ant thing is to pre-s is done by soak-half an hour in a

ion (one corrosive

with the antiseptic ed upon the wound ag, is left undis-and has healed; or, l a physician can If the skin is un-

re no special attenme, where they are
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vallow such things

, screws and coins any harm. In time through the stom-o the world again.

o the world again.
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coarse food, oatbran biscuits. In
X-ray machine it is
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in a place where it

in the throat are

in the throat are t as they seem. As breathing well and face do not do any-ters worse. Putting back in the throat

ndeavor to dislodge ning the child up-omeone pounds him 'ten sufficient to re-

in the throat. ten take poisons of do adults. As prean a cure, all poison-medicines should be of the child, and not

get at them. Dis-has caused many a the end of her life.

taken in excessive sonous. We should

discovered that the oison, send for the ling him, if possible, sen taken so that he i for the emergency.

I for the emergency.
to remember that an ison is often printed n which the poison time in looking up R general principle follow is to make the nee. Whatever the

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e always on hand in Mustard flour, two

glass of water, usual-at once. As soon as he finger stuck down e gagging, so that the ain the mustard long

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Another

ne stomach. Another duce vomiting is to of strong soapsuds. icking the finger into iving a glass of warm ee the desired result. pecac, one to two teatest emetic of all, but a hand.

mind.

Farm Women's Clubs

MEMBERSHIP

Interesting and devious are the ways and means of increasing membership in many locals. We know that there are many other ways being practised of which we have never heard, and we want you to tell us about them, so we may pass them on to our readers. Every little hint and suggestion is fraught with possibilities for the person who is taking an active part in the present huge membership campaign in all three provinces. The Wynyard local, as reported on last week's Saskatchewan page, has the two sections competing against each other. The losing section is to entertain the winning section and the new members of both. This savors of lots of fun and healthy competition.

This savors of lots of fun and healthy competition.

Mrs. Sloane, of the Myrtle Women's Section, tells us that their women are divided under two captains. Each side is making a complete canvas for new members and great success is attending their efforts. The losers here too must entertain the winners. Oakville local, as reported in this issue, is combining a Red Cross drive and a membership contest. One recruiting officer already reports ten new members and there are still many days before the competition closes. Treherne women are dropping a postal card invitation to every farm woman who trades in Treherne to attend the next meeting. They are getting the names from the local stores, post office, banks, and other places of busiress.

Are you using the local paper of your district in the campaign? If not, it is a splendid recruiting agency. Mr. Burnell, of the Oakville local, told the Portage district convention that his local pays a small monthly fee to the town paper in return for the third of a column of space each week. This space is used to interest readers in the work of the local. This is apart from reports of meetings which editors are always glad to use as news. Oakville thinks it is money well spent. Are you making good use of your telephone in this membership campaign? A recent report states that the directors of the Women's Sections are appointed, one for each telephone line. Thus each director may easily keep in close touch for each telephone line. Thus each director may easily keep in close touch with the women of her district. Do you ever after reading and inwardly digesting the various circulars sent out by your Central office, readdress them to those wemen in your community who are not members of your Section?

Send us a detailed account of your ways and means for increasing membership.—Editor Club Page.

MRS. BARRITT'S MESSAGE

MRS. BARRITT'S MESSAGE

My dear friends: I fear I have appeared upon the stage of the U.F.W. this year simply to make my bow and depart. It is with some regret that I have handed in my resignation as provincial secretary, for I have the same feeling toward the U.F.W. that the engineer who loves his work has for his engine. The work of the organization has grown, however, until it can only be efficiently done in a well-equipped office. As homes do not run thenselves, and as babies need a mother, the position henceforth will probably be filled by a woman on whom no other cares devolve and will be done from the Central office of the United Farmers of Alberta.

A Far Call

A Far Call

It seems a far call to the day only three years ago, when, as a band of inexperienced women, we started on what was then a venture. The secretary who donated her services that first year had no office equipment, no literature, no well-defined plans, and only such knowledge of the work as was gained during a year as president of a local branch of the Women's Institute. To-day we have a well-defined policy, all necessary literature, recognition by every organized public body whose aims are for social betterment, 70 or more locals with reports of new ones every week and a A Far Call ports of new ones every week and a band of enthusiastic workers. In spite of much that at times looks discourag-

ing, we have travelled far. As rural women become more interested in public questions and community work our numbers will increase.

Our organization is the place for every farm woman. Every benefit we have derived or shall derive, economically or socially, and every benefit our children will derive has come, and will come through the farmers and farm women a organization, either directly or indirectly. Do you feel satisfied that it is honorable to take the benefits won by the sacrifices of other men and women and give back nothing in return! Every name added to the U.F.A. or U.F.W.A. increases our strength numerically and financially. Besides it will open for each member the biggest opportunity ever presented to those who wish to serve their day and generation.

What Accomplished

What Accomplished
We have put exch member and each
elub directly in touch with the department of extension of the university
so that they may receive the advantages
of the travelling library, the open shelf
list of books, and information along any
line they desire. Each secretary is on
the mailing list of the Bocial Bervice
League of Alberta from which members
can secure the most up-to-date information regarding the care of children,
contagious diseases and public health

Co-operation the Keynote

The keynote of our organization is co-operation. We have not set ourselves to build up a U.F.W. provincial library. The department of extension of the University of Alberta is trying to build up a library for the people of the province. We are patronizing that library. The Social Service League of Alberta has specialists who are looking after the matters already referred to. We are not trying to duplicate that work, but are supporting it and putting our members in direct touch with the league, on whose executive we have four members. Thus, we consider that, instead of weakening other bodies financially and otherwise, which are specializing in certain lines by duplication and division, we are strengthening their hands and at the same time giving more efficient service to our members. We advocate always the doctrine of self-help. We do not propose to spoon-feed, and we have no lures to offer except the increased social life and the joy of unlimited service.

We are working both hand, heart and brain for a better day for the men and women and increased opportunity.

We are working both hand, heart and brain for a better day for the men and women and increased opportunity, economically, socially and educationally for the boys and girls, on the farms. Don't you want to help usf If you are not a member, drop a note to the Provincial Secretary, U.F.W.A. Central Office, Lougheed Building, Calgary, and

foil reports as you can to the Central office of the United Farmers. Do as a secretary did recently: attach two or three sheets to the report form, and send regularly. With many thanks for the encouraging messages I have often received from officers and members, with the kindest memories of my associations with the old and new boards, and with best wishes for the success of the local clubs and the association.—Leona R. Barritt,



REAKS ALL RECORDS

High River U.F.W. is making rapid progress and has recently added 23 new members to their list. The U.F.A. and U.F.W.A. delegates came home from the convention filled with a new enthusiasm, and their reports given at a meeting the following week ware very much enjoyed by those present. The members of both organizations decided to get together and make things as interesting as possible during the coming year. Both the executives met and it was decided that they would start off with a farmer's banquet. The town hall was secured for February 23, and when the tables were set and decorated with pink carnations they looked very attractive indeed. Covers were laid for 274 people, and fully 100 more partook of the banquet at a second sitting. The mayor and town councillors were invited as guests, also H. W. Wood, provincial president of the U.F.A., who gave an excellent address at the close of the banquet. Director S. S. Bears of Nanton and Mrs. Sears, director of the U.F.W.A., also addressed the meeting. A short programme of solos and readings was very much enjoyed, and last but not least was an address by the president of the High River local, Mr. Keene, who urged all present to sign the blank card beside their plates and become members of the U.F.A. or U.F.W., as the case might be. The tables were then quickly cleared and the evening finished up with a good old-fashioned dance. The evening was thoroughly enjoyed by everybody and certainly was a very great success. At the time of the convention the U.F.A. numbered 36 members and has since increased to 110 with prospects of many more, and the U.F.W. has increased from 31 to 58. Unfortunately the next regular meeting day was stormy, so that all the members were not able to attend, but as both organizations are determined to carry on the work to the very best of their ability we are looking forward to considerable progress being made in the High River district during the year 1918.



This club of little girls belongs to Gladstone, Man., and was formed to make comforts for the boys overseas. In each sock is a message of comfort and cheer from Canada

generally, sex hygiene and other matters along that line, through pamphlets and charts which are distributed free by the league. Each secretary is also on the mailing list of the Food Control Board at Ottawa, so that all letters, bulletins and pamphlets sent out by the board are received direct. Through our club literature we tell our members where to write for information regarding any form of agriculture, and where club literature we tell our members where to write for information regarding any form of agriculture, and where to apply for public speakers. We are affiliating direct with the National Council of Women, and hence with the Great International Council, so that we shall be kept in touch with all big movements. Matters of special interest are thus brought to every individual member, either through circulars read by the local secretary or through delegates and the annual report of the convention. Think of the day that has dawned for the farm woman, when, instead of being the stranded bit of human wreckage she semed three years ago, with no medium of expression, hopelessly out of touch with everything that makes for social and economic betterment, there is now an organization through which she can be part of the great world body of organized women. Besides that, her own ability has full scope. The only limitations are those she sets herself, or that nature has set her.

literature will be sent, showing exactly what we are trying to do and how we are trying to do it. "Do it now!"

The Personal Note

The Personal Note

To speak personally, I can only say in looking back, that my best thought was given to the interests of the association. The work had first place always and rightly or wrongly, home-keeping and personal comfort were subordinated. There are many things that—to quote Browning—

"The worlds course thumb And finger fail to plumb, So pass in making up the main account;

count;
All instincts immature,
All purposes unsure,
That weigh not as our work, yet swell
the man's amount."

And for those things "Only the Master shall praise us, And only the Master shall blame,"

—Kipling
And I am glad that it is to the Master we shall finally render an account of
our stewardship.

I hope to keep in close touch with
the work of the association. Through
the kindness of the Central office, I am
permitted to get a copy of all reports
that are sent in, for further publicity
work. So the best service you can render the retiring secretary is to send as

RED CEOSS SPRING DRIVE

The Red Cross spring drive is a competition which may be adopted by any society. It will add fresh vim to the work of the Red Cross and with enthusiastic leaders it will be the means of enlisting every available person in the community to do "her bit" in this much needed work for the Empire The following is an outline of the plan:

Appoint two leaders, one as captain of the Navy Veterans and one as commanding officer of the Army Corps. The leaders then choose the club members for opposing sides and they also appoint three recruiting officers on each side to enlist workers outside of the society. A committee must arrange a schedule of marks for the Red Cross work, a definite number being given for a pair of hand-knitted socks, a certain number for pyjamas, etc., according to the relative amount of work in each. The recruiting can commence immediately, and much fun, enthusiasm and rivalry can be worked up during this period. The Red Cross supplies must be ordered and in readiness for the opening day. The drive lasts one month only, during which time both sides in the competition devote as much time as possible to Red Cross work, striving of course to win the highest number of marks. Many social afternoons can be spent by groups on each aide doing the work, and often a large amount of sewing can be accomplished by a number working together, some basting or turning seams while others