The Woman's Quiet Hour

By E. Cora Hind

To my friends who read this page is moisy, ungoverned children in all stages passed on the hope expressed on personal greeting cards sent out this Yuletide, namely "That the end of the war may find Canadians, individually and as a nation, saner, better poised, wider in their outlook, more tolerant. May they think more, work more and talk less."

As a nation, hitherto we A HOPE have been noisy and boastful. We have resented it when outsiders have intimated as much. but in our heart of hearts the real sting has been that we knew the accusation to be true. We have been like a houseful of

of growth. Suddenly we have been thrust into the full responsibilities of nationhood. No thinking person imagines for a moment that our men have gone to war, merely because we are a part of the British Empire. We are fighting on that account of course, but if by any inconceivable combination of circumstances Britain had drawn back from her pledges, Canada would have been forced to take up the gauge of battle on her own account or forever bow to the rule of the German war lords. We are at war because Freedom is in peril, and the fact that Britain and freedom are synonymous only adds to our obligation to fight.

To be in any one of the western cities where the second contingent is being mobilized and see day after day the thousands of young, strong men in khaki drilling on the streets, and think that hundreds, nay thousands, may go down the "long trail" never to return, or to return wounded and maimed, shorn of their splendid strength, is a solemn and sobering thought. Canada can never again take her nationhood lightly. It is receiving the baptism of blood and tears. The United States of America was never in any real sense a nation until after the Civil war. Canada has been provinces, more or less closely united in east and west but always with that gap between; but even at this writing, before any Canadian regiment has received its baptism of fire in this awful war, the east and west have drawn closer together than ever before. The thought that the lads from the prairies and the old farms of Ontario and Quebec are working, fighting and, alas it may be, dying side by side will bridge the gap round the north shore of Lake Superior as nothing else could do. We will be no longer east and west but "Canada" welded by the heavy hammer of adversity and common sorrow into a NA-

Many of my readers will have noticed in the daily and weekly papers reference to the great conference held at Regina on the closing days of November, to discuss some form of closer settlement of the rural districts of the west. It is not necessary to go into the scheme actually propounded, because it was finally recognized, by even its promoters, to be impractical. The conference was, however, both interesting

CLOSER illuminating. and SETTLEMENT There were 250 delegates and almost every phase of commercial and agricul-

tural life was represented, save and except the work of women. The women were not entirely forgotten or ignored, though they had not been invited to attend. Nearly every speaker deplored that farm life was hard on women and a number seemed to recognize that something must be done to make farm life more attractive to them if the country was to prosper. The writer of this page was the only woman present at the seven sessions held, and at the last session, but one, was asked to speak.

It seemed too good an opportunity to miss so she endeavored, at a moment's notice, to voice some of the things that make women discontented with life on the farm, and ventured to suggest that it would have been an excellent idea to take the women of the Homemakers and Home Economic clubs into the conference and ask them what could be done to make life on the farm better for the women. The need of the dower law was pressed' home as strongly as possible also the need of granting the women the right to homestead. It was also suggested that the easiest, simplest and sanest way to give the women the protection they need in their great work of creating homes and rearing families, was to give them the vote and let them secure the reform legislation for themselves. The speaker was given a fairly sympathetic hearing and it was encouraging to note that apparently her effort bore some fruit, for when the result of the conference was given concrete form

Advancment League," it was decided to put a woman representative from each province on the executive of this league, which is to be a body to study the wants and needs of the country and act in an advisory capacity to the Dominion Government when called upon.

There is a good deal of debate in the minds of women as to whether they should seek to push for reform legislation during the war. Personally I think there should not be much in the way of active campaigning or anything that would tend to suggest

THE DOWER to the outside world, IN SASK. dissensions in the camp of the nation.

Activities however, should not be allowed to cease. The writer has occasion to know that many of the legislators of Saskatchewan are feeling very differently on the subject of the dower law to what they did even a year ago. Real estate is not changing hands so fast and the claim that the right of dower would serve to hamper such transactions would not be so potent as it has been. Quite a few men inside and outside the legislature have come to realize that it would have been money in the pocket of the country if it had not been quite so easy to transfer real estate. It is my firm conviction that a good sized petition on this subject presented to the Attorney General of Saskatchewan before or during the next sitting of the legislature would not be without effect. tainly could do no harm.

The Grain Growers of Manitoba and Alberta will meet in January and those of Saskatchewan early in February. May it not be that

GRAIN GROWERS the time is opportune to induce these important bodies of electors to move in the matter in each province. A petition backed by them would carry much weight, for are they not "VOT-ERS!" There is to be a woman's section at each of these conventions and it would be an easy matter to get together on such a reform.

Friendship

Written for The Western Home Monthly by Rev. D. S. Hamilton, B.A.

In human hearts there is a chord responsive Which yields to touch of character

sincere, And consciousness of worth in object cherished,

E'er binds the friends who hold each other dear.

'Tis not impulsive sentimental tribute Of passing admiration that they pay, Who deal in friendship's golden coin untarnished,

Shall covenant keep throughout eternal day.

With friendships based on knowing what is valued,

Deep rooted, firm, and being what they

actions tally with the word of frankness.

And faithfulness to duty prompts esteem.

True friends will understand reproof or praises,

As each holds others in sincere respect; In homage paid to all good gifts and graces. No atom of alloy shall they detect.

The world possesses much that's pure

and lovely; At times reveals repulsive shades of life;

friendship's bond confirms our faith in goodness And strengthens souls for duty and for

How often has the battle pressed severely

strife.

And hearts have failed through absence of a friend. When timely word or touch in face of

danger Had kept the waverer strong unto the end.

in the shape of the "Canadian Rural To friends is given then, a trust most precious,

be imparters of true hope and

strength, That weak ones in the way may gain new courage,

And helped and heartened reach the goal at length.

Did not the Master teach, a cup of water

Would not in any wise lose its reward? Twould be as wholesome draught from

living fountain, Refreshing those who found the journey hard.

Be ours to prove of service to the friendless

Extending helping hand to weakest

So shall we save the lives that might have perished, And hear the Master say at last, "Well done."

Thus shall the New Year yield a wealth of gladness,

The wounded world inspiring vision see-

The Friend that sticketh closer than a brother Amidst the throng, with healing sympathy.

HOW I CURED MY CATARRH

Told in a Simple Way

Without Apparatus, Inhalers, Salves, Lotions, Harmful Drugs, Smoke or Electricity

Heals Day and Night

It is a new way. It is something absolutely different. No lotions, sprays or sickly smelling salves or creams. No atomizer, or any apparatus of any kind. Nothing to smoke or inhale. No steaming or rubbing or injections. No electricity or vibration or injections. injections. No electricity or vibration or massage. No powder; no plasters; no keeping in the house. Nothing of that kind at



all. Something new and different, something delightful and healthful, something instantly successful. You do not have to wait, and delightful and healthful, something instantly successful. You do not have to wait, and linger and pay out a lot of money. You can stop it overnight—and I will gladly tell you how—FREE. I am not a doctor and this is not a so-called doctor's prescription—but I am cured and my friends are cured, and you can be cured. Your suffering will stop at once like magic.

I Am Free—You Can Be Free

My catarrh was filthy and loathsome. It made me ill. It dulled my mind. It undermined my health and was weakening my will. The hawking, coughing, spitting made me obnoxious to all. and my foul breath and disgusting habits made even my loved ones avoid me secretly. My delight in life was dulled and my faculties impaired. I knew that in time it would bring me to an untimely grave, because every moment of the day and night it was slowly yet surely sapping my vitality. But I found a cure, and I am ready to tell you about it FREE. Write me promptly.

RISK JUST ONE CENT

Send no money. Just your name and address on a postal card. Say: "Dear Sam Katz: Please tell me how you cured your catarrh and how I can cure mine." That's all you need to say. I will understand, and I will write to you with complete information, FREE, at once. Do not delay. Send postal card or write me a letter to-day. Don't think of turning this page until you have asked for this wonderful treatment that can do for you what it has done for me.

SAM KATZ, Room D 2714 142 Mutual St., Toronto, Ont.

When writing advertisers please mention The Western Home Monthly.

Painless Dentistry

"I want you to know why Painless Dentistry is an all important feature, and why I can do your Dentistry Without. Pain. I use care in doing your work. My office is equipped with the latest and improved electric appliance to lessen the degree of pain. All work is specialized in every department. I am so sure of giving you perfect work that I am willing at any time to replace any or all parts that are not satisfactory, without cost to you.

I Challenge the World to Excel Me in Crown and Bridge Work. OXYGENATED GAS

As administered makes our dental work absolutely painless. 20-Year Guarantee with Each Piece of Work.

SEE OUR NEW SYSTEM NO PLATES REQUIRED



NEW SYSTEM PORCELAIN **BRIDGE WORK**

I make a specialty of gold and porcelain bridge work. This is without doubt the most beautiful and lasting work doubt the most beautiful and lasting work known to dental science. Spaces where one or more teeth have been lost we replace to look so natural that detection is impossible. Ask to see sample of this beautiful work. I guarantee my work, not alone against breakage, but satisfaction for 20 years. My personal attention, honest methods. Written guarantee with all work.

HAVE YOU TRIED ONE OF MY SETS OF CELEBRATED WHALE-BONE PLATES?

Whalebone Special Offer

There are many persons in Canada who have not had the opportunity to get one of my celebrated Whalebone Plates, and I have decided to make a \$25.00 set of Whalebone Tests for \$10.00 The will Whalebone Teeth for \$10.00. whalebone feeth for \$10.00. They will stick in any mouth, no matter how hard it is to fit. This is what you can expect for \$10.00—the best set of teeth that will stick to your mouth—never fall when you laugh, bite corn off the cob, do not make a noise when you eat, and look natural as your own. look natural as your own.

I Have

many imitators in Painless Dental work, but no real competitors—my work speaks for itself. References from Ministers, Law-yers, Physicians, Merchants, Government yers, Physicians, Merchants, Gov officials, City officials, Police, Me and people in every walk in life.

Over Birks, Jewellers

Corner PORTAGE and SMITH WINNIPEG Painless Dentist