

The Home

Conducted by MARY FORD

IDEALS

A feeble groping after higher things,
As yet all shadowed and all undefined,
With no reality, no shape nor form,
A dim beginning in the human mind.

Perchance some flower that turned her lovely head
To meet the warmth of her Creator's sun
Had stirred our sleeping, undeveloped soul
To face the life, the race that all must run.

Perhaps the passing of some little child,
With tiny, unsoiled hands and wond'ring eyes,
Awoke some dormant instinct in our breast,
That sprang to being with a glad surprise.

It may be that we saw some aged saint,
His battle over and his Home in sight,
That gave to us a keen desire to live
As he, whose face was set towards the light.

A keen desire to conquer for the best,
A striving after right, that nobly grew,
Until it blossomed in a wondrous flower,
The secret of whose growth God only knew.

The flower of Love—of Love to God and man,
Of Love that triumphed over everything,
That set wrong right, that taught men to rejoice
And thro' the world to make Love's triumphs ring.

This and no other is man's true ideal,
That we fulfil our part in God's great plan,
And make a little brighter our small place
In God's great world—by love to Him and man.

Then when we stand before the great White Throne,
Our struggles over and our battles won,
God's voice completes our incomplete ideals,
Our work is sanctified by His "Well done."

WINIFRED BENEY

CHAT WITH MY READERS

If at any time I write on what appears to be one side of a question you may be perfectly certain that in a very short time the other side will appear, that is, if I write of the Tender Wife, I will also write of the Tender Husband later. If it is the Duty of Parents to their Children, I will write later on the Duty of Children to their Parents. I do not want to come out bitterly or strongly on any subject because it is only by being temperate and taking both sides of a question that women will ever be able to show the men that they are really worthy of the trust they wish to place in us by giving us the right to vote. While believing very strongly that there are many wrongs righted, and that there are many imperfect husbands, I know also that there are many imperfect wives; but I also believe that the mother has decidedly the most influence in her home and home surroundings, and that if, in the early part of her married life, she insists on proper respect being paid to her, and not allowing swearing or any impure language in her presence, I feel assured that her husband would very soon come to her way of thinking. Swearing is something that I feel every woman should very determinedly and firmly show that she will not allow in her presence or before her little children. You cannot expect little children to grow up pure and true in their way of speaking if they have the terrible example of father or mother swearing, or being guilty of telling impure jokes and stories in their presence; and they cannot be surprised if, outside amongst other children, their sons or daughters repeat their own language. And alas! it is not, unfortunately, out of the poorest homes that I find this example is carried where one would expect so little, but from the better class homes where there is every advantage for greater refinement.

THE CULTURE OF THE RACIAL LIFE IS THE VITAL INDUSTRY OF ANY PEOPLE

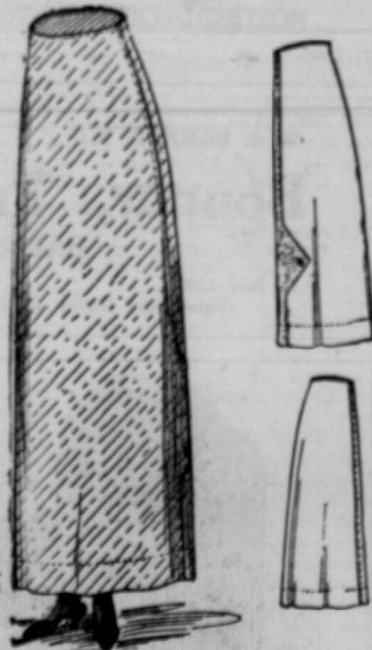
The ultimate principle, biological, sociological and eugenic, which we are here advocating under the name of the Rights

of Mothers, is abundantly supported by these considerations. We see now that the expectant mother is in actual fact working, and that if we ask her to do any other kind of work, we are simply sacrificing the future to the present, but nature never fails to advance herself on the spend-thrift, individual or nation. Our business is to recognize that the expectant mother is doing our business, and we must take care of her accordingly. She is a worker, and the foremost of all workers.

Of course, what we here argue applies to the nursing mother, and to the second stage of nurture, which is the nursing stage, just as much or almost as much, as it applies to the expectant mother. The nursing mother is also in fact a worker, and an indispensable one. Rudin's work with sterilized milk notwithstanding.

To consider the chemical energy expended in the production of milk alone it has been estimated that the production of milk for six months' nursing involves the same amount of work as would raise a ton-weight 800 feet high. When we consider what this work is for, what it is that the expectant and nursing mother produces, and what kinds of things are produced by most of our national industries, there is surely warrant for declaring yet again that the culture of the racial life is the vital industry of any people; that the economic rights of mothers, as mothers, are therefore paramount; and that she who creates the future, the maker of life and carer for life, is surely the last person to be in a position of economic insecurity in a sanely constructed society.

Why not apply to the creation of life as much knowledge as is lavished on engines of death? The writer here repeats the demand, which will certainly one day be granted, for the establishment,



7321 Two-Piece Skirt for Misses and Small Women, 14, 16 and 18 years.

TWO-PIECE SKIRT FOR MISSES AND SMALL WOMEN 7321. WITH HIGH OR NATURAL WAIST LINE WITH OR WITHOUT EXTENSIONS ON FRONT.

The two-piece skirt is a pronounced favorite. It gives the seamless effect at front and back that is so much liked, it is simple and easily made and it has, indeed, almost every advantage to commend it. This one can be made with pointed extensions on the front that lap onto the back to form a novel trimming or plain, just as preferred. The seams can be stitched or can be trimmed with buttons or with braid, and the waist line can be cut to the normal or a little above, as preferred.

The skirt is made in two pieces. When the extensions are used they are lapped onto the back and the edges are stitched to position. The closing is made at the left side. The high waisted skirt is arranged over a belt and the skirt cut to the natural waist line is joined to the belt.

For the 16 year size will be required 1 1/2 yards of material 36, 44 or 52 inches wide, width of skirt at lower edge is 2 yards for 18 year size.

The pattern, No. 7321, is cut in sizes for misses of 14, 16 and 18 years of age, and will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

No. Size
Name
Address

in association with the system of maternity benefits, of a class of state obstetricians, keen, clean, competent men and women, Listerian to their finger tips, who shall protect and serve the nations' mothers, and keep them alive and well for future motherhood. This will enormously reduce infant mortality; it will save thousands of mothers from dying of gross carelessness and negligence; and it will leave half our special hospitals for women untenanted, since the crisis of motherhood will no longer damage thousands of women for life.

Surely the first of the Rights of Mothers to-day is that they shall no longer be poisoned and killed, or damaged for life, by our failure to apply to this supreme case, the creation of life, the knowledge which we already apply upon the battlefield to the arts of its destruction.

In such ways as these it shall be that Canada as a Christian mother, may at last attain to the virtues and the treasures of a heathen one, and be able to lead forth her sons, saying, "These are MY Jewels."

Dear Mary Ford—I beg to acknowledge receipt of the Century Cook Book, my prize in the Homesteads for Women competition, which I can assure you is greatly appreciated by my wife.

With best wishes for the success of your campaign to secure woman's suffrage, which I consider is a reform which would be of inestimable value to the people of this country.

Yours for progress,
Blackfoot, Alberta. F. B. SULMAN.

A VOLUNTEER

Dear Mary Ford—I am deeply interested in votes for women and would like to help the great work along.



7296 Norfolk Coat for Misses and Small Women, 14, 16 and 18 years. NORFOLK COAT FOR MISSES AND SMALL WOMEN 7296.

The Norfolk coat is always a becoming one to young girls and to the small women of girlish figures. This one is made with the straight lines that are so essentially smart and is in every way distinctive. In the illustration it is made of corduroy, but it will be found appropriate for all suiting and all cloaking materials. It can be used as a separate coat over an entire gown, and made with a skirt to match with equal success.

The coat is made with fronts, side-fronts, back and side-backs and the applied box plaits are arranged over the seams. The yoke is finished at the lower edges and arranged over the coat and stitched to position. The fronts are faced and turned over to form the lapels and the collar is joined to the neck edge. The sleeves are of the regulation sort with upper and under portions and without fullness at the shoulders. The belt is slipped under the straps at the waist line and the closing is made with buttons and buttonholes.

For the 16 year size will be required 4 yards of material 27, 31 yards 36, 2 1/2 yards 44 inches wide. The pattern, No. 7296, is cut in sizes for misses of 14, 16 and 18 years of age, and will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

No. Size
Name
Address

I would suggest that we organize under a name such as "The Woman's Suffrage League" or "The Auxiliary for Votes for Women" or some such name and charge a small membership fee so as to create a fund to help on the great movement.

I know of a great many more in this part of the country who are in sympathy with the work and would be willing to help if the movement was once organized.

I am willing to act as secretary for this district in securing names or helping in any way I can. I would be pleased to receive any information in regard to the movement that you could send me.

A WELL WISHER.
Minitonas, Man.

Dear Mary Ford—I wish to thank you for the two valuable pamphlets you gave me to look through, called "The Young Man's Problem," also "The Most Beautiful Story in the World." I can say that I have read many books on this topic, but unfortunately it has never been my lot to have such a wonderfully clean, wholesome booklet as "The Most Beautiful Story in the World" till now. It is deserving of a very wide circulation amongst boys. The beauty of the story is that it is not written so that it will create a morbid curiosity to dive into the problem of the sexes, but to create a desire to be pure and clean and to have nothing but the cleanest regard for the opposite sex. The boy is sometimes shut up when questions come into his mind that the mother or father ought to answer honestly, and not create a mystery where there should be none. I have seen many beautiful lives wrecked for the want of this knowledge. How sad it is to see!

I earnestly trust that this book will be largely circulated.

Every page is clean and sweet as it is possible to be.

"The Young Man's Problem" is a lot harder to grasp, and requires to be judiciously given round. It is clean and wholesome, but apt to be misunderstood. I would think it would not be of service till a boy has attained 19 years.

I wish you every success in this grand and noble work, you have my sympathy in it.—Yours very truly,
JAS. H. R. FINEGHAN,
Supt. Winnipeg Boy's Club.

Dear Mary Ford—I have the cause of Women's Suffrage very much at heart and if there is anything I can do to aid it in the neighborhood of Colonsay I shall be very pleased.

It is now almost a year since I left England and I have been delighted to find among the men of Canada great sympathy for the disadvantageous position of women and a great desire to give them justice and fairplay. After the example set us by the miners and farmers of the West I think every woman should rouse herself and do her best to aid a movement which has for its object the improvement of the status of women. It is the lukewarm, passive attitude of so many half-hearted supporters that takes the heart out of the workers and delays success.

ALICE BOAZMAN.
Colonsay, Sask.

CHEERFULNESS

Surely it was no morose, melancholy power that taught the birds to sing, and ordained the laughing springtime when leaves and blossoms deck the trees with sweet and blithesome graces.

Goethe said: "In order to look into any person's temper, I generally make my observation on his laugh. It is in itself one of the chief distinctions of our rationality." Cheerfulness not only indicates health, both of mind and body, but it largely promotes it. "I am firmly persuaded," says Sterne, "that every time a man smiles—but much more so when he laughs—it adds something to his life." Cheerfulness is more important to religion than most people imagine. Religion misses the object it is intended to serve when it envelops the worshipper in a black shroud of depression and melancholy. The wholesome humorists of the world, like Charles Dickens and Mark Twain, have made men truer Christians by means of their mirth. The strict Puritans in all ages have always missed being truly great owing to their lack of this human quality. Religion does not dehumanize; it rather harmonizes and balances the elements of our nature. Where there is no healthy cheerfulness