

how," in the light of modern progress, that the housekeeper will solve many perplexities and lift her daily "chores" from the depths of drudgery to the level of a skilled and honoured profession. It is by a right training in parenthood that its obligations will be fulfilled and family life adjusted to the new conditions, to which, if it is to be preserved, it must adapt itself. "Efficiency is the power to produce results at the smallest cost of time, labour, and materials."

**" THE TRUTH SHALL MAKE YOU FREE."**

Freedom is found in facing the truth about the facts of life, not in clinging blindly to often misleading traditions. By the clear light of truthful knowledge, not by groping in the twilight of fads and fallacies, is efficiency attained.

But how about those whose school-days are long past, or whose homes are remote from centres where up-to-date information can be obtained? Just here comes in the invaluable work of the

**WOMEN'S INSTITUTES.**

These institutes are organized to carry useful knowledge to the most remote homes; to encourage the revision of home methods by the stimulus of mutual co-operation; and to afford opportunity for the interchange of experience on all matters pertaining to home and family life.

**RESULTS OF INSTITUTE WORK.**

The results of the organization of Women's Institutes, where they have been long and firmly established, have been—

- (1.) Intelligent revision of the methods of home management, attended by an improved standard of family health and morals;
- (2.) Co-operation in the fulfilment of social obligations, with, among other results, the improvement and protection of the food-supply and the cleansing and beautifying of yards and streets;
- (3.) Growth in neighbourliness, shown by the welcome offered to newcomers, the advantages derived from an interchange of opinions and experience, and the character of social recreations.

Seeing that the *place* of family life is to maintain an Imperial race and that the *purpose* of family life is human co-operation, growth, and progress, and that these objects are promoted by the organization of Women's Institutes, those newly formed in British Columbia should, through their development and activities, constitute a main bulwark in the stability of Canada, and thus enable this country to "fulfil through its children its proud and splendid mission" in the world.

**ALICE RAVENHILL.**

*Fellow of the Royal Sanitary Institute; Certificated Lecturer National Health Society, Great Britain and Ireland.  
Author of "Practical Hygiene for Use in Schools";  
"Elements of Sanitary Law"; "Some Characteristics and Requirements of Childhood"; "Household Administration"; "Household Poets," etc.  
Late Lecturer on Hygiene, King's College for Women, University of London.*