

Falsely accused of a shameful sin he is openly disgraced and flung into prison. His feet are hurt in the stocks and the iron of undeserved punishment enters into his soul. But again we read: "The LORD was with Joseph". Look at the prisoner again and you will see that he is trusted by the keeper of the prison and given both responsibility and authority. "The keeper of the prison looked not to anything that was under his hand; because the LORD was with him, and that which he did, the Lord made it to prosper."

Look at this much-tired, yet greatly blessed, man again. See how his wise administration saves Egypt in time of famine. See how kindly he is in his behaviour; when the brothers, who had cruelly treated him, are at last in his power. See them falling down abjectly before him, and listen to those words which must have astonished them greatly: "Joseph said unto them, Fear not, for am I in the place of God? . . . Fear ye not: I will nourish you and your little ones. And he comforted them, and spake kindly to them."

What a glorious chance for reprisals and how Christlike the attitude of the conqueror! No wonder the statement:—"The LORD was with him"—is repeated over and over again.

If any man have not the spirit of Christ he is none of His. Joseph was patient in time of trouble, absolutely worthy of trust when the property of other men was placed in his hands, and he utterly refused to bear a grudge against those who had done their best to destroy him. God was his Ally—how could it be otherwise? God was with him,—therefore all was well with him. The troubles he had to endure were used by God to burn away all the dross, leaving his soul as gold refined in the fire. How clearly he saw this for himself, after the troubles were over. Listen to the mighty Prime Minister of Egypt, as he reassures his trembling brothers:

"As for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive."

No evil can really injure one who has God for his Ally. If we are loyally on God's side,—obeying His orders, overcoming evil with good, refusing to bear a grudge and claiming kinship with all men,—He will be with us as He was with Joseph. The choice rests with ourselves. We may fight with God or we may fight against Him. Does He ever stand aside as a neutral?

Remember it is possible for a nation as a whole to be against God—and therefore doomed to lose in the end—while many members of that nation may be wholeheartedly serving God. Each individual must answer for himself. We are all influenced by public opinion; but we cannot shelter ourselves entirely behind that bulwark. Each of us must give account before God and before the bar of conscience—our own conscience, not the collective conscience of our nation. As unrighteousness is the worst possible policy for a nation—because it is fighting against God—so sin is the worst policy for an individual. It never did pay, and it never will. If God be against us, it will help us little to have all the world on our side. The final judgment is not on this side of death—but it will surely come. Will the King and Judge of all the earth uphold or condemn us? That is the vital question for both nation and individuals. We all have some influence, and must answer before God for our use of it. Life is not a pleasure excursion. We belong to the "church militant"—the fighting church—and

"He always wins who sides with God."  
DORA FARNCOMB.

**For the Needy.**

Your gift of \$4.20, Mrs. H., went out at once on a mission of mercy. The man who benefited by your kindness has been ordered off to Muskoka by the doctor. His brave little wife is doing her best to be bright and hopeful, but she evidently finds it very hard to "keep smiling". The dollar, which Mrs. S. dropped into the Quiet Hour purse, went out yesterday to help a sick woman who is almost crushed under a very heavy load of trouble. My thanks go to you with theirs.

HOPE.

**The Fashions.**

**How to Order Patterns.**

Order by number, giving age or measurement as required, and allowing at least ten days to receive pattern. Also state in which issue pattern appeared. Address Fashion Department, "The Farmer's Advocate and Home Magazine," London, Ont. Be sure to sign your name when ordering patterns. Many forget to do this.

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**The Ingle Nook.**

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**Eliminating Non-Essentials.**

BY ELEANOR ROBBINS WILSON,  
IN "AMERICAN COOKERY."

Every successful housekeeper who is a satisfaction alike to the inmates of her household and herself, in some early stage of the domestic routine, has experienced a great sifting process and thereby conclusively settled the perplexing operation of separating home-making essentials from non-essentials.

While each home is a law unto itself, and each home-keeper's problems are largely individual, all share the common desire for the best mode of procedure in dispatching their duties and crave the common reward of increased freedom. "A wide margin of leisure is as beautiful in a man's life as in a book," said Thoreau. Had these lines been penned during the last decade, they might have read,—"A wide margin of leisure is as beautiful in a woman's life as in a book;" and the heartiest feminine "amens" to the sentiment would come from the house-keeping contingent.

How, then, are we to attain this desired leisure?

Only by becoming efficient workers and managers. To be the first means merely living up to Grandmother's adage, "make your head save your heels," plus the intelligent use of twentieth century labor saving devices. To be the second means mastering the art of conserving all the good things which contribute to the artistic and material comfort of the home. Prominent among these good things are time, money, and the house mother's health.

Owing to the fact that the domestic woman remains at home while the husband, out in the fray of business affairs, is continually enlarging his mental horizon through new viewpoints, it often happens that the two grow apart and are more widely separated in later years than when they first came together. It, therefore, becomes the absolute duty of each housewife to arrange her household affairs so that each day she may be able to devote some definite period, however small, to the broadening of her interests. Prentice Mulford tells us that it is thinking the same thoughts that ages us most, and that new thought is new life. So brightening our prosy, household planning with fresh, recreative ideas becomes of paramount importance.

The only short-cut to this coveted leisure lies through system. In other words, it means an intelligent survey of each day's necessary duties, classifying them as regards relative importance and then performing them with a due regard to sequence.

I know of no more profitable undertaking for the average housekeeper than an occasional minute criticism of her methods. One by one, let her review her daily duties and find just where her waste energy is going. Each period of such concentration should bear fruit. And it is only by applying improvement that we can hope to lift the performing of common household drudgery to the dignity of a science, and the art of home-making to a profession.

Not long ago, an acquaintance of mine wore a pedometer during her morning

work and found, in an incredibly short space of time, that it registered three miles! It is needless to add that to-day finds her eliminating many non-essentials and the proud possessor of some worthwhile labor-savers.

So, my dear homekeeper, let me repeat the admonition to face your several duties and try to lay your finger on the weakness thereof. If you are making yourself foot-weary and uncompanionable through unnecessary steps, canvass the question thoroughly and see how it may be avoided. Perhaps, the answer lies in curtailing the dusting, by putting away superfluous bric-a-brac, silver, furniture, etc., in fact, everything that does not directly contribute to the comfort or well-being of the family. Or, may be, a separate set of working utensils for the upper floor, a re-arrangement of the kitchen furniture, or simply a large tray or "dish pan" for removing dishes from the table would obviate the trouble.

Perhaps you are spending too much time in ironing. Many young mothers are simply martyrs to pride. Babies certainly do look adorable in white, but there are innumerable times when dark frocks may be used to advantage and even when rompers should take the place of dresses. In the choice of fabrics, too, lies another means of time-saving. Seersucker, Japanese nets, and cotton crepes require no ironing, and the latter material is as desirable for undergarments as for gowns, and is the ideal underwear cotton for the home-abiding as well as the traveling woman.

Cooking and dish-washing are time-consumers. But even these may be simplified and performed in shorter periods by the employment of proper culinary implements. Doubtless there is no more valuable help for the cookery problem than the study of nutritive food values, and learning to serve a dietary appropriate to the season. During the summer months we shall gain in health as well as time by letting fresh fruit and plain ice cream take the place of rich puddings and pies, in discarding heavy meats and gravies for succulent vegetables, nut and egg dishes, and by partaking of an occasional picnic luncheon in the garden or on the veranda. The use of paper plates in the refrigerator is by no means a small help in the lessening of dish-washing. Size 6 x 7 sell at \$.40 a hundred, while those measuring 8 x 9 are \$.50 per hundred.

In planning her moments for recreation, the efficient housewife has, perform, become Janus-faced. She has learned that it is yesterday's lack of repairs that too often robs to-morrow of its play-hour. The gap in the screen that keeps her swatting flies, the refractory damper that takes extra time to coddle, the broken spring on the door that necessitates extra steps, the clogged pipe, etc., that are a drain on both time and money, cheat her of the moments which might richly be used in more advantageous directions. In the domestic realm, as elsewhere, it is "trifles that build the tomb of great things."

The modern housekeeper has no better yardstick for measuring the progress of her domestic ideals than a backward glance at out-worn methods; no better way of counting her riches than enumerating the thousand and one golden advantages that have blossomed in the place of her fore-mother's essentials.

One of the best housekeepers I know is a woman who has outgrown the semi-annual orgy of house-cleaning, and her shining panes and fresh window draperies are but an outward advertisement of the indoor cleanliness and order. This house is an average home, but the smooth-running of its domestic machinery makes it unusual in many respects.

The floors are of hard wood throughout this home. From week to week the rugs are given careful attention and, at regular intervals, like the mattresses, receive a thorough sunning and airing. Painting, papering, floor polishing, and general repairing are done at opportune moments and draperies are laundered as frequently as necessary. Thus the old-time cyclonic upheavals, dignified as spring and autumn housecleaning, are unknown disturbances in this ever-attractive abode.

All hail to the modern domestic science that is teaching the habit-bound housewife the value of efficiency—that intelligently directed endeavor in the home plays a colossal part in making the world over into a more satisfactory dwelling-place! It is an occupation of the most comprehensive scope, and we cannot separate it from any of the interests which enter people's lives.



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