

World's Peace Movement

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It is refreshing to find that the great agricultural press of Canada has not been swept off its feet in the tremendous effort to propagate the military spirit in our people. This spirit is at present sweeping into our land in its grand Military Parades and alarm battles, down through the cadets and boy scouts and is fast stealing into the day schools. We note too the purchasing of thousands of acres of land in the different provinces for parade and training grounds for this mighty host.

And all this din and racket Farm and Dairy, in the Upward Look, asks is the pertinent question, "Who is my neighbor?" Its beautiful answer comes, "He that showeth mercy." We were reminded again the following week of the Master's admonition, "Be ye kindly affectionate one to another with brotherly love, in honor preferring one another."

This has clearly been the expression of the Canadian churches this year in their collective bodies and is fast becoming the voice of the great religious world. With this view in mind we are surprised and pained at the attitude of the Canadian Parliament at the very eve of this Great World's Peace Movement, when all the nations of the civilized world are invited to come and help us celebrate this 10,000 miles long between Canada and the United States. There is not

a single gun or fort on this line. The nations of the world are invited to inspect this line with no other defence or protection than the kind admonition of the Master "Be kindly affectionate one to another."

How beautiful is the Christian spirit. Will the representatives of other nations carry this spirit back to their own people? And what will be the impression upon these nations of the attitude of our Canadian Parliament on their knees before their God of War, praying and paying for great armies and navies?

Well may the peaceful citizens of Canada tremble lest the prayer of her Parliament should be abundantly answered and her fertile fields, designed by nature to feed, clothe and comfort, should become the training ground in human destruction. How hideous is this whole spirit of "hatred, malice, envyings and murder." What a beautiful contrast we have in the Master's words, "A new commandment I give unto you, that ye love one another."

Old pieces of velvet or velveteen that may be left over from something we have been making can be used very judiciously, if perfectly clean, for cleaning walls. Tie the velveteen over the head of the broom and sweep the walls from top to bottom. These leftovers can also be used to advantage when cleaning stoves, as they give an extra shine.

Rest that Counts

To a careful housekeeper and homemaker nearly all economies appeal except one, and that is economy in the use of her own physical, mental and nervous force. Yet in many cases, perhaps, this is the most essential economy of all. Few naturally energetic and conscientious women learn this lesson until taught it forcibly, by painful experience. The knowledge may thus come too late to benefit the life as it might if it had been earlier acquired, but it is never too late to be a help.

Many practical ways to economize in the expenditure of health and strength may be discovered if one sets the mind to search for them. I will describe one little custom which has proved of great benefit to me. I am a busy woman, and far from strong. There are many such who would find the forming of a similar habit greatly to their advantage.

We all find, I think, that the first duties of the day hurry us more or less, and leave a certain weariness—sometimes depression. At nine o'clock I drop everything. I go to a quiet, well-aired room and lie down for half an hour. I relax my body. I do not read and I resolutely put out of my mind all thought of the work waiting for me, of engagements, possible visitors—everything that can interfere with the absolute rest of body and mind that I am trying to secure.

It is not possible to keep the mind blank, and the banished thoughts will return if their place is not filled by others. So, after dismissing my cares, I turn my mind to something pleasant and uplifting, but unexciting; a favorite line from a favorite poet, a comfortable passage of Scripture—something very brief. When the mind wanders—as it will, especially at first—I bring it back resolutely, but without fretting over it.

A different hour of the day may suit some women better, but it should not be put off too long, and it should always be the same hour if possible; when be, as near it as may be. Regularity is essential. If the daily rest period is observed regularly, religiously, not merely now and then as a good opportunity offers, the benefit can scarcely be measured, and will soon be perceptible.

The women who need it most will see the greatest number of "lions in the way," but they must not say that it cannot be done. It can. At first a little forethought and planning may be necessary; but it is worthy of thought. Forbid interruption and lock your door. The wheels of your mind will not stop or become seriously clogged if you drop out of it for half an hour daily. You will gain not only rest, but renewed power. The practical work accomplished during the month will not be less, but more, and it will be done with infinitely less friction and fatigue. — The Country Gentleman.



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