



## Womans' Department

Conducted by PEARL RICHMOND HAMILTON

A HOUSEHOLD FORUM FOR THE DISCUSSION OF EVERYTHING THAT PERTAINS TO THE HOME



### FOR THE TIRED MOTHER.

"Where children are, there is the golden age."

"Mother is the name of God in the lips and hearts of little children." W. M. Thackeray.

"We are fashioned and shaped by the paths that lead us to God's throne Are worn by children's feet." —Goethe.

Longfellow wrote of children:

"They are better than all the ballads That ever were sung or said, For they are the living poems And all the rest are dead." "It seems a breath of heaven Round many a cradle lies, and every little baby Brings a blessing from the skies."

"We all talk of angels and saints; did you never think that there is not a home, however homely, that has not in it the germ of angels and saints?" —N. A. Staples.

"Love is delicate; Love is hurt with jar and fret, and you might as well expect a violin to remain in tune if roughly used, as Love to survive if chilled or driven to itself. But what a pleasure to keep it alive by little nameless, unremembered acts of kindness and of love." —Sir John Lubbock.

"Love is life. The unloving merely breathe."

"You can't buy a home. A man buys a house, but only a woman can make it a home. A house is a body, a home is a soul."

"When home is ruled according to God's word, angels might be asked to stay a night with us, and they would not find themselves out of their element."

A woman who creates and sustains a home, and under whose hands children grow up to be strong and pure men and women, is a creator second only to God."

"Know that when homes shall perish states shall fall, And earth, e'en as the nether world, be hell!"

The citadel of hope for earth is home Home the best type that Earth affords of Heaven."

—Ray Palmer

### HOME ECONOMICS.

#### BOOKS THAT ARE HELPFUL.

(Read at a Home Economics Meeting at Valley River.)

When we consider the important part books have in conveying to us the knowledge gained through experience of others, who have made life studies of subjects which appealed particularly to them, and by which mankind in general is benefited, the subject becomes so broad and deep that it is difficult to deal with it with any thing like accuracy or conciseness. We have heard it said that it is not so much what we read as how we read, that we benefit thereby.

In our day we are fortunately blessed with an abundance of good literature, being able to obtain for very little, copies of the world's literary masterpieces; it were a great pity then if we waste our time on that which is unprofitable. The books that help us most are the books that make us think most. If we are careful to read only that which is wholesome, or that by which we gain strength and activity of mind, that which enables us to overcome our weaknesses, to enlarge our vocabulary and avoid monotony—the

ultimate result will be the elevating of our mind and souls. Cultivation is as necessary to the mind as food is to the body. We are in all probability just as prone to mental indigestion, by not discriminating wisely in our selection of reading material as we would be if we overloaded our stomachs with too much, or too rich or unfit food.

Mothers should use great care in the selection of literature for their children, more especially when they are young, as first impressions are usually vivid and lasting.

Children are endowed with so much imagination that fairy tales, myths and folk lore should form a part of their reading. Rhymes and jingles are usually fascinating too, and if care is taken in the selection that only the brave, the true and noble types are pictured as obtaining praise and award, these virtues will be naturally acquired by the child, and they will at the same time see the justice which punishes the deceitful or causes him to go unrewarded.

The Great Teacher, when He wished to make a truth so clear that His hearers could not fail to grasp its meaning, always told a story. Without a parable spake He not unto them. Bible stories are a great help in awakening a reverence for God and noble living. Clara Whitehill Hunt says, concerning Bible stories, "I would always read the stories from the Bible, altering scarcely a word except by omitting certain tedious parts, or those undesirable for little children."

Katherine Guin says, "The concentrated wisdom of every age is stored up in the great books of that period. For the writer writes not of himself alone, and the books of the greatest writers reflect not only their individual thoughts and fancies, but all the manifold activities and opinions of their time. Books enlarge our sympathies. For this reason books are valuable, not so much because they are pictures of the things which have happened to other men, as because they act as a developing solution, which brings into relief the things that have happened to ourselves. Whatever things we are most interested in will to a large extent determine our selection of books. Those who are musical will enjoy the biographies of musicians. By reading the lives of good women such as Francis Ridley Havergal, Francis Willard and others, we receive invaluable help and inspiration. "Quiet Talks on Power," by Gordon, is I think very helpful in leading us to think as to whether we are making the best of our lives. In an article, "Books—What and How to Read," by Miss Mary Scott Dryden in the report of the Farmers' Institute of Ontario, she advises housekeepers to read books on "Cooking" and "Plain Words About Food," etc., by Ella Richards; and for mothers, "Studies in Child Nature," by Elizabeth Harrison, also "The Rights of Children," by Kate Douglas Wiggin. She also advises every young woman to read, "What a Young Woman Ought to Know," by Mary Wood-Allen M. D., as it gives girls a higher ideal of life and inspiration to true and noble womanhood. But I think we owe a great deal to the humorous writer who would have us see the cheerful side of life. Laughter is better than medicine and easier to take. However, let us choose only the best. Although I believe fiction should have its place, there is much in some of the books of present day writers that is most undesirable, and we would do well not to forsake the old standards altogether for the new.

Kingsley has said, "I say we ought to reverence books, to look at them as useful and mighty things. If they are good, and true, whether about religion, politics, farming, trade and medicine, they are the message of Christ, the teacher of all truth." I wonder if we read the Bible as much as we should. This Book of Books which has been described as a well of English, pure and undefiled, and of which Mr. Cleveland said in one of his last published letters, "I look upon it as the only source from which we may derive strength of character and a true apprehension of the wisdom, mercy and power of God." Let us not get too busy to read a portion day by day. Now in thinking over what we have read, let me offer this suggestion from St. Paul, "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things." Mrs. Jas. McQuay.

I am sure our readers will enjoy reading this very interesting paper on Books that are Helpful. Papers read at the different societies are greatly appreciated by our readers. I trust that we may have many sent to us this year for publication. We are grateful to the Valley River Society for sending us this important paper.

P.R.H.

### CARMAN.

We offer an apology to the Carman Home Economics Society for the error in last month's report. They sent in one of our best reports but the printers left out the last part of it. We publish it in full this month.

### CARMAN

The Dufferin Home Economics Society was started in November, 1910, with Mrs. W. S. Murray as President, Mrs. Coutts as Vice-President, and Miss Meikle, Secretary and Treasurer.

At the January meeting, 1911, Mrs. Murray was re-elected President and Mrs. Robert Macdonald Vice-President.

These officers have served the society faithfully and well, being at their posts through heat and cold, when home duties were pressing and always with the Society's best interests at heart.

The following are among the best papers of the year, "Best Literature for Our Homes," "Order and System in Housekeeping," "Care of Children's Teeth," by Dr. McLaughlin, "Care of Typhoid Fever Patients in the Home," by Nurse Adrain, "Bread Making" and "Ridding our Homes of the Filthy Fly." We had a discussion on "The Dower Law," in August and a lecture by Dr. Mary Ellen Davidson, of Neepawa in September on "Hygienic Management of Infants and Young Children," "Germs and Their Infections," etc.

Along the culinary line we have had demonstrations in cake baking, candy making and salads, and a talk on Paper Bag Cooking, by a member who had experimented and brought the article cooked for inspection.

At one meeting pickling, preserving, making of jellies, etc., were discussed and recipes were exchanged. We also had a practical demonstration of a Vacuum Cleaner.

We have held two social meetings with tea and cake, one in March at which the delegates to the convention gave their reports, and one in November in honor of our first anniversary.

One of the most enjoyable meetings of the year was held in July at the home of the president. The hostess served a delightful lunch and a good time was enjoyed by all present. Thirteen new members joined on this occasion. In neither numbers nor power have we reached the high water mark of our existence, but our outlook for 1912 is very encouraging.

Our town ladies are very much interested and we feel that it is not only the physical touch of elbows that is good for us, but the touch of hearts as well.

God speed the day when every woman in our fair land will heed the question "What canst thou do?" being asked by that great need, stalking at her elbow H.C.F. Sec.

### HOME ECONOMICS CONVENTION.

The Home Economics Convention will be held February 13-16 at the Manitoba Agricultural College. The convention will be held at the same time that the Agricultural Societies, the Horticultural Society and the dairymen's Convention meet. This makes it convenient for a farmer and his wife to take in the week together. From the inspiration gained by those women who attended last year, we feel sure that they will gladly attend this year again and bring with them many more women. The programme will furnish food for thought for another year and every woman who attends this convention will go home with a new ambition to make the home work more helpful and attractive and with a feeling that her work is not drudgery. Then with the memory of new friends made and new ideas gained her life will be changed from lonely monotony to happy anticipation of better times. Following is the programme:

**Tuesday, February 13th.**  
10.30 a. m.—Meeting of Executive.  
1.30 p. m.—Registration.  
2.00 p. m.—Address of Welcome, Principal Black. Response, Mrs. McCharles, Manitou.  
—2.30 p. m.—President's Annual address, Mrs. A. Chisholm, Morris.  
Roll Call of Societies. Delegates responding with two minute reports of special work.  
3.30 p. m.—"Woman's Part in Developing Our Province," Mrs. E. W. Hamilton, Editor of Woman's Department of Canadian Thresherman and Farmer, Mrs. Jessi McEwen, North Brandon; Mrs. Skinner, Mrs. V. Thomas, Winnipeg.  
4.00 p. m.—Good taste in Dress and Home Furnishing, Miss M. Kennedy, M.A.S.  
4.30 p. m.—"Household Science in Schools," Misses L. Black and S. Irwin, Instructors Domestic Science City Schools, Winnipeg.  
5.00 p. m.—Social; Tea; General Discussion.  
7.30 p. m.—GENERAL MEETING.  
**Wednesday, February 14th.**  
9.30 a. m.—Luncheon for a small family. (Demonstration.) Miss B. A. Duncan, M. A. C.  
11.30 a. m.—Poultry. Mr. M. C. Hermer, Manager Poultry Dept., M. A. C.  
1.30 p. m.—"Home Care of the Sick," Dr. Moody, Winnipeg.  
2.30 p. m.—"The Well-Balanced Meal," Mrs. Lachlan MacNeill, Winnipeg.  
3.00 p. m.—"Co-Operation, the Key to Success," Mrs. B. Stavert, Miss M. Mantle, Winnipeg.  
3.30 p. m.—"The Future of the Farm Boy and the Farm Girl," Miss A. Ferguson Playfair, Hartney.  
4.00 p. m.—Question Box. Mrs. Charlton Salisbury, M.A.C.  
4.30 p. m.—Business.  
5.00 p. m.—Election of Officers.  
**Wednesday, February 14th.**  
8.00 p. m.—Joint Meeting in Auditorium.  
**Thursday, February 15th.**  
9.30 W. m.—Influence of Home Economics Societies in Town and Country. Discussion: Mrs. H. W. Dayton, Virden; Mrs. Jas. Howden, Neepawa; Mrs. G. Fraser, Hamiota.