

DO YOU DRESS FOR YOUR WORK?

HOW few women who do their own housework think seriously of dressing appropriately for it? They have a pitying contempt for the sales girl or stenographer who goes to the shop or office in tawdry, soiled finery and cheap jewelry.

"Why doesn't she wear a neat, serge business dress?" they ask. And yet how often these same critical women will consider that a silk blouse or befrilled skirt that has seen better days, or perhaps a half-worn, old-fashioned lingerie dress, "quite good enough to wear about the house."

Thank heaven, the days of the slovenly "morning wrapper," so popular fifteen or twenty years ago, have gone (we hope forever) into the shades of the past, and in its place has come the trim, trig, sensible, one-piece house-dress. Made of washable material, constructed in a fashion that makes it easily ironed, this is the ideal uniform for the woman who does her own housework. They can be had at prices, too, that come within the reach of the most slender purse—from sixty-nine cents to three dollars—according to the quality of the material, and the style and cut of the dress.

There are, however, women who are devotees of the house dress, and yet never consider it necessary to give the same attention to their feet. An old pair of pumps worn down at the heels can be "finished out about the house." A pair of dress boots, perhaps with French heels, and too shabby for street wear, are quite good enough to do housework in! No wonder the groaning cry of so many house-workers is "O my poor feet!"

Notice the boots worn by the hospital nurse. She buys shoes specially made for her work—low-heeled, wide enough to be comfortable, and made of material that will stand plenty of wear. If you stop to think of it, you will see that the average house-keeper is on her feet nearly as much as the hospital nurse, and often on hardwood floors, too.

Oh, you weary, foot-sore house-worker, go to your

By CONSTANCE NICHOLSON LEA

shoe dealer at once and be fitted with a pair of nurse's boots (with elk soles, if possible, they are so nearly noiseless) and always wear them when you are doing your housework.

They are expensive, of course—the nurse's boots. They are something you will never find on the bargain counters, and it may cause your thrifty soul a pang to give away or throw away those half-worn pumps and old street boots; but you will be more than repaid by the comfort and ease of being "shod for your work." Your temper will be better, too, and your family will reap the benefit as well as yourself.

Then there is the matter of corsets. Many women keep their old corsets for wearing in the house. An old corset may be comfortable and easy—very often it is; but sometimes it is not.

Housework is very vigorous exercise. There should be little or no restriction at the waist line, so as to give the muscles of the body free play.

All our great physical culturists advise very strongly that their different exercises for the development of the body be taken with as little clothing on as possible, and insist on the subject or patient being without a corset.

If you are too stout, or have become such a slave to your corset that you cannot possibly do without it, you might try to wear a corset-waist about the house; but going without altogether is excellent if you can manage it. Perhaps you will have a feeling of "going all to pieces" the first few days, but persevere, and you will find in time that you will accomplish your work with less fatigue, and that the exercise taken in this way has been as beneficial to your health as an expensive course in physical culture.

Just think for a minute of the different motions a woman doing her housework has to make. Take washing, for instance; she bends over the wash-tub

to rub the clothes; she stands erect to wring them; she bends again to the rinsing or blueing water. When she hangs the clothes out she stretches her arms up above her head to the line, then she brings them down again to the level of the clothes-basket, then she raises them again.

Take the cleaning of a room: The muscles of the waist are all used as she sweeps the floor with brisk, vigorous strokes. She reaches upwards with her duster-covered broom to remove a cobweb from the ceiling. She bends nearly double to dust the rungs of the chairs, or wipe the polished edges of the floor. She reaches upwards again to dust the mantle-shelf or the piano. Every movement she makes is an exercise. Open any physical culture magazine, or any book on the development of the human body, and you will find that the exercises recommended are not very different from the movements any woman doing her own housework makes every day of her life.

The only reason that we have not a wonderfully well developed and healthy lot of house workers is that the houseworkers themselves don't realize that they are taking physical culture exercises, and their mental attitude toward their work is not that of the physical culture enthusiast, and that they are not dressed suitably for it.

Often, too, the atmosphere of the house is not healthy. Open all the windows wide and fill the rooms with fresh air. Say to yourself, "I'm not drudging at housework, but I'm taking exercise for 'reducing' or for 'developing,'" or whatever is your particular need.

With light, loose clothing, all of which has the weight falling from the shoulders, and with no tight, restricting bands anywhere, with sensible, comfortable shoes on your feet, see if your work does not run more smoothly, and if you are not healthier and happier when you are "DRESSED FOR YOUR WORK."

I. O. D. E. TALKS *for the* GOOD *of the* NATION

NOW you may run a hand down anywhere in the hat and pull out a live discussion from the agenda of the I. O. D. E. held at Victoria. The first one we come to in a fat sheaf of reports is what was said by Mrs. Geo. Smith, of St. Catharines, Ont., National Educational Secretary I. O. D. E. To summarize:

Canada has domesticated several hundred thousand immigrants, who have found freedom, land, homes, etc., in a time of peace under the British flag. In a time of war these people were not enlisted to fight for that freedom and flag. Why? Lack of education. Too many alien interests in the schools. Not enough co-ordination; not enough English teaching; not enough Canadianism.

Mrs. Ralph Smith, of Vancouver, also dealt with this problem. Mrs. Smith was offered a seat in the B. C. Legislature when her husband died, but declined it. Her discriminating remarks show that she was entitled to the invitation. She predicted that Canada would yet find the foreigner problem as serious as the United States had found it. Herself no flag-waver, as she admitted, there had been too little made of the flag in Canada—for the sake of the children. A striking passage in her address was this:

"The time has come when we must put the foreign born through the mill and roll them out Canadians. They who are willing to come here and accept all the privileges of this country, must live up to the principles of the country or leave it. It is the grandest country under the sun, and if it is good enough to live in, and die in, it is good enough to live up to its principles of citizenship."

Mrs. Colin Campbell, of Winnipeg, one of the greatest women workers in Canada, declared that the

IN our comments last month on the coming programme of the I. O. D. E. Convention in Victoria, we asked why no names of French-Canadian women were included; were these women, as a class, unwilling to be so included? Part of the answer is contained in the address of Mrs. A. W. McDougald, of Montreal, who said:

Those of us who know the French in Quebec, know that any lack of response upon their part has been due to lack of proper recruiting organization, and education as to the issues. Our public men are at last realizing that fact and trying to remedy it. Let us remember that criticisms and bitterness at this time only hamper that "entente cordiale," which must cement the bonds of a united Canada, and what better gift can we bring, than this tolerance, this entente, this understanding, as our tribute to the fiftieth anniversary of Confederation—this measure for which our fathers struggled, this first step toward a united Empire, which their sons are to-day laying down their lives to maintain. Will you also forgive the personal reference, if I say that I am myself a Scotch Presbyterian so that my testimony may perhaps bear the more weight as being unbiassed.

State should conscript women as well as men. Here is her resolution:

That we, the representatives of the 30,000 Daughters of the Empire assembled in session at the seventeenth annual meeting of the National Chapter, Imperial Order, Daughters of the Empire, at Victoria, B.C., heartily endorse the Dominion Government of Canada in its stand for conscription of men and, further, we pray that the money, labour and service be conscripted of every man and woman, that all may equally do their duty to their King, country and Empire.

Dealing with the returned soldier problem she said that the one great task before the people of the country will be to win their soldiers back to civil life. More than ever the mother, wife and sister will have

to seek to make home and home influence the nation's bulwark. Children must be taught to respect the returned soldier, so that future generations would not forget the old veteran when time has worn off the glamour. People should be patient and considerate of the returned soldier, realizing that no two men come back with the same degree of nerves.

Miss Constance Boulton, of Toronto, argued very ably that if universal service in the form of compulsory training for boys had been in vogue we should not have needed to recruit an army at all. She paid her disrespects to labour leaders and radicals who oppose military training.

Mrs. A. W. McDougald, of Montreal, vigorously handled the subject of organized and disciplined service. "As the war progresses," she said, "we have come to realize that the actual individual freedom of which we were so proud has been sometimes almost our undoing. Victory is going to depend on the organization and conservation of our national resources, as well as on the army in the fighting line. The war in which we are engaged is a war of nations in which economic power and disciplined nationality will play a very great part. The efficiency of any army depends on the organization of the industrial life behind the gun. The Empire must be organized to the last man, the last woman, the last dollar, the last sack of grain before we can say that we have come together in that organized democracy which is demanded in this crisis."

In this complete democracy of discussion the address of the re-elected President, Mrs. Albert Gooderham was one of the soundest, sanest and wisest. "I am not criticizing the leaders of our parties,"

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