

THE UPWARD LOOK

Great and Small are God's

AND God said: "Let the waters under the heaven be gathered together unto one place and let the dry land appear; and it was so." Gen. 1:9.

How hard it is for us to fancy ourselves back in our world's infancy and picture it to ourselves, as described in Genesis!

Last week a wonderful afternoon was spent with one of God's noblest nature students, in studying God's hand-writing on the face of His earth. We were taken to the shore of a small fresh-water lake and there in myriads and myriads, were exquisite little dainty sea-shells, which could only have been deposited there when salt-water covered that whole surface of land.

Now, the ocean is hundreds of miles away. It is so difficult for our finite minds to grasp the infinite number of years ago, that that was the condition, and thus the infinite number of years it all represented. This is all our God's handiwork. Excavations had been made to a great depth for building material. There in the banks our teacher showed us the marks of that mighty body of salt water, ages ago. Now we can trace its direction and form an estimate of the swiftness of its course.

The course of that vast sweep of waters was His handiwork. Then I looked at one of those minute sea-shells in my hand. If my mind could not grasp the wonder and the miracle of the flow and subsiding of those ancient waters, it could appreciate the exquisite workmanship in that tiny, fragile shell, which was also His handiwork.

So also are His all the great and the small of this world. His heart and soul are in one, as also is in the other. Both are His handiwork.—I. H. N.

Fighting the Pests of House Plants

OFTENTIMES after the plants have been lifted from the garden, noted and brought into the house for winter, we have difficulty in getting them to thrive properly on account of insects of various kinds which trouble them. The commonest of all pests of house plants is the aphid, green fly, or plant louse; then comes the minute black antler, which troubles the rose and the calla; the small red spider, the scale louse, small white worms in the earth, the mealy bug and the white fly.

The tobacco dust is fatal to many plant life and to the naked larvae of all ground tobacco in the earth is used for maggots in outdoor gardens and possibly might be used in this way indoors. An extract made by boiling the charred stems and leaves—proportion of tobacco to one gallon of water—is recommended for all soft-bodied insects. The scale louse is an enemy of many indoor plants, roses, Boston ferns and ivy. Setting such plants out in a rain storm is of service, or an application of arsenical, applied with a whisk or shaving brush will remove them. Whiteflies also have been recommended. The red spider detests water and frequent enervating of the plants should keep him absent.

One remedy for white worms is lime water. Take a bowl of uncolored lime, about the size of the clearest red. Drop this lump into an ordinary sized bucket of water and let it stand 24 hours, then use the clear liquid, avoiding the sediment. The earth in the pots should be allowed to become dry before applying the lime water.

A kerosene emulsion will cause the white fly to disappear. The mixture consists of two ounces of hard soap dissolved in boiling soft water and adding to this one pint of kerosene. For the mealy bug, hand picking and afterwards washing the plant with a good insecticide, is safest.

Sometimes a small species of root-louse gathers on the roots of potted plants. When these are discovered, the best and quickest method of eliminating them is to lift the plant out of the soil, shake off all earth, wash the roots well, scald the pot and replace in entirely fresh earth. Soaking the earth with kerosene emulsion or tobacco tea is helpful.

Select Foods Carefully

CANADIANS who are willing to follow the advice of the Food Controller in order to help to save urgently-needed wheat flour, beef and bacon for the soldiers, will find a considerable number of wholesome substitutes.

To save wheat flour, barley may be used for soup and barley flour for thickening; corn meal for bread and cereal; oatmeal for cereal and oat muffins. Potatoes may be used in a variety of appetizing dishes, and when they are served, bread may sometimes be omitted from the meal. At present the price of corn meal is high, but the new crop in the United States is very large and will be coming on the market soon. The question of price has to be carefully considered by the great majority of people, but those who can afford to do so should substitute in part other cereals for wheat, even if the price of the substitutes should be higher.

For meat, fish is a peculiarly suitable substitute because of the variety available and the abundant sources of supply in the Dominion. Beans have nearly the same food values as meat. By a careful selection of other foods the consumption of meat may be very considerably reduced, especially by persons who are not engaged in heavy manual work.

And remember, the primary reason for urging saving of wheat flour, beef and bacon is not economy in cost, but that the soldiers may be supplied with the food which they need.

Women's Institute Conventions

THE Annual Women's Institute Conventions for the Province of Ontario will be held in the Y.M.C.A. Ottawa, Nov. 7-8; Auditorium, London, Nov. 14-15; Technical School, Toronto, Nov. 21-22-23. The programmes promise to be interesting and helpful. Some of the branches that have done particularly good work throughout the past year, or have undertaken new lines of work, have been asked to give reports. Plans to make the work more helpful throughout the coming year will be formulated. Patriotic work in its many phases and the food conservation problem will of course be the dominant features of the conventions.

We trust that as many of our Women Folks as possible will make an effort to attend the convention nearest their home. Even if not sent as a delegate plan to go anyway. The outing will do much to help us catch a new vision of our home duties, and it will also do us good to mingle with other women who are following the greatest vocation in life—that of homemaking.

Uncle Silas (visiting city relatives who use electrical appliances for cooking at the table)—"Well, I saw! You make fun of us for eatin' in the kitchen. I don't see as it makes much difference whether you eat in the kitchen or cook in the dining room.—Lita.

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