

FOR FATHERS' AND MOTHERS'

HOW TO DRESS COMFORTABLY

Written for the Western Home Monthly by Mrs. Nestor Noel

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NOW that the war is over and women have learnt how comfortable overalls are, they will not want to return too quickly to the ordinary woman's dress. Women who have to do a great deal of housework or farm work know that both these are done quicker and much better if the worker be comfortable.

Perhaps there are some women who would like to work in overalls, if these could be changed, in the instant, into skirts—just when occasion demanded it. Well, for these women, I should recommend a riding-skirt. When buttoned down the front, these latter look exactly like ordinary skirts. And they can be buttoned in the time it takes to reach the front door, after one has heard a knock.

Many women do not care to be seen by strangers in overalls, and I think they will do well to adopt riding-skirts, for their morning work. Here there is great variety, according to the material used. One may have a duck riding-skirt for

everyday use, a serge for best and a velveteen for second best.

Women who live on farms frequently have to rush through wire fences in a hurry. And then they tear their clothes! Wouldn't it be much easier to cross a fence, if by undoing six buttons, one's skirts became trousers? See how easily the man crosses fences. He thinks nothing of them.

Another advantage of riding-skirts over the ordinary overalls is that they are prettier. Now even when a woman adopts man's ways and man's work she should still try to look pretty. Most women care a great deal how they look. They may pretend they do not, but they really do! And if there should be women who do not care, they owe it to their children to try to care.

With a riding skirt, one can have a change of waists and look nice and clean all the time.

Little children also should be comfortably dressed at their play. How often do we not complain that they are always

WHAT HAVE WE DONE TODAY.

We shall do so much in the years to come,
But what have we done today?
We shall give our gold in a princely sum,
But what did we give today?
We shall lift the heart and dry the tear,
We shall plant a hope in the place of fear.
We shall speak the words of love and cheer;
But what did we speak today?

We shall be so kind in the afterwhile,
But what have we been today?
We shall bring each lonely life a smile,
But what have we brought today?
We shall give to truth a grander birth,
And to steadfast faith a deeper worth
We shall feed the hungering souls of earth;
But whom have we fed today?

We shall reap such joys in the by and by,
But what have we sown today?
We shall build us mansions in the sky,
But what have we built today?
'Tis sweet in idle dreams to bask,
But here and now do we our task?
Yes, this is the thing our souls must ask,
"What have we done today?"

Nixon Waterman.

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tearing their clothes? The limbs of a little girl should be as unhampered as those of a boy. Where there is freedom of action, the girl not only enjoys herself more, but she develops quicker. Rompers and bloomers should take the place of our little girls' skirts. One can always have a reserve best dress for special occasions. Children do not romp much on special occasions. It is their everyday clothes which we should consider most of all. It is strange how particular some women are to be perfectly comfortable at all times, yet they never consider that their own children have as much right to comfort as they have.

And, above all, women and girls should have comfortable foot-gear. I have seen them very badly off in this respect, and it was not for want of funds. On the contrary, the richer they were, the more uncomfortable they often looked.

Women are to blame if they will not adopt easy wearing, commonsense shoes; both for themselves and their daughters. I have seen girls tired after walking half a mile. The average girl ought to think nothing of walking 6 or 7 miles daily. But with street cars in the cities and buggies in the country, it is certain that girls, now-a-days, do not walk as often as they should.

And one of the chief reasons that they do not walk is because they are so uncomfortable.

As our health depends a great deal on how comfortable we are dressed, we surely do not want to revert to the times of our grandmothers.

Nor do we want to teach our children

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