

The Upward Look

Our Mothers

Almost Jesus' last words were addressed to his mother. On the cross in the hour of His supreme physical and mental agony, He thought of her. From the cross, in that same hour, He said: "Woman, behold thy son." Then to the disciple, whom He loved, He also said: "Behold thy mother."

Our own beloved mothers, are we always as loving, as demonstrative, as thoughtful of them, as we ought to be? How much of life's heart-sore comes from the fact that they do not express often enough the love we feel. Do not be ashamed now, right off, to go and tell mother or try to, how dear she is to you. If the words will not come, then write it and leave a little love-note, where she will be sure to find it. You have no idea how much good it will do her, what joy it will bring her, what cares it will lighten. Do not be ashamed also, to be demonstrative, to give her a loving hug and kiss; if not before others, then when you have her all to yourself. But, before others, it is a tribute she richly deserves. Do this, no matter whether you are in your "teens" or the "y's," whether her hair has the hue of middle life or the silvery one of age. Then be as thoughtful of her as ever you can. Give her all the attention and pleasure possible. Treat her as the one nearest and dearest to your heart.

It is they that have made our homes the loveliest spot on earth, as they, the discouraged ones, toil over the wash-tub, make and re-make dresses, trim hats out of nothing, strain every nerve to make ends meet, with eyes beautiful and with expression, which tells of a soul brave, cheery, gentle and loving, amid life's struggles; our mothers.—I. H. N.

Ottawa Convention a Success

That the Women's Institute is a thriving and enthusiastic organization in the Province of Ontario was very evident at the first annual convention of the Eastern Ontario branches held in Ottawa last week, Oct. 27 and 28. The attendance was encouraging, there being about 150 delegates present, representing 70 branches from the territory east of Hastings and Prince Edward counties.

Reports from local branches were optimistic. At present the main interest of the branches is centered in doing work for the soldiers. Already \$10,000 has been donated for the work of the Red Cross Society and Belgian Relief Fund, as well as 501 bales of clothing supplied. A large order asking for equipment for field hospitals was also almost entirely filled by supplies from Women's Institutes.

This Eastern convention proved such a decided success that it was decided to make it an annual event. Two resolutions were passed, the first an acknowledgment of the courtesy of the Mayor and councilors of the city of Ottawa. The second read as follows:

"That we the delegates of this the Eastern Ontario Women's Institute Convention petition the educational department of the Ontario Government to provide for proper supervision of rural schools at the noon hour, and that a copy of this resolution be forwarded to the proper officials."

Making a Scriptural Cake

How many of our readers have ever tried to make a Scriptural cake? If the name of a cake has anything to do with its quality, a Scriptural cake should surely be good. For those who have never tried this recipe we publish it herewith:

Four and one-half cups of 1 Kings, 4; 22; one cup of Judges, 5; 25, last clause; two cups of Jeremiah, 6; 30; two cups of 1 Samuel, 30; 13; two cups of Nahum, 3; 12; two cups of Numbers, 17; 8; three tablespoonfuls of 1 Samuel, 14; 25; a pinch of Leviticus, 2; 3; six Jeremiah, 17; 2; one-half cup of Judges, 4; 19, last clause; two teaspoonfuls of Amos, 4:3. Season to taste of 11 Chronicles, 9; 9.

For those who do not wish to take the time to look up the key to this recipe, it reads as follows: Four and one-half cups of fine flour; one cup of butter; two cups of sugar; two cups of raisins; two cups of figs; two cups of almonds; three tablespoonful of honey; a pinch of salt; six eggs; one-half cup of milk; two teaspoonful of yeast powder. Season to taste with spices.

Items of Interest

Ontario will contribute 100,000 lbs. of evaporated apples to the British navy and make a similar contribution to the Belgian relief force. This contribution is valued at \$12,000, and much of it will find its way into the pockets of Ontario apple growers. In addition to this patriotic gift abroad, the Ontario Department of Agriculture proposes to further relieve the apple growers in needy home centres, by donating the sum of \$1,000 to the Salvation Army to be expended in purchasing and gathering apples from Ontario farmers for those in distress in Ontario's large centres.

Lambton Co., Ont., has held its first Fruit, Vegetable and Honey Show. The purpose of the show is net money making, but the education of the growers towards still more efficient crop production and distribution. District representative G. G. Brambill, Mayor Pastyvoice, of Forest, Dr. A. J. Grant, P. Trolea, Mr. Geo. French, Sarnia, and Mr. G. G. Moneroff, Petrolia, were the pioneers in organizing this show. The show was extended a day longer than at first planned, and the gate receipts for that day donated towards the Belgian Relief Fund.

In a letter to the Department of Agriculture, Mr. Prudhomme, secretary of the Belgian Relief Committee, states that there are 150 car loads of clothing and supplies contributed by Canadians for the Belgian refugees which the committee were unable to forward with its former contribution owing to lack of transportation facilities. Arrangements have been made for another steamer sailing this week.



Let's make a Jelly Roll— With FIVE ROSES flour.

Its Strength and Fineness hold your batter together in the long well-greased pan.

Bakes evenly.

Smooth Texture—soft, golden Crumb, spongy, porous, yielding.

No holes, nor lumps to vex you.

And when you turn it out on the damp napkin hot and saucy, and you spread the under side with "jell"—

It doesn't get soggy nor crumbly.

Roll it gently, carefully.

Not a crack—not a break.

Perfect Smoothness—a Perfect Roll—Yours.

Bake anything, make anything.

Use FIVE ROSES—bread and pastry.

Melting puff paste—flaky pie crust—crinkly fritters—

both come ready.

FIVE ROSES for anything—everything.

Be flourless.

Five Roses Flour

Not Bleached



Not Blended