conscience unimportant little selves

for a while. If we could only be child-

ren at heart once more, the most of our troubles and worries and cares would

again that the sun is warm and bright,

that the grass is green and velvety,

that the flowers are nodding their gay,

hearts so that no unclean thing can en-

ter therein. We should strive to be

will we renew our youth like the eagle

and when the Master call us to enter

the House not made with hands, we

WELL TRIED RECIPES

NICE SUET PUDDING

Sauce:-Large spoonful of butter,

DELICATE CAKE (Good)

milk. Whites of four eggs, 2 teaspoons-

MARBLE CAKE

ACROSTIC

C. P. CULLIFORD

Charge the tyrant masters, riding in

In the coming contest we will win the

Are the workers always to grovel in

Impending revolution! We teel it in

Socialists are striving here and every-

To usher in a reign of love, when pro-

fits all shall cease, So speed away, and haste the day of

NOT DIFFICULT TO PLEASE

Mistress-"Lam sure, Jenny, we

Socialists work by the ballot, not the

Mrs. A. G. Tuson, of Livermore, Cal.,

soon became very much interested.

My little girl of five years of age had
been troubled for a long time with
loss of appetite, extreme nervousness

and undue fatigue. She was all run-

down and in a very delicate condition.

"This little book was very compre-hensively written, and told of the new

method of extracting the medicinal ele-

ments of the cod's liver from the oil, eliminating the obnaxious oil which is so hard for children to take.

"'Just the thing,' said I, 'for my little

daughter,' and I immediately went for

FOR THIS MOTHER

LEFT ON HER DOORSTEP

ful of baking powder.

tar. ½ teaspoonful soda.

wailing cry;

their might,

or die

fight.

the dust,

the air,

where,

nought but lust?

universal peace.

difficult to please."

moderate oven.

Materials:--11/2 cup sugar, 1/2 cup

to meet a loved Father

three hours.

pretty heads for our benefit.

the melody in our own hearts.

Woman's Page

Devoted to Ways and Means for Bettering Her Lot in the Various Walks of Life

CONTRIBUTIONS ARE WELCOMED FOR THIS PAGE

Should Women Work?

idren.

Have

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Use

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= 81

work"

DUST

What is

der

the right-

soft .

To many who know that women have often to do double and treble work, may seem absurd to ask whether need to have clearer ideas as to the ex- into what Comrade Kerr says.—ED. cessive work imposed on so many women, the enforced idleness of some few, and also what is to be our ideal of women's work.

We need not be afraid of controversy. always a help to thought on social nurse is "picturesque."

Page,) that "not until women are abso- one hospital ward.) lutely freed from the necessity of breadwinning will they be fit to become mothers and to bear healthy, strong and moral children and a race that is really worth propagating."

I fully sympathize with the Australian feeling as to the great importance of the maternal function. It seems to me that no work that men can do is quite so important as that which women do in bringing into the world healthy, happy, capable and upright children, free from the curse of feeble or diseased heredity.

But the most efficient mother is not the woman who is "freed from the necessity of bread-winning." Motherhood does not involve this dependence on others. On the contrary, the experience of lite which women need as much as men, and in which they are so often deficient, can only be gained by girls taking their part in the industrial Speak soft, whatever's handed you. work of the world. The years between twenty and thirty in age are the best years for maternity; should a girl, then, have no advantages of training in, and practising some profession or handicraft Nursemaid, scullerymaid; any old kind in the earlier years of her adult life? If one has this training and this experience-which all thoughtful girls are now asking for-she will probably be able and willing, or possibly by circumstances obliged, to resume her occupation later when the cares of her children are less absorbing.

The ablest socialists of our time, such as Bernard Shaw, Sidney Webb, H. G. Wells and Dr. Eder, strongly advocate State Endowment of Motherhood, and the movement is being taken up by all the socialist women of England. But support of maternity does not mean support for life. If women are to be idle during the many capable years of their lives when they are not engaged in maternal duties, men will have to work the more to counterbalance this idleness, which does not appeal to me to be fair towards men.

Moreover, this total dependence of women on men would almost certainly mean that women should submit to having their thinking done for them as well as their work, in fact it is the old My! Ain't we picturesque? A nurse, heaven ideal of woman's position; and surely we have had enough of exclusive To moisten fevered brows, an' be masculine thinking and masculine ideas prevailing in the world. The evil of What if corrosive cracks our hands? the economic dependence of women is thoroughly well shown up by Charlotte Perkins Gilman in "Woman and Economics"; and it was clearly seen by Frederick Engels, who said "The emancipation of women is primarily dependent on the re-introduction of the whole female sex into the public indus-

It is not industrial work which in jures women, but over-work, whether in home or factory.

Let me add a question as to one almost exclusively feminine occupation; if some would kindly supply infor mation, it may be of interest to many of us. I have continually heard of the only boys grown tall, hearts don't evils of overwork among nurses. It is change much after all," has kept runnot surprising to find even such an ad- ning through my head. Unirable and necessary class of people as hospital nurses oppressed by overwork, since they are voteless citizens. are not mothers, their individual health does not matter; but in fact maternity is often later undertaken by them, and when they have been brought near to a gone since then, we have learned fear.

Take cold half so easily.

"I am extremely grateful for the good it has done her, and I hope other mothers who have weak, delicate or alling children will be benefited by my produced by the cold half so easily. their professional duties, no doubt infriends will think and say about us.

VINOL IS SOLD IN COWANSVILLE BY
mercy and truth unto such as keep his
jury ensues to their children as well as

If we could only forget our own self

Geo. W. Johnston, Druggist
covenant and his testimonies.

to themselves. But surely a tradesunion would afford some protection. Is there no Union of Nurses in Canada? DORA F. KERR

Kelowna, B. C., March 29th, 1909.

We have been holding the following men should work. But I believe we piece of poetry for some time. It fits fresh at heart, kind in thought and

NURSING

By George Allan England

(The public knows little of the Hos-Every socialist is surely able to argue pital Nurse's cruelly overworked conin a friendly spirit, and discussion is dition. The public simply thinks the These verses are dedicated to all good hospital nurs-I want to attack the conclusion es in grateful remembrance for many avrived at by the "Australian Social-kindnesses received at their hands, ist," (quoted March 18, Woman's when I was down and out in more than

> It's heaps o' fun, 'twixt you an' me, This nursin' folks in hospitals-Waiten' on doctors, patients, too, Whenever any of 'em calls:

Twelve hours a day of work, or more, Besides night duty, never done, Lectures an' study, in between, And then exams-it's heaps o' fun!

Nursemaid, chambermaid, any old kind o' maid at all,

Tyin' up a bloody leg, or sweepin, of the floor;

Runnin' here and rushin' there, at every beck an' call, An' all the time the head nurse shout-

in': "More! More! More!"

You've got to dust, an' sweep an' rub, Cook grub, an' wash, an' sterilize; Make out reports, o' course, an' mind Some flip young medic, half your size; Breathe germs, an' never see the cups flour, I teaspoonful of cream tar-

Be sick, yourself, an' die-who cares? " For you're a nurse. It's heaps o' fun!

o' maid at all,

Scrubbin' out a greasy sink, or soppin' up of gore; Never mind your bone-ache, or your

shrinkin' from the raw-Lots to do, so hustle, now, some More, More, More!

A smallpox case to put to bed, Consumptive's back to rub with booze Two dozen cots to make, just so; A convalescent wants his shoes; ome sheets to hem; thermometers

To stick in faces, one by one; (Break one, it costs you two days' pay! Like dumb-driven cattle, knowing They're brittle, too!) It's loads o' fun!

Nursemaid, housemaid, any old kind o'

Standin' prim (you must not faint!) A crimson gapin' wound for things that

can't be said in print; No matter if you're seasick! Watch some More, More, More!

pretty apron, ain't it, though? A new blue dress, an' frilly cap!

Sides being dainty, has a snap! An angel - Lord! it takes the bun! Gangrene and rot are heaps o' fun!

Nursemaid, cookmaid, any old kind o' maid at all;

Nice to eat your supper after scroogin' out a sore!-

Goin' on "pro?"-well, here's your luck! When you've been there a while, 'Vou'll see what I'm a-tellin', and a heap sight more!

As Little Children

MARY WISDOM

All afternoon the couplet "men are

We are older and bigger than we were a few years ago, but our hearts haven't really changed one bit. We Perhaps there is something of the feel- have a veneer of self reserve and polite-Perhaps there is something of the feel-ing, rightly condemned by the Austral-ian Socialist, that since these women are not mothers, their individual health are not mothers, their individual health same simple loving hearts we had in

eak-down by long hours and strain in We are fearful what our neighbors and experience and just give Vinol a trial."

WOMEN

fade away and we would really see And International Socialism

GERALD O'CONEL DESMOND

When the average old party politi-The rifting clouds would seem soft cian speaks, he generally refers, in his opening remarks, to "The Ladies" and as the down on an angel's wing, while the song of the birds would be tuned to afterwards ignores any of the opposite sex who may be present altogether. Some people boast of the experiences, When we socialists speak we address As for myself, I think they are our audience, irrespective of sex dissemething to be sad -over, Lthink we tinction, as "Comrades", and generally should try and forget all the sad, bad devote quite a lot of time to the woman things of life just as fast as we can.

We should guard the portals of our question. One has to go farther, than this to see the fundamental difference between the old parties and the socialist, so far as women are concerned. The old gentle towards one another. Then party politician, either knowingly unknowingly, divides the female half of humanity into two divisions, the society lady, useless, pampered, petted, surgo gladly like trustful children going feited with stolen sweets; and the working class woman slave, the drudge of the home and the underpaid and overworked toiler of the factory and sweat-

shop.

The attitude of the old parties in regard to both of these classes is perfect-Materials:—3 cups of flour, I cup of ly clear. The society lady is all right suet, pinch of salt, 2 teaspoonsful of as she is. She has a life of ease, rich baking powder, I large cup of milk, food, many and expensive clothes. Mix well together and steam two or jewels, servants and, in short, all that is supposed to stand for comfort and gain .- Fuller. happiness. What need, therefore, has one of flour or cornstarch, one cup of she for and further liberties, political or boiling water, one lemon, grate the otherwise?

As for the other class, the women of rind and add the juice, one cup of sugar. Boil gently, gently four or five the workers, politics is not their "proper sphere of life." They are not to be trusted with the ballot, because they -poor, uneducated, ignorant females -are "incapable of using it intelligent of butter, 2 cups of flour, 1/2 cup of ly." They must "be kept in the position of life in which God placed them." George Eliot. ul of baking powder.

They must "fulfil their true mission in the world," which is, not to vote or to Preparations:—Stir all together and beat thoroughly, then add the whites beat thoroughly, then add the whites business, simply to increase sweatshops. L. Stevenson. dividends and reproduce the working part of the race.

sugar, 1 cup milk, 1/2 cup butter, 21/2 exact reverse of this.

We are not in favour of any such Every person has two educations; and add one teaspoonful of all kinds of women should be pampered, petted, himself.-Gibbon. spice and one tablespoonful of molasses. served, dressed, fed and housed at the expense of their fellows. We would See the toiling workers, heed their Onward, then ye Socialists, dare to do

> chise, we have already declared ourselves to be with them, and ready to on them for assistance and support. is detrimental to the human race. Will the women recognize that claim? I, for one, think they will. Certainly the signs and omens are full of promise, We look to the women with confidence.
>
> They have taken their place in the rebellions of the past and they will surely ot be found wanting now.

The socialist organization already You Made and haven't got! will get on well together. I am not contains many and splendid female Jenny—"I kent, that the blessed workers, who, no longer content with So ialism is looked upon with favor the present industrial system which by many meanin capitalistic positions. tends to make of them useless ladies or They must keep their opinions to themhopeless slaves, aspire to and fight for selves, however r lose their jobs.

the socialist ideal and its realizationthe commonwealth in which the orna mental lady will give place to the use ful women, and the slave and druge to the happy and independent comrade of the home of industry, sharing alike every liberty and every privilege econo mic, civil, religious, social and political.

WITH THE SAGES

We are born to do benefits .- Shaks-

Hold on; holdfast out. Patience is genius .- Buffon.

To do it no more, is the true repentince.-Luther.

The secret of all true greatness is simplicity.-lordan. The man without a purpose lives, but

njoys not life.-Herbert. One cannot injure another without

greater hurt to self .- Dr. Arnot. After pleasure follows pain, and after

pain follows virtue.-W. J. Locke. What the world is for us depends on

what we are ourselves .- Lewis G. The day is always his who works in

it with sincerity and great aim.-He that will lose his friend for a jest stairs.

deserves to die a beggar by the bar-What you were, others may answer

for, what you tried to be, you must answer for yourself .- John Ruskin.

past cannot be changed. The future is yet in your power.-Hugh White. When death, the great reconciler, has come, it is never our tenderness

that we repent of, but our severity .-It is not enough to have earned our livlihood, the earning itself should have been serviceable to mankind. - H.

Set the allowance against the loss The attitude of the socialist party, so and thou shall find no loss great; he get up. Fires, dishes, meals, slops, Materials (light part):-1 egg, 1 cup far as our sisters are concerned is the loses little or nothing that reserves himself.-Quaries.

ps flour, I teaspoonful of cream tarir. 1/2 teaspoonful soda.

(Dark part). Take half the mixture believe that a certain small part of the one more important, which he gives say.

(Dark part). Take half the mixture believe that a certain small part of the one more important, which he gives say.

No, dear madam, my fine, fat old

female slave. Eliminate it by raising bility; for it thinks all things possible.

liberties are concerned we stand for thou passest on the highway, and from all, tools and machines, organization of complete equality irrespective of all sex every experience that sends thee, and labor, division and subdivision of labor; In regard to the subject which is ap- of human weakness and human needs, domestic slave. And about machines parently of primary importance and in- distill in thine awa heart the precious and their labor there shall be no smell terest to the women just now, the fran- toll of sympathy .- A. Fellows Johnston, of servitude or slavery, no taint of the

Society heaps great wealth on the assist them to the best of our ability at few and great misery on the many. all times. In the socialist party organ- This produces over-fed, soft-muscled ization we practice this already. We admit and welcome the women, grant-worker Society then asks "tare admit and welcome the women, grant-ing them equality with ourselves in all matters. Surely, then, we have a claim not. But the inequality between them

----CONTENTED

With your labor and your lot! And never long to have the things, "

PROVERBS

PSALMS

let them be ashamed which ness; and step one day a little book in which I transgress without cause.

4 Show me thy ways, O Lord; teach me thy paths. 5 Lead me in thy truth, and teach upright shall flourish.

me: for thou art the God of my salvation; on thee do I wait all the day.

6 Remember, O Lord, thy tender are the ways of death.
mercies and thy lowing-kindnesses; for 13 Even in laughter they have been ever of old. 7 Remember not the sins of my youth.

nor my transgressions: according to thy mercy remember thou me for thy goodness' sake, O Lord. 8 Good and upright is the Lord: therefore will he teach sinners in the

9 The meek will he guide in judge-

way.

10 All the paths of the Lord are

CHAPTER 14.

a stranger doth not inter- know that your fine ra meddle with his joy.

overthrown: but the tabernacle of the freshness and bloom are the he

12 There is a way which seemeth right unto a man; but the end thereof life?

rowful; and the end of that mirth is There ain't going to be no servant girls heaviness.

filled with his own ways; and a good man shall be satisfied from himself.

But, cheer up. It may not be as bad as you fear. You are going to lose

15 The simple believeth every word: but the prudent man looketh well to his

16 A wise man feareth, and and dement; and the meek will be teach his parteth from evil: but the fool rageth, and is confident.

17 He that is soon angry dealeth foolishly; and a man of wicked devices

UNDER SOCIALISM

There Ain't Goin' to be No Servant Girls

Few and far between are the crumbs of comfort seen as one looks over the world of capitalism. But there are two recurrent news items that cause me chortle with glee and warm the cockles of my heart.

One is the wail raised by the gentlemen of commerce because it is so diffi-cult to get American-born boys to be sailors. The other is the whini belch of our fine ladies because of the scarcity of servant girls.

Generally speaking, a common sailor is treated a little better than a dog-Most servant girls are treated worse than dogs.

"Domestics," they are called by their "mistresses," but few of them meet the kindness and consideration accorded domestic animals.

They cook the best food, and eat the leavings. They set the table in the dining room, and eat in the kitchen. They sweep and dust the parlor, but they must not sit there. They empty the slops and make the beds in fine chambers, but they sleep in attic or cellar, or in a cubby-hole under the

Every male member of the household has a right to insult her. No matter who or what he is-raw and driveling youth, burly master, or drooling and senile grandpa. Driven to bay by the fine gentlemen, she may call for help. Mistakes are lessons of wisdom. The But there is no help. Only mistress can hear her cry. She knows "her boy" wouldn't do such a thing. "You are the brazen baggage." "Leave are the brazen baggage." my house-hussy!" No reference. No "character." When attacked by foreman or employer, the factory girl may save her soul at the price of her place and bread, but many time the "domestic" must give up all on the altar of slavery.

One afternoon and one evening out every week. Last one to bed, first to beds, sweeping, dusting, children. washing, mending, windows, scouring, scrubbing-all to be done for others,

female with the double chin, there ain't Love feels no burden, thinks nothing goin' to be no servant girls in the world eliminate the society lady, and we eliminate, also, the other class, the of trouble, attempts what is above its that is to be. It's a terrible thoughtas bad as you fear. True, there shall the working women to a higher level.

As far as political and civil rights and

Gathering something from everyone that there shall be no servants, but it does not follow that there shall be no service. First of out of the wide knowledge thus gained shall do many things now done by the "menial."

True, brass and iron, cogs and levers and springs and steel can not do everything. There are left tasks that n.ust must be done, tasks that only human hands can do. That service shall be performed, dear lady.

But not by servants, not by slaves.

It will be the service one equal per-forms for another. The obligation will be on the side of the one who receives the service. Dear, dainty madam, in the day that

is to be, if you want someone to take care of your dirty linen, you're going to-be awful good to them. Yes, you really are; indeed, you are. You can't believe it, but it's true. And your not going to pay for their service with \$3 a week, and meanness, and asperity, and airs of superiority. In the day that is to be not far off, dear, gentle ladyyou will find that if you want service you will have to render service. You will flnd there are things that may not be bought with a bank check, however large.

Dear, preity lady, do you know what 3 Yea, let none that wait on thee be 10 The heart knoweth his own bitter- you owe your servant girl? Do you out of her rags? That your riches are 11 The house of the wicked shall be coined out of her poverty? That your that was hers? That every minute of your leisure has been coined out of her Beautiful mistress, in the world that

13 Even in laughter the heart is sor- is to be things will be very different. In that world you, pretty creature, will 14 The backslider in heart shall be have to be useful as well as ornamentalyour servant-that is sure.

Maybe you'll find a sister where once you had a slave. That would make it worth while, wouldn't it?

No servant to obey you; no slave to-fear you, but a sister who shall love you

BEN HANFORD in "Fight for your Life.

socialism will f humanity.

ance over feudnow become must take its

RIA Children. ways Bought