

Ladies' Home Journal Patterns for Easy Dressmaking.

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REST ROOMS FOR MOTHERS.

More and more the need of Rest Rooms for mothers is being felt by the public, and means are being taken to secure them. Two new ones are reported this month.

The first is from Wellington where a rest room at 37 Courtenay Place was opened by Her Excellency the Countess of Liverpool. The idea originated with Mrs Alexander Gray, of Brougham Street, Wellington, who appealed to the Women's National Reserve for assistance, and met with a very ready response. They formed a Mother's Help Division, and made a canvass of business men and other Wellington citizens. The rooms are simply furnished, the floors are covered with pretty fibre carpet squares, the curtains are of mauve and blue, large comfortable cushions to match are on chairs and lounges, and vases of spring flowers give a dainty finish.

There is a kitchenette where food can be warmed and milk obtained.

A charge of 6d will be made if children are left in the Matron's care while their mother is shopping, while a penny is charged for the lavatory or for electricity in heating kettles, etc.

The second is from Hastings where the work was undertaken by the W.C.T.U.

At last a long-felt want has been supplied in Hastings, namely a Mothers' Rest Room. Of course, this is not to the exclusion of any woman, young or old; but it had been on the minds of the members of the W.C.T.U. for some time that such a place was necessary, and that the time was opportune for the Union to make some move in that direction.

Accordingly a Saturday shop was organised, and on August 16th we realised somewhere about £60 by this means towards the furnishing of the room. Then a shop on Heretaunga Street was looked over, and found to be the only available place that was at all suitable and central. Immediately a Committee was formed, and the members inspected the premises and held their first committee meeting on September 2nd. The surround-

ings were not inviting, a big shop that had been empty for some time, cobwebby and dark looking, did not give much inspiration; however, with brave hearts and willing hands it was thought the place might be made presentable by the Saturday. If any one could have looked in and seen us we would certainly have had sympathy, and over and above that it was a "Dry State." Can you imagine a ladies' meeting and no afternoon tea? And so much talking going on; only a box or two to sit on, in fact one member sat on a small rickety table, undignified I grant you, but preferable to no seat at all.

The ladies were told off in pairs to do the buying.

Thursday and Friday found us on the premises, with the necessary articles, and with the help of two or three gentlemen friends to do the heavy work for us, by Friday night what a transformation. The big front shop was divided into two rooms by curtains and pole. The windows draped with light voile curtains, and the whole place gay with flowers and plants. Gifts of chairs, a large settee, tables, etc., floor stained and partly covered with mats and a few articles borrowed to help us over the opening day. The front part is used as a rest room, whilst the part behind the curtain is converted into a little private room with a wash stand, towel rack, etc. Then in the rear is a kitchen, into which we put a gas stove.

Outside work had attention too. We looked on a rubbishy, weed-filled back yard. Now it has been made into quite a decent garden, fence mended and a gate put on, and generally smartened up.

On Saturday, September 6th, the room was formally opened by Miss Elsie Williams, of Frimley, in presence of a number of women, W.C.T.U. members and visitors. Some curiosity was abroad as to what was doing, even two or three members of the opposite sex were brave enough to look in and through, and left us donations to help on so good a work. Morning and afternoon tea was provided at a small

charge, and on Monday, the 8th inst. work was started in earnest, the rooms being under the charge of a matron. There is no charge for the rest room, but one can have a cup of tea and biscuits for 4d; other conveniences at small charges. We would like to make the place self-supporting if possible. I wish I could give a list of all the gifts. I am sure every one of your readers would be interested. The first week 250 women used the rest rooms for various purposes, and so far less than £40 has been spent. Now we have to provide for rent, Matron's salary, and a few incidental expenses. A deputation has been appointed to wait on the Town Council to see if they will give us any help, as we are really conferring a benefit on the whole town by providing such a convenience. Possibly the Council will aid us. We hope so.

The rooms have been well patronised since opening, and give promise of a continuance of the same, and I am sure the local Union is to be congratulated on such an enterprise, and deserve all possible help.

In connection with the above, a "Mere Man" writes in the local paper as under:—

"The large number of women availing themselves of this great convenience is an evidence of the justification of the move, and it cannot be too highly commended. The cleanliness and general conduct of the place commends it to all, and many a weary mother has been thankful, no doubt, for this resting place. I was given to understand also that a large number of young women, having to bring light lunch to business, have availed themselves of the privacy of the rooms, and appreciated a cup of tea at a nominal cost."

The basis of intemperance is the effort to secure through drugs the feeling of happiness when happiness does not exist. One and all the result of their habitual use is to render the nervous system incapable of telling the truth.—Dr. David Starr Jordan, ex-President Leland Stanford University.