

that the husbands and sons may anticipate a pleasant evening around their own fireside. They will not be emptied then to look for pleasure in the undesirable places.

Country homes and country life impress many of our city friends as very dreary and monotonous. For those of us who have grown up with the freedom of country life in our veins, away from the smoke, dust and noise of the city, where we are surrounded by all the beauties of Nature, where fresh air and sunshine are abundant and free, the prospect of giving up such luxuries for a city home with its cramped surroundings, calls forth considerable sacrifice. City life affords advantages which one does not get in the country, but too often people overlook the comforts with which they are blessed in the country, and seek city life with all its rush and glare.

There is too much discontent in the world—a constant desire to sud-

denly gain wealth, but after all of what use is it, if one has not health? An abundance of fresh air, sunshine, and good food are three important factors in health, and where can they be gotten better than in the country? To teach children the necessity of these, is important, and a step towards carrying out the Women's Institute motto, "For Home and Country."

Good Farms Competition

We are indeed interested in Farm and Dairy. We owe many comforts to it. The Good Farms Competition Dairy gave a stimulus to my husband and myself, particularly to him, that I am sure nothing else on earth could have done. It reached a point that I myself could not have touched, and now my only fear is that we may be getting too proud. But oh, the joy

of it all. I see steady progress all along the lines of our work and it is all owing to these blessed competitions, making us better farmers, better citizens and having more faith in ourselves. We can do so much more, if we only have the desire. To desire what you want, to know what you want and to work for what you want, is a good creed for success.—"Aunt Faithie."

Useful Presents

One of our new Cook Books would make a most useful holiday present for one of your friends. Why not send us two new subscriptions to Farm and Dairy and in return we will send you one of these Cook Books, free of cost.

For one new subscription, we can send you a 14k gold Fountain pen, which would be useful to any member of your family. Put these premiums away for Christmas. They make ser-

viceable gifts and do not cost much, a few minutes only, in securing new subscriptions. Our new premium list is full of other equally as interesting and valuable premiums that could be used in the same way. The list is illustrated, and is worth sending for. A post card will bring you one, free.

I think Farm and Dairy is steadily improving and meeting the wants of the farmers.—Mrs. D.J.M., York Co., Ont.



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