

## Bess's Column.

The Single Woman's Power. Written for the Unmarried. By Bess.

It used to be the custom, even not so many years ago, to call anyone who passed the age of thirty without being "woo'd an' mairret an' a," an "old maid;" but nowadays "nons avons change tout cela." No one is at all surprised if "girls" do not marry till well over thirty; in fact, it causes more comment if they marry under twenty than it does if they are well on in the thirties and also a step in the right direction that the term "old maid" is seldom or never used. When used, it is not in derision, as it once was, and more often than not it is used by the giddy girl of 15 or 16—the girl just at that stage when she wishes to pass for a couple of years older than she really is.

### The Little Blind God, Cupid.

There are many reasons for this change of attitude. In earlier days it was the fashion for girls to stay at home and wait "to be axed" like Miss Nancy Baxter. It must have been so wearisome for these early women, don't you think, looking eagerly forward to their emancipation from school and their entrance on the marriage mart. They entered the new life eagerly, hopefully. Then as years passed on and they were not sought, how galling it must have been to see younger and fairer combatants enter the field, wresting from them without effort their position as queen of the field. Then there was nothing for them to do but to hang on for a few years on the outskirts of the younger throng, hoping against hope Mr. Right might yet turn up and throw the handkerchief they were so painfully eager to pick up! And then came the retiral and the bracketed "old maid" with their names. Don't you think that this aimless way of living had a great deal to do with the "drabness" of so many married lives? They knew, poor girls, that "he" was not all their fancy painted; that he was not by any means their ideal; yet, they also knew that "there was a tide in the affairs" of girls that needed to be "taken at the flood;" that they had

"To gather roses while they may,  
Old Time is still a-flying."

And so they gave a more or less willing assent, and went to the altar.

But custom changes all things; Nowadays girls can earn their living should-er to shoulder with men. There is no need for them to look on marriage as their be-all and end-all. They need not now marry in case they lose their present home, or to have some one to work for them—they can do that for themselves. If the little god Cupid comes along meanwhile and shoots his bolt in to her heart; if her love is reciprocated and they marry, then, undoubtedly, she has come into her kingdom. Her happiness is greater than the single woman can ever know; her life fuller, though indeed, her cares may be greater.

### Advantages of the Single Woman's Life.

The single life, has, undoubtedly, many advantages. Take the girl who has been trained to work for herself. Her money is her own to do with as seemeth good to herself; her time is her own after business hours. At holiday times she can pick up her tent and hie herself away sight-seeing as much as she likes. She is ever so much freer than the lard-worked wife. The latter may also, let us hope, get her holiday, but there is the preparing for it—the packing up the house, metaphorically, in dust sheets till she comes back. Her own clothes, her husband's and her children's need lots of extra preparing beforehand, and they are with her all the time. She cannot leave her house-keeping worries behind her; like the poor, they are always with her. The children need the same, or more, attention on holiday as at home, hubby also. Then there is the straightening up after she gets home. Washing and mend-

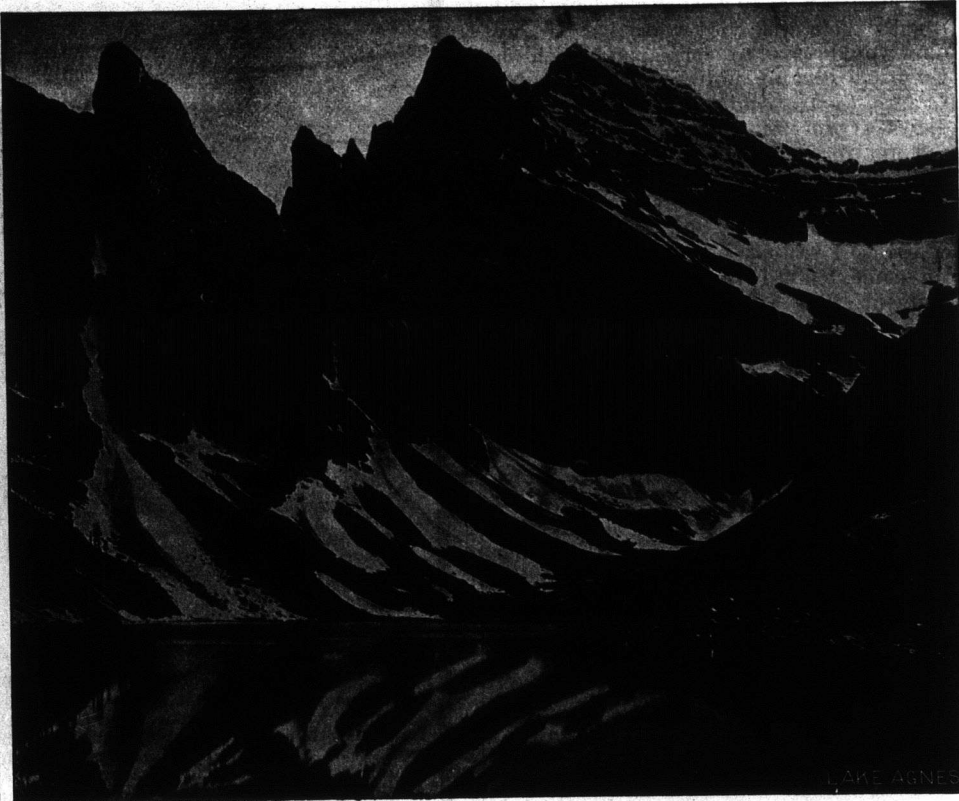
ing have been "scamped" and take weeks of making up; the house seems as if it would never get clean again. But

the bachelor girl is free as air!

When ready to return from her enjoyable holiday, a note to her landlady apprises her of the fact, and she returns to spic and span rooms, freshly done up and an obsequious, attentive landlady.

### Disadvantages of Her Life.

But, alas! even this spic and span-ness shows an emptiness after a time to a home-loving girl. What would she not give sometimes to see its tidiness marred by little toys trown carelessly about; and ah, how much more for the loving touch of dear little baby fingers! These little loving mischievous fingers, how they can draw one away from thoughts of care, how they soothe one how they can "even things up" that seem inclined to go awry! The landlady is obsequious and attentive, unobtrusive in her welcome, but there is no real love in it, no one to hug the girl



tired out with her holiday pleasure, and whisper a loving welcome, no glad

"Eyes that look love at eyes that speak again."

Then, too, the single woman, in this very loneliness, is apt to fall into set ways—the "prim old maid,"—into set expressions, to get behind in dress, and this is where the caricaturist has his day. Young life about us keeps us young, and the single woman must strive ever to keep young and up-to-date. Remember a woman is only as "old as she looks," so make up your mind to "look" young. Do not get into old folk's ways if you would keep young. A cosy arm-chair and roaring fire look tempting after your return from business, but young folks do not indulge as a rule in these old folk's customs all the time. They go out for a brisk walk or cycle even if the weather is good and come in freshened up, and with a look of youth strong on them. Do as you see young folks doing all the time. Our grandmothers were old women at thirty and wore caps, first, because it was the custom to be old at thirty, and they thought their time had come. But time alters a good many things.

The world has been the better for a great many of its so-called "old maids." "The lady with the lamp" who passed away so lately is but one instance of the many in history, and who but can recall so many in our everyday life?

Who has so much time as the single woman for the "wayside kindnesses," for the sick friend and the poor neighbor, who can so well supply the "cup of cold water" as she whose heart is full of love for all the world? Her capacity for love is very great—she has a great loving empty heart—and the love she scatters will be repaid an hundred-fold—do not doubt it!

### Useful Hints In Knitting

#### To Refoot a Stocking.

Unpick the sock or stocking, stitch by stitch, 2 rows above the heel, and take them up on three needles. Knit 2 plain rounds and divide for the heel. A foot may be knitted separately and grafted stitch by stitch to the leg. To do this, first unpick the casting-on row. However, the usual way is to cut off the worn out foot just above the heel, and unpick till you get the thread of the old knitting to run a few times round. Then take up the stitches, knit again a round of the old thread, join on new thread, and knit 2 rows, then divide for the heel and proceed as if you were knitting a new stocking.

#### To Re-Heel a Stocking.

Unpick the stitches taken up on heel for foot. Put them on a thread as you

2 slanting threads, draw it out again upwards from below through next loop. Repeat. Leave the wool loose enough to make each row the same as the knitting at the end. Turn the work round and work back.

To reknit a stocking, slit the worn part down the centre, unravel the 1st row back carefully a little beyond the worn part, unravel the rest. Leave all the ends. Put the stitches on a needle and knit to size, plain and purl like the rest of the stocking. Graft the loops together of the "patch" and the stocking. Turn the stocking outside in. Take each of the unravelled threads, put one by one into darning needle and darn for a few stitches into the "patch," then back again into the stocking.

### Marking.

A simple and pretty way to mark stockings is to knit initials in on the tops in colored wools. Procure a cross-stitch pattern of the letter or letters, lay them before you upside down, and knit a colored stitch for each block of pattern. The inside will be neater if you knit in rows instead of rounds while doing this, sewing up at seam the little space afterwards.

### Knitted Knee-Cap.

1 skein 4 ply vest wool, scarlet; 2 skeins 4 ply vest wool, grey; 4 needles, No. 14. The knitting measures 10 stitches to the inch. For a man add 20 more stitches. Cast on with grey (G) 97 stitches, 36, 30 and 31 on three needles. Knit 1st and last together to join neatly. Rib 16 rounds. Knit 3, purl 3. Join scarlet (S). Carry one wool over the other when beginning to keep it tidy. Rib 2 rounds, rib 8 rounds G., 4 rounds S., 8 rounds G., 2 rounds S., 8 rounds G. Next 2 rounds K. plain.

### The Knee.

With G., K1, P1, for 24 stitches; turn. Slip 1, K1, P1 for 29 stitches; turn. Now change the little rib. Slip 1, then knit the knitted stitch of last row. Purl the purlled stitch, knit 1 more at end; turn. Knit in this way 1 more each little row, changing the rib after every 3rd row, until you have 12 extra stitches each side of the centre. K. 6 rounds, keeping centre stitches in pattern, the others in rib. Find centre stitches, K. to end of these; turn. K52; turn. K51, and so on until the stitches are as at the beginning. Then knit the whole round 2 rounds plain, then 8 rounds rib. Knit as 1st part, reversing the order of color. Cast off loosely. These are of great comfort to people suffering from rheumatics.

### Knitted Pattern for Gent's Waistcoat. Spot Pattern.

Two colors 5 ply fingering yarn; light for the foot, and dark for the ground. Needle, No. 12 or 13. The work must be firmly and tightly done. (L. light, D. dark. Cast on stitches divisible by 6 and 1 more with D. This extra stitch is used at the beginning of the even numbered rows and at the end of the odd numbered rows, and is not further referred to in the directions.

1st row—Knit.

2nd row—K1, L, 5 D. Repeat.

3rd Row—With D. K5, wool forward. Slip L., wool back. Repeat.

4th row—Slip L., \*purl 5, put wool back. Slip L. Repeat from \*

5th row.—Purl 2 D. \*Purl 1 L. Purl 5 D. Repeat from \* at the end. Purl 3 D.

6th row—Purl 3 D. \*Slip 1 L. Purl 5 D. Repeat from \* at the end. Purl 2.

7th row—Knit 2 D. \*Slip 1 L. Knit 5. Repeat from \* at the end. Purl 3.

8th row—Repeat from 2nd row.

### White Swan Yeast Cakes

No woman wants her bread to be a failure and no bread will be a failure if White Swan Yeast Cakes are used in the baking. Sold by your grocer, six cakes for 5c. Sample sent on request. White Swan Spices & Cereals, Limited, Toronto, Ont.