

The Country Homemakers

Conducted by Francis Marion Beynon.

THE SWEETEST PRAYER

The sweetest prayer I recollect
Did not ascend with pomp and praise;
Nor was it blazoned forth, bedecked,
With gems of speech and flowered
phrase.
It did not rise on incense-cloud,
Nor was it set to music grand;
Nor was it said by kings aloud,
That lord and serf might understand.

It came at even gray and soft,
When little children tired grew;
And tiny, timid stars aloft
Were gliding wanly into view.
And childish voices here below,
Lisped trustingly, "My soul to keep"
That sweetest of all prayers I know:
"Now I lay me down to sleep."
—LILLA B. N. WESTON.

A LETTER

Dear Editor:—The ladies of Blackfoot met at a friend's house last Monday with the idea of forming a club or social gathering, to be held at different houses each week. Some of us suggested that we form a "Women's Club" in connection with your paper, and I have been asked to write for rules and regulations for forming same. Will you send them on to me in time for our next meeting on the 26th of this month? Also any suggestions you can make, I shall be pleased to submit to the meeting. Hoping that in our small way we may be able to help on your good work. I remain,

Yours sincerely,
MRS. EVA SULMAN.

WOMEN GRAIN GROWERS' CLUBS

For some months past we have been contemplating the formation of clubs for country women corresponding to the Grain Growers' associations of Manitoba and Saskatchewan and the United Farmers of Alberta. A resolution favoring such a movement has already been passed by the Grain Growers, so that the women are assured of their hearty support.

The above letter, which is self-explanatory, has finally brought the matter to head and we have decided to take definite steps in the matter.

We sent the women of Blackfoot a tentative constitution which might be adopted by all the clubs formed and continue in force until a general convention is held.

If a sufficient number of clubs are organized to justify it a convention of women will be arranged in conjunction with the United Farmers' convention to be held in Lethbridge next February.

There are a hundred and one subjects and movements which might be taken up by such clubs for the good of the home and community.

A number of similar organizations formed under the direction of the governments of Manitoba and Saskatchewan have already established town rest rooms for country women, extended the planting of trees and flowers and spread broadcast practical information concerning the values and preparation of foods.

These associations are doing a splendid work for women and it is not with any idea of entering into competition with them that we propose to start the clubs associated with the Grain Growers' organizations. Our thought was that there are a great many districts reached by The Guide where there is no club of any kind and where with a little direction the women could form one for themselves without wait-

PIN MONEY CLUB

If any of our women readers would like to earn a little extra money for the beautifying of their homes or to purchase some article of wearing apparel which they hardly feel they can otherwise afford, they are invited to join The Guide's Pin Money Club. Particulars will be sent on application to the Editor of this department.

ing for an organizer to get around to them.

A full and frank discussion of the question in the Woman's page of The Guide will be welcomed by the editor of Country Homemakers.

FRANCIS MARION BEYNON.

THE NURSING MOTHER

The hot months bring with them many dangers for the young child. The baby that nurses will get through the hot weather better than the bottle-fed baby. The care the mother gives herself during this trying period is just as important as the care she gives her baby. She must spend as much time as she can in the open air. She avoids the hot sun, but she sits much in the shade. Her bath is taken often and regularly. She must never overheat her blood. Doing this is most injurious to her child. She rests as often as possible between tasks. A nap in the afternoon is as important a matter as regular meals.

The quiet, peaceful mind of the mother will protect the baby from illness during these months. Once letting a violent temper have full possession of the mother might result in convulsions or in the death of her baby.

When the baby is taken out the mother gives attention to her breathing. At all times in the open air breathing exercises should be taken. She gives attention to exhausting the air from the lungs. She exhales slowly and persistently. More and more air is forced out. The abdominal muscles contract and crowd up toward the lungs. The diaphragm is crowded up. When all the air seems to be driven out from the lungs she purses up her lips into a small opening and for some little time a current of air is forced through. After practicing some time it takes a few minutes to empty the lungs of air. A relaxation of muscles follows, and the air of its own volition rushes into the lungs. This exercise will give new life to the mother and it will mean a healthy well-grown body to the baby she nurses.

The diet is very important. All food must be avoided that gives the mother indigestion. A sensation of uncomfort-

able fullness after eating is just as certainly indigestion as pain in the stomach. Foods rich in nutriment and easily digested are what the nursing mother needs. Milk and eggs, some meats, vegetables, fruit regularly, cereals with cream should largely make up the diet. Soups are valuable, rice and the various milk puddings and custards can be profitably added to this diet. Highly spiced and highly season-



MISS HELEN GOULD

ed foods should be avoided. Pickles, pastries including rich cakes are not good for either mother or baby. All stimulants should be dropped. It is better to include tea and coffee in the list of stimulants. A cup of hot milk is much better for the tired mother than a cup of hot tea.

Fried foods are not good for mother or baby. It is better to bake and boil foods. If the baby cries with the colic the mother has eaten something that does not agree with it. The care she gives herself during the hot months will constantly be shown in the growth and development of her baby. The danger of negligence is so great, such awful suffering can come to her baby, such weary hours of care and anxiety can be saved herself that the alternative of vigilance seems small indeed in comparison.

MISS HELEN GOULD

A Woman Who Has Overcome the Handicap of a Rich Heritage

Helen Gould, a Loving Giver—Charles Lamb in one of his lively essays on "Popular Fallacies" demonstrates that it is perfectly proper, even laudable, to look a gift-horse in the mouth. Certainly the American people avail themselves of this privilege in respect to the huge gift-horses of our multi-millionaires. While Europe is lost in admiration at the latest evidence of the generosity of some one of our kings of finance, the American public suspiciously pokes the donation with a stick, asking "Where did he get it? Is it any good? Is there a string to it? Is it restitution, bribery, or advertising?" But no such questions have ever been raised in reference to any gift of Miss Helen Gould. For her there is nothing but affection. And this is because all know how modestly and without desire for any sort of personal advantage she has devoted herself, not to cold charity, but to warm-hearted kindness. As someone has said, she brings gifts, she doesn't send them. She loves humanity, not in the abstract and at a distance, but close at hand. She holds her own unbounded liberality as but small in comparison with that of many, who, with little money to offer, give their lives to social service. When the firemen of New York voted her their characteristic present, a fire-line badge, it was not so much because of generous financial aid as in recognition of the fact that at the time of the terrible Windsor Hotel fire, she, first of all the neighboring residents, threw open her doors and converted her beautiful Fifth Avenue mansion into an emergency hospital. When the veterans

of the Spanish War gave the marching salute as they saw her face at her window, it was not by way of acknowledgment of a check for \$100,000 to the War Department or of another for \$25,000 to the Woman's Relief Association, or even of many smaller gifts to save the families of soldiers from want, but in recognition of personal visits to Camp Wikoff and the car loads of fruits and medical supplies that followed them. Admiral Dewey has said: "If the men on the American battleships had their way, there would be a statue of Helen Gould on every fighting craft that flies the Stars and Stripes." Shortly after the Spanish War Miss Gould in a confidential chat with a group of "jacks" learned from them that one of their chief troubles was that when ashore they had no homes but the saloons. The very next day she planned the \$450,000 sailors' home that now stands near the Brooklyn Navy Yard, the finest sailors' club house in the world. A genuine personal interest flavors all she does. The working girls and working women who are invited to spend weeks at her splendid estate, Lyndhurst, near Irvington-on-the-Hudson, come on terms of frank comradeship. She has an impulsive, unconscious way of "mothering" a tired guest with little comforts instead of ringing for an attendant to perform every small service. The graduates of the "Lyndhurst Sewing School," as her sewing and cooking classes are called, receive their diplomas from her hand at a reception on the lawns of Lyndhurst. Last year there were 420 of "Miss Gould's Girls," and there will probably be more in 1912. The little inmates of her home for sick and crippled children at Woodcrest, "Helen's Babies," have learned to look forward to her visits, for she takes them driving and tells them stories. One of her most characteristic benefactions is the endowment of two cots in another children's home, "for the two most uninteresting babies." Miss Gould is a small, dark-haired, sweet-faced young woman, addicted to quiet, tailor-made gowns of black or gray. She has an easy, vivacious manner and a girlish laugh, is fond of horseback riding—and is afraid of thunder. She is rather pleasantly old-fashioned. There is nothing new or startling in her earnest phrase, "I want to be of use in the world"; but she has at least lived and worked in accordance with that simple ambition, and has learned for herself that "The more one tries to help others, the more one loves to do it."

HOMEMAKERS' MEETINGS

List of meetings to be held by the Homemakers' Clubs of Saskatchewan, under the auspices of the Department of Agricultural Extension, College of Agriculture, University of Saskatchewan.

Addressed by Mrs. A. V. Thomas

Briarcliffe	Tuesday	July 2-2 p.m.
Pense	Wednesday	" 3-2 p.m.
Cottonwood	Thursday	" 4-2 p.m.
Grand Coulee	Friday	" 5-2 p.m.
Bladworth	Saturday	" 6-8 p.m.
Kenaston	Monday	" 8-8 p.m.
Glenrose	Wednesday	" 10-2 p.m.
Nolin	Thursday	" 11-2 p.m.

Addressed by Miss Joan Hamilton

Qu'Appelle	Wednesday	July 3-2 p.m.
Indian Head	Thursday	" 4-2 p.m.
Sintaluta	Friday	" 5-2 p.m.
Wolseley	Saturday	" 6-2 p.m.
Grenfell	Monday	" 8-2 p.m.
Broadview	Tuesday	" 9-2 p.m.
Whitewood	Wednesday	" 10-2 p.m.
Wapella	Thursday	" 11-2 p.m.
Moosomin	Friday	" 12-2 p.m.

Addressed by Miss Abbie Delury

Arcole	Tuesday	July 2-2 p.m.
Manor	Wednesday	" 3-2 p.m.
Redvers	Thursday	" 4-2 p.m.
Carlyle	Friday	" 5-2 p.m.
Maryfield	Saturday	" 6-8 p.m.
Baring	Tuesday	" 9-2 p.m.
Windthorst	Wednesday	" 10-2 p.m.
Neelby	Thursday	" 11-2 p.m.
Walpole	Friday	" 12-2 p.m.
Fairlight	Saturday	" 13-2 p.m.



MODELS FOR THE COUNTRY AND SEASIDE
7015—Bathing Suit, 34 to 44 bust, with V. shaped Neck and Sailor Collar or High Neck and Round Collar, with or without Bloomers. For the medium size will be required 65 yards of material 36 inches wide, with bloomers, 45 yards without bloomers, 7 yard 27 inches wide for sailor collar and sleeve bands.
7424—Girl's Bathing Suit, 4 to 12 years. With Kimono Sleeves, with or without Separate Skirt. For the 6 year size will be required 3 yards of material 36 inches wide, with 1 yard for the trimming.
7401—Bathing Suit, 34 to 44 bust, with Separate Bloomers. For the medium size will be required 4 yards of material 36 inches wide for blouse and skirt, 2 yards 36 inches wide for bloomers, 7 yard 27 inches wide for trimming.
7422—Sun Bonnet, Women's Misses and Children's. To make will be required 1 yard of material 27 inches wide, for any size.
7449—Child's Sun Bonnet, 6 months or 1 year, 2 or 4 years. With Crown that can be Buttoned or Sewed to the Brim, with Square or Rounded Corners. For the smaller size will be required 7 yard of material 36 inches wide.