

The Upward Look

Travel Series—No. 19

The Infinite Strength of Christ

"The Lord is the strength of my life."—Psalm 124, 1.

Two features particularly enjoyed at the San Francisco Exposition were the graceful, intricate carving and the strong, expressive statuary. Among the latter, the general favorite was "The End of the Trail," representing an Indian and his pony. One could but wonder how so much feeling, such utter weariness and exhaustion could be expressed in inanimate material. Some claimed this piece of statuary was typical of the last of the Indian race; others that it meant failure to realize one's own highest ideals.

But my own favorite was one of Christ, which I happened upon one day in a corner behind the Italian building as I was trying to find my way to our own Canadian building. I was so spell-bound by the characteristics depicted in expression and attitude, that I forgot all about the closing hour, and so had to leave our exhibit until the next day.

In that Christ-face there was infinite sorrow, infinite pity, infinite love, but what impressed me more than all of these was the infinite strength. It seemed very strange to me, but this was the first time I had found "strength" in the representations of our Saviour. In the memory of this has been already, and will always be, a source of help.

We are so accustomed to think of the loving side of Christ's nature, that not nearly enough are the strong, manly, virile characteristics presented. We need the thought of that strength in the face of physical weakness. He knows, He understands. He endured those long days in the wilderness. We need that strength in the hour of mental and spiritual weakness, of despondency and depression, of doubting despair, of great temptation.

A celebrated artist once brought a picture he had painted of Christ, to a friend to ask his opinion of it. The latter's only remark was, "You cannot love your Saviour." The sculptor of that Christ statue must have loved his Master, or he would not have conceived and executed that great, inspiring work.—I.H.N.

The Meadowlarks

THE eastern meadowlark is a common and well-known bird occurring from the Atlantic coast to the Great Plains, where it gives away to the closely related western species, which extends thence westward to the Pacific. It winters from our southern border as far north as the district of Columbia, southern Illinois, and occasionally Iowa. The western form winters somewhat farther north. Although it is a bird of the plains, and finds its most congenial haunts in the prairies of the West, it is at home wherever there is level or undulating land covered with grass or weeds, with plenty of water at hand.

In the 1,814 stomachs examined, animal food (practically all insects) constituted 74 per cent of the contents, and vegetable matter, 26 per cent. As would naturally be supposed, the insects were ground species, as beetles, grasshoppers and caterpillars, with a few flies, wasps and spiders. A number of the stomachs were collected when the ground was covered with snow, but even these contained a large percentage of insects, showing the bird's skill in finding proper food under adverse circumstances.

Of the various insects eaten, crickets and grasshoppers are the most important, constituting 30 per cent of the food of the year and 72 per cent of the food in August. It is scarcely necessary to mention the beneficial effect of a number of these birds on a field of grass in the height of the grasshopper season. Of the 1,814 stomachs collected at all seasons of the year, 778, or more than half, contained remains of grasshoppers, and one was filled with fragments of 37 of these insects. This seems to show conclusively that grasshoppers are preferred, and are eaten whenever they can be found.

Next to grasshoppers, beetles make up the most important item of the meadowlark's food, amounting to 26 per cent, about one-half of which are predaceous ground beetles. The others are all harmful species.



Forty-two individuals of different kinds of May beetles were found in the stomachs of meadowlarks, and there were probably many more which were past recognition. To this form and several closely allied ones belong the numerous beetles grubs, which are among the worst enemies to many cultivated crops, notably grasses and grains, and to a less extent strawberries and garden vegetables.

Among the weevils found in the stomachs the cotton-boll weevil and the recently introduced alfalfa weevil of Utah.

Caterpillars form a very constant element of the food, and in May constitute over 24 per cent of the whole. May is the month when the dreaded cutworm begins its deadly career, and then the lark does some of its best work. Most of these caterpillars are ground feeders, and overlooked by birds which habitually frequent trees, but the meadowlark finds and devours them by thousands. The remainder of the insect food is made up of ants, wasps and spiders, with grain and weed and other hard seeds. Some bugs, including chinch bugs, and a few scales.

The vegetable food consists of grain in general amounts to 11 per cent and weed and other seeds to seven per cent.

Briefly stated, more than half of the meadowlark's food consists of harmful insects; its vegetable food is composed either of noxious weeds or waste grain, and the remainder is made up of useful beetles or neutral insects and spiders. A strong point is made up of useful beetles or neutral insects and spiders. A strong point in the bird's favor is that, although naturally an insect eater, it is able to subsist on vegetable food, and consequently is not forced to migrate to cold weather farther than is necessary to find ground free from snow.

A Score Card for Bread

It would be a good plan for housekeepers to score their bread, suggests Miss Nola K. Fromme, of the State College home economics department. Following a score card would soon bring up the standard. The following card is recommended by her:

Flavor 35
Lightness 15
Grain and texture 20
Crust—color, depth, texture 10
Crumb—color, moisture 10
Shape and size 10

Total 100
Flavor is most important, for the value of bread depends largely upon its taste.

The bread should be light throughout, determined largely by use of the proper amount of yeast, and allowing bread to rise the proper length of time (until it just doubles its bulk).

Grain and texture are decided largely by the kneading which evenly distributes the yeast, thus ensuring a fine even grain.

The crumb should be creamy white, not dingy and grey, and should be moist and elastic, with no doughiness.

The crust should be thin, golden brown and flaky.

The loaf should not be too large to bake well in the centre. A moderately stiff dough in an oven neither too hot nor too slow should give good results.

Some people with very delicate stomachs cannot eat eggs, but it is the yolk which disagrees, so they can use the white without harm.

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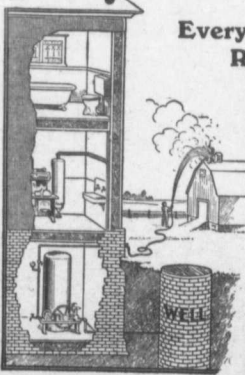
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