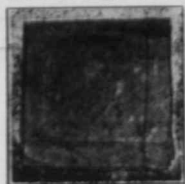


A tie scarf knitted in heavy silk to harmonize with suits makes a nice gift



for a man; or a plain netted neck scarf in fine wool with fingered ends.



Either from black or white handkerchiefs with a hand embroidered initial to give it the personal touch would be acceptable.

It is hoped that Santa Claus will receive his copy of "The Guide" in time to benefit by these hints.

LADIES' CLUB

Editor, Fireside.—A very successful gathering of the Streamstown ladies was held at the residence of Mrs. J. N. Swift on the 15th inst. for the purpose of forming a Ladies' club in connection with the Streamstown branch of the U.F.A., the objects being: (1) To further the interests of the farmers by raising funds in various ways; (2) To discuss dairy work, housework, poultry raising, needlework, etc.; (3) To arrange social gatherings, etc., etc. The various officers were voted for and elected.

A. SWIFT, Secretary.
Streamstown, Alta., Nov. 15.
Note—Your "Ladies' Club" should

receive a very special reception as being the first organization of its kind in Alberta; at least the very first to report itself to The Guide. May every success attend your pioneer movement. If you had sent a full report of the meeting and the names of all the officers space would be given it in this department, and it would materially aid other districts who contemplate forming. Perhaps you will send on this information yet. Other districts that have this work in mind might wish to write to some of your officers for hints.

If a suggestion may be permitted, it is that the name selected for the club will indicate the scope or compass of the club. For instance, we have "The Canadian Women's Press Club" and the "Women's Canadian Club," each of which practically explains the ground covered by that club. Suppose "Women-Farmers' Club" were the name selected, it could then be used by every organization of its kind in the West, and would it not be well to have one common name so that when Dominion or provincial conventions are held (as they will be held some day) there would be greater unity and cohesion in the work? One has only to mention the W.C.T.U. to understand just what is meant; or Teachers' associations; or the Farmers' associations. If, some day, the women of the West want some special legislation enacted, would it not give greater force to have them all affiliated under a common name? We women of the West build for the future rather than the present.

Let the name go as it will, but let us have early notice of every club formed, always including the names of the officers and the club name. It would also be well to send in an account of the ground covered at each meeting so as to encourage others until the good movement becomes general. Congratulations to Streamstown Ladies' Club! Who comes next!

THE LONELY ROAD

(By Margaret O'Grady)

Henceforth our ways must grimly lie apart,

Yet, haply thus, because you wished

it so,

For me the lonely road, and you, Sweet-heart,

Journeying wide and far, again shall know

The clinging lure of kisses deeply pressed

On love-starred, shining eyes for kisses made.

Then, faltering on, perchance I pause

to rest,

And dimly seek the place where Love was laid.

When in the perfumed dusk of her sweet hair,

Your groping hands are lost, sigh not for one

Who lived and loved but once and only dare

To whisper it when Love itself was done.

I gave you all. 'Twas not enough, you see.

For you life's best. The lonely road for me.

VENTILATION

The furehanded householder will no doubt have been prepared to greet old winter with the usual barricade of double doors and double windows and earthen bankings and battennings galore and every other known device for keeping winter's partner, Jack Frost, at bay, and incidentally to spare the fuel pile. The summer kitchens will be deserted for a spell and only serve as storage rooms for odds and ends that cannot be accommodated elsewhere, and all the regular kitchen work will be carried into the living room to be performed there. Closing up windows and doors and narrowing down the house space by one room, extra labor done inside, and perhaps a treble the occupants, as the men folk spend much time indoors in winter, make a difference in the atmosphere that is perhaps little appreciated by the "possessors of the plains." The main concern is to keep warm.

Beds and clothing receive very imperfect airing; sweeping goes on with

closed doors and shut-in little ones inhale the dust. In many homes rough grains are cooked daily upon the kitchen stove for stable feed, filling the living room with noxious steam that filters through the house, upstairs and down, and freezes on the windows, only to melt off again in steam when extra warmth affects it; the atmosphere is chronically charged with health-destroying vapors that soon begin to leave their mark upon the family's health. The importance of ventilation is not fully recognized and "colds" are the order of the day, especially for the women and children; lassitude and a general run-down-ness pervades the household, the depression being vaguely attributed to "winter weather." The winter weather is beyond doubt the bracing season in which to regain the system's loss during summer's heat, lighter diet and heavier work. Be sure the fault does not lie with the weather. Rather look to the ventilation. Every bedroom window should be put up with hinges at the top, and screen hooks on the sides of the sash inside, with corresponding screw-eyes on the window jam. This is quite all the security needed to fasten the window shut. Two more screw-eyes, one on each side of the window frame, just barely on the outside (and easily reached from within the room) into which the hooks can catch, will fasten the window open, which is quite important as fastening it shut, for if left to swing free on its hinges the wind may break it or it will not admit the air. The small slat-covered holes in the bottom of the sash are wholly inadequate to admit sufficient pure air even if left open day and night, should the room be occupied. In some of the newer designs of storm sash a small pane is set in a moveable little sash at one corner of the window, so as to slide open or shut as desired. These windows cost more and do not serve the purpose as well; and if you already have the old style, a pair of hinges will make them up-to-date. The advantage of the hinged window over the one with the sliding pane is that the room can be flushed with fresh air in a very few minutes, while the other takes an indefinite length of time. Another advantage is that no ice will form from melting frost between the two sashes, as the outer one may be opened to allow the water to run out over the sill. Many windows have been frozen shut for half a winter from this cause. Where then was the ventilation?

If bedroom windows are raised to the limit, and the storm sash hooked open and the bed clothes stripped back and closet doors, if any, opened wide before one leaves the bedroom in the morning very soon all impure air will be driven out and the windows can then be almost closed for the day. The custom of sleeping with closed windows is a very injurious one, and too much cannot be said against it. Cold air is not always pure.

Keeping the downstairs aired is an easier matter; opposite doors or a door and window may be opened at the same time and a strong breeze allowed to sweep through for a few minutes to carry out the stale odors. This done frequently during the day will mean a vast improvement. Many acknowledge the importance of fresh air in the day time, but seem to harbor an idea that it is baleful at night as causing colds when the vitality is low. How plainly in error they are. If vitality is lower at night than in daytime then surely is fresh air a greater necessity at night than in the day when vitality is highest. So many people believe that colds come from exposure to draughts or to suffering from exposure to severe cold in the open air. This is a mistake. The theory is that draughts upset the circulation and close the pores of the skin, which, in conjunction with other organs, cleanse the system of waste. The draught "first repels and then brings on excess of blood to that portion of the body exposed to its force, and also the walls of the nasal cavities, where the increased blood pressure causes the membrane lining the nose to secrete too freely. This wastes the mucin, that disinfectant which the nasal secretion contains. Hence if we enter a room in which there are micro-organisms after having been in a draught which has wasted our supply of mucin the

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