

JUST BETWEEN OURSELVES

A Corner for Mother and the Girls.

We are just entering into those months of the year when the most intelligent care is needed to keep ourselves at top-notch physically. The damp, depressing weather, the difficulty of obtaining a well-balanced diet, on account of the scarcity of fresh, green vegetables, are dangers to our efficiency that it is only sensible to recognize, and guard against as best we may.

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Colds are very prevalent just now, and we may as well remind ourselves that getting chilled, or wet, does not give one "a cold." The various infections which we lump together under the name of "colds" are all caused by germs; but—and this is the important thing to remember—being wet, or cold, or over-tired, lowers the bodily resistance and renders us much more liable to catch any disease the germs of which may be floating around, seeking whom they may devour.

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Fresh green vegetables and fruits whose acids and salts tone the system are never more necessary to our diet than in these late winter months. Salads should not be merely a summer dish; there are many combinations which are very seasonable now. In dealing with recipes calling for lettuce we may remember that the tender, white leaves of the winter cabbage, chopped very fine, are a splendid substitute for a luxury which must come from foreign greenhouses. It will be found, too, that persons who cannot digest cabbage when it is cooked, will sometimes have no trouble with it raw.

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Cabbage, celery and nuts is a time-honored combination which is always acceptable. One part of onion to three parts of apple, chopped very fine indeed, and seasoned with salt, pepper and vinegar or lemon juice, is a delightful change.

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In the early part of next month the dandelion will be sending up its brave and succulent shoots. It makes a most acceptable salad. Choose the most tender leaves, wash carefully, cut into small pieces with the scissors, and serve with boiled or French dressing, garnishing with slices of hard-boiled egg.

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So women may now be jurymen, or should we say "jury-women"? Well, at any rate, women may now be called upon to serve on juries. It is not a privilege to which I would have aspired, but on the other hand, it is a duty which no right-minded woman should shirk if called upon to perform it.

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It is surely a mistake to have incorporated in that Act the provision that a woman may, if she see fit, refuse to act on a jury. It is no more fair to give women special privileges than to deny them equal rights with men.

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Of the many women's organizations in Vancouver none is more deserving of support than the Kwannon Club. This club has no connection whatever with the Kiwanis; its name is that of the Japanese goddess of Mercy, who is always represented as having a thousand arms. The members of the Kwannon Club make it their business to visit regularly the tubercular patients at the General Hospital, to entertain them, and to supply the invalids with whatever they fancy. This is not always pleasant or easy service; it must be at times heart-breaking indeed, but these noble women never falter or draw back. Surely they will some time hear the sweet commendation, "Inasmuch as ye did it unto one of the least of these My brethren, ye did it unto Me."

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The field of service involved in hospital visiting need not be restricted to city folk; there is opportunity for such work in many a small town or country district.

The first requisite for one who would undertake hospital visiting, or the visiting of sick people in their own homes, is cheerfulness. The writer remembers having, during an illness, a caller who spent the best part of an evening telling her in minute detail of the last illnesses and deaths of all her (the caller's) friends and relatives. Such conversation is not, to say the least, helpful to an invalid.

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On the other hand, a boistrous "Clap you on the back, you'll be all right tomorrow" sort of manner is just as bad. A low voice, a placid manner, a sunny smile, an earnest word of sympathy, a gentle, humorous flow of talk, and, last but by no means least, a SHORT VISIT, are ideal.

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Heavily scented flowers, food the patient may not be allowed to eat, controversial subjects, and the visitor's troubles have no place in the sick-room.

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A growing plant, of delicate perfume or odorless, a cheery letter, a helpful little poem mounted on a card, an amusing cartoon, a small reproduction of a beautiful picture, an unusually good, not too emotional, short story—all these are most welcome gifts to an invalid, and will help, not retard recovery.

—WINNOGENE.

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