkles himself with hayseed." The shallow town man thinks he has expressed it cleverly. Farming is not breaking clods; farming is not moving soil; farming is not plowing. These are little bits of the inevitable labor—but farming is gathering sunshine. It is preparing the soil and the seed that the plant may come and spreading its leaves gather in sunshine—strength of Old Mother Earth up through the roots and strength of Old Father Sun down through the leaves. Then when the man eats the bread and butter, the old sun lets go inside and runs the man. That is gathering wealth out of chaos. That is gathering and humanizing into wealth for the service of the race the great unused powers of nature. It is one of the great fundamental occupations, and therefore the interests of the men who follow it are worth considering.

We have laid out our school system—that is our rural public schools that we boast so much about—to train a boy to read and write and figure as the essential means of conserving and training for use his God-given powers and obligations to gather sunshine. Maybe the preparation does not qualify for the job, and maybe the boy goes to town, where he will find some job to suit his training. Farming is a great fundamental occupation and somewhat like unto it is mining and lumbering and fishing and gathering the strength of the sun again through water powers. These are occupations whereby the intelligence of human labor makes Old Mother Earth nourish and bless and rejoice the hearts of her children—their nurture all the rest.—Dr. J. W. Robertson, in "Conservation of Life in Rural Districts."

Brief But Important

Apples cut in irregular blocks will bake more quickly in a pie than thin slices. When piled in a pie there is more opportunity for the heated air to come in contact with the fruit than when it is packed closely together in thin slices.

One-fourth teaspoon of soda added to the water in which cabbage or onions are cooking will, in a great measure, prevent disagreeable odors. Cook them uncovered. By this method they will retain their natural color.

In salting almonds use a tablespoon of olive oil instead of butter and note the improved flavor.

In baking a cake in a round tin, it is not necessary to cover the whole bottom of the tin with an oiled paper. Cut a small round of paper for the center and oil the rest of the pan. This saves the measuring and fitting of the paper and the cake comes out perfect.

A well floured cloth of duck or canvas is better than a board for handling soft doughs. The dough does

not stick so easily and thus requires much less flour.

Polish the lamp chimneys with print or gingham cloths. Goods which have been dyed will leave no lint or the glass.

Bake cookies on the bottom of inverted dripping pans. This prevents them from burning on the bottom and they are much easier to remove from the dripping tins.

Use chopped dates instead of the customary raisins in the next rice pudding. It is a delicious change, though simple.

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