

The Country Homemakers

CONDUCTED BY MARY P. McCALLUM

"Thrift is not cheese paring, but an intelligent use of food and other resources, the habit of sacrificing personal interest to the nation's."

WOMEN FOR MUNICIPAL OFFICE

On the Farm Women's Club page of this issue is an instructive letter from Mrs. S. V. Haight, vice-president of the Saskatchewan Women Grain Growers' Association urging the women of the province to make preparations for the fall municipal elections. This is certainly not too soon for women to begin work on these matters if their voices are to be raised or their influence felt in the coming elections.

Women in Saskatchewan have almost the complete municipal franchise, but not quite. They considered they had until the recent registration of householders in towns and cities prior to July 1. The wives of men householders who live with their husbands are entitled to vote. Women householders who do not live with husbands may not vote. Some of Saskatchewan's women's organizations memorialized the government that they particularly extend the franchise to include women householders. I considered this omission an oversight which would be remedied by amendment at the next session of the legislature until I read in the minutes of the fourth annual convention of the women's section of the Saskatchewan Grain Growers' Association an account of Hon. George Langley's statement re municipal franchise. It reads: "He (Hon. George Langley) explained that they were extending the rural municipal franchise this year to include women, living with their husbands, on home-steads or rented farms in cases where the renter is also a tax payer." Plainly no provision was intended for the woman with several children attending the public school and contributing in large measure to community life, who without a bread-winner rented the farm and is there spending the best years of her life. That explanation doubtless holds true with the omission of women householders from the election lists of towns and cities. It is a point that the women of Saskatchewan must try to have amended.

Women, however, are eligible for all elective and appointive offices within the municipality. The wives of male householders are eligible for all these offices. That is, women in Saskatchewan are eligible for election to the office of mayor of a town or city, reeve of a rural municipality, alderman on a town or city council, councillor for a rural municipality, and as trustee of a city, town, village or rural public school, whether high school or elementary school.

There are many phases of municipal government where women's usefulness may be used to excellent advantage. None is more important than that of the public school board. Here, more than anywhere else, is an excellent field for the exercise of women's talents and powers. We look to women to tell us the causes of the woeful failures of the public school system to meet the demands of modern rural life and to fight it wherever it is wrong. Dr. E. H. Oliver, principal of the Presbyterian Theological College, Saskatoon, once said, "I attach more and greater importance to the office of trusteeship on the public school board of Saskatoon than I do to that of Mayor." Let us see women take a whole-some and active interest in the public schools of the prairie provinces, make a survey of the present system, ascertain its good points and its deficiencies, study other school systems with a view to finding improvements for the present system, acquire a knowledge of what the public school should be in the life of the prairie child and proceed to establish the school as it should be.

Marked appreciation and knowledge of the subject cannot be obtained without comprehensive study. The departments of education in the various states and provinces and the various university extension departments will be glad to send you on request literature dealing with efforts along this line in other parts of America. Western Canada has a problem distinctly its own but applications of other systems may help the people of Western Canada to deal with their own particular problems.

MARY P. McCALLUM.

GOSPEL OF SAVING

In the matter of food the chief causes of waste are (1) Poor cooking, resulting in a loss of food value or rendering the food unpalatable so that much is left on the plates; (2) Buying more of some commodities than can be used before spoiling; (3) Buying staple goods in too small quantities and losing the reduction in price for quantity; (4) Buying things out of season; (5) Buying cooked foods that could be more cheaply prepared at home; (6) Not making use of left-overs, water in which vegetables are cooked, etc.; (7) Buying things that could be produced at home.

In purchasing clothing let us limit ourselves to real necessities and in the purchase of these let us see that we get real value for our money. It must not be, "What can I buy?" but "What can I do without?"

TOO MUCH PARTISANSHIP

Dear Homemakers:—In this district of Saskat-

dangerous proceeding, for who knows where it will end? And how can we be sure of, or proud of the sincerity of the men elected through such machinations. I should like to know! And then when these men are elected are they paid enough to be able to act independently of any party if they like? I don't believe they are. Of course lots of them have private incomes but I want to say that it is the man who has gone through the sweat and toil of labor, physical or mental, that is the most apt to feel for his fellow citizens and to do what is best for them, but very few of such men are wealthy a few are of course.

It seems to me that when a good man is selected to represent his fellows in the law-making body of our province that those who believe he is the right man to represent them should be willing to pay something towards the expense of the campaign of electing him.

Do you know I never had much faith in a person who seemed to think he or she had no faults. Now,

both sides have their faults, sins of omission as well as commission, and it would make a far better impression upon many of us women if in their speeches they would sincerely acknowledge the mistakes of their party. Otherwise how can we expect them to rectify the same if not acknowledged? Why always let the other side magnify and distort all errors except their own, until we, who go to hear do not really at heart believe anything of what either side is saying, though much may be true? Of course, there are the newspapers to judge by, but please women, try and see that there is a newspaper of each side, Liberal and Conservative, in your home, or I fear you will become very one-sided in your views and we must not be that if our vote is going to benefit the country in the long run.

Human nature is human nature, but perhaps we women vary enough from men intellectually that we can inject into political life some much needed reforms. May we do!

Mrs. J. A. JAMES.

Altkow, Sask.

HOUSEHOLD ACCOUNTS

Miss B. M. Philip, Lecturer, MacDonald Institute, Guelph

Keep accounts in order that you may see where your money has gone and what proportion your respective expenditures bear to the whole out lay and to each other. Below is given a form which is easy enough to be kept by any woman and which may be adapted to suit her special circumstances.

Account-Book

Date	Items	Receipts	Expenses	Balance	Food	Running Expenses	Clothing	Church Charity	Incidentals
Jan. 1	Cash on hand	\$75 00							
" 3	Paid for Meat		\$0 88		\$0 88				
" 3	Groceries		1 45		1 45				
" 12	Paid for Coal		6 50			\$6 50			
" 13	Paid for Boots		3 50				\$3 50		
" 16	Paid for Church Subs.							\$1 00	
Feb. 1	Balance from Jan.								

Any blank book may be ruled and used for this purpose. A form such as the above shows the date and nature of each transaction. Receipts and expenses are clearly shown and the balance may be found either daily or weekly as preferred. The remaining columns are added to enable the housekeeper to see what amounts are spent in each department and may be added to at her discretion. For instance, she may wish to show the relative amounts of the meat and grocery accounts, or she may wish to keep separate clothing and personal accounts for different members of the family. Each account should meet the needs of the household for which it is kept. Statistics such as these enable the housewife to see where her heaviest expenses are and if any seem disproportionate to the size of her income she can investigate and find out the reason. It also enables her to determine where she can best retrench if retrenchment becomes necessary. Extra demands can be met by the saving of a few cents here and there.

In addition to the daily account sheet it is well to have a similarly ruled sheet in which to enter the monthly totals and monthly balance as well as the amounts spent each month on the several divisions. This furnishes a record for comparison from month to month, and the idea may be carried still further and a yearly account sheet made out showing the totals for the year.

Applying a system such as this to one's household expenditure places the running of the home on a business basis and only by recognizing it as a business and treating it as such can the best results be secured. The method outlined is by no means the only one that may be employed, but it is simple and effective and if put into practice by every woman at the head of a home and a similar system for personal accounts taught by her to the boys and girls of her family, the effect on the well-being and prosperity of our country would be incalculable.

chewan the air is quite warm in more ways than one these days. Election talk and political meetings are never ending. As we women have the vote, quite a number of us attend these meetings. As a result of my listening to several speeches, a few questions have arisen in my mind.

"Why are all these men so zealous for their side to 'get in'?" That seems to be what they are aiming for chiefly and the good of the country incidentally of course. Are these men getting paid? I'm strongly inclined to think they are. Who pays them, and where does the money come from? I know I've never contributed a cent, nor my husband, nor plenty of other people around here. So I judge it must be some sacred inner circle that pays this bill. Where does this inner circle get the money? How I should rejoice to think that there was even a handful of men in Saskatchewan so highly patriotic that they are digging down into their own pockets to see the right prevail! But I have, alas, a sort of sub-conscious knowledge that in some way the side that is in is getting this money out of the coffers of the treasury, very indirectly maybe, and that the side that is not in has to contribute it out of their own pockets, but mark you, with every cent jotted down to be pulled out of those same coffers when their turn comes to get in. If I am right in my conclusions all this is a most

THINGS BAD FOR BABIES

Candy.
Pacifiers.
Thumb sucking.
Soothing syrups.
Patent medicines.
Moving picture shows.
Nursing on empty bottles.
Kissing the baby on his mouth.
Laying of every sort after feeding.
Sleeping in bed with the mother.
Irregular or too frequent feedings.
Whiskey or gin for supposed colic.
Sneezing or coughing in the baby's face.
Sleeping on the mother's breast while nursing.
Waterproof diapers except for temporary use.
Dirty playthings, dirty nipples, dirty bottles, dirty floors.
Violent rocking, bouncing and rattling play at any time.
Spitting on handkerchief to remove dirt from baby's face.
Allowing a person with a cough or a cold to hold the baby.
Allowing any person with tuberculosis to take care of the baby.

The foregoing paragraphs are a summing up of the things bad for the baby as published in a little pamphlet issued by the provincial board of health of Manitoba entitled: "Your baby and how to keep it well" which the Department of Public Health, Legislative Buildings, Winnipeg, will send to anyone on request. Similar booklets may be obtained from the health departments of the other provinces.

THRIFT PARAMOUNT DUTY

Not so much as a single slice of left-over bread should be wasted.

In one good-sized slice of bread, according to experts of the United States Department of Agriculture, there is on the average about three-fourths of an ounce of flour. In Canada there are nearly two million homes.

Consequently a single slice wasted in each of these homes would amount to a daily waste of nearly one million, four hundred thousand ounces of flour—or enough flour for one hundred thousand one-pound loaves of bread.

Even the waste of one slice of bread may reasonably be called criminal negligence. So with all food-stuffs. Thrift in their use is a paramount duty in every home.