

# WOMEN'S SECTION

## British Columbia Women's Institutes

Motto—"FOR HOME AND COUNTRY"

### WOMEN'S INSTITUTE CHOOSES DELEGATES.

Forty members of the Nelson and District Women's Institute were present at the monthly meeting of the institute on Saturday afternoon at the home of Mrs. D. C. McMorris. The meeting was under the care of the young girl members.

A splendid demonstration of what can be done in the cooking line was given for the benefit of the girls present. Tea, rosettes, vanity bow knots, tea biscuits, cake, etc., were made and served by the girls and were commented upon.

The delegates for the coming convention were chosen as follows: Mrs. William Mohr, government delegate; Mrs. Hugh Ross, Mrs. G. A. Hunter, Mrs. Gilbert Hartin, Mrs. Hector McKenzie, Mrs. D. C. McMorris, Mrs. J. W. Moles. Delegates from all parts of the Kootenay will attend the convention, which will be held in Nelson Sept. 1 and 2. W. E. Scott, superintendent of institutes, will represent the department of agriculture, and Mrs. W. V. Davis will act as chairman of the advisory board. It has been announced that the convention meetings will be open to all who may wish to attend.

A discussion arose over the short weight of bread alleged to be sold in the city, and the following resolution was passed: "Resolved, that the Nelson and District Women's Institute calls the attention of the bakers of Nelson to bylaw 76, concerning the weight of bread."

At Shanigan Women's Institute monthly meeting, Thursday, August 5, addresses were given by Mr. Sutherland, president, Victoria branch, Red Cross Society, and by Mrs. Hasell, assistant secretary. The institute is now affiliated with the Victoria branch for Red Cross work. Further details next issue.

### WEST SAANICH INSTITUTE.

The West Saanich Women's Institute held its regular monthly meeting on Tuesday, Aug. 10, at the residence of Mrs. Sluggett, when it was reported that the recent flower show had realized a sum of \$112 for the Red Cross Society. The meeting was of more than usual interest, Mrs. Crago, who spent several years in China, reading a most instructive and well-prepared paper on "Home Life in China," in the course of which she pointed out something of the great difference in the status of the woman in that country and in this. Miss Gaynor, of La Salle, Ill., spoke entertainingly, and during the meeting a committee was drawn up to report on "Hot Lunches in the Public School."

### SALMON RIVER.

The Salmon River Valley Women's Institute met on Thursday afternoon at the home of Mrs. McTavish, with Mrs. W. J. Andrews in the chair. After the minutes had been read by the secretary, Mrs. Thomson, the correspondence was dealt with. Several letters from the department on seed growing, about the war, the election of officers, and departmental publications were read. A letter from the Patriotic Service Committee, stating that the Daughters of the Empire were willing to mark the graves of the dead on the battlefield met with appreciation. The date

of the picnic was definitely decided for September 6th, Labor Day. "Autobiography of Mrs. Nellie McClury" was read by Miss Violet McTavish, and afterwards Mrs. Thomson gave a demonstration on canning vegetables, accompanied by appropriate remarks on the subject. The speaker stated that the chief cause of spoilage arises from germs in the air and not from the air itself, the three causes being yeast mold and bacteria. She stated that certain vegetables spoil more readily than others, and instanced corn as being difficult to preserve. The chief trouble with vegetables arising from spores, it is found to be more satisfactory to adopt fractional sterilization, that is to boil the vegetable for two hours on three successive days rather than to boil them once for a longer period. The sealers should be filled with cold water with the proportion of a teaspoonful of salt to each quart, and placed on a little stand in the boiler and cold water put in it a third of the way up the bottles. On the third day the canning should be tested by holding the sealers up by the top, when if they are perfectly sealed the covers will remain in place. A vote of thanks was accorded to Mrs. Thompson for her very interesting demonstration, after which the roll call was read and answered by "My Favorite Pickle." Mrs. McTavish and Miss Violet McTavish were the hostesses of the day.

### COWICHAN WOMEN'S INSTITUTE.

The following donations have been made to the Women's Institute for the Red Cross Work: One bolt flannelette from Mrs. Townsend, Duncan; one case cigarettes and a quantity of hospital supplies from Mrs. Bradshaw, Duncan.

Also the following moneys—  
Mrs. Trench, Cowichan Bay ..... \$15.00  
"A Friend" ..... 5.00  
Mr. C. H. Dickie ..... 2.00  
"A Friend" ..... 1.00

Total ..... \$23.00

### STRAWBERRY HILL FLOWER AND VEGETABLE SHOW.

STRAWBERRY HILL, Aug. 13.—A committee meeting was held on Monday evening, August 9, to make preparations for the coming flower and vegetable show, to be held on September 8, at Strawberry Hill, under the auspices of the Women's and Farmers' Institutes. The occasion promises to be a great success. The fair is to commence at 1 p.m. For the afternoon sports will be held for the children. Supper will be served for those staying in the evening at a reasonable charge. Another attraction for the afternoon will be a baby show, ages three to eighteen months, also several contests for ladies and gentlemen. It is likely that a Red Cross booth will be opened in connection with the show. Other stalls will be fitted up with ice cream, candies and soft drinks. All those making entry are asked to have their goods at the hall at 10 a.m. on day of the show. Further information can be obtained from any of the committee.

### WOMEN'S INSTITUTE CONFERENCE.

The annual conference for Island Women's Institutes will be held Tuesday and

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