

LEWAN GRAIN ASSOCIATION

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UNT BOOK

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SUNSHINE

Official Organ of The Grain Growers' Sunshine Guild



Address all Sunshine Letters to Margaret Shields, Sunshine, Grain Growers' Guide, Winnipeg

MY PLACE
Florence Slack Crawford
Dear Lord, I ask not to go where voices call with loud acclaim;
Give me no pinnacle of greatness,
No place in the Hall of Fame;
But oh, dear Lord, where the way is dark within those prison walls,
Where low the candle burns,
Where loud the tortured call of darkened souls pierce deep my listening heart,
If it may be that there I can, with steady faith hold firm the light, send me.
A trembling hand might, perchance, snuff the low dim flame;
Give me of Thy humility, let me but use Thy name;
Step in, unsung, amongst the wretched, where Thou Thyself would'st be;
Dear God, if I can be but worthy, send Thou me.

PURITY EDUCATION
The path of virtue is closed to no one; it lies open to all, it admits and invites all, whether they be free born men, slaves or freed men, king or exile; it requires no qualifications of family or property. It is satisfied with a mere man.—Seneca.

Note.—Margaret will be glad to receive letters from Guide readers concerning their special problems in the matters of health and hygiene. Do not hesitate to write fully and freely, as all letters will be considered strictly confidential. If a reply be desired, a stamped and addressed envelope should be enclosed. Address all letters to Margaret Shields, Sunshine, Grain Growers' Guide, Winnipeg.

Never in the history of a nation has so much attention been given to motherhood and the special training to fit them for this, the crowning glory of a woman's life. In looking over the varied papers, no mention has been made of the first principles that should be taught, that is, the relative positions of the earthly father and mother, and that of the spiritual Father, or the great Gardener. In these times of advanced thoughts on all subjects, mothers are enquiring into questions relative to themselves and the best method of instructing their children in the necessary knowledge of life. If mothers do not instruct their children rightly, then others will instruct them wrongly, in the wrong way.

The chief point, it seems, is not so much to keep the children ignorant as to give knowledge in just the right way, so as to raise no morbid thoughts, but to instruct them in all matters of sex as part of God's great plan for man. Men and women who have studied these questions for years realize that ignorance is the chief cause of much of the social evil of today. It is, therefore, essential that women should educate themselves first and their sons and daughters afterwards in all matters relating to the duties in life that each boy and girl will be called upon to fulfil. Just how they are taught these duties, will make the difference between a life of purity and sweetness and the reverse, which comes so often to our knowledge, "too late" to apply any preventative measures. Too late! "Had mother or father (as the case may be) only explained to me," has been heard so constantly that we cannot shut our eyes any longer to the fact.

As President Eliot of Harvard, says: "The policy of silence upon these subjects has disastrously failed."
"Another subject that should be publicly discussed among teachers and mothers is the addition to our school programs of instruction in normal production in plants and animals, and hygiene in the human species."
Among the reasons he gives are:
1st. "The present policy of silence and secrecy has failed, having no tendency to diminish vice or to protect the innocent from the vicious."
2nd. "The dread lest knowledge should increase vice is not well founded. That is not the effect of knowledge in any normal field."

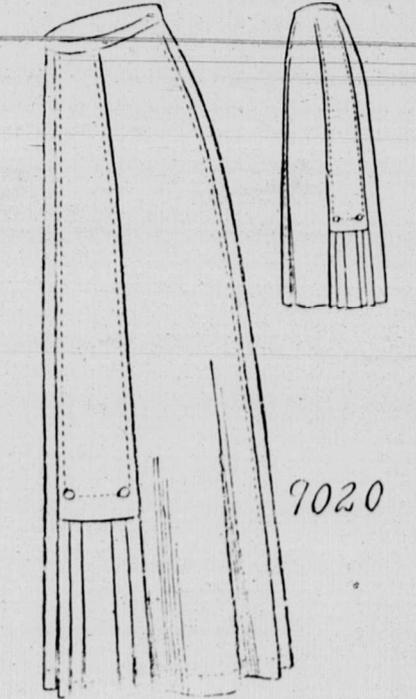
By surrounding life's laws with mystery

we have created an artificial atmosphere and confounded secrecy and reserve. There should be reserve, but not secrecy. Reserve implies a dignified reticence that discusses certain subjects only upon fitting occasions, but speaks at the proper time with perfect frankness. There should be reserve in regard to all intimate relationships in life, but mystery never.

Prince Morrow, M.D., says: "Every moral reform comes through the exposure of human suffering. When the public is fully enlightened as to the significance of the dangers to the family, public opinion will no longer tolerate these evils nor sanction the standard or morals of which they are the outgrowth. I believe that the ethical awakening which is now manifest in political, commercial life, will penetrate the realms of private morality, and that the time is coming which will mark the passing of the ethical heresy that one half of humanity has imperious duties which the other half may repudiate or disclaim at will.

No better place could be found than the Sunshine Circle for the discussion of these subjects.

The above messages from great men of undoubted standing in the educational field must carry weight, and I feel sure that I can justify the position that I am taking that knowledge is absolutely essential at the present time, not only for women and children, but also for our men."



9020.—A New and Stylish Skirt Model. Ladies' Six Gore Skirt lengthened by Plaited Sections at the Front and Back. Suitable for broadcloth, chevrot, serge, velvet, silk or satin. This model is becoming and graceful. The Pattern is cut in 5 sizes: 22, 24, 26, 28 and 30 inches waist measure. It requires 3 1/2 yards of 44 inch material for the 24 inch size.

The Province and Purpose of Sunshine

SO MANY anxious enquiries are to hand as to what the Guild is doing and how to become a member that I will endeavor to show all that is necessary. The Sunshine is a body of people, young and old, rich and poor, of all nations and of all creeds, in the whole North-west, who, through the medium of the Grain Growers' Guide, band together to help one another in sympathetic love, and to be of some service, however slight, to those of their fellow creatures not so well placed in this world as themselves.

THERE ARE NO obligations, except to do some kind act each day and endeavor to scatter Sunshine particularly to those in need, help everyone we meet, to feel that their life may be made happy and

more beautiful by our example and ministrations. If you know of any individual who is lonely, or in need of little comforts, or perhaps a letter or picture card to cheer them up, send the name and address to Margaret and a friend will be found for them.

LEARN TO SMILE, to fling Sunshine into the lives of others, to minister to the fatherless, sick and lonely, no matter what their nation or their creed.

THERE ARE THOSE, frail in body but strong in mind and will, who can knit, or sew, or write a letter to someone less favored than themselves; widows who sent their mite, our men ready to devise schemes for our sports in winter or sum-



9039. A Pretty Kimono or Peasant Waist. Ladies' Kimono Waist, especially suitable for Embroidery, Beading or Braiding. Voile, linen, nainsook, batiste, lawn or dimity, silk or velvet may be used for this model. It may be braided, embroidered or trimmed in any other desirable way. The model is easy to make, and very popular. It will require 1 3/4 yards of 27 inch material for the Medium size.

mer; the dear old people with their tender smile and their word of encouragement, and last, but not least, the bairns, God bless them, who entered into the spirit of our Guild, and by their love for each other, kindness to all dumb creatures, have decidedly helped our glorious work along, and by their cents (saved from candy money) have spread the gospel of Peace on Earth, Goodwill to Men.

SUNSHINE must take many forms, both material and spiritual. Material Sunshine, such as chickens, jellies, soups, blankets, under-clothing, groceries, toys, books, picture post cards, scrap books, letters, anything and everything for the help and comfort of those in need, and to bring Sunshine into the lives of our suffering little ones.

The generous heart of our Western men and women who donate their money with such a glad hand will say, "we must send money to this Guild." But we ask for more than money, we ask your hearty co-operation in first forming centres in every town. These centres to be a rallying ground for all women of that district. Money will be necessary to carry on this work and each centre would endeavor, by giving concerts, entertainments, sales of work, etc., to provide the necessary funds to at least have a room for their Sunshine meetings.

THE SUNSHINE circles have been taken up with great enthusiasm by the women in the various parts of the country. In the Sunshine circle everything pertaining to the betterment of the home can be discussed.

THE SEWING circle is a great inducement, as many people have small pieces of material left over and are always

ready to send them in to help in making little garments for children. In the opening up of this work it is the intention as far as possible, to provide serge and cloth necessary to make into garments suitable for boys and girls of all ages from one up to twelve years.

OUR THOUGHTS, our spare time and our ingenuity would be necessary in finding ways and means to not only provide these funds, but also make it a jolly happy time for our friends and also our Guild members. Make the Sunshine a part of your daily lives.

Do one kind act each day, say perhaps to a wife, mother, husband or sister, or it may be some stranger that comes to your door or to some lonely man or woman that has just settled out on the prairie. Surround your home with the best gifts that the world has to give—Love and Kindness. It is only by the love and self-sacrifice of each individual member that our Guild can become the power for good that it should.

VARIOUS competitions in plain sewing and also fancy work will be introduced during the winter months and I hope the various members will compete.

A number of papers and pamphlets are being prepared on many questions and problems facing the women of today, which will all help, I feel sure, in making the work of these centres of educational value to the community. There is no limit to the work that can be done in these centres. One circle which has done very fine work is the Rural School Improvement society, a branch of the Sunshine circle.

The Sunshine circle at Moncton, N.B., has founded a scholarship and also raised \$500 in 1910. They have furnished a class room in a local Sunday school at a cost of \$100. They have a Sunshine old folks' home, Sunshine homes for blind babies, regular day nurseries, cots in hospitals, wheel chair committees, cheap lunch rooms and convalescent or fresh air homes.

SOCIAL SERVICE COMMITTEE

Mrs. John Cunneen, Chairman
Social Service Committee consists of ten women, who visit the general hospital three and more times a week, taking turn of two weeks each to read, write letters, visit with patients or do whatever is asked of them by those patients taking eye treatment who are unable to see for themselves. We lend them our eyes and send flowers, plants or dainties if the cases appeal as needing such.

WORK OF SHINING LIGHT CIRCLE

Mrs. O. Gedies, President
Supplied material and made six dozen aprons for the children of the Fitch Creche. Also five dozen bibs for same. Sent large box of clothing, including several pairs of shoes, one new quilt to needy family. Supplied shoes and rubbers to needy child. Furnished Christmas dinner for fifteen. Sent twelve plants to that many people in the hospital. Sent flowers to associate members who were ill. Wrote many letters of cheer to out-of-town members.

WORK OF UPLIFT CIRCLE

Dr. Olsen Woods, President
Took a cottage for the season and gave a week's vacation to one hundred

HOW TO SECURE THE GUIDE PATTERNS

To secure any of the patterns published in The Guide, all that is necessary is to send 10 cents to the Pattern Department, Grain Growers' Guide, Winnipeg, and state the number of the pattern, giving bust measure for waist patterns, waist measure for skirt patterns, and the age when ordering patterns for Misses or Children. It will require from ten days to two weeks to secure these patterns as they are supplied direct from the makers. No new worker need be nervous or afraid to use The Guide patterns. They are accurate and perfectly and plainly marked. Full directions for making are given with every pattern you buy; also the picture of the finished garment to use as a guide.