



Health is more important than business, yet it gets far less attention.

## COWAN'S PERFECTION COCOA

(Maple Leaf label, our trade mark).

Is healthful and nutritious, and very digestible. It is good for old and young.

The Cowan Co. Ltd., Toronto.

### MUSIC LESSONS FREE

at your home. For a limited time we will give free, for advertising purposes, 16 music lessons for beginners or advanced pupils on either Piano, Organ, Banjo, Guitar, Cornet, Violin or Mandolin (your expense will only be the cost of postage and the music you use, which is small). We teach by mail only and guarantee success. Established seven years. Hundreds write: "Wish I had heard of your school before." Write to-day for booklet, testimonials and free tuition blank. Address: U. S. SCHOOL OF MUSIC, Box 632F, 19 Union Sq., N. Y.

When Writing Advertisers Kindly Mention The Western Home Monthly.

## Woman and the Home.

### The Church in the Woodlands.

It nestled 'way down yonder, in the shadow of the pines, Where the south winds waved the blossoms of the mornin'-glory vines, And the birds were always singin' and the lilies ever seemed Like altars bright to heaven, where the angels knelt and dreamed.

A beacon of life's highway its silence seemed to say:

"The peace of God is with me forever and a day!

Here rest, ye worn and weary, with red thorns at the breast; Here find, when life seems dreary, your refuge and your rest.

World-echoes faint and dying—we heard glad notes arise

As the sweet old songs of Zion went ringing to the skies!

And all the place around it a glory seemed to win,

And earth was like a heaven to go to heaven in!

Oh, fair was every pathway that led us to the place

Of Love's own benedictions—of Love's angelic face!

The glory seemed to greet us from the window of the blue,

And heaven came down to meet us, and joined the singing too!

No more we hear that singing in all life's gloom and gleam,

The old paths are deserted—the old church but a dream.

But still it's mem'ry lingers, and ever shall abide

Till the happy lights of Canaan shine from the other side.

### QUIT—

Gossiping.  
Fidgeting.  
Grumbling.  
Hairsplitting.  
Saying that fate is against you.  
Finding fault with the weather.  
Anticipating evils in the future.  
Pretending, and be your real self.  
Going around with a gloomy face.  
Faultfinding, nagging and worrying.  
Taking offence where none is intended.  
Dwelling on fancied slights and wrongs.  
Talking big things and doing small ones.  
Scolding and flying into a passion over trifles.  
Boasting of what you can do instead of doing it.  
Thinking that life is a grind, and not worth living.  
Talking continually about yourself and affairs.

Depreciating yourself and making light of your abilities.

Saying unkind things about acquaintances and friends.

Exaggerating and making mountains out of molehills.

Lamenting the past, holding on to disagreeable experiences.

Pitying yourself and bemoaning your lack of opportunities.

Comparing yourself with others to your own disadvantage.

Work once in a while and take time to renew your energies.

Waiting around for chances to turn up. Go and turn them up.

Writing letters when the blood is hot which you may regret later.

Thinking that all the good chances and opportunities are gone by.

Thinking of yourself to the exclusion of everything and every one else.

Carping and criticising. See the best rather than the worst in others.

Dreaming that you would be happier in some other place or circumstances.

Belittling those whom you envy because you feel that they are superior to yourself.

Dilating on your pains and aches and misfortunes to every one who will listen to you.

Speculating as to what you would do in some one else's place, and do your best in your own.

Gazing idly into the future and dreaming about it instead of making the most of the present.

Longing for the good that others have instead of going to work and earning them for yourself.

Looking for opportunities hundreds or thousands of miles away instead of right where you are.

### THE POSITIVE NEEDS IN A SICK-ROOM.

Having had a special talk with a trained nurse as to the real needs and duties devolving upon one in the sick-room, I will give her views for the benefit of our readers. First of all, she says, have plenty of fresh air and sunshine, and select a room that the sun shines upon in preference to a shady one. Statistics show that, all things being equal, there are fewer deaths and patients recover more rapidly on the sunny side of the house.

While sunshine and air are very important yet you must never chill the patient. A low bed with one thin, comfortable mattress, with light cover is best for the sick. A great deal of moisture is thrown off from the body, and where feathers are used and heavy bedding, they can not be properly aired.

Do not keep food in the sick room, and put all medicines out of sight. Never use hard water, but keep soft rain water to bathe sick patients and wipe them off dry and powder with Mennen's talcum powder, as it softens and refines the texture of the skin and is perfectly healthful. Some baby talcum powders are unsafe and not pure.

Many object to flowers, yet they are not unhealthful, unless the odor of lilies, etc., is objectionable.

### THE MANY-SIDED WIFE.

Why should a woman want to hold more offices than she already holds? Why should she desire to engage in other business than that of a woman?

The woman who is a true wife, holds more offices and transacts more business than any dozen men.

She is a financier. No statesman studies his budget closer than she. She knows to a cent the revenues and the expenditures of her household. When she brings in a bill for an appropriation, it usually passes the house. Her expenditures require no auditing.

She is a ruler and a wise one. She is a judge who sits impartially and whose findings are, seldom reversed. She is sometimes judge and jury, and is judge of both the law and the facts. And she is her own officer of court to carry out her own decrees.

She is a capable designer. Given a fashion-plate and a few suggestions from a neighbouring woman, she designs, if indeed she does not build, her own clothes and those of her children, keeping an eye betimes to the architecture of her husband's garments.

Viewed commercially, the average wife is credit woman, correspondent, buyer, bookkeeper, and clerk. In some instances she occasionally does the work of a porter or roustabout.

In the parliamentary sense, she is chairman of the ways and means committee. Her committee sits constantly, and frequently constitutes itself a committee of the whole to carry out its own report.

She is doctor, lawyer, preacher, and what is more important, teacher of her brood. Her course of instruction comprises both morals and manners. Her curriculum is a practical one, adapted to the needs of the occasion.

But the greatest office, perhaps, is that of queen or helpmeet. She cooperates with mind and heart in all the hopes and plans of her king. She shares his fears, divides his responsibilities, and multiplies his joys.