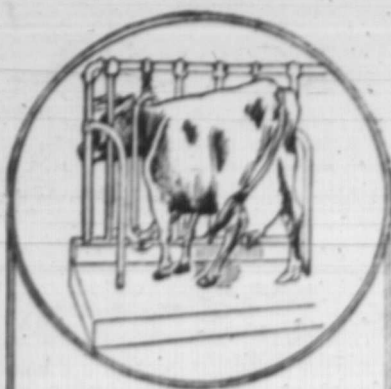




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Manitoba

This Section of The Guide is conducted officially for the Manitoba Grain Growers' Association by R. C. Meadour, President, 404 Chambers of Commerce, Winnipeg, to whom all communications for this page should be sent.

SUMMER DISTRICT WORK

District officers in many of the districts are taking action during May for getting some of their workers together for consultation and planning of the summer campaign. Several district semi-annual conventions will be arranged for. A number of union picnics are being planned. One of the most effective means of popularizing the movement is for two or three branches in proximity to one another to get together and arrange for a community picnic. Some districts are discussing a special conference of secretaries. It is recognized that the secretary holds the position of chief executive officer in many branches, and that it is desirable that he be most efficient and fully informed. Perhaps, sometime there will be a training course for secretaries.

Two things about all this work. First, is your branch going to help and be helped? Have you had your secretary inquire from the district officials just what is on the program and how you may assist? Have you a neighboring branch with which you might co-operate? Who is going to take the initiative, some other fellow or you? Second, if the work you contemplate involves any help from the provincial association, any assistance in the way of speakers, it would be well to have plans laid within the next ten days. All the available speakers are going to be very busy men during the weeks of the summer campaign and you would not like to be disappointed in getting one for the day you choose. That requires that you communicate at once with the central office and give it a chance to do its best for you.

District directors and other officials should take action at the earliest possible moment to secure meetings during the slack season after seeding in every district where the association is not represented and where there is hope of being able to organize. There is good reason to hope that the number of branch associations will be very largely increased during the summer months. It is up to the district workers to see that their particular district furnishes its quota of the increase—north, south, east and west—let us go to it. Every district director should have some suggestions to offer to the workers in the central during this season. Have your proposals, suggestions, or requests on hand as soon as possible.

NEEPAWA DISTRICT AT WORK

A conference of the officers of the Neepawa district was held on May 5, at Arden, and preliminary plans were laid for a series of local meetings to precede the semi-annual convention to be held at Arden on July 9. The following dates are provisional and are liable to change. Full and timely notice will be given later of the list as finally revised.

Ogilvie and Gladstone June 29
Franklin June 30
Wellwood and Brookdale July 3
Tosby and Glenella July 5
Kelwood and McCreary July 5 or 6
Riding Mountain, Bellhampton and Amaranth to be arranged.

A varied and interesting program for the convention is already on the way. Community work, educational problems, women's work, and the economic situation will be among the subjects to be handled by speakers who have made special study along these lines. There will be a forenoon conference for secretaries and other local workers and resolutions to be presented will be got into form before the noon hour. Branches having resolutions to submit would do well to send a copy in advance to W. R. Wood at the central office, 404 Chambers of Commerce, Winnipeg, as he is handling the correspondence in connection with the summer campaign and the convention.

No pains are being spared to make this much the best convention the dis-

trict has ever held. Let every branch have a good delegation of officers and members present. On no account should the president and secretary of the local branch fail to be on hand. Watch for later and completer notices.

HOUSEHOLD SCIENCE

Household science as I understand it, is a subject both broad and deep. First we eat to live, hence the necessity of understanding something of food values, and the effect different foods have on the body. Next, all food is good, if taken under certain conditions. For instance, I read in a farm paper last month, "the right kind of food lessens the coal bill." Meat is one of the greatest stimulants among foods, giving heat and muscle energy to the body, while bread, especially bread made of whole wheat flour, all cereals, rice, beans and potatoes give nourishment and strength. All vegetables are good, especially if eaten raw in salads as much as possible; they contain vegetable salts which help to exterminate the poisonous waste of the system. Eggs, cheese and butter are all good substitutes for meat in a less degree. Fruit-like vegetables should be eaten raw. Do you see—we must master this subject to a certain extent or we will not live long to eat.

Now, I am not a domestic science teacher, and would refer you to the M.A.C. for teachers and lists of well balanced meals—they can be had free for the asking. I would like very much to see this line of teaching taken up in our rural schools. The city and some town schools have it now and they all vote it a great success, and I think what is good for city and town children is none too good for country children. It is not just a case of learning to cook—it is learning the food values and their different effects on the body. You see I am trying to learn this late in life—let us see to it that our children learn it while young.

Household Science and Better Living

Household science means more than just feeding the family, it means keeping the house clean and tidy; also making the home a homelike place where the whole family may bring their friends and be sure of a welcome from mother and father. In the institution of the home we have the truest conception of co-operation and our motto as Grain Growers is "Each for all and all for each." This should be the motto of every ideal home. There are some women who are slaves to their work. Washing must be done on Monday, no matter what is going on or what cannot go on. Baking and churning must be done on Tuesday and so on. Now I know system there must be to have our homes just as nice as we like them, but the system must not be held to so rigidly that the whole harmony is spoiled. When Christmas week, Easter week, or any other week comes when all the children come home, let us forget about washing for one week, and do not bother about every speck of dust. Let us have a merry time together. We will all enjoy it and feel the better for it—the house will not be a bit the worse for not being dusted every day. Music in the home is a great help and cannot be overestimated, but the sweetest music is the children's voices making merry around our own fireside. Let them have, and help them to have, a merry and happy time at home; they will always remember happy times at home.

Household science means making our work as easy as possible for ourselves, getting as many labor-saving devices as are within our reach. We read a great deal in the daily papers about machine power being better and less expensive than man-power; it is also better and less expensive than woman-power. I have just been reading the report of the recent Social Welfare Congress held in Winnipeg and it seems

to me we cannot begin to conserve life any too soon, when we think of the fact that out of sixty-one babies examined, only six were perfect and nine normal. Is it not time we wakened up not only to our duty but to our privileges as well, and try for a few of the things that we ought to have, such as free hospitals such as they have in view in Saskatchewan and Alberta, maternity grants, and public medical inspection of all schools. We are citizens, do not let us be too shy but ask for what we want, first in the home, second in the school and third in the state.

Household science means all this and much more to me. I have as it were, only touched the high places, but as wife and mother, what a lot of learning we need. We should be proficient in domestic science, be able to feed the family properly, which would help to ward off sickness to a great extent, then when sickness does come we must be able to nurse intelligently, and the most important thing of all, be able to train up the children so they will be fitted for a life of usefulness with high ideals and leave the world a little better for our sojourn here.

Mrs. GEO. VIRDEN

WANT MAXIMUM WAGE

The following resolution passed at a recent meeting of one of our branches may also interest readers of The Guide in other parts of the province: Resolved, that in view of the fact that some of the foreign element of the farm labor class are demanding wages of from \$60 to \$70 per month, and where as these people largely comprise representatives from the very nations with which we are at war, and further, that in view of these circumstances the farmers rather than submit to these exorbitant wages will curtail their operations, employ fewer hands, which will materially decrease the seeded acreage, and a very consequent lessening of production will result; therefore, we would most respectfully urge that the government take immediate action in setting a maximum wage for all farm labor and thus insure the seeding of a large acreage and enhancing the chances for a greater possible production.

ORGANIZATION

Farming is becoming more and more exacting every year and organization among farmers will not be so difficult when individuals realize its necessity. First of all it furnishes sociability and to get together for a good time is reason enough for organizing on a definite plan. The associations have improved rural life to such an extent that as rural community should be without them—aside from the material advantage gained. Every local should consider itself a co-operative school as well as an organization for the study of co-operative problems with special reference to social conditions as well as their business activities. (Selected.)

PICNIC AT SHOAL LAKE

The secretary of the Shoal Lake G.O.A. reports that their annual picnic will be held at Shoal Lake, July 4. Excursions will be run from Neepawa and Russell. The usual sports program is provided and good speakers will be on hand. Keep this date free and spend it at Shoal Lake.

More horses, heavier horses, horses better prepared for work and fed for work will go far toward increasing and cheapening production per acre or per ton of crop. With the shortage of farm help more and better horses will enable fewer men, when using larger and better farm implements, to maintain or even increase production at a decreased cost.

One or more feeds of warm mash per week are essential to prepare or maintain a working horse. A brass mash replacing the Saturday night grain is excellent. This might be replaced by boiled barley or other grains mixed with bran, and fed warm. If desired, salt-petre may be added as a blood stimulant and molasses as an extra laxative and appetizer.