

The Home

Conducted by MARY FORD

WOMAN'S SUFFRAGE

We all proclaim from a great high steeple,
Men and women both are "people"
Of the land! Of the land! Of the land!
And we're going to fight with all our might,
Till for all women we will win the right
To a vote! To a vote! To a vote! To a vote!

Some men want women on a "pedestal"
But on the earth we have to dwell,
Helping you! Helping you! Helping you!
So lend us a hand to win the vote,
As we the burdens help to "Tote!"
Help us win! Help us win! Help us win!
Help us win!

Now as a toast throughout the nation,
For men and women of creation,
Equal Rights! Equal Rights! Equal Rights!
Such as the Almighty o'er us
Meant as a protection for us,
O'er the land! O'er the land! O'er the land!
O'er the land!

ORANGEMEN FOR SUFFRAGE

At a meeting of the Orange Grand Lodge of Manitoba, held in Winnipeg March 6, with a delegation of about 200 people, representing a membership of about 35,000, Rev. Mr. Runions, in his reply to an address of welcome, spoke clearly and unmistakably upon the question of Women Suffrage, and was received with unanimous applause. From this we may gather that the Orangemen of the Province are in favor of Woman's Suffrage.

MOTHER TALKS

Conscientious parents can realize no greater joy than that which comes with the promise that unto them shall be born a child in the flesh. The conception, annunciation and birth of Jesus the Christ is a picture of what takes place in the soul and body of all men who live according to their highest understanding.

Man does not create life. I am sure you will all agree with me that each one is continually forming in his mind conceptions or ideas. This we have always known, but we have not known that each conception or idea must come forth as much our children as are our flesh babies.

The divine idea, the Christ universal, is born in consciousness as a babe. We seek "We shall find the babe." We shall know it to be the beginning (babe) of the Christ consciousness. By "abiding in the field" (of thought) and by "keeping watch over the flocks" ((innocent thoughts), this idea—this babe—will "grow in wisdom and in stature" until "the whole body will be full of light." Then can we say with understanding, "I (the false ego) no longer live; but Christ lives in me." This all takes place within the consciousness of man, and has been brought about by the same divine law by which the Virgin Mary brought forth "that holy thing," the Christ of God. God, the One Perfect Mind, has ideas; ideas have expression. Mind, Idea, Expression (Father, Son, Holy Spirit), is the order of creation. Everything we see was first an idea. Back of that which we see is the idea, and back of the idea is Mind. Man creates by thought in a small way, as God creates by thought in a large way. Study your own mind and find out how God creates. Before there could have been a man, there must have been an idea of man. "God thought of you, and so you are here." The divine idea which long had filled and thrilled the soul of the Virgin Mary takes a descent into the material or physical realm, where it unites both mind and substance, thus clothing itself with a fleshly body of fine texture.

The idea of perfect man entered into her consciousness by faith, and through the union of the virgin nature and Spirit there was begotten a new creature—a Christ. This perfect idea was

the seed, and since "every seed bears fruit of its kind," this perfect idea must bring forth the manifestation of perfect man.

"Behold, thou shalt bring forth a son," is "glad tidings of great joy" to the true mother, earnestly seeking after Truth. Her response is: "Behold the handmaid of the Lord; be it unto me according to Thy word." "My soul doth magnify the Lord."

Wise parents realize the true worth of man as the keepers and guardians of a gift so priceless. They question: "Can we keep pure and true in thought and deed, that we may be fitted to guide aright this perfect child of God?" The still voice whispers: "Fear not; for unto you is born this day in the City of David (your home of loving thoughts) a Saviour (one who will be about his Father's business), which is Christ the Lord (the real Self, the Christ universal)."

How shall we know that we are doing God's will? "And this shall be a sign unto you: Ye shall find the babe wrapped in swaddling clothes" (symbols of old conceptions, creeds and forms, used now only as outside wrappings). This glorious annunciation is followed by a "multitude of heavenly" thoughts of thanksgiving and praise, bringing "peace on earth" (harmony of body) and "good will toward men" (love messages to everybody).

After "The angels" are gone, the father and mother look for those things which have been so clearly foreshadowed by their shepherd thoughts, and they find that theirs is the holy family—the father Wisdom, the mother Love, and the child the Christ.

"Though Christ a thousand times
In Bethlehem be born,
Unless He's born in thee,
Thy soul is all forlorn."

A LETTER FROM SINTALUTA

Dear Mary Ford:—I feel that I must let you know how much good I feel you are doing, and that the subjects you mention are of greatest importance to us all, women especially. I feel that



PRETTY MODELS

7335—Over Waist or Jumper, 34 to 42 bust, with high or natural waist line, with or without peplum. For the medium size will be required 1½ yards of material 36 inches wide, ¾ yard 27 inches wide for piping.

7338—Surplice Fichu Blouse, 34 to 40 bust. For the medium size will be required 2½ yards of material 36 inches wide, ¾ yard of material 21 inches wide for collar, revers and cuffs, ¼ yard for band.

7340—Semi-Princess Gown, 34 to 42 bust. For the medium size will be required 5½ yards of material 36 inches wide, 1 yard 27 inches wide for trimming.

7331—Girl's Empire Coat, 8 to 12 years. For the 10 year size will be required 3½ yards of material 36 inches wide, ¾ yard 21 inches wide for collar and cuffs.

7342—Girl's Dress, 4 to 8 years. With body and sleeves in one, with or without revers and cuffs. For the 6 year size will be required 2½ yards of material 36 inches wide, ¾ yard 27 inches wide for trimming.

the question of Sex Hygiene is perhaps the greatest problem, and also the most neglected question we have to deal with in regard to training children. Do not the mother and father of a child understand a child's disposition better than anyone else, and know whether they are old enough to be told the more serious sides of these questions. Mothers and fathers who make companions of their boys and girls have not so much difficulty in doing this. I think a doctor who knows a child personally might be a great help at this time, but I think there must be a very strong attachment between the person who undertakes this duty and the child itself. I would certainly shrink from having any one tell my daughter anything that I would not tell her myself. Parents must know better than anyone else just how much knowledge to unfold at one time. This important duty cannot be done in one day, but gradually as the child is able to understand it. The trouble with letting children or grown-up boys and girls read books along this line is they read much stuff which is too old for them at the proper age, and they do not understand it, and they naturally go to some one whom they have made a companion or friend of, usually an older person, of course, to get an explanation. Why not let a mother be the nearest friend and confidant of her own child? Then her opportunity would come just where it was of benefit to her daughter or the father to the son.

I believe in votes for women, because it is woman who has the greater part in the training of her child. This should not be, but it is true nevertheless. Why should she not have a share in making the laws which are to govern her children after they pass from her care? Men are quite willing to let women train their children for them, and they would certainly abhor having their child taught to patronize things they vote for, such as liquor and cigarettes, also gambling and horse racing. I think mothers would think more of the future than about themselves and their hobbies in voting. I do not think

every woman is qualified to vote, but I do think that the majority are as well qualified as the majority of men. There are exceptions on both sides who are not fit to vote at all, in my estimation.

I am interested in poultry raising, but have not made a success of it yet. I often wonder if we could have some one who could buy our chickens and eggs and other farm produce. I think one man could manage a town and perhaps a community, and he could ship the stock one day in each week to Winnipeg. Another person could soon get customers to take all they could get; then if they could be sold alive instead of dressing them it would do away with our worst part of it, as it is no easy task for a woman to prepare twenty or thirty fowl for market when she has a family of eight or ten to cook for, and all must be done in one day. I have often thought we could sell our produce as well as our husbands do their pigs and cattle, if some one would only do that part of it for us. Or we could perhaps give some one a commission for selling them for us.

I have made a little pocket money with my camera, but I didn't charge enough to make very much.

I wonder if any farmers' wives have ever thought of mending and washing for making a little pocket money. I have a friend who gets seventy-five cents a month from each hired man, and she has three and four most of the time, for doing their washing. Then again a woman could offer to mend and press their clothes, which is not at all unpleasant work, and make a moderate charge for it. I have been offered a dollar more than once for pressing a gentleman's suit, and any woman can do this by carefully looking at a new tailored suit. In a farming community where there are so many men who have no mothers and sisters to fall back on a woman with time to spare might do these things.

We have no woman's club of any kind to help us out, but a few of us have mentioned starting one on several occasions. Could you let me know what officers are necessary and how much scope we might have. All the questions you have mentioned might be carefully looked into I believe, and we have some very influential ladies in town and country both, who I am sure would delight in the work if we once were started. Can you help us in any way? Can we get literature that would be of help to us in organizing and making rules? I am sure we could give you some help along these lines if we were organized and talked these things over.

I trust God will bless your work, for it is indeed a good work, and may I hear from you soon regarding organizing a club.

MRS. BESSIE CHANT

Sintaluta, Man.
P.S.—I will enclose one recipe, which is good as well as cheap and easy to make.
B. C.

NOTE.—Will readers give their opinion on these subjects.

Dear Mrs. Chant:—I was delighted to receive your letter, and feel indeed glad that you are enjoying the page. Your letter is so full of helpful, kindly thoughts that I want my readers to enjoy it also. The organization of a Club in your district would be of the greatest benefit. I am sending you full particulars by letter. Perhaps some of our other readers will give their opinion on these matters. Write to me at any time.

COOKING AND HEALTH

Dear Mary Ford:—You had an article lately on one of the very things I was anxious to find out, the principles of home cooking. I am anxious to learn the food values of different products and the proper methods of combining them so as to prepare meals suited to the members of the family and still keep within the limits of the family purse. I would like to ask one question in particular. How many times a day is it advisable to have meat? I have been told and have also read that eating meat in large quantities tends to the development of the animal nature, and I find it hard to provide a substantial meal for men who are working hard outdoors without meat or eggs. A great many people in our rural communities suffer from indigestion in some form. I think if we could and would study the preparation of food as much and as earnestly as we study when we are preparing for another profession there would be a vast



INFANT'S ATTIRE

6854—Baby's Set of Short Clothes. One size. To make requires 1¼ yards of material 36 inches wide, 1½ yards of banding, 1 yard of edging for dress, 1½ yard 36 inches wide, 2½ yards of banding, 5 yards of edging for petticoat and drawers.

7073—Infant's Plain Slip, with body and sleeves in one. One size. To make requires 1½ yards 36 inches wide, with 1¼ yards of edging.

7139—Infant's Sacque. One size. To make requires ¾ yard 36 inches wide.

6758—Infant's Set. One size. Consisting of dress, petticoat and kimono that can be made long or short. To make requires 2½ yards of material 36 inches wide, 4¼ yards of banding for dress, 1½ yards 36 inches wide for petticoat, 1½ yards 36 inches wide for long kimono, ¾ yard 36 inches wide for short kimono, 1 yard 27 inches wide for trimming.

7181—Child's Plain and Normandy Caps, 1 or 2 and 4 years. Normandy cap to be made with or without revers. To make requires ¾ yard 36 inches wide with ¼ yard of insertion, 1½ yards of edging for plain cap; ¾ yard 36 inches wide for Normandy cap with ¼ yard 18 or 21 inches wide for revers, 1½ yards of ribbon for ties for the 4 year size.

7175—Child's Rompers, 1 and 2 years with square or high neck, with short sleeves gathered into bands or loose or with long sleeves, with or without belt. The 2 year size requires 1½ yards of material 36 inches wide, 1—yard 27 inches wide for belt and trimming, or ¾ yard if belt is seamed at centre back.