The kitchen is the corner stone of the social life of the nation. It is of the greatest importance to the nation what our mothers and sisters do in the kitchen. I love music and art, but the root of the family is in the kitchen. If God has given us our meals by the good sweet hands of a mother or sister, you know yourself what a difference there is between that and the meal that is furnished in any mechanical way.—Charles Wagner.

(Written for the Woman's Edition of the "Colonist" by Mrs. R. B. McMicking, Nov. 6th, 1909.)

HOUSEHOLD DEPARTMENT.

"Use what talents you possess. The work of the world is done mostly by ordinary ability, while geniuses are waiting for splendid opportunities."

ANY an excellent housekeeper is a very poor homekeeper, and I have known women who made everything bend to the one ideal of neatness, and who in consequence of their devotion to this one ideal allowed their children to starve mentally and morally. On the other hand there are many women whose poor spiritless housekeeping has fostered in their children unambitious ideas and alarmingly common tastes. Then again there are thousands of women who do their work in a poor way year in and year out.

To the Good Housekeeper

there is no higher duty than scrubbing the kitchen table, if it needs it, and you are able to do it. Never imagine that when you leave it coated with grease and grime, and run away to your book or your biano or your embroidery, that it is because you have naturally finer tastes than the woman who gets her scrubbing brush, her hot suds and her cleansing material, and goes after that table. It is a very trite saying that nobody works so hard as the person who works badly, and this particularly applies, I think, to the poor housekeeper. She is always tired, always worried, always ready to complain over the abuses of women. Housekeeping comprehends all that goes to make up a well-ordered