

The Country Homemakers

Conducted by Mary P. McCallum

PHYSICAL TRAINING

The examination of men for the American army has disclosed the fact that the men of the country are not so physically sound as are the men of the cities. This disclosure puts a pin hole in many of our pet theories. We always thought that the men who were out in the great out-of-doors and close to nature were, of course, much stronger than the city office man.

There are many reasons for this reversal of theory. Perhaps the greatest is the influence of the Y.M.C.A.'s physical training classes. In most cities the Y.M.C.A. gets the boy when he is very small. He learns to swim and fence and box, those arts dear to boyish hearts. The last generation in the city has practically grown up with the Y.M.C.A. The new graduated standard efficiency tests put on by the Y.M.C.A. are splendid. They take the boy as he is. He goes through a scientific and rigid physical and mental examination. He is told his defects and he is set to work to correct those defects. All correction takes place under a trained expert supervisor. There is little chance for mistakes or for overdoing the thing.

In the United States there is a great movement on foot to bring the Y.M.C.A. with all it stands for in the lives of men to the country. In many rural communities over there can be seen the Y.M.C.A. and its activities. It is a good thing. The people of the United States are more than ever today alive to the need of such training in the rural districts.

When the final results are made known of the medical examination of our own men there may be just as startling disclosures. Even in the rural districts we see stooped children. We see those who have little taste for real, wholesome out-of-door sports, and it has its effect on the children. Whether it is the Y.M.C.A. or some other agency which brings it there is a great need of careful, scientific physical training. This is something which should engage the attention of every mother and teacher. It is almost impossible to house a sound mind in an unsound body.

MY WIFE'S WAY

She keeps the clocks all fast a bit,
Can always tell you just how much.
I cannot see the sense of it,
But I'm requested not to touch.
She says she finds a stimulus
That helps her daily regime
In having them thus previous,
Though they do bother now and then.
To all objections I can show
She says she likes to have them so.

She says: "You'll find the asperin
In that small box marked Quinine.
See!
The quinine? Why, the quinine's in
That other box. Where would it be?
This bottle labeled Peroxide
Is castor oil, so don't forget."
To all my warning horrified
That she'll assassinate us yet
She says she knows just how they go
And that she likes to have them so.

—Walter G. Doty.

WOMEN STOCK JUDGES

In the students' judging contest at the International Livestock Fair, recently held in Chicago, women for the first time had a place on the teams. The International Livestock Fair held each year in Chicago is the largest of its kind on the continent. The judging is done on a highly scientific basis. That women can enter the judging contest and hold their own with the men students tends to prove still more conclusively that there is little in any line of work which women cannot do successfully.

A newspaper comment says: "Women scored a notable victory on two of the teams, Miss Edith M. Curtiss,

daughter of Dean C. F. Curtiss, of Iowa State College, made the highest score on the team from that college, and tied for fifth place in the entire contest in a field of sixty contestants.

"Miss Vesta Steer, the other woman student taking part, won high place on the North Dakota team. Miss Steer is a farmer's daughter, just out of her teens, and very much interested in stock farming. She is the only child and is preparing herself to take charge of her father's farm in time. Both girls were 'high men' in their respective teams."

CHRISTMAS HAPPINESS

Christmas is so essentially the children's season that no trouble should be spared to make it long-to-be-remembered. Its fascinating myths and customs mean so much to them. Here is a suggestion for a Christmas party that may be made delightful. All that is required is time and willingness.

A puzzle picture will amuse the children. Have Christmas postals cut up into odd pieces, passing the bits for one postal to each child. A prize should be given to the first child to piece his card together successfully.

Another jolly Christmas diversion is called "King and Queen." This game requires an equal number of boys and girls. The king and queen choose their

A REST FOR THE FIDDLE

"The nights are getting awfully long now. Let's start off the dances with a dandy in the new barn. Eh, Dad?" Phil knew how his father loved a "square."

"Perhaps," Dad was cautious. He glanced at mother.

"I wish we had something besides dancing here," said mother. "We want good times, but this staying up till milking time—" She shook her head doubtfully.

Then the "school ma'am" threw a bomb.

"Why not start something else?" "What? prayer meetin's?" grunted Phil. "How about a literary society?"

"Sounds too much like brains. I would die of brain fever the first night. What could we do?"

"I have seen very comical mock trials and debates; you can have them as simple as you like. I would love to see Steve, in his mother's navy kimono, for judge. How he would pronounce Mr. Smith 'guilty,' because he did not move his summerfallow every time the west wind blew."

"Who'd debate?" asked Steve.

"Why, your father might uphold the affirmative. 'Resolved that the Ford is the farmers' car.'"

The boys gave a loud, "haw, haw!" and Dad grinned.

"You bet you," said Phil. "Let



V.A.D.'s CLEANING A CANADIAN RED CROSS AMBULANCE IN PARIS

followers and to each follower is given a number. Then they all form a circle. Both king and queen call a number and the two whose numbers were called run, around outside of the circle, the queen's trying to catch the king's follower.

If the girl catches the boy before he completes the circle, he becomes a prisoner of the queen. If she does not, she goes to the king. The side which has the most at the end of a certain time wins.

"The Blind Postman" is also a mirth provoker. One of the company offers his services, or is elected, postmaster general. He then appoints a postman, who is blindfolded, after which the others are seated in a circle in order to leave an open place in the middle of the room. Each player is given the name of some city, as Pittsburgh, New York, Paris, London, Florence, etc.

The postman takes his place in the middle of the room, while the postmaster general stands at one end, and announces the destination of the letters. When he calls out "Paris to New York," the players bearing those names rise and try to exchange seats, while the blindfolded postman endeavors to capture one of the cities before the exchange can be made. Should he be successful, he gets the seat, and the name of the one caught, the captive becomes the postman and the game goes on as before.—Mother's Magazine.

old Tomkins lead the negative."

"Give every one a chance sometimes to make a 15-minute rhyme or paragraph about anything—salt pork, if you like. We could make use of a good many evenings learning a play."

"I'm no actor," said Phil.

"I never laughed more in my life than over one I was in once—'The Old Maids' Convention.'"

"Sounds funny. Could you get a good one? Who'd run it? Would you?" enquired Steve.

"I should, if everyone helped."

"When the most popular girl starts anything everyone will help. That old maid one would not let us in, would it?" Phil put in.

"You would make fine old maids if well 'dolled up,'" replied the teacher.

"Say, ma," Phil had acquired a stage whisper, "would you lend me your switch?"

URIEL B. ROGERS.

Penticton, B.C.

OUTLINE OF POLICY

"What are you going to do with the vote now that you have it?" has been the burning question put by anxious politicians and doubting Thomases alike of New York's newly enfranchised women. The suffragists gave a decisive answer by outlining a future

policy which admits of no exploiting of the new voters by zealous politicians and no lowering of standards and ideals maintained throughout the years of struggle. The planks in the new suffrage platform are:

1. As an organization to remain non-partisan.
2. To campaign against candidates who oppose the federal amendment.
3. Not to put loyalty to the federal amendment before loyalty to country.
4. To carry on a campaign of education to fit women for citizenship.
5. To investigate records of candidates for political office.
6. To watch legislation with special reference to women and children and the health of the state.
7. To study the special interests and needs of women in industry.
8. To campaign against candidates who have opposed humanitarian legislation.
9. To study problems of rural women.
10. To form a war service committee to co-operate with existing agencies.
11. To renew the offer of service to the government to perform any duty which the government may designate.

SOCIAL LIFE IN RURAL COMMUNITIES

When we touch on this subject, we are suggesting one on which a great deal has been thought, written and spoken. Perhaps at no other time as at the present has so little been said about it. We are too much engrossed with our Red Cross work, the Belgian and Serbian Relief Funds, etc., to give a thought to our sisters in the widely separated rural communities.

In these very war relief works at present is the salvation of the social life in the country. For it is a woeful fact that there are very few women in these western provinces who have not a son, brother, cousin or friend "Somewhere in France." I believe every woman in Canada to-day, wherever you may find her, often longs to do her "bit" for the Empire, too. If these vague longings to help can only be translated into action, how our soldier boys would benefit from the result. Every one is willing to help, if only there was some one to show them how to definitely take hold.

There must be united work and sympathies, if much will be accomplished. This is the most difficult part in rural life. If we all had cars to cover the distance, or telephones in our homes, the isolation would be eliminated. I have always noticed in every rural community, there are two or three people more influential perhaps than the rest. These are the ones to stir up and get interested first. This "Win the War" talk so vitally concerns each and all of us that I believe every last woman in the neighborhood would gladly do something to help.

With a society formed, each one of us should and must persevere in doing our "bit" both in keeping the society together and in the work it will outline. I think war news should predominate the spirit of these meetings. So many of us are overwhelmed with the tasks of our homes, children, gardens and chickens, that we neglect keeping posted on the just as important work that our men folk are doing across the big pond. Why not appoint one and a different member for each meeting to have collected and read the important happenings from one meeting of the society to another.

By means of these societies in every community, I think it would give rise to a greater national spirit and a closer union between the different elements to be found in every district. Be it remembered that we, the women of Canada are "the army at home." Let us endeavor to make our great home army do as brilliant a work as the army abroad is doing.

M. M. M.