

an institution as the famous O.A.C. with its sister, Macdonald Institute. A trip to the dairy of "The Farm" (to Guelphites, take note, there is only one farm, and it is spelled with a big F) is alone sufficient to indicate why Guelph should have been chosen as the annual meeting-place for the Women's Institute Convention.

But now to business, or "our three minutes will be up." "Oh, dear!"

ADDRESS BY THE MINISTER OF AGRICULTURE.

The Convention for 1907 began on the morning of December 11th, with the Minister of Agriculture, Hon. Nelson Monteith, in the chair. In his opening address, the Minister, who is deeply interested in the work of the Institute, dwelt strongly on its influence, and the possibilities of its influence. "There is still much to be done," he said, "in regard to home influences in this Province." The responsibility for this improvement rests largely on the efforts of this institution, which has in its hands so great a power for the improvement of home conditions. One trend of the times which he deplored was the drifting of women into commercial activities. Too many people believe the home dull and uneventful, and seek a broader field in public life. It lies largely in the power of such organizations as the Women's Institute to turn the trend of events, and shows that the dignity of home-keeping and the uplifting of the standard of the home is, after all, the best office of women. In closing, the Minister promised the financial support of the Government as soon as the Institute is in need of assistance.

ADDRESS BY PRESIDENT CREELMAN.

President Creelman, in his address of welcome, also dwelt upon the high office of women in uplifting the home. We are privileged, he considered, in living in Canada, with its variety of climate and productions, from the sub-tropical growth of the Lake Erie district, to the No. 1 Hard of the far Northwest; with its success in the raising of fruits and grains, and animals—and here the pardonable pride of the President in the recent stock-judging prowess of the O. A. C. bubbled over. The trophy is evidently dear to his heart; and why shouldn't it be? It is a privilege, he continued, to live in a country place. When the best conditions have been reached there, girls will not want to take situations in the city. Not that he would wish to see all the girls and boys stay on the farm; the professions need to be supplied from the country. He was referring to the drifting out of it of those who must take inferior positions in the town. Coming to the Macdonald Institute, he stated that it is prospering. He was often amused at things that happened there. Frequently, girls came to him stating that they had never done manual work at home, would never have to do it, and didn't want to do it. They didn't understand how necessary it is to learn to do things by doing them. After things had been explained, however, these girls invariably went back, put away their fine dresses, rolled up their sleeves, and went to work. Presently they became interested in women's work, and learned new ideals of life. He hoped that the Institute would stand for broader things, also, than turning out experienced cooks, seamstresses, and laundresses. Girls should know how to work scientifically. They became larger women, stronger women, better mothers of the country, by getting into closer touch with works of the Creator. In closing, he invited the members to visit every part of Macdonald Hall and Institute.

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Mrs. Gardener, of Kemble, replied happily to Mr. Creelman. After a few words in appreciation of his welcome, she alluded to the work of the Women's Institute. She hoped that next year one of the subjects for

consideration might be, "What a Child Can be Taught Before it Goes to School." The "unconscious" influence of home surroundings she considered of inestimable importance. In creating that influence, the women must, of necessity, be most instrumental. Man might make the houses, but women must, to a great extent, make the homes. A campaign had been started in the United States for the beautification of the country. She thought the women of this country might well begin a similar work. It doesn't hurt a woman even to help her husband a bit in clearing away rubbish and planting vines and shrubs and flowers about the homes. Then, there are dilapidated fences, defacing signs, etc., to be thought of. The women might exert their influence in having these removed. They might also do something for their country by sending literature to be distributed by the Aberdeen Association among the lonely homes of the far Northwest.

Hon. Mr. Monteith, replying, recommended that those in authority, municipal and otherwise, be approached in regard to the improvement of the highways. Beautiful highways, as well as beautiful homes, exert a strong influence towards elevation of citizenship.

ADDRESS BY MR. PUTNAM.

In beginning his address, "A Review of the Year's Work," Mr. Putnam humorously referred to the "thrifty child" ex-Superintendent Creelman had left him in the Women's Institute, "a child which had grown almost beyond the control of one poor man." With such a band of earnest workers, however, there could be but one result—success. "For Home and Country" is a motto to that has become more full of meaning as the time has passed. He believed that each branch of the Institute has within itself a power which, if developed, will do much to develop its surrounding district. Comparing the work of the Women's Institute with that of the Farmers' Institute, he thought that, if the Government can afford to spend large sums in finding out the value of feeding raw food to farm animals, it should be prepared to spend much more for home economics. The training of the young child is of much more importance than the training of the young colt, of which so much is written. Passing on to the objects which the members of the W. I. have in view, Mr. Putnam said that, while the mother in the home is ready to co-operate with the husband in making money, she thinks much more of the development of her child. Referring to the address given by President Falconer on the preceding evening, he remarked that we must do something to break down that self-centered narrowness which is so detrimental, where it gains a foothold, to womanhood. The W. I. affords a means to this end.

With Institutes to the number of 400 in 80 electoral districts, and composed of 11,000 members, and an attendance last year of 75,000, he felt that the institution could approach the Government with assurance. The day is coming—and the W. I. is a great force in bringing it nearer—when life in the country, provided with all the comforts of city homes, will be ideal. The aim of the institution should be to bring the conveniences and social conditions in the country to the level of those in city homes. Outside of these, there are many advantages and pleasures in the country to which city people, who have ever lived in the country, would gladly go back. Were conditions in the country what they might be, the rural home would be far in advance of that in the town. He felt that the greatest good would result when the officers of the institution joined to study local conditions. Two county conventions had been held, in Grey and Waterloo. This he thought a step in advance. The Department was aiming at better system. He asked the Institute to form a committee of two officers and one lecturer to consult

with the Department in regard to the work. The Department would select two others to add to this number. The success of the Institute must depend, not on this convention, but on the individual efforts each society makes in its own locality.

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Following Mr. Putnam's address, came a short discussion, in which various members took part, after which the session adjourned for the morning.

AFTERNOON SESSION.

During the afternoon, Miss Laura Rose graciously presided. In her address she humorously referred to the fact that men have been so strictly left out of the Institute work. The women had been orthodoxly clinging like the scarlet runner, but the men had been "too much like the bean-pole—useful, but out of sight." She thought some advantage might be had by leading them to take a more active interest in the Institute. Men should also take a more active part in the home than they do. They should not feel that they have done all when they have supplied food and clothes; they should be, in truth, the heads of the home, taking an interest in the children and their studies. They should "play with" the children, to teach them honesty and fairness.

PROF. HARCOURT ON BREAKFAST FOODS.

The first speaker on an especial topic, for the afternoon, was Prof. Harcourt, of the O. A. C., who gave a most comprehensive report on the work of his department in investigating breakfast foods. As this paper will be embodied in a bulletin which is to be issued at an early date, and will eventually find its way into the Institutes, we need not here take space for a resume of it. Suffice it to say that Prof. Harcourt is firmly convinced that the good old-fashioned cereals—oatmeal, wheat meal, corn meal—are, when well cooked, much better than the "Force," "Wheat Berries," etc., ad infinitum, now flooding the market. "Wheat Germs" he also considers a very valuable food. This preparation, he had found by experiment, contained the largest quantity of digestible matter of all the newer breakfast foods, "Force" the smallest, containing only 17 per cent. of soluble matter.

ADDRESS BY LADY EDGAR.

Lady Edgar, of the National Council of Women, next spoke to the assembly on the work of the Council. Victor Hugo had said that the nineteenth century was the women's century. Looking at the sea of faces before her, she felt that the twentieth century must be more so. Woman has entered into her kingdom, and she must learn to rule it wisely and well. Speaking more directly of the Council, she stated that it had been founded in 1893, under the auspices of Lady Aberdeen, and is composed to-day of 22 local councils, having in affiliation about 300 societies. Its work has dealt with feeble-minded women; with the welfare of women and children working in factories; with that of women prisoners. It has obtained the appointment of women on school boards; has brought about the introduction of manual training and domestic science into schools in Canada; has extended sanitary information, and dealt with the questions of the circulation of immoral literature, and laws for the better protection of women and children. In closing, Lady Edgar gave the names of delegates from the W. I. who had been appointed on committees for various purposes in the National Council.

PROF. C. C. JAMES, ON "THE HOME."

Professor C. C. James, Deputy-Minister of Agriculture, followed with a most excellent paper on "The Home," which we have obtained permission to reprint in full, and which will appear in this department of

"The Farmer's Advocate" some time within the next few weeks.

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Mrs. Dignam, of Toronto, President of the Women's Art Association, spoke on the work of that Association in developing arts and crafts industries among the women of Canada. She also placed on exhibition some very artistic samples of lace, portieres, etc., made chiefly by the women of Quebec and Nova Scotia in their own homes. Such work is disposed of through the Arts and Crafts Associations of Toronto and Montreal. She hoped similar work might be done in Ontario.

THE FEEDING AND CARE OF CHILDREN.

(Mrs. Brown, Sr., Winterbourne, presiding.)

Miss C. A. Aikens, a trained nurse from Detroit, entertained, as well as instructed, her audience on this topic. Referring humorously to the attitude with which some mothers regarded the taking up of such a subject by an unmarried woman, she proceeded most ably to justify herself. One woman had said to her, "Oh, you can't tell me anything about raising babies. I've raised eleven."

"And where are they now?" asked Miss Aikens.

"All dead but one, and I don't know where he is."

"At what ages did they die?"

"Oh, some at two months, some at six months, some at three or four, one at eleven—Oh, you can't tell me anything about raising babies!"

Miss Aikens considered this woman had made a marked success of the business.

She was convinced that motherhood does not always bring knowledge, and that children are too precious to be experimented on. Experience, when not supplemented by study and common sense, is likely to be a very unsafe guide. She especially cautioned young mothers against following the advice of all the aunts, and cousins, and old ladies of the neighborhood. People were so afraid of the baby's taking cold, they were likely to shut out all the pure air from it. And yet, pure air was most essential to it. Men have lived 40 days without food, but they could not live many minutes without air. She didn't believe in putting the baby outside to sleep on a cold day in winter, as some do, but most earnestly pleaded that it should have pure air every moment of its life. No mother would give her baby dirty water to drink, yet many of them had no scruples about giving it dirty air to breathe, notwithstanding the fact that impure air always gives rise to colds, and often to bronchitis, pneumonia, and such diseases. Houses should be thoroughly ventilated with pure air from outdoors at all times. It is not necessary to keep the baby in a temperature higher than 70 degrees during the day, and 65 degrees at night, even 10 degrees less at night after the first month or two.

Mothers should provide plenty of warm clothes for the babies. She knew of one who had made ready a wardrobe of "a lace bonnet and package of safety pins." A baby should not be tightly bandaged, and its arms, chest, legs and abdomen should be warmly covered. Booties were absolutely senseless things; protection, not decoration, is needed.

The bath should be given to suit conditions; at night, if the baby is inclined to be restless; otherwise, in the morning, if that suits better. The natural supply of milk is usually best for babies. When artificial foods have to be used, the advice of a competent physician should be secured; what is one baby's food, may be another's poison. For increasing the natural supply, nothing is better for the mother to drink than good sweet buttermilk. Copious drinks of tea, soups, gruels, etc., help sometimes, but not always; the quality of the milk may be deteriorated by using them.

"Don't give the baby food every