

teenth century, the spinning wheel was invented and used entirely until Hargreaves' invention.

Naturally the weaving industry grew apace. The rude loom of primitive origin with its logs to hold the warp thread in place and the bone which acted as shuttle, to carry the thread back and forth, has passed through many stages of evolution before becoming the loom of to-day—that wonderful machine, which, harnessed to the electric dynamo, works out for us any design for which we give the pattern.

No longer are our fireplaces the scene of those necessary occupations of spinning and weaving, and, unfortunately, seldom the scene of the manufacture of the prepared fabric into garments. No longer is such respect and dignity attached to these tasks, as when the social and home life centred about them.

Nor has the change from home to factory production been without its effect on home life. True, we have much finer and more beautiful fabrics, produced at much lower cost of labor—and therefore money—than we could have by home production. Doubtless it would not be advisable to have them again in the home if we could. But with the passing out of the industries, there passed out of our home many of the boys and girls. They had to forsake the pure, wholesome, uplifting environment, for one which is frequently detrimental, not only to physical but to moral welfare. Those who were left in the home lost, to a great extent, that spirit of industry which would have come to them, almost by instinct, under former conditions. So we must strive with all our might to preserve the family life, to foster in the home that spirit of co-operation which makes us useful in the world.

For this reason, as well as from an economical standpoint, our girls should have, as far as possible, a thorough knowledge of the Domestic Arts.

Not the least important of these arts is sewing. No matter what our occupation, we all must face the problem of dress, which problem in these days of high cost of living is becoming more and more difficult. Even if we are forced to buy our garments, their repairing necessitates the use of the needle. The sources from which that knowledge must be obtained are varied. Too often we depend upon what we learn in our doll-dressing days and let experience, that trying and expensive teacher, do the rest. Where it is not possible for a girl to take a course in sewing at a Technical School, ladies' college, or serve an apprenticeship with a dressmaker, she may be able to avail herself of a demonstration lecture course, given now-a-days to Women's Institutes by the Department of Agriculture.

In sewing, as in every other work, perfection, beauty, and endurance depend upon a thorough knowledge of the rudiments, as well as the details of construction. Therefore, let us start at the beginning.