that you en cooked. lled them. into cold dried them d. Before ded water peas.

ly, 10

inter Use vater\_that an ope oth, porcesoaked i atoes may

ared, will iod. The vhile they nto pieces ese pieces twine and hrinks pieces of slow fire. to be lost

1 cupfuls crape the the meat ur. Cook

llow two slice of canned wo strips nfuls of vonnaise ne center at either at either capple in bove the vard the sents the ce leaves, ings; set sparagus lices and on the kings on s feelers;

upful of lour, 21/2 baking raisins onfuls soda and molasses. beat for nust be er; fill it ree hours oven for

of sugar, 3 tables table-ispoonful ie water has been ter until as; then iten with a boil; uice and minutes minutes. or spread

up sweet pinch of ite; heat

THE SCRAP-HEAP FOR HEROINES?

Critical times for the women workers of France and Great Britain are reported by Miss Mary McDowell, vice-president of the Chicago Women's Trade Union League, who has just returned from Europe, where she was sent on a mission for the industrial department of the VWCA

for the industrial department of the Y.W.C.A.

"During the war they called us heroines—but they throw us on the scrap-heap now," the women are saying, according to Miss McDowell, who adds that the situation is the more distressing because most of these women are workers who for the first time in their lives have had wages on which they could live in reasonable comfort, and during the war they have set up a new standard of living for the French and British working people. working people.

## WOMEN CHEMISTS

As an outcome of the war, women chemists have taken their places on a par with men as industrial chemists. With only such training as chemists as is offered in the regular course at women's colleges, women are competing successfully with men who have had extra years of post-graduate training. In answer to a questionnaire sent out.

extris years of post-graduate training.

In answer to a questionnaire sent out recently to industrial plants it was shown that in sixteen firms employing a total of 368 chemists, 78 were women.

It is the concensus of opinion among men that women are more painstaking in analytical work than men.

Mrs. Sophia Redmond journeyed from the Arctic circle to Seattle that she might turn over to the Red Cross Asso-ciation \$206, the proceeds from the auctioning of a sweater that she had knit for the Red Cross Mrs. Redmond's home auctioning of a sweater that she had knit for the Red Cross. Mrs. Redmond's home is in the little village of Nolan, which is well within the Arctic circle, and she is the only white woman in the village. On August 10, Mrs. Redmond started on her journey to Scattle, mushing to Bettles, 75 miles away. From there she went to Nulato by river-boat, a journey of only 500 miles. There she boarded a Yukon River steamer to connect with the ocean steamship for Scattle, her destination.

Miss Marjorie Bulman, during last summer, managed the irrigation system on her father's three thousand acre ranch in the Okanagan Valley, near Kelowna. Mr. Bulman was finding great difficulty in getting a capable man to superintend the irrigation, a work which requires intelligence more than physical strength. His daughter offered to undertake it, and her father states that he has never had a more efficient superintendent. Mr. Thomas Bulman was formerly a member of the well-known firm of Bulman Bros., lithographers of Winnipeg, but for the last few years has been engaged in fruit growing in the Okanagan Valley. His daughter, during that part of the year when irrigation is not necessary, is a student at the University of British Columbia.

A federation involving 100,000 women in Canada was recently formed in Winnipeg. Mrs. Arthur Murphy was chosen president. This includes the agricultural societies working under the Agricultural Educational Act. The delegates were: Miss A. De Bury, of Saskatoon, Sask.; Mrs. D. Watt, of Birtle, Man.; Wiss Mary McIsages, Edmonton, Alberta, Wiss Mary McIsages, Edmonton, Alberta, Nask.; Mrs. D. Watt, of Birtle, Man.; Miss Mary McIsaacs, Edmonton, Alberta; Miss A. E. Hill. of St. Annes de Bellevue, Que.; George H. Putnam, Ontario; Miss A. McCain, New Brunswick, and Mrs. Blackwood Wileman, of Duncan. B.C.

Mrs. J. Brownridge, of Portage la Prairie, was elected president of the Rebekah Assembly recently in Winnipeg. Susanna Cocroft, physical training ex-pert, is responsible for the physical fit-ness of women government employes in Washiourie. Washington.

## A MILITARY PROBLEM

"What are you knitting my pretty maid?"

maid?"
She purled, then dropped a stitch,
"A sock or a sweater, sir," she said,
"And darned if I know which!"



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