

Women's Institutes and Their Work

The officers of the Women's Institutes would do well to plan at an early date for the holding of the branch annual meetings during the month of May. Communications have been sent to all officers regarding this, and it is to be hoped that the members generally will see to it that at the annual meeting enthusiastic and competent persons are placed in office. There is no one meeting which will prove more in the work of the Institute than the annual meeting.

Provisional lists for the summer series of meetings which will begin in most of the sections on May 27th, have been sent out for the approval of the Institute officers. The number will be considerably in excess of last year. The total to date, including the northern sections of the province, number 308. As an indication of what the Institutes in New Ontario, which were formed last year, are doing, we beg to quote the following extract from a letter received from the secretary of the Hanbury Women's Institute, Temiskaming district:

"In reply to your enquiry as to the method adopted by our Institute in carrying on our work, I may say that the subjects chosen are usually those which interest our members and concern our daily lives.

For instance, spring is almost here, and our subject for March was "Seeds," dealing with the places from which to procure them, the best kinds to get for our locality, and the best methods of planting, etc. Of course, you know this is quite a newly settled country, and our members, a majority of whom are either from towns or the Old Country, found this subject quite interesting and instructive.

We intend to carry the subject through the season, taking up "Transplanting" next month, with another subject, "Care of Poultry," and so on, as the season advances.

In furtherance of this, we have applied as an Institute to the Ontario Agricultural College for plants for experiments in fruit. The women here have the care of the gardens, the men being busy clearing the land.

The members seem to prefer a conversational style of conducting the meetings to a more formal one, although we always have a short address or paper read on the subject chosen.

Labor-Saving Contrivances for the Household

By MISS FANNIE KNIGHT,
Tarentorus, Ont.

Every woman is anxious to know of any or every means by which the labor of caring for the house may be lightened, and as this is a great part of the work of the Women's Institute it is well for each of us to give all the help at our command to those who in some particular line are less fortunate than ourselves.

There are a great many contrivances which we might introduce into our work which would, no doubt, be labor-saving, but they are expensive and we feel as though we cannot afford them. Just here is the first difficulty and one that must be avoided if we would have peace of mind. We must not worry and fret ourselves by trying to grasp something just a little beyond our reach, but rather let us go to work and so manage our household expenses that in the near future we will be able to save enough to enable us to bring the desired articles within our reach.

One of the first and greatest helps to lighten our household tasks is a sunny disposition and a contented spirit, with enough progression thrown in to keep us ever on the alert. Part of our work is necessarily hard and unpleasant, and part, of course, is work in which we

delight, but if we take it just as it comes and keep bright and cheerful, half of the drudgery will disappear. Then again if we take up the study of domestic science as fully as we ought, we will understand why our homes must be well ventilated and clean, why we should cook some foods and eat others in the raw state, what causes bread to rise and what causes it to become mouldy when in a damp place, and many other things of which we seldom think. It is more pleasant working when we understand the why and wherefore of things.

I will mention just a few simple little things which may be of use to some one, who can find at least a dozen uses for a meat chopper. It will mince meat, celery, onions, horse radish, or anything of that kind which may be required for the making of pickles or lish in one-quarter the time it would take to do it with a knife.

A small water can with a very fine strainer will sprinkle clothes in half the time and much more evenly than if done in the old way.

A wood-box built in the kitchen wall with an opening on the outside and an opening on the inside with a tight-fitting cover saves carrying wood.

A kitchen cabinet, whether it be simply constructed or a very elaborate one, keeps all the baking ingredients and utensils within easy reach, saving much time and patience which would otherwise be exhausted running here for sugar and spice, there for the flour and away some other place for the baking tins. Just while I am speaking of flour how many have ever found it difficult to mix flour and water for gravies, soups, etc., nice and smooth and free from lumps? Women are generally in a hurry when this particular little job must be done, and the greater hurry there is the more lumps seem to appear. Just try taking a wire pot scraper, such as some of you have, and use that instead of a spoon. The result will be a nice smooth mixture without a lump.

Who has not burned their fingers, or else dropped the stove-lifter very quickly when taking hold of it after it has been sticking in the stove lid, when there was a hot fire on, or else spent precious seconds looking on the floor or under

the stove for the lost. A handy little contrivance to do away with all that bother is made from a piece of wire. Take a piece long enough to reach from the ceiling or some place of security to about two and one-half feet above the top of the stove, put a loop on one end of the wire and a hook on the other and you have a handy place in which you may find your lifter without either burning your fingers or bending your back. Time will not permit me to do more than just mention double boilers, washing machines, carpet sweepers, bread mixers, and a dozen more useful and labor-saving articles.

We have in our community some happy women who prefer to have a still greater help than any we have mentioned, but not all women are blessed as they are, for when asked what helped them most in lightening the labor of the household, promptly answered: "Oh, I am not going to mention any names," but it was their husbands' names, they said. Of course we cannot all say that, but we are glad there are some at least who are so well satisfied.

How to Keep Young

Keep in the sunlight; nothing beautiful or sweet grows or ripens in the darkness.

Avoid excesses of all kinds; they are injurious. The long life must be a temperate, regular one.

Don't live to eat, but eat to live. Many of our ills are due to overeating, to eating wrong things or to irregular meals.

Cultivate the spirit of contentment, discontent brings furrows prematurely to the face.

"Sure and you have turned very industrious lately, Mr. Finnigan," said Mr. Flaherty.

"That I have," replied Mr. Finnigan. "I was up before the magistrate last week for assaulting Cassidy, and the magistrate said that if I came back on the same charge he would fine me \$10."

"But he's a fool," said Mr. Flaherty. "And so you're working hard so as to keep your hands off Cassidy?"

"No, bedad, I'm not," said Finnigan. "I'm working hard to make up the \$10 for the fine."—*Tatler*.



"There's a path through the wood 'at t' 'rebud's' wit' trees,
Where lovers may walk and may talk if they please."