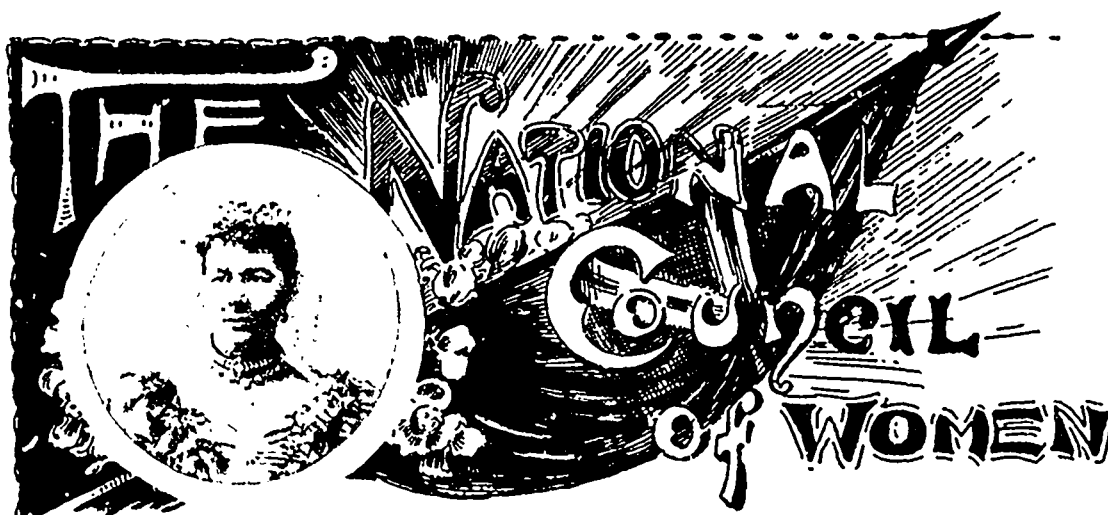




Edited by THE COUNTESS OF ABERDEEN.

NOTES OF THE COUNCIL.

It is with great pleasure that we acknowledge the grateful thanks of several of our Local Councils to Miss Bessie Livingstone of the Boston School of Domestic Science. This lady is now making a tour through Canada with the object of giving courses of Demonstration Lessons in Cookery, and has won enthusiastic praise from her pupils wherever she has gone. The accounts given of her lessons, and their results by the Councils of West Algoma and Rat Portage speak for themselves, and we are delighted to hear that Miss Livingstone has been able to make engagements with a number of our Western Councils during the winter, including one at Victoria.

THESE courses of instruction in cooking, when well managed and efficiently delivered, are an undertaking eminently suitable for our young Councils. All can join in these classes without any difficulty, and when once some common object such as this has thus been pursued in company, it makes future co-operation in other directions more simply and easy. Apart from this, these Cooking Courses have generally been found to be financially successful—at any rate when Miss Livingstone is the teacher—and this in itself leaves a pleasant remembrance.

In order to meet the requirements of small places Miss Livingstone has arranged Short Courses of Ten Lectures, according to the following program:

Soups and Sauces—Free and Open to the Public.

1. *Milk and Eggs*—Custards, Omelets, Escaloped Eggs, Welsh Rabbit, Salad Dressing.

2. *Cookery of Meats*—Broiled, Roasted, Braised and Jellyed Meats—Liver and Bacon.

3. *Various Ways of Cooking Fish*—Baked Fish, Hollandaise Sauce, Creamed Fish, Fish Cutlets, Fish Balls.

4. *Cookery of Vegetables and Cereals*—Baked Beans and Brown Bread, Potatoes, Onions, Rice, Tapioca, Macaroni.

5. *Yeast Doughs*—Bread, Packer House Rolls, Hot Cross Buns, French Rolls.

6. *Quick Doughs and Batters*—B. P. Biscuit, Steamed Pudding, Gingerbread, Doughnuts and Mullins.

7. *Plain and Raised Pastry*—Fruit and Meat Pies.

8. *Cakes and Icings*—Sponge Cake, Cream Cakes, Layer and Loaf Cake, Boiled and Ornamental Icing.

9. *Jellies and Creams*—Lemon Jelly, Bavarian Cream, Orange Creams, Orange Baskets.

10. *Stuffing, Trussing and Roasting of Poultry*—Cold Meat Cookery.

It is impossible to over-estimate the benefits which can be conferred by spreading a wider and more correct knowledge of the value and properties of divers kinds of foods, and of how to prepare them with a view to daintiness and variety. It is a hopeful sign to find so much more attention being paid to this subject in the education of girls all over the world, and a greater realization of the fact that it is a department of life worthy of the most earnest consideration of educated women. Such institutions as the Boston School of Domestic Science have given a great impulse to this movement. We find that in several of the American universities, such as those of Chicago, Wisconsin, Stanford in California, courses of lectures and classes are being instituted on Household Economics, Sanitation, Nutrition and the like.

A National Household Economic Association was formed in 1893 in the United States, and has now branches in several cities, which lays down the following lines of work:

"The object of this association shall be:—1. To awaken the public mind to the importance of establishing bureaus of information, where there can be an exchange of wants and needs between employer and employed, in every department of home and social life. 2. To promote among members of the association a more scientific knowledge of the economic value of various foods and fuels; a more intelligent understanding of correct plumbing and drainage in our homes, as well as need for pure water and good light in a sanitariously built house. 3. To secure skilled labor in every department in our homes, and to organize schools of household science and service."

The Federation of Women's Clubs has accepted this form as a basis for a section in every woman's club, for the study of household economics. And in the programme for debates we very frequently find subjects relating to cooking, marketing, and to house keeping generally. Here are a few such suggestions for instance:

"Marketing and the making out of Menus," "Diet of students and children," "The essentials and non-essentials of good house-keeping," "The best plans for disposing of refuse," "Dust and its dangers," "The relative merits of coal gas, oil and electricity for cooking purposes," "Adulteration," "The Housekeeper: Study hour, How she shall get it, and what she shall do with it."

NUMBERLESS other subjects of a kindred nature will suggest themselves, let alone those referring to the care of children, the care of invalids, and so on. It would be well if our Councils instituted papers and debates on these and other questions

of pressing importance in household matters. One effect of such debates would doubtless be to quicken the desire of the public to see manual education, and especially the teaching of sewing and cooking, introduced into our public schools. The National Council of Women of Canada has concerned itself in this subject so earnestly from the very first that we need not apologise to our members for inserting an interesting article on the "Industrial Training of Girls in Europe," which appeared lately in the Outlook. Our Ontario Councils are looking forward hopefully to the securing of arrangements whereby teachers will be able to obtain the necessary training in manual education, and also the establishment of a School of Domestic Science under the Government, thus enabling the provisions for manual education in the public schools to be made effectual.

The Local Council at Halifax is moving in the same direction, besides being occupied in an effort to get women on the School Board. In this latter object the Council at Vancouver is much interested, and hopes to be able to report progress before long.

THE Halifax Council is also taking lively concern in obtaining a police matron, in the establishment of a patrol waggon, and are endeavoring to organize Home Reading Circles and Women's Art Associations in several districts.

WE are glad to be able to report that the Industrial Department at the Agricultural Show at Vernon, B.C., which was for the first time under the charge of the Local Council of Women, was a pronounced success. There were a large number of entries in all classes, and the exhibition of home-made bread and of butter was quite exceptional, even when compared with large shows. It is interesting to remember that success has always attended the efforts of Ladies' Committees in charge of the Industrial Departments of other exhibitions. The Show at Brantford this year was a noteworthy example of this; and in Richmond County, P.Q., also there is a Ladies' Committee in connection with the Annual Fair who have done much to promote the taste for various kinds of home handicrafts amongst the young people.

Nor must we forget the praise won from all quarters by the Victoria Local Council of Women for their management of the Industrial and Art Department of the Agricultural Fair at Victoria last year. Such an undertaking means infinite trouble both in the preparation of the prize-list, in the obtaining of entries, and in judging and arranging them when received. But if these departments in our fairs are to be of any real educational value, they require to have this trouble taken with them by those who have practical knowledge and experience.

Our members will be glad to know that the recommendations of the Council Sub-Committee on the Laws for the Protection of Women and Children, have been placed before the new Minister of Justice, Sir Oliver Mowat, and that he has promised them his earnest consideration.

THE third volume of "Women Workers of Canada," will be ready this month, and we beg our members to remember its importance as a means of communicating real knowledge as to the