

Our Women Folk

CONDUCTED BY
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Sunbeams

Keep A-smiling

It's best to keep a-smilin',
For a smile's a kind of net
That catches by beguiling
Just the things it wants to get.
So keep your smile a-spreadin',
Crack a jolly joke or two,
And you'll find that things come headin'
Straight for 'smilin' folks like you.

Children require a lot of patience to enable them to get along with their parents.

The Reason

Miss Ann Thrope—Women's ideas are much purer than men's.
Mr. B. A. Kidder—That's because they sublimate their ideas so freely.

Every time father takes mother to a musical comedy mother can't enjoy anything for fear one of the fifty-nine varieties of tight will rip and give father more than the press agent advertised.

The rainbow is only the sunlight

Caught in a drop of rain,

To tell us the storm is over

And life will smile again.

And God who sends earth's brightness

When the grim-hued storm wrack clears

Will give each heart it's rainbow,

After the mist of tears.

But for the breath of suspicion gossip would die a natural death.

Flashy garments frequently betoken an under-tone intellect.

I may be old-fashioned, but I maintain than ten cents worth of sassafras tea will give a girl a better complexion than ten dollars worth of paint.

Home Economics

Gilbert Plains

Gilbert Plains H. E. Society held its regular monthly meeting March 3rd. In the absence of the president, Mrs. Geo. Findlater, the vice-president occupied the chair.

Correspondence was read from the College, offering a week's Short Course in Dressmaking, to begin April 16th, and the members agreed to accept it.

The delegates to the H. E. convention in Winnipeg reported enthusiastically on the addresses, papers, etc., which they had the privilege of hearing, while the members showed great interest in hearing of the resolutions brought up and passed by the convention.

The members of the Programme Committee served lunch at the close of the meeting. This branch was organized three years ago, and had a membership of 70 in 1916.

May Meeting

We had a large attendance at our May meeting, and committees were appointed to arrange for a picnic some time in July. Mrs. Best gave some excellent recipes for summer beverages and drinks.

The President read a letter from Mr. Newton, re the Summer Convention, to be held at Dauphin, and a discussion took place on the best plans to be drawn out for the convention.

Mrs. J. B. Parker, Secy.

Home Maker's Clubs

Prairie Rose Homemakers

The Prairie Rose Home-makers' Club met at the home of Mrs. W. C. Ridalls on Thursday, April 26th, and spent a very profitable and enjoyable afternoon. Seventeen ladies were present among them being several visitors. The question of obtaining a district nurse was discussed and many arguments, pro and con, were put before the meeting. A committee was finally appointed to explain the proposition to the councilmen and have them talk it over at the June council meeting, it being a matter concerning the whole municipality.

Material to be made up for the Red Cross hospital was distributed and some of the completed garments will be entered at the Regina exhibition next July, where prizes are to be awarded for best workmanship on Red Cross articles.

We decided to hold a bazaar at our summer fair at Vanguard, to raise more funds with which to buy material to be used in the same way.

Some of our members contributed sums of money which they had raised in various ways during the month, for Belgian relief, a total of eleven dollars and fifty cents being realised in this way.

A very dainty lunch was served by the hostess, and all departed for home, having thoroughly enjoyed the meeting.

M. Elise, Club Reporter.

White Heather Homemakers' Club, Govan

A very interesting meeting of the White Heather Homemakers took place on Wednesday, April 4th, at Pioneer Farm, the home of Mrs. Martin Anderson, at which quite a number of ladies were present.

The subject was "Laws pertaining to Women and Children in Saskatchewan," by Mrs. C. B. Latta. Roll call. What women should ask of the Government.

Mrs. Latta's plan first of all was to outline the laws when the province was organized 12 years ago, for which we owe our thanks to the leading women of different organizations for the right to vote.

Secondly, in order to vote intelligently in Provincial and Municipal elections it requires study.



Yes'm, since these women workers come on the land there's something' wrong w' my husband. 'E wouldn't think o' goin' plowin' now unless 'is boots were polished and 'is finger-nails cut, and a clean collar an' tie; an now 'es started pastin' 'is 'air back.

Third, The Acts in regard to Labour in Factories, Orphans, Criminal Children and Defectives.

Homestead Act. Allowing widows to homestead.

Hospital Act. To give municipalities power to unite in constructing the same.

Election Act. Which gave women the right to vote in Provincial Elections.

This paper was followed by a Roll Call in the form of a discussion for improved Legislation. Some of the things asked for by the women were:—

Domestic Prohibition.

Homestead Rights for Spinners.

Medical Inspection in the Schools.

Miss Gladys Anderson then read a very interesting paper on Current Events. After which Mrs. A. J. Currie and Miss Evelyn Osborne played a duet.

The hostess then served a delightful lunch.

The next meeting was arranged to take place on Wednesday, May 2nd, at the home of Mrs. O. Landstrom.

May Meeting

Our club met on Wednesday, May 2nd, at the beautiful new home of Mrs. O. Landstrom. The subject of "House Plants and Their Care," being consigned to Mrs. C. H. Cross, was delivered in a splendid manner.

In which she explained the care and culture of house plants, giving details on different varieties which proved to be quite interesting. The Roll Call then ensued to which the members gave quite a variety of their "Favorite Flowers and their Origin," which was very good.

Miss Evelyn Osborne then read a good paper on Current Events, touching on different topics of the day. The meeting adjourned by singing "God Save The King." After which Mrs. Landstrom served refreshments. The next meeting will be held on Wednesday, June 6th, at the home of Mrs. W. A. Paul. The paper will be given by Mrs. C. A. Puffer on "Loyalty to the Club and one Another." Roll Call. Quotations on Loyalty and Kindness.

Mrs. Wm. Greentree, Club Reporter. The following is the programme for the latter part of the year.

June: Loyalty to the Club and one another. Mrs. C. A. Puffer. Roll Call. Quotations on Loyalty and Kindness.

July: Report from Convention.

August: Canning and Pickling. Mrs. J. G. Carr. Roll Call. Favourite Desserts.

September: Best periodicals for the

Home. Mrs. W. A. Paul. Roll Call. Current Events.

October: Economy in the Home. Mrs. C. Laknas. Roll Call. Recipes for Left Overs.

November: Demonstration on Candy Making. Mrs. Archibald.

December: Annual Meeting. Roll Call. Suggestions for Christmas Gifts.

Hyde Park

Sandwich P.O., Sask., May 14, 1917.

The Hyde Park Homemakers met at the home of Mrs. Parkhouse on Thursday, May 10th. There were ten members and four visitors present. The meeting opened in the usual way by singing the "Maple Leaf." The minutes of the last meeting were read and adopted and business arising from same was transacted. It was decided to undertake the catering for the exhibition to be held in September, the funds to be donated to the Red Cross. A committee of three was appointed to make all necessary arrangements. Mrs. Shepherd, Mrs. A. M. Dodd and Mrs. A. C. W. Dodd were the three members forming this committee. A collection of fancy work is to be sent to the Provincial Exhibition to be held at Regina in July, from the club. Miss Moore was appointed to collect the work and mail it. The Red Cross secretary has more Red Cross garments to be made up. It was decided not to hold a sewing bee this month, but to distribute the garments among the members, as owing to seeing very few members could have horses to attend the meeting. Mrs. E. Parkhouse was appointed our official delegate to the convention to be held at Saskatoon in June, Miss Baxter and Mrs. A. C. W. Dodd then gave some music and the meeting was closed by singing the "National Anthem." All members enjoyed a dainty tea provided by their hostess. The next meeting will be held at the home of Mrs. Baxter on Thursday, June 14th.

GOOD BREAD FROM ANY FLOUR

Success or Failure Depends Largely Upon the Methods of Handling

(By J. L. Ashlock)

Getting at his subject from an analytical point of view and determining the exact why and wherefore of each result obtained, Mr. George A. Olson, chemist of the Washington Experiment Station, after several years of experimentation and observation has arrived at the conclusion that good bread can be made from virtually any kind of flour. He says that success or failure in bread-making depends almost wholly upon the methods practised by the individual. In the course of his study Mr. Olson made an extensive observation of the experiences of persons who made bread. With no exception he found that those who succeeded in making good bread all the time did not depend upon fixed recipes.

"The first requisite for successful bread-making," he says, "is good, active yeast, and it makes little difference whether the source is compressed or dried yeast cake, or a 'starter.' The main thing is that it should be active and not soured by chills or draughts. By using good, active yeast and proper methods, good bread can be made from any flour. The best temperature for the development of yeast is from about eight-two to ninety degrees Fahrenheit."

The method given by Mr. Olson for the preparation of yeast is as follows: Grate a fourth of a pound of potato; add a quart of boiling water and stir thoroughly. Next, add three ounces of sugar, an ounce of salt, and when the temperature has