

gets; the worse your stomach hinner you get; the thinner you s foods agree with your stomach oods agree with you, the worse mach gets, etc., etc. So if ut on 10 or 15 pounds in weight, means you will have to eat at cause you some discomfor e. g. fried potatoes, fried d eggs, hot buttered toast, etc. pecause in the heating of fats acids are liberated and irritate ach. Fruits are not usually f the presence of acids. You to the patient's stomach ome this in cooked fruits and by adding milk, which con ilies, e. g. apple sauce, baked milk, tomato soup with milk more salt than the rest of the ll help your stomach to cut it

wise pepper.

Go to the drug store and ounce of Bismuth subcarbonate rate and one ounce of the ordersia. Take them home and oughly on a large paper, using ry knife, and take a teaspooning der one half an hour to one hour list, or whenever the discomfort. If it purges you (the magnesia) e dose. You will find that this ill give you a great deal of relief practically harmless. I prefer ng soda.

tube If your stomach is very gest to your doctor to use a tube. That gives you wonder-k relief.

rn Ontario Women's titutes in Session.

four hundred women crowded The Auditorium, London, on the noon of October 26th. Passend, and wondered, and the d remarked, "The Women's

Convention, of course, and a convention it was, which with a set of Resolutions vital and far-reaching enough to be who know nothing of the Institute sit up and think about a Resolutions are not given in this week, and for this reach going down to the big Central next week, with those from wa Convention, so that all on the convention one strong set of the set of the property of the set of the se

There never was—there never— a convention at which a eling prevailed from mart to lot a word of carping criticals. It was constructed to close. Even when hydrodarkness for two or three hours, and the delegates were obliged larkness for two or three hours, although the lot was lost, although the low who set out with a more declared he was looking for street woman"; he must have his e. And now I must tel his look one on him.—But no that e further on, in next weeks

w we must get over the general by mentioning the social events convention. First of all the tertained the delegates to a total in McCormich's big biscut where the banquet hall we with witches on broomstide ts and pumpkins (petrol).

of course,) in anticipation of the coming Hallowe'en. The Women's Canadian Club acted as hostesses, Mayor Little and others spoke, and everyone had a good time. Features of the entertainment there and at the evening session were music by the "Brunswick Harmony Boys," and folk-dances by Miss Manley's pupils at St. Angela's School, and the School of Musical Art. Nor must one forget Mr. Maclaren's community singing lessons at the evening session, and the exquisite solos rendered by Carman Learn.—Now to the working part of the program:

NOVEMBER 11, 1920

With the regretted exception of Mrs. Patterson, of Gadshill, who could not come because of illness at home, the speakers and presiding officers all were on hand. Those who presided over the session were: Mrs. Finch, Mapleton; Miss R. Thompson, Auburn; Mrs. G. A. McLevey, Rodney; Mrs. A. Clarke, Arner; Mr. Putnam; and Mrs. R. T. Phillips, Lucknow. . Mrs. F. E. Leonard, President of the Women's Canadian Club, welcomed the delegates, and Mrs. N. Anderson replied to her address, stating that the Women's Institute has a membership larger than any other organization in America (39,000 in Ontario alone) and giving a brief outline of the broad scope of work. A bit of good advice she gave was, "If there seems to be anything wrong with you or your conditions, study the conditions, then do something to remove them."

Reports from the various districts showed, indeed, the scope of the work. Improvement of schools seemed to be a favorite activity, and delegates spoke of medical inspection, child clinics, hot lunches, school fairs, putting in sanitary drinking cups and fountains, etc. There was much talk of charitable work, help given to hospitals, sanitoriums, etc., and two or three reported donations to the Navy League and Soldiers' Reestablishment. In connection with general community work were reports of building community halls (Wilkesport, Colpoy's Bay and other places), restrooms and reading-rooms (Thamesville, Tiverton and other places), prizes for fairs, etc. Mrs. Graham of Ripley, Bruce Co., gave a rather unusual report. In her district committees for Public Health and Child Welfare have been formed, and a program outlined. Copies, containing the clause: "We are to work containing the clause: "We are to wor for the establishing of Health Centres, have been sent to all the branches. "Work with your Township Council in this matter," Mrs. Graham advised "so Dr. Hill will know what you are doing." doing." . A delightful feeling of amity with the U. F. W. O. seems to exist in doing. this district. On invitation Mrs. Graham attended one of the U. F. W. O. meetings. She suggested that the W. I. and U. F. W. O. use the same hall, and the idea was favorably received and acted upon.

It will be noted that, in this report of the London Convention, Miss Chapman's talk on "Labor-Saving Devices" has been omitted. That is because it was practically the same given at Ottawa and published (synopsis) in these pages last week in the report of the Eastern Ontario Convention. Mrs. Todd's address on the "Federated Institutes of Ontario," explaining fully the need for and duties of that body, is also passed over now, as she is to write an article on that subject for this paper in the early future.

'How in the world do the women manage to get money enough to carry on so many enterprises? One thought, as the reports of the delegates continued. And then one heard of concerts, plays, booths at fall fairs, box socials, a "pancake" social, selling quilts and "junk", and all the other "ideas" women's fertile brains are capable of thinking out.

"The Deserted Village."

THE feature of the first evening was a lecture by President Reynolds of the O. A. C., on "The Deserted Village." If you will turn back to "The Farmer's Advocate and Home Magazine" for August 12th, you will find that talk given, practically word for word—for after the Rural Leadership Summer School at Guelph, where the lecture greatly impressed the members of the School, President Reynolds was good enough to let this paper have a copy for publication. Once or twice

only, during the course of the lecture at London, did he diverge from the copy as given in our pages. At one time he paused to comment on the recent Teachers' Convention at Owen Sound, (typical of most Teachers' Conventions) which he had attended recently. "Here was a body of people," he said, "not too well paid, devoting two days,—to advancing their own interests? to asking for shorter hours? better salaries?—Never a word. They were considering how they could give to the public better service." —Thus were some teachers talking unselfishly in a far northern county, held up as an example of public servants, in the metropolis of the counties of the South.

Community Schools and Churches.

RS. Gray, of R. R. 4, Komoka, gave a little talk that must have inspired many delegates to "go home and do likewise." She told of She told of organizing community clubs and the establishment of a community park, then came right down to "brass tacks', on the educational question. Two of the topics discussed in the clubs were consolidation and continuation classes. It was decided that continuation classes were the thing for the district. The W. I. and U. F. O. took up the matter and the outcome was that 7 school sections united and formed a continuation school section, getting the use of the town hall. There is now a two-roomed school that carries the pupils from the entrance to Normal Entrance and Matriculation. There are 30 in attendance; had it not been for the school not more than 10 would have had a higher education. There is to be a night school in the same building for the study of farm economics, bookkeeping, etc., for anyone who wants to attend. The students of the school, by the way, come on their wheels in summer, and have rented a barn to put their horses in winter.

An Educational Association has already been formed in West Middlesex, with a representative from each township, and this Association has asked the Women's Institute, U. F. O., and Community Clubs to take up the work and form resolutions to be sent to the Secretary and presented to the Minister of Education. Mrs. Gray thought there should be an agricultural course in all Continuation and High Schools; the District Representative might conduct it. "Community Churches," she thought a rather "dangerous" subject. In her vicinity the churches first united for a picnic and found they had a "wonderful time." After the Memorial Park was established-all working together-someone suggested "Why can't we have union in our churches?" and finally 6 churches united to hold services in the park on Sunday evening, with united choirs

and an orchestra. Now a community church is under consideration.

Universi y Extension.

MISS Kate McIntosh, Director of Home Economics, (the first woman assistant to District Agricultural Representatives in Ontario) brought up this very important subject in her report for the Schools and Education Committee. In the elementary schools we get a fair foundation on which to build, but we need more. The University Extension movement seeks to bring University advantages right out into the country. "We want to build up such an educational system that the boys and girls will want to stay on the farm."

Miss McIntosh thought educational welfare would be forwarded by forming Home and School Councils—2 women from each section—and letting them act as a Home and School Committee of the W. I. Such a committee would be in a position to carry out many improvements in the schools, also to give consideration to consolidation when practicable.

to consolidation when practicable.

Among the improvements suggested by the Committee on Schools and Education were: Better buildings, better salaries, consolidated schools, teachers' residences, the reorganization of local boards of trustees, adequate school-room equipment (including good seating and lighting, oiled floors, etc.) Medical Inspection and proper feeding, retaining capable teachers, games, a curriculum adapted to the needs of the home, farm and business world, that women be given place on school boards.

Medical Inspection of Schools.

R. McKenzie Smith held her audience as usual, while she told the story of her work in establishing Medical Inspection of Schools and Child Welfare Clinics in various parts of Ontario. Just recently she has returned from a campaign in the Rainy River District, where she worked some time ago. She was delighted to find that results after the first campaign had been excellent, and that the people are anxious for the work to be extended. Of 21 schools inspected before, 95 per cent. of the children needing attention have been attended to; there is better lighting, seating and decoration in the schools, and quite a few drinking fountains have been installed. The decrease in malnutrition is very marked.

Dr. McKenzie Smith's stories about the children are always interesting, sometimes pathetic, often very amusing. One little lad who could only see 10 feet what he should have seen at 200 feet said, "I guess I'm pretty blind, ain't I?" and the tragedy was that she knew she could have saved his eyes if she had found him sooner. A little girl told her, "I've had a bath, got my hair washed,

my feet washed and a clean dress on —Goodness, I don't know how old I am!" And another proudly proclaimed "I chew crusts now."

Dr. McKenzie Smith urged very strongly the need of getting adenoids out. They disfigure the face and injure the health and mental brightness—even morals. One boy was so incorrigible it was thought he would have to be sent to Mimico, but when his bad tonsils and adenoids had been taken out and his teeth attended to he became a new boy. His teacher said, "He has studied more in the last 5 months than in 5 years before."

By having medical inspection and clinics in the schools the expense of examination is much less than if the children had to be taken to the city for treatment. The W. I. women make all arrangements and help with the work. If children's parents cannot pay for treatment it is given free. "In fact, we could not carry on the work were it not for your noble doctors."

Dr. Conroy is now putting on dental clinics, as health depends greatly on keeping teeth free from disease. Dr. Smith also urged that 4 school nurses be established in Middlesex for the schools outside of London, these nurses to make 3 or 4 visits each year, give a complete physical examination of the children, make lists of those needing attention, and visit the parents. Each nurse would need a car and a salary of \$1,200, or \$1,600 for salary and expenses. The Health Officer does not do the work of the school nurse; their work never overlaps.

The time has come, said the speaker, when women must take a great interest in the schools. Get women on the school boards, (they can vote there if they have property in their own name); the men haven't time to see to all the details. Do spend money on the schools. Provide drinking fountains, dull slate blackboards, cloak rooms, good ventilation, a warm lunch. In regard to Medical Inspection write to Dr. Waugh, Chief Inspector of Schools, Dept. of Education, Parliament Buildings, Toronto.

Dr. H. W. Hill.

R. H. W. Hill, M.D., D.H.P., head of the Institute of Public Health, London, followed, calling for a show of hands from delegates from places that have medical inspection of schools. Only a few hands were raised. Dr. Hill outlined the plan adopted in Minnesota, (where he was last year) where County Public Health Associations have been formed, with the result that out there everyone now has a definite interest in child welfare and public health in general. A great many of these Associations secured and financed a demonstrate.



Some Prominent Figures at the Western Ontario Women's Institutes Convention.

Back row: Miss Sutherland, Mr. Putnam, Mrs. Geo. Edwards. Front row: Mrs. Watt, Mrs. Meade, Miss Emily Guest, Mrs. Wm. Todd.