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10.50 a. m.—Modern Conveniences in Rural Homes. Prof. L. J. Smith and W. J. Gilmour, M. A. C.
11.15 a. m.—Business.

Mother's Corner

A MOTHER'S PRAYER.

O Father, heed a mother's prayer,
And keep within Thy loving care
My little ones, who day by day
Must learn to walk earth's rugged way.
Thou knowest, Lord, each little heart,
And what in life must be its part;
The humble paths of little feet
Are traced in all Thy plans complete
For this I praise Thee, and confide
My lambs to Thee, what'er betide;
In confidence I look to Thee
To shape in love the destiny
Of each confiding, helpless soul,
That it may reach some happy goal.
I rest in Thee, O God above,
And trust in Thy eternal love;
In Thy enfolding arms divine
I place these little ones of mine.
O do Thou hold them to Thy breast,
And give them peace, and give them rest;
Then, far beyond encircling skies,
Grant them the joys of paradise.
Amen.—From The Mother's Magazine.

JUST TRY THINKING.

"Never mind a change of scene—
Try a change of thinking.
What if things seem sordid, mean,
What's the use of blinking?
Life's not always storm and cloud,
Somewhere stars are shining;
Try to think your joys out loud,
Silence all repining.
By degrees, by thinking light,
Thinking glad and sweetly,

You'll escape the stress of night,
Worry gone completely.
Get the habit of looking for
Sunbeams pirouetting,
Tapping gayly at your door—
Surest cure for fretting.

John Kendrick Bangs.

Again I want to thank the women who have sent in such kind letters of encouragement. This letter from a reader fifty miles from town expresses the keenest of appreciation. I trust my readers will note the value of their letters to other women. Let me have as many as possible.

Dear Editor,—My husband takes the Canadian Thresherman and Farmer and I am a very interested reader of the Woman's Dept. We are living on our homestead fifty miles from town and sometimes it is very lonely. I have a dear little baby almost a year old. She is a lot of company for me, she is getting so interesting now. I find the Woman's Dept. very helpful and the recipes useful. I always enjoy the poetry and letters from other farmer's wives. I think the papers about infants which appear from time to time are splendid as there are so many inexperienced mothers like myself living on the prairie far from doctor or advice. We have taken the Thresherman for a couple of years now and we both think it splendid. I must close now, wishing the Woman's Dept. every success, from Another Farmer's Wife, Sask.

Another friend writes: I always read the "Woman's Department" and "Mother's Corner," and am very much interested. We lost our baby when she was three months old and I feel that my own ignorance and inexperience had something to do with it. We are a long way from a doctor." I quote this because I

want my readers to feel the responsibility of helping young mothers who live far from medical help. If mothers would write their experience for our Mother's Corner they would help other mothers who have had no experience.

Another subscriber writes: "I am a reader of your good paper, and find many things in it to cheer me up as I am a homesteader's wife out here in 'Sunny Alberta.'" My object has been to make my readers happier for having read this department every month. For this reason I usually omit the pathetic and sad, as I want this department to be like a sunbeam on a rainy day.

"If I covet one high grace,
It is this—upon my face
Just to show an inner light
To illumine other's night.

So many requests have come in for the article on Helps for Expectant Mothers, that I am having it printed in booklet form and will attend to the requests promptly as soon as the booklet is ready.

I am sorry that a delay was necessary but from now on I will mail the booklet the day after receiving the request. It is sent free to any wife. P.R.H.

EXERCISES FOR WEAK LUNGS.

People with weak lungs should stand erect in a well-ventilated room, place the hands on the hips and take long, deep, slow breaths, varying the rhythm, and at times taking short, jerky breaths for variety. The breath should be drawn through the nose.

The following exercises are valuable: Slowly raise the arms from the sides until they meet above the head, breathing deeply. Breathe out while slowly lowering.

Raise the arms in front; carry them as far back as possible then down. Breathe as before.

Slowly rise upon the toes, breathing deeply.

Extend the arms in front; carry one leg back as far as possible.

Lie on the back; raise the arms backward and over the head, while breathing deeply.

People with plenty of lung capacity can stand even bad air without suffering.

BUST and HIPS



Every woman who attempts to make a dress or shirt waist immediately discovers how difficult it is to obtain a good fit by the usual "trying-on" method, with herself for the model and a looking-glass with which to see how it fits at the back.

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