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inexpressible happiness
ish is theirs, and which they do not
it is like having a beautiful bit of
up, discolored and tarnished so the
and gleam doesn't show. Tell them
up of the tarnish of outside petty
and see the beautiful thing they
Of course they must know what
with it and how to care for it, but
main thing is to enjoy it.

it sit here at my window working and
watch the families that go by on a
day, and I am sick with envy. There
be a father with a boy trudging
on one side and a little girl on the
other. The mother will have the littles
by the hand, or maybe a daughter
as tall as herself. There will be
automobile—a cheap affair, maybe,
But in it the whole family
be handled, even to the dog. And
her faces shine! To be sure, the
almost always wears a harassed,
some sort of look, as if the cares were
emerging the happiness, but there is a
of fulfillment upon her face after all.
more than makes up.

I went to lunch the other day in the
home of a friend where there are several
children. I sat and listened with a hun-
gry heart to the give and take of family
confer-
I saw the oldest daughter
her own plate and slip around to
father's chair, and with her arm
his neck nibble a bit from the cake
his hand. I thought of my own per-
petually appointed, well served, but utterly
my table, and my food choked me.
This I have a message for your read-
ers and this is it: There is absolutely no
possession on the face of this green earth
precious, no treasure so rich as that
they have within their own hands and
without prizing—the possession of a
life. There is no relationship on
earth so sweet and perfect as the
intimate relation between husband
and wife, and this is rounded out and
completed by that between parent
and child.

Tell them that a woman who has
look deep from the cup of life, a woman
who has attained what the world calls
riches, who has riches, fame, friends in
scores of the mighty, would gladly
leave all away if, in their place, she
could have a husband who cared for her
as she whom she loved, children to make
hands on her and to love her. Why, I
know a man actually turn pale the other
day because word came to him that his
wife was ill. Think of being cared for
that! Think of having a whole
family panicky because there's something
the matter with "Mother!" Think of
seeing the woman to whom a man hurries
at night when he's blue, tired, discour-
aged, because he is sure of comfort and
sympathy and love, or to whom he
goes with some little gift, trivial in
itself, but the incense of a heart of love.

Stand on the street corners some-
times just to watch the men hurrying
by. I walk along the streets after the
boys are lit to catch the glimpses of
the life behind their windows. My
eyes smart and blur as I see the work-
man catch up his baby and toss it
on his head, and I envy his wife when
she kisses his cheek.

Tell them to rub the tarnish off the
jewels of their family life and catch the
gleam of its shining. Tell them
not to forget the worries and enjoy the
peace of it. Tell them not to bother
little ones about their clothes, but to
let them. Tell them not to worry
about the dirt their boys drag in. Better
get ground out with muddy feet
than a silent house. Tell them not to
because their young people want to
the house with friends and com-
pans, but to let them come and rejoice
in them, and be happy with them. Tell
them to rub their eyes and look upon
their family as a possession that others
will give all the world to own but
which money cannot buy and talent cannot
bring.

Tell them that the woman who has
riches and happiness both
in her grasp. Tell them a bare home
furnished with the growing flower of
life is more beautiful, more won-
derfully furnished than the palace which
it echoes to childish voice. Tell
them, tell them—the famous
man lifted her white hands, the hands
which had brought her riches and fame—

The Range
that Lasts
a Lifetime

Kootenay Steel Range

The Range
that Lasts
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A reliable source of information
on domestic questions, with a mass
of tested recipes that will make the
KOOTENAY still more valuable to
its users, has just been compiled
for us from all the best available
sources. We will gladly send a
copy of this book (as long as the
edition lasts), to ALL who fill in
and mail coupon below.



This is the Range with a Dust-Proof Washable Oven

Invariably you dust your oven before baking. Isn't
this the case? If you are a KOOTENAY user this duty is
unnecessary—with old-style ranges it is almost essential. Did
you ever wonder where this dust came from? Ovens that
need constant dusting are made with seams and rivets in the
top—over which smoke and ash-dust pass—heat loosens the
rivets, and dust drops through whenever the stove is shaken.
THE KOOTENAY OVEN HAS A SEAMLESS TOP. This is
not all—THE KOOTENAY OVEN CAN BE WASHED LIKE
A CHINA DISH.

This Oven is made of Nickelless American Ingot Iron, that may
be easily and thoroughly washed with soap and water WITHOUT
THE SLIGHTEST DANGER OF RUST. The VENTILATED
OVEN carries off all odors that arise from cooking or baking. The
KOOTENAY OVEN IS SQUARE, DEEP AND ROOMY. The
Aluminized CENTRE RACK adds greatly to baking space, as the
baking is done equally as well on the rack as on the oven bottom.
This BOTTOM IS REINFORCED to prevent bucking, and protected
by asbestos. So the KOOTENAY Oven will wear easily five times as
long as the incorrectly designed one of ordinary iron. THE NICKEL-
PLATED OVEN MEANS GREATEST RADIATION;

therefore is most economical and radiation is even, thus
giving best baking results.

You might easily overlook all these good points in the
KOOTENAY Oven, because there are so many others in
the rest of this range.

The FIRE BOX linings are made in nine pieces of
heavy-weight Semi-Steel, which is practically indestructible.
THE HEAVY DUPLEX ROLLER GRATES have two
faces—one for wood, one for coal—instantly interchangeable.
THE KOOTENAY has a DUPLEX DRAFT that EN-
SURES AN EVEN FIRE.

The POLISHED TOP is a bright, smooth, easily
cleaned surface (no black lead necessary).

And there is NO REACHING FOR Dampers,
because the DAMPERS ARE IN THEIR
PROPER PLACE.

Look at the picture and note the general
"dress" of the KOOTENAY. Then ask
your dealer to "show" you and tell you
the rest. You will soon be as great a
KOOTENAY enthusiast as we are.

Remember—THE KOOTENAY
is guaranteed 2

McClary's

WINNIPEG, CALGARY, SASKATOON, EDMONTON, VANCOUVER,
London, Ont., Toronto, Montreal, Hamilton, St. John, N.B.

My Name _____
Address _____
My Dealer's Name _____
To the McClary Mfg. Co., Winnipeg
Gentlemen—Send me FREE
Copy of "Household
Guide".
C.T.

and pressed them to her eyes "Tell
them we lonely souls are sick with
envy of them. Tell them that."

She lifted the hands from her face and
I withdrew my eyes from the tragedy in
hers.

"I do not let it embitter or spoil my
life, you know." She was smiling now.
"I am a very busy woman, and I have
much to be happy in. I rejoice in my
work, and in life. But, you asked me
for a message, and I have given it to
you. Out of the depths of my heart I
have drawn the most sacred of my de-
sires. Go tell your mothers, and the
girls who are going to be mothers, what
comes from the soul of a famous woman;
she would gladly barter her fame for
their chance at happiness. Tell them for
God's sake to make the most of what
they've got, for there's nothing better
to be had."

And I am telling you.

Home Economics

This department will be pleased to
publish the papers read at the H.E.S.
meetings. They will interest other so-
cieties. Kindly send all communication
to my private address, 983 Grosvenor
Avenue (P.R.H.)

A Thought for All Women

I perceive that the world in which I
live is running over with beauty, from
the exquisite down on insect wings and
the snowy heart of a crimson radish, to
the wonder of the morning star and the
melody of the vesper sparrow.

I believe that it is my privilege and
duty to be as beautiful as possible in
myself, in my surroundings and in every
relation that connects me with things,
thoughts and folk.

I perceive that when my spirit is beau-
tiful within me I am better able to
create conditions of loveliness and peace
outside myself; that peaceful and at-
tractive surroundings help to preserve
this beauty of spirit within me.

I believe that it is my privilege and
duty to be lovely and lovable not only
in myself but in every relation of life.

Perceiving and believing these truths
I hereby make compact with myself:

I will strive to be sweet and sensible;
courageous and calm; loving and loyal;
generous, just, patient.

I will strive to keep my body in good
and beautiful condition through cleanly
ways, wise food, ample fresh air, healthful
exercise, sufficient rest, sensible and
attractive clothing.

I will strive to keep my home in beau-
tiful condition; clean, orderly, comfort-
able, convenient, hospitable, as attrac-
tive in furnishings as my means permit;
a home which the family will ever be
loath to leave, to which neighbors and
wayfarers will ever be eager to come.

I will strive to bring orderliness and
charm into every nook and space of
door-yard and grounds; so shall it be
easy to maintain a lovely attitude of
mind as I come and go over the home
threshold; so shall all who pass in and
out find the day and the way fairer and
better.

I will strive to discover beauty every-
where and in everyone; to carry beauty
to everyone; to keep things, thoughts
and folk as lovely as I find them; to

leave them, if possible, fairer than I
find them.

Thus shall I multiply the sum of
beauty in this fair world where I am
placed.

Manitow

The June meeting of the Manitow
H.E.S. was held at the home of Mrs.
Wm. Falls, five miles from town. The
day was stormy, so only about twenty
members were present, every one there
was glad she had braved the bad roads
and threatening skies, for a most enjoy-
able afternoon was spent.

After settling several important busi-
ness matters, a social hour over the tea
cups followed, while the guests enjoyed
the delightful lunch provided.

The meeting closed with a vote of
thanks to Mrs. Falls for her hospitality,
and this singing of the National
Anthem.

On July 1st Manitow held its annual
sports day. The ladies of the H.E.S.
served lunch on the grounds and cleared
a nice sum, which went to this Rest
Room Fund.

On this evening a splendid concert of
all local talent was given to a crowded
house, the proceeds to be equally divided
between the Rest room and the Red
Cross. We are much pleased to find we
had seventy-two dollars for each, and
the H.E.S. felt this satisfaction which
follows success.

Lillian M. Gwilliam.

Swan Lake

I wish to apologize to the Swan River
Society. An excellent report was sent
in, but was not delivered to me until too
late for publication (P.R.H.) I am sure