

Now these are the very difficulties that confront the woman who has had no training in the making of garments.

In the first place she knows little or nothing of the value of materials, their suitability and durability for the work in hand, and money (often hard-earned) is spent for that which gives no adequate return; but, being a woman, she struggles on, often with headache, backache, and heartache, not from the amount of muscular effort that has been called forth, but from the nervous strain consequent upon effort put forth to do that, which, for lack of training, she is not competent to do.

Sewing, appealing as it does to the artistic sense, and because of the fact that it does not necessitate great muscular effort, is essentially a woman's work; but a work for which she must be trained if she is to have pleasure and profit in doing it.

How often and often has the writer heard married women who are faithfully struggling on, and unmarried women, who feeling the constant drain on their incomes for the making of garments, say "Oh, I do wish I had been taught to sew when I went to school. I cannot get all I really need, let alone all I want, it costs so much for the making."

Now, since it is so obvious that training is necessary, when, where and by whom should it be given?

It is a recognized fact that a girl will learn to sew quicker and better between the ages of seven and ten years than at any other period, the muscular activities being greater, while if left until she reaches womanhood the chances are she will never be able to make much progress. To the question, "who shall teach her?" some would reply—"why, her mother, of course," but we ask—"are all mothers capable? Have all mothers time?"

From the facts of the case as we see them the answer must be "No," and since sewing should be taught early it would appear that the school is the only place where all can learn and best learn.