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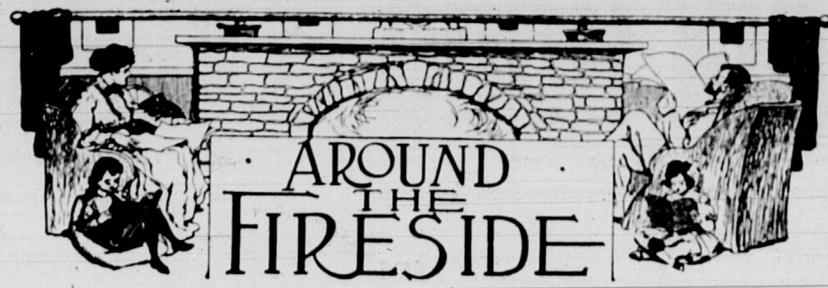
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A Woman's Time

At a recent meeting held at one of the Ontario Women's Institutes, Miss Ethel Rupert contributed the following paper on the timely subject, "Is a woman's time worth anything?" In these days when one of our best selling publications is "How to live on twenty-four hours a day," we may well reflect on the value of a woman's time. A decision made in the general sessions court in New York city has raised the question, "Are wives supported by their husbands?"

An American political economist disposes of the matter thus: "A general rule is that the man has the wife and family. The former is undoubtedly lending him aid by cooking his food, mending his clothes, but there is no need of considering her as a separate agent of production." At a glance we see that she is producing articles of commerce, food, clothing, comfort, service, all coming quite within the scope of economic production. As a buyer for the family and administrator of the family funds, she is performing services as distinctly related to the production of wealth as any similar work done by men in business houses. It is the law in many countries that the amount of time a woman shall work for wages is sixty hours a week. In the home the wife, because she works for nothing (or shall we say for love?), may be forced to toil day after day, month after month, year after year, far into the night and all night, if the convenience and comfort of the family require it. The burden of her task may be greater in the home than if she worked for wages, and her contribution to wealth is worth money, but because the home is a "sanctified spot" the wife's labor is not recognized on principle. No record is made of the profit and loss of her production, and even if the life of the wife goes to balance the account, the assumption is that it is right and proper. It is a fine instance of the beautiful spirit of devotion to duty (D) which makes women toiling in the home so eminently fitted to die and go to Heaven. Heaven may wait to welcome her into glory, when as a wife and mother she has worked herself to death. But the education she has received and

the ideals she has been taught to revere compel her, while working in the hope of Heaven, to have some hope of life, liberty, happiness and fair wages to recompense her here below. The work done by women in the home is the last determining factor of the problem of the cost of living, and is also the first determining factor of the cost of all production. The question demanding investigation is not, "Are wives supported by their husbands?" but "How far are husbands—men in general—supported by the work of their wives?" How to keep the girls in the home is an important problem now demanding serious attention. That it is desirable that a daughter should remain at home during the period that comes between the end of school life and the beginning of matrimony is generally agreed. She is better protected there, and the parents feel they have a right to her companionship, since they were deprived of it during the years at school. Every adult, male and female, ought to earn his or her own living, and in such a way as to realize upon it.

No matter how useful a daughter may be in the home, she usually thinks, and not without reason, that her work is not appreciated at its full value. To ask a father for money is as disagreeable as to ask a husband. If she earns the money she should not have to receive it as a free gift. At this period of her life, when she is energetic and most needs work, the young woman is not given anything of importance or independence to do, or if she has, she receives no specific recompense therefor. The daughter should be given a regular salary. The salary should be at least equal to what would have to be paid to a stranger for the same work, if one were called in to do it. The duties should be defined and performed efficiently. In a few homes the daughters are paid salaries, not because those daughters are unwilling to help, but because the parents are reasonable and admit that these girls have natural needs that must be met. These girls are happy, contented and efficient, because they have been raised to the level of a human, independent, self-reliant being; who no longer needs wait upon the humor of father or the good will of brother to satisfy apersonal requirement.

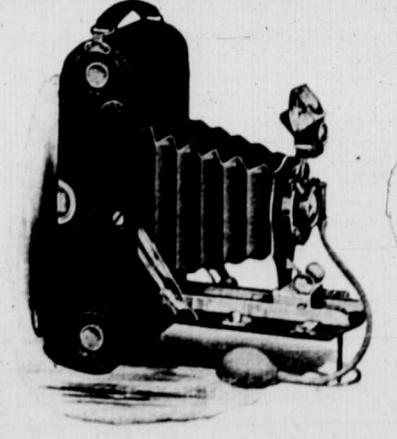
GOOD MANNERS

Studied, folded, and laid away
Manners too fine for every day!
The graceful bow and the gentle touch
That cost so little and mean so much;
The smile that charms like the rare perfume
Of a rose jar hid in a shadowy room;
The song from the twilight nook apart
That finds its way to a burdened heart;
The yielding of self and of selfish ends,
Reserved for the plaudits of transcendent friends:
This—this—the cruel sneer provokes—
'Anything goes with one's own folks.'

ROUND SHOULDERED CHILDREN

This is a common complaint among children. It may arise from many causes. Among the boys it is often only the swagger copied from careless men. Often, too, among both girls and boys it comes from weariness and insufficient nourishment. It is no proof at all that your child is well fed because your table is loaded with foodstuffs. How much, and what, does the child eat? Is what every mother should observe, if she is taking proper care of her family. Especially in the busy seasons, children have to take second place. If "the men" eat, all is well, apparently. Yet too often children work harder in propor-

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tion to their strength than the grown-ups do. They cannot, or dare not, complain that the food is not what they can eat. Indeed, it cannot be expected that they should direct the cooking of any special dish, however much they may need a change of diet. They do not know that it is a change of diet that they want, and lighter dishes than grown-ups require.

The child who lounges with the shoulders drooping is doing a serious injury to his body, and may greatly retard a proper normal growth. Nature intended that the internal organs of the body should be suspended from the inner walls of the body. Undue pressure upon any of these organs, such as the chest falling down upon the stomach, and the stomach upon the intestines, causes a crowding that interferes with the proper functions of these organs, hence will follow a weakened physique, and the shoulders fall forward because they always follow the chest. Properly nourished children, who are not overworked, and who are made to understand the value of a well-developed body, without which very few people succeed in life (and they, not to the extent they otherwise would), will not require much urging to assume erect postures during their waking hours.

If those children who may be said to have inherited a tendency to drooping shoulders, are taken at an early age and taught to practice with the horizontal bar, now so common in all the gymnasiums of the large schools, and also to take regular deep-breathing exercises, much might be done to correct this injurious habit.

A horizontal bar is simply a smooth, round pole, three or four feet long, and one and three quarters to two inches in diameter, suspended by a sound rope from each end, and raised so far from the floor that the child must jump two or three inches to grasp it. The exercise is to swing the body from the pole by the arms. Very soon, really surprising agility is acquired. The child quickly manages to swing by the feet and hands alternately. This bar exercise, used in reasonable moderation, is considered one of the best developers of growing children, and furnishes a fascinating incentive to healthful play. Old quilts, mattresses or what is better, new mown hay, may be spread thickly below the bar, so that a fall would not injure a child. Under a shade tree is a desirable location for the bar.

Give the children a chance—the best chance you can, to become the best that Mother Nature will permit. The round shoulders will soon disappear if the child is given the chance that every child should have.

KITCHEN HINTS

Potato Salad—Cut cold, boiled potatoes in one-eighth inch slices, sprinkle with salt and pepper; add olive oil (or cream), and mix thoroughly, then add vinegar, a few drops of onion juice. Arrange on lettuce leaves in a salad bowl, and garnish with slices of hard-cooked eggs and parsley.

Stuffed Baked Potatoes—Remove potatoes from oven, cut in halves, scoop out



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