

## The Upward Look

### Service From the Heart

NOT with eye-service as men please; but as the servants of Christ, doing the will of God from the heart.—Eph. 6:6.

How many are familiar with the ancient legend of the man who was facing the great day of final reckoning? He had lived as well, perhaps, as most of us while here below. At the time he stood before the Judge of all the earth. His record was unfolded. The face of the Judge seemed to him to grow clouded as he traced its story. The record was pushed aside. The eyes of the Judge were lifted, till they rested on the man. The lips were parted as if the sentence were about to fall. Suddenly, from every quarter there gathered a host of shining forms which pressed about the august judgment seat. They appeared to be in conference with the Judge. It looked as though with eager faces they were urging certain claims. Then they vanished from sight as mysteriously as they came. The Judge smiled, turned toward a messenger who in the radiant robes of his office and hallowed conduct the man whose case he had just considered into the realm of the blessed.

As they moved away the man said to his guide, "Tell me who were those who just now stood in such numbers about the Judge and held converse with Him?" "Those," replied his conductor, "were the friends who saved you. They were the deeds of kindness and of unselfish service you scattered far and wide while you lived on earth."

Of course this is only a legend, but is there not a lesson in it for us? Are we earnestly striving from day to day to perform little acts of kindness and give others our unselfish service? Are we just as ready to do a kindness when no one will know it, as we are when it will reflect some amount of credit on ourselves? Once in a while we do something which helps to make the world a little better and happier, but how seldom we give to others right from the heart.

Away off in the heart of the tropical lands grows a wonderful vine. Planting its roots deep down in the earth, it feels its way up through the shadows, clinging to the branches of the trees, pushing on toward the sunlight. By and by the last shadow has been passed and away up in the pure air of the sky the vine sends out a bud that becomes a lovely blossom, the very crowning beauty of its life. There has been little to show for the work done, till the topmost branches come into the sunshine.

Can we not take fresh courage and strive more earnestly to give of ourselves in service for others, right from the heart. The path of service, while not an easy one, is after all the one most fraught with blessings. If our hearts are right, we will not think of reward, but we may rest assured, that some day the reward will come, for those who honor God will be honored by Him.—L.B.W.

### Points Worthy of Mention

DURING the course of the meeting of the Richmond Hill branch of the Women's Institute held recently, Miss Treach, president of the branch, told us that they were endeavoring to make some improvements in their villages, as well as doing Red Cross work. One splendid way in which they have sought to improve conditions, is by installing a piano in the school, on which the sum still to be raised is only \$99.

Mrs. McMahon, one of the enthus-

astic Red Cross workers, told us that they had organized about one year ago and since that time have raised nearly \$2,000. This amount has been raised mostly by five and ten cent pieces and through different forms of entertainment. They have now adopted the envelope system, asking every family to contribute something. So far it has proven very successful.

While attending this meeting at Richmond Hill, our representative was handed a printed program, outlining the dates of meetings and subjects to be taken up during 1916-17. On the front cover of this neatly gotten out program were the following lines which appealed to us as being worthy of mention:

"Small service is true service while it lasts,  
And friends however humble, scorn not one.

The day by the shadow that it casts  
Protects the lingering dewdrop from the sun."

Add sugar to sweet corn when cooking instead of salt. It will make it tender and sweet.

### Keeping Cool in Summer

HOW often during the summer some member of the family will come to the table remarking, "Oh, it's too hot to eat." By and by they select the coolest foods they can find and probably finish the meal with a dish of ice cream or iced tea. A writer in one of our United States contemporaries, The Country Gentleman, tells us that a great deal of the summer headaches that we hear so much about are caused by an overabundance of cold foods and drinks. In fact the article goes on to say that if we wish to keep cool in hot weather, we must eat hot things. We quote as follows:

"Paradoxical as it may seem in summer, when the sunshine lies so still on the face of the earth that even the aspen leaves do not tremble, and the blood in our bodies creeps sluggishly and our heads feel thick, we must eat hot things if we want to have any comfort.

Do not construe this to mean that you must stir up your stove now that the mercury is creeping with the 100-degree mark, and give your family a hot meal from soup to pie. Give them something hot at the beginning of their dinner, a hot soup or some-

thing to start up the languid stomachs by its warmth so that they will quickly assimilate foods. You can then judiciously substitute for the hot meat, hot vegetables and pie the foods that are less heating and that will give the whole family more comfort at this hot season. It is true, too, that the hot soup or drink will really cool the body through the profuse perspiration it induces and the consequent evaporation that takes place.

Nature is a faithful teacher to anyone who studies her methods. In nothing is she more faithful than in indicating what men and women shall eat at certain times and seasons. As plainly as though she had made audible proclamation from the housewife does she ordain that we shall in summer eat quantities of vegetables, for these she gives us in abundance; but does she want us to consume much pork? It seems not, for pigs at this season are not in prime condition for food, whereas fish, which are less heating, owing to the absence of much oil, are very plentiful. However, while Nature seems to reduce our meat allowance she does not eliminate it.

Let your meat appear most frequently in its lighter forms now. Spiced meats are preeminently hot-weather

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