

LEWAN GRAIN ASSOCIATION

President: Hopkins
President: g - Moose Jaw
President: Junning, Beaverdale
President: surer - Moose Jaw

arge
ta; F. W. Green,
gley, Maymont;
C. Tate, Grand
ana.
tors
Walpole; No. 2,
No. 3, T. Wood,
unning, Beaver-
Dundurn; No. 6,
7, Thos. Coch-
Knox, Prince
msell, Denholm.

obable cause of
o can go steady,
g time." It is
g a few cents,
the work of a
t. The farmers
ht waken up to
which is not
for the hungry
ion of men, not
own interest,
lected, but men
problems of the
whole govern-
national life.
n of character,
which is what
t what you are
you are, is the
who desire to
ruth to prevail.
so it will lie,"
all the way it
indicates your
only an aggre-
nd conditions;
question of per-
must develop
is constructed
the same kind
palace, another
s our character
uals; and as an
on of the schools
he great need.
acter, my boy,
care of itself."
it men will say
can what they
is not intellect.
erns the world
ter. Does this
o improve the
d of this neigh-
up and take
involved in our
community as

MUNICIPAL

ON
on of Municipal
ton last week,
the provincial
th the following

, to make it an
imal on public
is power to hold
ide their limits
hat provision be
ement of regula-
vding in towns
given the power
o public health
o provisions be
municipalities
wing to C.P.R.

UNT BOOK

thresher says
unt book:
of your books
all pleased with
think they are
for a thresher,
ould, he knows
every night.
pleased with it,
one now would
regard to keep-
ers, Moose Jaw,
t one of these
l. Book Dept.,
Winnipeg.

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 ad-
dressed envelope should be enclosed.
Address all letters to Margaret Shields,
Sunshine, Grain Growers' Guide, Winni-
peg.

Never in the history of a nation has
so much attention been given to mother-
hood 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 sub-
jects, mothers are enquiring into questions
relative to themselves and the best method
of instructing their children in the neces-
sary 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 public-
ly 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

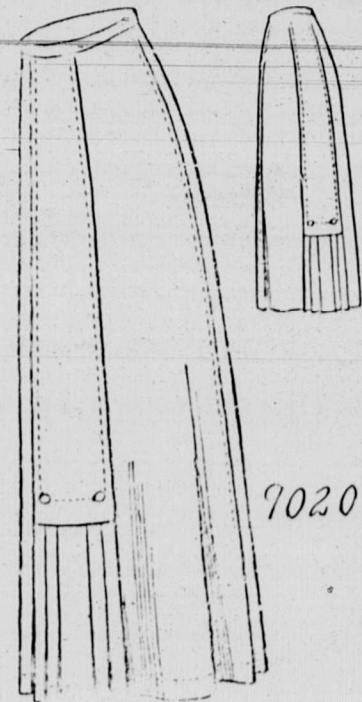
we have created an artificial atmosphere
and confounded secrecy and reserve.
There should be reserve, but not secrecy.
Reserve implies a dignified reticence that
discusses certain subjects only upon
fitting occasions, but speaks at the proper
time with perfect frankness. There should
be reserve in regard to all intimate re-
lationships 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, com-
mercial 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 3/4 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 minis-
trations. 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 encourage-
ment, 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 suffer-
ing 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 rally-
ing 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 pertain-
ing 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 find-
ing 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 you,
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 Improve-
ment 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 hos-
pitals, 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 let-
ters, 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. Geddes, 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 rub-
bers to needy child. Furnished Christ-
mas 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.