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nothing more teachable than a young colt—nothing more delightfully frolicsome. Best of all, the training of the colts and the riding of the horses would bring the women of the family more frequently into the fresh air.

As I write, I am reminded of a certain black colt, Dexter, whose acquaintance I made one summer holiday. Dexter, like many two-legged babies, had an extremely sweet tooth and was always willing to imperil life or limb for sugar. He had foolishly been admitted to the house yard and allowed to come to the kitchen door for sugar, which was always brought from a pantry that opened opposite the kitchen door. The gate of the house yard was secured with a wooden pin attached to a string, and the children had thought it great fun to teach Dexter to pull this pin out with his teeth and let himself in. One very hot August afternoon we had all retired for a brief siesta, when there arose the most awful clatter in the kitchen—it seemed as if the house was coming about our ears. Down stairs we all tumbled, in very striking negligence, to find master Dexter in the kitchen with his head in the pantry looking for the sugar. This was an awkward predicament, but worse was to come. In turning him round to lead him out, his fore feet trod on a portion of the floor that had a cellar beneath. The hollow sound frightened him, and there he stood with his forefeet shot out in front, and absolutely refused to budge. Eventually, with much coaxing, and many suspicious side glances, he was backed out, and for many a day he could not be induced, even by the sight of sugar in your open hand, to adventure himself inside the home yard.

The opening of this immense departmental store has created the idea that there will be employment for a large number of young women from outside the city itself. It is rumored that the company have already had 2,000 applications from outside points. It is very possible that they may have had considerably over 1,000. I do not know the number they intend to employ or the wages they intend to pay, but I do know very well the conditions of obtaining board and lodging in Winnipeg at the present time, and I would like to utter a word of warning to the girls coming into the city. The Young Women's Christian Association and similar organizations that make a business of looking after the interests of young women, strangers in the city, are finding it increasingly difficult with each passing week to find decent lodging and board for women. People who let lodgings almost invariably prefer men. The reason of this preference I am not going to discuss, but the fact remains. In the Willard boarding house, opened by the W.C.T.U. on Balmoral Street, Winnipeg, there are four girls in many of the rooms. Each has a bed to herself, but the cubic air space is far too small for that number of occupants. I am not criticising the home; the women in charge have done their best to make it sanitary, but the pressure on their accommodation is so great, and the cost of running the home so heavy that they cannot well do otherwise. For a fourth of a room and her board a girl pays \$4 per week. And where there are only two in a room the rate is correspondingly higher. I know of a number of cases where the girls are only earning \$20 per month and are paying \$16 for board and lodging; this leaves them with but \$4 for their washing, clothing and all the incidental expenses that crop up in a city like Winnipeg. No girl can live decently in Winnipeg, paying her board, for less than \$30 per month, and she will find it mighty hard scraping to get along on that. I am speaking from actual personal knowledge, having earned my living in Winnipeg for 22 years.

In that time I have seen many a girl go down to destruction simply because she was poorly housed, poorly fed, fell sick and in a moment of weak-

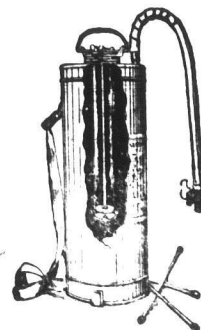
ness allowed some man to help her. I can hear dear girls all over the country exclaim: "I would never do that!" Let me say in reply that it is always easier to be virtuous when you are not tempted to be otherwise. There is one prayer that should be often on the lip of every girl going out from home to seek her living in the world, and that is: "Lead me not into temptation, but deliver me from evil." I hold no brief for the girls that go astray; no fallen woman was ever wholly blameless, but far too often her first wrong step was in leaving a safe country home, where, had she been willing to do the work that lay at her hand she could have earned her living respectably, and in going to a city where her ability would command only low wages with their corresponding miseries. Having been for many years closely in touch with the self-supporting girls of the West, I have the highest possible admiration for their pluck and their high standard of morality; but I would have every girl in the country, who wants to come to the city, sit down in her own home and count the cost. If she decides to come to the city—as many of you will—and if you have no personal friends, then before coming write the secretary of the Young Women's Christian Association, Rialto Block, Winnipeg, or the Matron of the Willard Home, Balmoral Street, and have them advise you where you can get board and rooms. These two places know what are safe and respectable boarding houses, outside of their own homes, and what are not, and let any and every girl be wary of any place that offers her cheap board. There may be nothing more than the ignorance of what it costs to keep house in Winnipeg behind it, but the chances are strongly in favor of there being something much worse.

THINGS GOOD TO EAT.

Salad.—A recipe for a hot weather salad comes down to me from some remote grandmother. Cut crisp lettuce, and young and tender green onions very fine and pour over them a dressing of a tablespoonful of finely chopped spare mint; one-half a teaspoon each of salt, red pepper, and mustard; a heaping tablespoon of brown sugar (or two tablespoons of maple molasses or honey), a cup of vinegar and half a cup of either sour or sweet cream, if you have it, though the salad is very good without. The mint gives the salad a peculiarly piquant flavor that is most acceptable in hot weather.

Nut Sandwiches.—If you have never made peanut sandwiches, do not let another month go by without trying them. They are specially good for July because they are as nourishing as meat, more easy to digest, and want no cooking. Shell and skin the nuts and put them through your meat grinder (one pound of nuts will make a great number of sandwiches). Season the ground nut with salt and red pepper, moisten with milk or cream and spread thin between slices of thin bread and butter, either white or brown. A mixture of peanuts, walnuts and salt almonds also makes a good sandwich, but I think the peanuts will prove the most popular, and they are cheaper and easier to shell. These sandwiches go excellently well with the salad aforesaid.

Joe—"I love you; I love you. Won't you be my wife?" Jess—"You must see mamma first." Joe—"I have seen her several times, but I love you just the same."



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