

The Country Homemakers

CONDUCTED BY MARY P. McCALLUM

SOCIAL SERVICE CONVENTION

During the whole of the week beginning September 23, Ottawa has been the centre of all manner of social service conventions. It was the occasion of the annual convention of charities and corrections and prominent social workers were in attendance from all parts of Canada. The object of the convention was to plan for after the war reconstruction.

Dr. Clarence M. Hincks, secretary of the Ontario association of the care of the feeble-minded gave one of the best addresses of the convention. It was maintained in almost every address and discussion that feeble-mindedness was the root of all social evil and if the efficiency which makes for national safety was to be attained then it was argued there must be segregation of the mentally deficient. Miss Mary Joplin Clarke, head worker of the Central Neighborhood House, Toronto, declared however, that the root of the social evil is not feeble-mindedness or the drink traffic but poverty and low wages. "Some may call it ignorance," she said, "but I ask would they be ignorant if their fathers had had the means to give them an education."

Canada's Feeble-Minded

Dr. Hincks in his address said, "To date, Canada has been the dumping ground for Europe." He made strong statements in his address dealing with the urgent need for legislation in regard to this problem. Dr. Hincks said there should be a psychiatrician at the ports to keep out the undesirable mentally defective for it has been proven that the main source of feeble-mindedness in Canada has been Europe. There should be mental clinics in the hospitals, in schools, and in connection with the police courts, and with a record department in each, and these should be maintained by municipalities with government grants the same as are given to hospitals. Dr. Hincks believes that farm colonies for the feeble-minded should be provided by provincial legislation and municipal support.

Dr. J. T. Gilmour, parole commissioner for Ontario gave a splendid talk on the prison farm method of helping delinquents to win back their self respect. "Thirty three per cent. of the average prison population is below normal mentally," he said. His talk was a quiet but effective contrast of the prison farm system and cell life. While there were many things which Canada could not be proud of she could rightly take leadership in prison reform. The whole point of his lecture may be summed up in this story he told. "Three released men appeared before a Salvation Army major in Toronto and asked for work. Two of them had been in the Guelph prison farm. When the major asked the first of these, Billy, what he could do he said, 'I can do anything you like to hand out.' The same question to the second man, Jimmy, brought out this reply, 'I can do nothing.' To the third man who had served his term in penitentiary the major put the same question and he replied, 'I can't do a thing until I'm built up. I'm down and out.'"

After illustrating in a very touching way some of the types which he has had to deal with in his work, Dr. Gilmour scored institutional life for the young. "There is a prison contagion, a prison virus, a prison infection, in the best of institutions on God's earth. Don't send young people into institutional life unless it is positively the last resort."

Health and Citizenship

Horace L. Brittain, director of the bureau of municipal research, Toronto, brought out several fundamental points in citizenship. Health was essential to good citizenship, and the best measurement of a man's, as of a race's possibilities, was his ability to engage in physical and intellectual play. Play was the preparation for work and a man should live in his work, meaning by work not merely his daily occupation by which he earns his livelihood, but the sum of those activities which constituted his human life. In touching upon citizenship and the family, Mr. Brittain emphasized the importance of imparting knowledge of the facts of sex and parenthood to children. After dealing with the bearing of social groups upon citizenship, he said a citizen was one who performed a part in some community. The community widened, the scope and depth of citizenship changed, but the fact of citizenship was a fact for every human life during its duration. The character of the citizenship was determined by the way in which the individual part in community life was performed.

Dr. Peter H. Bryce, pastor of Eastcourt institutional church, Toronto, and president of the associa-

tion, in his presidential address spoke of the problems of individual, community and national social efficiency, and said that while Canada had the same problems which attended the growth of all other countries she could benefit by the lessons taught by other countries. He spoke of the question of the efficiency of the individual and went on to emphasize the need of physical efficiency. He said legislation should be passed to ensure the physical efficiency of prospective parents and referred to legislation along these lines enacted by the New York Legislature at its last session. Feeble-mindedness, insanity, tuberculosis, were among the things afflicting the offspring of parents not physically fit.

The president spoke of the methods to combat the evils resulting from the unsanitary surroundings of the child-born of poor parents and traced the growth of a boy to citizenship, impressing upon the audience the need for careful medical attention for growing boys, especially during their school period, and the after problem of finding for the physical and mentally fit boy—a vocation. Dr. Bryce said it was essential that schools be supplied with teachers to give technical education. He referred with some pleasure to the fact that scientific and technical training was given to the apprentice employees at the C.P.R. Angus shops in Montreal, during their working hours.

This convention was so filled with good things that we might all wish we could have attended.



The Home of D. W. Warner, Gold Bar Stock Farm, just East of Edmonton

The report of the convention will probably be printed in book form, or at any rate as a pamphlet, and as soon as they are ready for distribution I shall be glad to inform my readers.

FEDERAL FRANCHISE

Mrs. McNaughtan reminds me in her club news that I promised to keep you posted on the matter of federal franchise for women. Most of you will have read that the bill was rushed through the House of Commons in record time by closure. The last days of the Senate were given to a discussion of the bill. Just before parliament prorogued the bill received the royal assent and it is now law. Unless a woman has a father, husband, brother or son who is serving overseas or has served overseas she has not the privilege of federal franchise.

BUTTER MAKING

In The Guide of August 29 there was a request for a method for working up butter after taking it from the churn. I am sending my method hoping it may be of use.

After taking the butter from the churn drain all buttermilk possible from the bowl. To the butter add the quantity of salt desired. Work with the ladle just enough to get the salt distributed through the butter. Cover the bowl and put in a cool place, letting it stand over night if possible. In the morning work with the ladle till as much of the butter milk is removed as possible. Cover and again place in a cool room for a couple of hours or till the butter is firm. When firm, work out any remaining buttermilk and make into prints. Great care must be taken to get the buttermilk all worked out, otherwise butter will not keep well. If the butter is to be put away for winter use, take stone crocks, put one churning in the bottom of the crock, level it and sprinkle lightly with equal parts of salt and granulated sugar. Cover with a damp cloth till ready to put in the next churning. Continue in this way until crock is full. On the top place a damp cloth and sprinkle salt over it. Place cover on the crock and keep it in a cool place. Butter handled in this way will keep sweet and good all winter.—E.E.R.

FEEDING THE CHILD OF THREE

At the beginning of the third year the child's diet may be increased by adding more solid food, especially meats and vegetables. According to the U.S. Department of Agriculture every healthy child of three should have at least food once a day from each of the following five groups:—

1. Milk and dishes made chiefly of milk (most important of this group in children's diet); meat, fish, poultry and eggs; 2. Bread and other cereal foods; (3) Butter and other wholesome fats; 4. Vegetable and fruits; 5. Simple sweets.

The meats should be beef, boiled, broiled, or roasted; lamb chops; the white meat of chicken, or delicate fish. All meat should be free from fat, gristle or bone and finely minced when given to the child. Eggs should be very soft boiled, coddled, or poached, or soft scrambled. Fried eggs should never be given to a child; but the grated or mashed yoke of a very hard boiled egg may sometimes be used. Meat broths made from mutton, beef, or chicken have little nutriment, but if these are thickened with arrowroot or corn starch, and especially if milk is added, they become a valuable food. Well-cooked vegetables, strained and added to warm milk, are not only good foods but serve to teach the child to like vegetables. Cereals should be thoroughly cooked and served with milk or thin cream and a very small amount of sugar or none.

Bread for a child should be at least two days' old. Toast, zwieback, or hard crackers may be given once or twice a day. Baked potatoes moistened with a little butter, thin cream, beef juice, or platter gravy may be given. Asparagus tips, spinach, stewed celery, squash, string beans, carrots, young peas, well-cooked and mashed, or put through a puree sieve, are all good for a child. A small portion of one of these vegetables may be a part of the child's dinner each day.

Fruits should be continually used. At this age sweet oranges, baked apples, or stewed, prunes are most useful. The juice or mashed pulp of fresh ripe pears or peaches may be given in the third year, but there is much danger in using overripe or green fruit, as well as in giving too much. It is especially necessary to be careful in hot weather when fresh fruit decays rapidly. Bananas should never be given to a young child.

A child under four years of age should never have dried or salted meats, sausage, pork, game, liver, kidney, goose, or duck. Fried and raw vegetables, hot fresh breads, cakes and pastries, salads, candy, sirups, tea, coffee, beer, cider, and soda water are all unsuitable foods for a child.—Children's Bureau, Washington.

TRANSFERRED AFFECTION

The music schools are full of girls bright, active and ardent in the pursuit of study. Many of them are accomplished pianists or violinists. Then Prince Charming happens along. The Prince finds a girl of talent and sensitiveness and insists upon marrying her. For a year or more after the wedding the music study is continued. Then as occasional choristers come to aid the duet, practice is neglected. The plea is that the mother has much to do that she has transferred affection to the kiddies. That may be true, but it is doubtful if any mother is so busy as not to be able to afford half an hour a day to maintain her interest in music. The country is full of brilliant women who have not "kept up" their studies and yet husbands are just as fond of music in middle age as when they went a-courting. Furthermore, the advantage children have in hearing their mother play or sing with elegance and distinction is not fully realized.

HELP FOR THE RETURNED MEN

Surely the abundance of good things to comfort the pain wracked bodies and sick appetites of our heroic returned boys is proof of the liberality of our prairie farmers' wives and daughters. Delicious pies, jellies, home-made bread, fruit, and eggs and every good thing as well as cushions are being sent in. Just a suggestion was made and a steady stream is pouring in and if the friends could see the pleasure they are giving and the appreciation of them all they would be richly repaid for their labor of love for the boys who have given so much for us all. Pay a visit to Tuxedo Military Hospital when in Winnipeg and see for yourselves.

Mrs. L. M. McKEE.

Winnipeg, Man.