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THE UPWARD LOCK

November 8, 1917.

Great and Small are God's

ND God said: "Let the waters A 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 God's handiwork. Excavations had been made to a great depth for build-ing material. There in the banks our teacher showed us the marks of that mighty body of salt water, ages and ages ago. Now we can trace its di-rection and form an estimate of the swiftness of its course.

The course of that vast sweep of waters was His handiwork. Then I dooked 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 in the other. I. H. N. Both are His handiwork .--

Fighting the Pests of House Plants

O PATENTIMES after the plants have been lifted from the gar-den, potted and brought into the dea, potted and brought into the bouse for winter, we have difficulty in getling them to thrive properly on ac-count of isseris of various kinds which tromble them. The commonest of all pests of house plants is the applis, green fiv, or plant lows; then comes the unjust black suider which approximately be and the white five and the which the small red solder, the scale louse, small white worms in the earth, the means but and the white five and the whi

Fine tobacco dust is fatal to many plant lice and to the naked larvae of all. Ground tobacco in the earth is used for macrote in ontdoor gardens and possibly might me used in this way indoors. An extract made by boiling the chonned stems and leaves-one pound of tobacco to one gallon of water-is recommended for all soft-bodied insects. The scale louse is an enemy of cactos neims clean. la an entry or care and ivy. Setting such plants out in a rain storm is of factive or an application of songuida, annied with a whisk or shaving brush will remove them. Fir-tree oil has also been recommended. The red spider detests water and frequent spraving of the plants should keep him absent.

nim absent. One remedy for white worms is lime water. Take a humn of unslaked lime, about the size of the closed fist. Drop this lump into an ordinary sized Drop this tump into an ordinary sized bucket of water and, let it stand 24 hours, then use the clear liquid, avoid-ing the sediment. The earth in the pots should be allowed to become dry before applying the lime water.

FARM AND DAIRY

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 rootlows gathers on the roots of potted plants. When these are discovered, the best and quickest method of elim-inating 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

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

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 variety of appending disnes, 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 hew crop in the United States is very large and will be coming on the mar-ket 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.

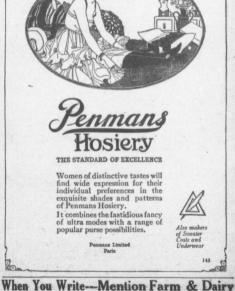
manual work. And remember, the primary reason for urging saving of wheat flour, beef and bacon is not economy in cost, but that the soldiers may be supplied with the food which they need.

Women's Institute Conventions

THE Annual Womer's Institute Conventions for the Province of Ontario will be held in the Y.M. C.A. Ottawa, Nov. 7-8; Auditorium, London, Nov. 7-18; Technical School, Toronto, Nov. 7-18; Technical School, Toronto, Nov. 7-19; Technical School, Throughout the past pers, or Tave un-dertaken new lines of work, have been asked to give reports. Plans to make the work more helpful ihroughout the coming year will be formulated. Patriotic work in its imany phases and the food conserva-tion problem will of course be the Owner folks as possible will make an effort to attend the convention nearcest their home. Even if not sent as a delegate plan to go anyway. The out-ing 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 generaking. HE Annual Women's Institute memaking.

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