

## THE UPWARD LOOK

### Our Expressions

THEY shall see His face and His name shall be in their foreheads. Rev. 22: 4.

Last week a party of friends went together to an Infants' Home, as one of them wanted to adopt a baby. Seventeen of the little ones were in a great, sunny room. They were of different nationalities, with differently colored hair and eyes, and of as many different dispositions as there were babies. My heart aches every time I think of one little mite of two who, the nurse in charge said, had never smiled. What a heritage of sorrow and suffering and disgrace that sad, old baby face typified. And this heritage was his through no fault of his own.

Yesterday, on going up the church steps, I met a lady with a little boy and girl, each holding her hand, on either side of her. I sat facing them in church, and afterwards, by a strange coincidence, sat next them in the car. The lady was dressed in heavy widow's mourning, and had the saddest, dearest, most worried expression I have ever seen. As I looked at the bright faces of her little ones and then at hers, I kept thinking: "Poor children!"

That expression could not have come from any bereavement, however great, but must have been caused by years of inward and outward letting himself fret and worry.

If she had seen her God's face she could not but have learned patience and trust and comfort, and then that inner peace would be expressed in the outer expression.

As the stranger, or the friend, or the dear one looks at us, does he see our God's name in our foreheads?

Is any such one depressed or discouraged or weakened, or, on the other hand, brightened and cheered and strengthened by the expression which rests on our countenance?—I. H. N.

### Cheese as a Meat Substitute

ACCORDING to the North Dakota Agricultural College, cheese has a higher food value, pound for pound, than meat. There is very little waste and it can be eaten raw or cooked. An ounce of cheese is equal in food value to two ounces of meat, to one egg or to a glass of milk. Thus, it is pointed out, the high food value of cheese, its convenience for serving and its easy keeping qualities, make it a food that can often replace meat and eggs to good advantage.

Some people claim that at the price which cheese sells today, it is too expensive to be used very frequently on our tables. When we come to consider, however, that the food value of cheese is much greater than that of meat, it would surely be wise for us to replace our meat dishes occasionally with cheese. Few of us eat cheese in sufficient quantities for it really to form an important part of the daily fare. We usually consider it more as an appetizer and to add a little variety to the menu. It is quite a common impression also, that cheese is indigestible and constipating. According to extensive digestion experiments which have been carried on by the United States Department of Agriculture, more than 85 per cent. of the protein of cheese is digested and 90 per cent. of its energy is available. Even when eaten in large quantities and for long periods, no case of indigestion, constipation or other disturbance was observed. One man ate cheese as the chief source of protein and energy, eating an average of 3.27

ounces daily with bread and fruit, for more than two years and kept in good health.

Although uncooked cheese resembles meat in composition, these dishes prepared after ordinary recipes with milk and shortening are likely to contain more fat than meat dishes prepared in the usual ways. When planning meals therefore with cheese as the staple food, we should plan to combine it with potatoes, bread, and watery vegetables, such as cabbage, lettuce, celery, etc.

### Macaroni and Cheese.

Macaroni and cheese make a very appetizing and nourishing dish and is simply made. Cook the macaroni until tender, drain, rinse in cold water to remove it, then put into dish and add grating cheese, milk, bread or cracker crumbs and season and bake until browned.

### Welsh Rarebit.

This dish always sounds interesting and the taste is equally pleasing. The proportions are: One tablespoon butter; one-half pound mild cheese cut in small pieces; one-quarter teaspoon salt; one-quarter teaspoon mustard, pepper, one-half cup cream or milk; one egg. Put butter in dish and when melted add cheese and seasonings. Add cream gradually as cheese melts, then the egg slightly beaten. When thick serve on toast. Some people cook one tablespoon of cornstarch with butter before adding other ingredients.

### Creamed Cheese and Eggs.

Three hard boiled eggs; one tablespoon flour; one cup milk, one-half teaspoon salt; speck of cayenne, one-quarter cup grated cheese. Make a thin white sauce with the flour, milk and seasonings. Add cheese and stir until melted. Chop the white of eggs and add to sauce. Pour this mixture over toast and force yolks through a potato ricer and sprinkle over toast.

### Cheese and Tomato Salad.

Stuff cold tomatoes with cream cheese and serve on lettuce leaves with mayonnaise dressing. This would make an ideal dish for the evening meal.

These are but a few of the many ways in which cheese may be served. In succeeding issues we may publish other recipes of this nature.

### Doing Their Bit as Partners

"Arethusa," Oxford Co., Ont.

THE best part of farm life is that all must work together as partners. The busier life becomes, the nearer the partners draw together in the realization that each must do his part if the work gets done. "The Fizz" on our farm votes this summer the busiest, healthiest and happiest we have yet had.

Our firm consists of seven. We call the head of the firm captain, or "Cap" for short. His work has been hardest, for he has all the planning and the hardest work, but he does not worry and so keeps himself and the rest of us cheerful. When work piled up mountain high this last season, he went steadily along, doing the most needed work all day long,—but not all night. One of the rules of business was that no one should work after eight o'clock at night. If we were not too tired to read at that hour, we had an hour for reading. If we were very tired, we went to bed and slept to be ready for an early start the next morning.

I am lieutenant. My chief work is to direct the four youngest members of the firm. They are four boys, ages six months, three years, five years and seven years. Mr. Seven Years is quite a useful member of the firm. He has gone for the cows regularly driven horses when "Cap" was loading



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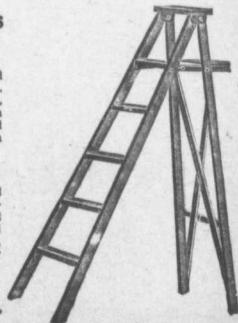
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