

# Farm Women's Clubs

## AN EXPLANATION

The reports of the Women Grain Growers having failed to arrive from Miss Stocking this week, I have substituted a number of suggestions for club programs, taken from a back number of The Delineator.

FRANCIS MARION BEYNON.

## URGENT MESSAGE FROM PRESIDENT

Since sending the above announcement to press the following urgent announcement from the president of the W. G. G. A. has reached me:

## DISTRICT CONVENTION CALL

Owing to a misunderstanding with the Central Office, the W. G. G. A. executive regrets that it is late in bringing notice of the district conventions before members and friends. Central has issued full particulars concerning these conventions to each local secretary of the W. G. G. A. (See also Saskatchewan page in Oct. 21 issue of The Guide.)

At each convention the lady district director has been invited to give an address, and some member of the executive will endeavor to attend the majority of the meetings.

The executive extends a hearty invitation to all women interested in prairie life and work, to attend the nearest convention. To lonely women, to women wishing to take up some form of social service, the W. G. G. A. offers itself as a splendid medium.

The atmosphere of the G. G. A. conventions is fraternal—just come—and learn of the aims and difficulties of the Association as a whole, and see if you do not find some phase of the work that appeals to you.

Take a one-way ticket and standard certificate.

MRS. JOHN McNAUGHTAN, Pres.

## Principles of Cookery

### Meeting 1:

The Food Problem. (Cost of food, etc.)  
Is Hospitality a Lost Art?  
Economy of Time and Strength in Cooking.

### Meeting 2:

The Food and its Appeal to the Senses.  
Food and the Body.

### Meeting 3:

Fuels and Appliances for their Use.  
The Fireless Cooker. (Have some member loan fireless cooker and demonstrate at meeting.)

### Meeting 4:

Drinking Water and Ice Supplies.  
Souring of Milk and other Changes in Milk Products.  
Butter and its Substitutes.

### Meeting 5:

Methods of Cooking Meat.  
Methods of Cooking Cheap Cuts of Meats in Palatable Form. (Bring in samples, if possible.)  
Meat Substitutes.

### Meeting 6:

The Scientific Art of Bread-Making.  
The Story of a Grain of Wheat.  
Quotations on Bread by Members.

### Meeting 7:

Menu-Making. (The advantage of planning Menus from day to day.)  
The Use and Abuse of Garnishes.

## Home Care of the Sick

### Meeting 1:

Lecture by Local Physician on Need of Ventilation.

### Meeting 2:

Personal Responsibility for One's Own Health.  
The Public Health.  
Surroundings—Cellars, Plumbing—Necessity of Disinfection.

### Meeting 3:

Symptoms of Disease.  
Choice and Furnishings of Sick-Room.  
Care of Sick-Room.

### Meeting 4:

Care of Patient. (Lifting and handling, etc.)  
Baths and Bathing.  
Care of Convalescents.

### Meeting 5:

The Giving of Medicine.  
Nursing in Contagious Diseases.  
Emergencies.  
(Obstetrics may be studied if desired.)

## Bibliography

Household Administration in the Education of Women—Ravenhill and Schiff.

Increasing Home Efficiency—Brugere.

Making the Farm Pay—St. Maur.

Air, Water and Food—Richards and Woodman.

Home Sanitation—Richards and Talbot.

Disinfection and Disinfectants—Rosen-an.

The Care of a House—Clark.

Household Science—Youman.

Household Hygiene—Bissell.

La Maison Saine—Borre.

Healthy Foundations for Houses—Brown.

Healthy Houses—Eassil.

Our Homes—Hartshorne.

Soil in Relation to Health—Miers and Crosskey.

Art of Right Living—Richards.

Domestic Service—Salmon.

Household Economics—Helen Campbell.

Hostess of Today—Larned.

Cost of Living—Ellen R. Richards.

Cost of Food—Ellen R. Richards.

Cost of Cleanliness—Ellen R. Richards.

Cost of Shelter—Ellen R. Richards.

The Story of Germ Life—Conn.

Dust and its Dangers—Pradden.

Bacteria, Yeasts and Molds in the Home—Conn.

Our Secret Friends and Foes—Frankland.

Food and Food Adulterations—Richards.

U. S. Government Bulletins—Department of Agriculture.

NOTE—Ten days to two weeks must be allowed for forwarding patterns.



7921—Two or Three-Piece Skirt for Misses and Small Women. Cut in 14, 16 and 18 year sizes. Size 16 requires 2 1/4 yards of 27, 36 or 44 inch material for two-piece skirt, and 2 1/4 yards 36 or 44 for three-piece skirt.

7485—Boy's Blouse. Cut in sizes 4 to 12 years. Size 10 requires 2 yards of 36 inch material.

8489—Girl's Dress with Three-Piece Skirt. Cut in 16 and 18 year sizes.

7155—Girl's Middy Blouse Dress. Cut in sizes 4, 6 and 8 years. Size 6 requires 2 yards of 36 inch material for skirt, 2 yards 27 or 36 for blouse with 1-2 yard 27 for collar and cuffs.

8283—Girl's One-Piece Dress. Cut in 6, 8 and 10 years. Size 8 requires 2 1/4 yards of 36 or 44 inch material with 1 yard 27 inch for trimming.

The above patterns will be mailed to any address by the Fashion Department of this paper on receipt of 10 cents for each. Send number of pattern and size. This is absolutely necessary to insure satisfactory service.

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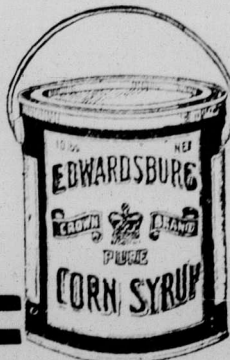
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