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work is esteemed as a task worth while. On the other hand, the woman who is regarded as a mere beast of burden has a toil-worn face which proclaims her sad estate to the passer-by. Her life is nothing but drudgery and her husband fails to see, or cares not to see, that she is over-burdened by the day's work. Work, which is so often a blessing, may become a curse to the over-wearied hand or brain. Human life is supposed to be considered sacred and precious in this highly-civilized country. There is no life better worth prolonging and preserving than that of the farmer's wife—and may every farmer be brought to realize this.

8930.—A Pleasing Model for Wash or Woolen Fabrics.

Girl's Dress with or without Yoke Facings and with Full Length or Shorter Sleeves.

Dotted percale in white or red was used to develop this model, which is also well adapted to linen, lawn, dimity, gingham, chambray, cashmere or similar materials. The Dutch neck edge is pleasing and cool for warm days. The Pattern is cut in 4 sizes: 8, 10, 12 and 14 years. It requires 5½ yards of 44 inch material for the 8 year size.

TO A GARDEN

A garden is a lonesome thing,
Good not,
Rose plot,
Fringed pool,
Fern'd grot,
The veriest school
Of peace; and yet the fool
Contends that God is not—
Not God! In gardens, where
the eve is cool?
Nay, but I have a sign—
'Tis very sure God walks in mine.

GOOD ADVICE

Good health is a duty. This is the rule. There are exceptions. All of us know invalids who have sought diligently for health and have not found it, whose mission it seems is to suffer and endure. But with most people health is a duty. It is their own fault that they are not healthy, and it is a fault for which they deserve all the punishment they get, and more.

If health is a duty, of course we can be healthy, for all of us can do our duty. Even if we start off with a handicap, we can succeed. Many a frail and invalid child has grown up to be a vigorous, robust man. The fact that we are weak and sickly should be of itself a spur to drive us on through all the effort and exercise necessary to retain health and strength.

The first essential thing is to recognize that our bodies are not our own, but God's, but that they are to be made and kept fit to be the abode of the Holy Spirit. Whatever habits weaken and debile are, therefore, unlawful. We have no right to pollute the temple of God.

The second thing to remember is that a great many of our ailments are petty, and some of them imaginary, and others, which are real enough, the result of worry and fear. Let the mind be at peace, and the body will be at rest. Between body and soul there is the relationship of tenant and dwelling. A bright, cheerful tenant will clear up the house and radiate good cheer and peace through it. If we do feel badly, let us refuse to dwell on our feelings. Let us look for some unselfish work to do, and while the pain may still be there, it will be less painful, and the engrossment of the soul in love may drive it altogether away.

The third thing is exercise. "The blood can be made to flow," said Professor Blackie, "and the muscles to play freely, only by exercise; and if that exercise is not taken, nature will not be mocked. Every young student ought to make a sacred resolution to move about in the open air at least two hours every day." Professor Blackie was no friend of sitting down. He thought he could read or study as well walking up and down as sitting. "Sitting," he said, "is a slovenly habit, and ought not to be indulged. But when a man does sit, let him at all events sit erect, with his back to the light, and a full, free projection of the breast." Many of us have to be on our feet quite enough, and are entitled to sit down. Let us try to make our walking and standing our exercise, if we cannot play in the open air, and then use the open-air time going to and from work, for deep breathing.

The fourth thing is sleep. The windows should be open, so that we sleep in the open air, and we should have between six and eight hours of it.

The fifth thing is proper food, carefully masticated. The famous Abernethy was wont to say that the two great killing powers in the world are "stuff" and "fret." And proper food is simple food, with plenty of fruit instead of plenty of meat.

The next thing is water, inside and out. A cold bath each morning is the best tonic in the world for those who can have it, and dirt is always the best friend of disease.—Sunday School Times.

8935.—An Individual Attractive Style.

Ladies' Waist with Body and Sleeve in One and with or without Tucker.

Here is illustrated a "peasant sleeve" waist that will be sure to please. The design is fitted with an underarm gore, and the "V" neck opening may be finished with or without the revers collar. Voile, poplin, cashmere, albatross, batiste, or other similar fabrics may be used for this model. The Pattern is cut in 6 sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 2¼ yards of 44 inch material for the waist and 1¼ yard of 27 inch material for the tucker.

RE WOMAN'S SUFFRAGE

Editor, Fireside:—Kindly allow me some space re women's suffrage. I think that, about that matter, we are completely "running off the rails." There is no use to dissent about "Spinning wheel, Cromwell, Cinder, etc., etc." The question seems to me so far simpler. I am a partisan of the progress as well for the women as for the men. I would certainly not advise women to shut themselves in the reading of the "good old book," because, in my opinion, error and superstition must, by all means, be kept off everybody, woman or man; I would advise, on the contrary, every woman to read and to learn as much as possible. Good instructive and sound literature is nowadays within the reach of everyone. But as to **the action roll** of the woman I will say:

Ladies, confine yourselves within the part that Nature has given to you; that part is great enough, glorious enough. Nature has not given you the same attributes—neither physical, nor moral—as to your companion: to this one, strength, energy, coolness, courage, initiative, endurance, tenacity—so necessary in the struggle for life. To the other one, gracefulness, gentleness, love. If the brain of the man is more complete, the **heart** of the woman is larger. The man is fighting, ruling; the woman is pacifying and convincing. With her heart the woman is preparing the young generation; the man is developing it. I don't see very easily the woman **warrior**; I understand the woman **nurse**. I cannot conceive the woman **elector** or **legislator**, discussing the great economical questions of the state, but I cannot see better than the women to examine and solve the far greater problem of the young children's rearing and educating. I don't imagine the woman managing a factory, a farm or any business whatever. But when the woman is in her right place, that is, when the man is coming home, tired, worried, anxious, sometimes disheartened, how great then is the role of the woman, consoling, inspiriting and cheering her companion? Woman, be and stay the consoling angel of the home. Be and stay the first educator of the children. Then your companion will appreciate and love you as you will be deserving. Then your girls will be prepared to play the same noble part in their future home, and your sons will become later good citizens, good husbands and good fathers. Certainly there are bad men, who, too often are forgetting their duties towards their wives, towards their children. But very often the fault is incumbent on the woman who has not been prepared, or has not been able, to understand her very part, as wife, or as mother, or as both, in the social life. Anyway the law is there to protect the unhappy woman, whatever may say and assert a few exalted suffragists. From another part the question is confined within a very simple dilemma: The man **is** or **is not** a monster of oppression. If we admit he **is not**, then the legislator will endeavor to improve the law, whenever he will find necessary to do so. If the man **is** really a monster, what is the use of all that noisy campaign from the suffragists? They cannot expect to obtain anything from a monster!

C. H. J. HORNE.

Zealandia, Sask.

8921.—A Simple Effective Model.

Women realize the importance of having a house dress that is adapted to its purpose. This one is simple in design and comfortable. We submit in the design here shown a model that is practical and that will prove desirable and suitable. The waist may be developed with centre front plain closing, or with extension as illustrated. The skirt has the new back panel effect and closes at the centre front. This practical feature will appeal to every home worker and laundress, as it renders the ironing of the dress easy. The sleeves may be made in elbow length or in wrist length. The Pattern is cut in 7 sizes: 32, 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 6 yards of 36 inch material for the 36 inch size.

HOW TO SECURE THE GUIDE PATTERNS

To secure any of the patterns published in The Guide, all that is necessary is to send 10 cents to the Pattern Department, Grain Growers' Guide, Winnipeg, and state the number of the pattern, giving bust measure for waist patterns, waist measure for skirt patterns, and the age when ordering patterns for Misses or Children. It will require from ten days to two weeks to secure these patterns as they are supplied direct from the makers. No new worker need be nervous or afraid to use The Guide Patterns. They are accurate and perfectly and plainly marked. Full directions for making are given with every pattern you buy; also the picture of the finished garment to use as a guide.

VALUE OF LEMONS

The medicinal value of lemons is understood by few. A good remedy for colds is lemon juice thickened with sugar (not boiled). A corn may be cured by binding a slice of lemon over it, and removing every night and morning. For a spring tonic nothing equals that of eating a lemon every morning for a week, before breakfast.

Tender feet.—Sponging freely night and morning with a wash made of two tablespoons carbonate of soda to a pint of cold water will give relief.

To prevent discoloration after a bruise, moisten common starch with cold water until a thick paste is formed and apply immediately to the injured part.

Rub the inside of the vessel in which milk is to be boiled with butter and the milk will not boil over.

RENUNCIATION

Self is the only prison that can ever bind
the soul;
Love is the only angel who can bid the
gates unroll;
And when He comes to call thee, arise and
follow fast:
His way may lead through darkness, but
it leads to light at last.

—Van Dyke.