

The Woman's Quiet Hour

by E.G.K.

Motto for the month.

"He shall cover thee with his pinions
And under his wings shalt thou
trust."—Psalm 91.

NINETEEN What lies for us all
SIX behind those mystic
words? A new year reminds me al-
ways of the fact that:

"We bear sealed orders o'er Life's
weltered seas
Our haven dim and far;
We can but man the helm right cheer-
fully,
Steer by the brightest star.

And hope that when at last the Great
Command
Is read, we then may hear
Our anchor song, and see the longed
for land,
Lie known and very near."

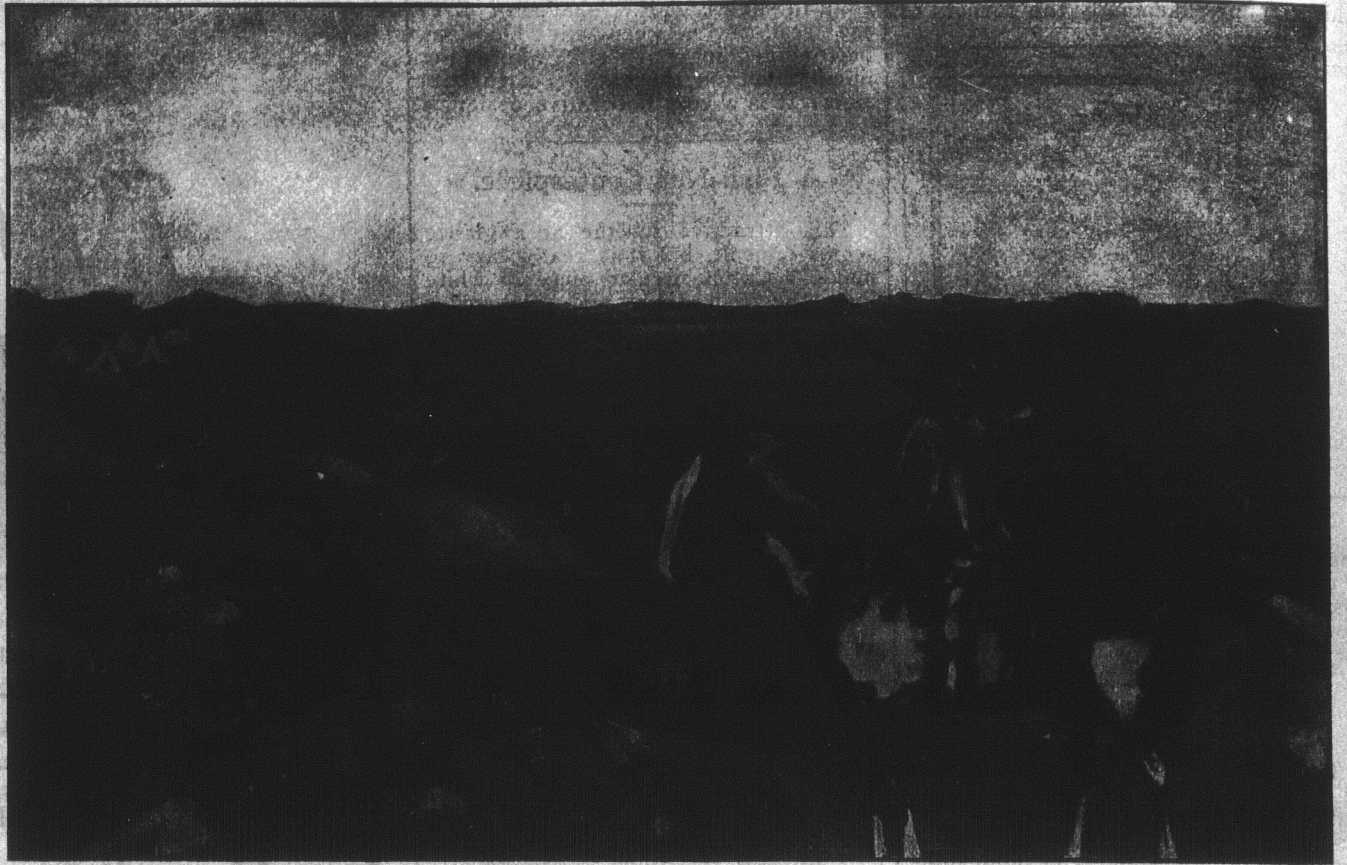
Whatever lies for the women of the
West in the womb of 1906, of one
thing be sure, there will be need for
patience, endurance, cheerfulness.
Among the readers of the Western
Home Monthly I know full well there
is many a heart looking forward to the
New Year with dread, for fear of
added burdens and added sorrows. To
these I would say look back over 1905
and count up the blessings and the
mercies, and see if after a careful
scrutiny they do not outweigh the sor-
rows and the disappointments, and
from this take courage for 1906. Meet
the new year with hope in your heart
if you cannot greet it with a song upon
your lip. It has grown to be the cus-
tom to laugh over new year resolu-
tions, but in our secret hearts we all
make them, and grieve when, as too
often happens, they are broken before
January draws to a close. But the de-
sire to make good resolutions is in it-
self a healthy sign, and though we may
not proclaim our resolves on the
housetops, if we make them sincerely

some at least will be kept throughout
the year. In the West with its many
toils, its lack of help, women grow
despondent over their failures and feel
like drifting, so the coming of a new

year makes an opportunity to brace up,
take stock, and start afresh, and there
is just one word I would whisper to
every woman, do not grumble during
the coming year. Where it is neces-
sary insist upon your rights, but do it
firmly and pleasantly, do not keep on
complaining. This one resolution
made and kept will lighten all the bur-
dens of 1906. May every reader of this
page have a truly happy new year, and
to all let me commend the motto at the
head of this page as one that, borne in

FOR A MERE MAN. While on the topic of
new year resolutions
and clothes I would

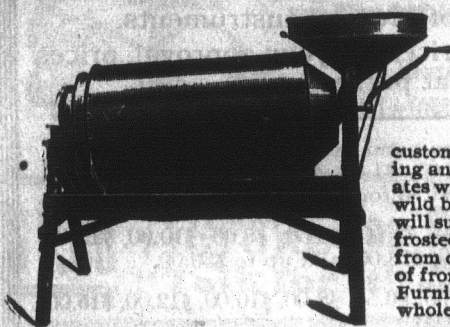
like to say a word to the man of the
house. An excellent new year resolu-
tion for every husband to make, would
be to pay his wife her share of the
earning, or see that she has a regular
income in some form or other, and
having done that to make a point of
noticing when she is dressed prettily
and pay her a few of the compliments
which were plenty enough in courting



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Painted for The Western Home Monthly by M. Morrison, Regina.

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A Gentle Hint—

like that is not to be disregarded. If
horses don't get plenty of good fodder
they'll kick with something more than
their heels. A poorly kept animal
runs down and decreases in value.
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all loads and smooth over every rough
place. We speak much of good litera-
ture, but there is nothing so uplifting
so grand, and so simple as the Psalms
and the book of Isaiah, and if we read
them oftener we would find a new re-
finement running through all our
thoughts.

DRESS AND ITS USES.

Men have a habit of
laughing at women for
the interest they take
in clothes, and talk wisely of the time
women waste in discussing dress, but
I notice that the average man admires
the well dressed woman even if he
hesitates to allow his wife enough
money to dress decently. It is my
opinion that good clothes have a far
greater effect on our daily lives than
most of us realize. Have you ever
noticed with what added confidence
you meet strangers if you are con-
scious that you are well and becom-
ingly dressed. It is all very well to
say that one should have a mind above
such trivial things as an ill-fitting dress
or an unbecoming hat, but the truly
wise woman finds time to study her
clothes as well as cultivate her mind.
A little friend of mine who is particu-
larly clever and accomplished has a
novel and most effectual way of curing
an attack of the blues. When she
finds things are going wrong with her
and that the day is beginning to as-
sume a gray and gloomy tinge, she
promptly goes and puts on her most
becoming gown and does her hair in
the most becoming style and claims
she can then go back to her duties in
a cheerful frame of mind.

Too many women in their zeal to be
good housekeepers and provide fine
meals for their families forget what
they owe to themselves. Many a
woman who would be deeply mortified
if a speck of dust were found in her
parlor or a dish awry on her pantry
shelves will appear at the dinner table
in a soiled dress and untidy hair, her
excuse being that she has been too
busy to change. Then she wonders
why she has such difficulty in teaching
her children habits of neatness.

days. A new dress or a new ribbon
would have double the value in a wife's
eyes if her husband would take the
trouble to tell her that it is becoming.
Many a woman drops into slovenly
ways of dressing, because no matter
how prettily she may dress herself
there is no notice taken by her hus-
band; or even worse, her little effort
is greeted with the query, "who in
thunder are you prinking for now?"
The familiarity of marriage should
never be allowed to breed contempt of
one another's feelings. Think it over,
good man of the house, and if you have
sinned along this line in 1905 see to it
that you do not repeat the sin in 1906.
Apropos of these remarks I want the
married men to clip out this little list
of reasons why marriage is a failure,
and paste it in their pocket books
where they can readily see it:—

He regarded children as a nuisance.

He did all his courting before mar-
riage.

He never talked over his affairs with
his wife.

He never had time to go anywhere
with his wife.

He doled out money to his wife as
if to a beggar.

He looked down upon his wife as an
inferior being.

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