

Women's Institutes and Their Work

Women's Institute Meetings

The list of the summer series of Women's Institute meetings to be held during May, June and July covers a wide field and promises to be of very great benefit to the women folk on the farm. This is their season and they should take advantage of it by attending these gatherings in large numbers.

A demonstrator will be sent with each department, who will give demonstrations on cooking meats and vegetables and the preparation of soups to be followed by general talks on food values and the best methods of cooking meats and vegetables.

The following is a list of the meetings to be held up to June 8th. The others will appear later:

DIVISION 1

Speakers, Mrs. L. Gray Price and Miss A. Morrison, Toronto—Norval, May 27; Georgetown, May 28; Ballinfield, May 29; Acton, May 30; Milton, May 31; Moffat, June 1; Campbellville, June 2; Sheridan, June 4; Trafalgar, June 5; Appleby, June 6; Nelson, June 7; Burlington, June 8.

DIVISION 2

Speakers, Miss M. Bell, St. George, and Miss M. Yates, Toronto—Grimsby, May 21; Jordan Station, May 22 and 23; Allanburg, May 24; Stevensville, May 27; Ridgeway, May 28; Stevestone, May 29; Marshville, May 30; Winger, May 31; Wellandport, June 1; Sandville, June 3; Caledonia, June 4; Springville, June 5; Hagersville, June 6; Clarksburg, June 7; Jarvis, June 8.

DIVISION 3

Speakers, Miss S. Campbell, Brampton, Miss L. F. Sheffield, Toronto, and Miss M. Stewart, Toronto—Bethany, May 27; Metz, May 28; Belwood, May 29; Orton, May 30; Hillsburg, May 31; Coningsby, June 1; Marsville, June 3; Ospringe, June 4; Erin, June 5; Orangeville, June 6; Glen Cross, June 7; Camilla, June 8.

DIVISION 5

Speakers, Dr. Annie Backus, Aylmer, and Miss Isabel Murray, St. Thomas—Alma, May 27; Glenallan, May 28; Drayton, May 29; Moorefield, May 30; Palmerston, May 31; Harriston, June 1; Clifford, June 3; Elmwood, June 4; Hanover, June 5; Durham, June 6; Holstein, June 7; Grand Valley, June 8.

DIVISION 6

Speakers, Miss G. Gray, Toronto, Mrs. Wm. Purves, Columbus, and Mrs. M. J. Shannon, Toronto—Brownsville, May 27; Springford, May 28; Norwich, May 28; Burgessville, May 30; Vandear, May 31; Currie's, June 1; Mt. Elgin, June 3; Folden's Corners, June 4; Beachville, June 5; Thamesford, June 6; Kintore, June 7; Embro, June 8.

DIVISION 7

Speakers, Miss B. Duncan, Emery, Mrs. F. W. Watts, Clinton, and Miss L. Sheffield, Toronto—Clarkson, May 29; Malton, May 31; Wellesley, June 2; Linwood, June 4; Hawkesville, June 5; Heidelberg, June 6; St. Jacob's, June 7; Winterbourne, June 8.

DIVISION 8

Speakers, Miss L. Rose, Guelph, and Miss E. Patterson, Aylesford, N.S.—Springfield, May 27; Mableton, May 28; Aylmer, W. May 29; Bayham, May 30; Port Burwell, May 31; Sparta, June 1; Rodney, June 3; Highbate, June 4; Kent Bridge, June 5; Eberts, June 6; Bear Creek, June 7; Cedar Springs, June 8.

DIVISION 9

Speakers, Miss I. Rife, Hespeler (May 27th to June 28), Miss B. Gilholm, Bright (May 27th to June 6th), and Miss J. McIntyre, Springfield, N.B. (June 7th to June 28th)—Mimico, May 27; Weston, May 28; Woodbridge, May 29; Kleinburg, May 30; Maple, May 31; Thornhill, June 1; Agincourt, June 3; Box Grove, June 4; Victoria Square, June 5; Stouffville, June 6; Little Britain, June 7; Oakwood, June 8.

DIVISION 10

Speakers, Mrs. J. W. Bates, Broad Ripple, Indiana, U.S.A. (May 27th to July 3rd), Miss G. Cater, Guelph (May 28th to June 8th), and Miss M. Parkin, Toronto (June 10th to July 3rd)—Columbus, May 28; Nestleton, May 29; Solina, May 30; Hampton, May 31; Bowmanville, June 1; Starkville, June 3; Cobourg, June 4; Gore's Landing, June 5; Roseneath, June 6; Fenella, June 7; Grafton, June 8.

JOINT FARMERS' AND WOMEN'S MEETINGS

SERIES 1

Speakers, H. Glendenning, Manilla (June 5th to 14th), D. Anderson, Orillia (June 17th to July 17th), and Miss Agnes Smith, Hamilton (June 5th to July 17th)—Desharats, June 5; McLennan, June 6; Bar River, June 7; Echo Bay, June 8.

SERIES 2

Speakers, Mrs. Colin Campbell (June 4th to July 2nd), Mrs. L. Gray-Price (July 2nd to 17th), and W. F. Kydd, Esq.—Stisted, June 4; Aspdin, June 4; Ravenscliffe, June 5; Huntsville, June 6; Brunel, June 7; Birkendale, June 8.

SERIES 3

Speakers, H. G. Reed, V.S. Georgetown, and Miss L. Shuttleworth, Guelph—Little Current, May 29; Green Bay, May 30; Manitowaning, May 31; Wikewikong, June 1; The Slash, June 3; Tehkummah, June 4; Big Lake, June 5; Mindenoya, June 6; Grimesthorpe, June 7; Kagawong, June 8; Kagawong, June 8.

The Hygiene of Foods

By Mrs. T. D. COWPER, Welland, Ont.

Sir Henry Thompson says: "I am convinced that more than half of the disease which embitters life is due to avoidable errors in diet, and that more mischief in the form of actual disease, of impaired vigor, and of shortened life, accrues to civilized man in England and throughout Central Europe from erroneous habits of eating than from the habitual use of alcohol drinks, considerable as I know of that evil to be." And Herbert Spencer has written

the following: "Knowledge which subserves self-preservation by preventing loss of health is of primary importance. We do not pretend that the possession of such knowledge would wholly remedy the evil. But we contend that the right knowledge impressed in the right way would effect much; and we further contend that the laws of health must be recognized before they can be conformed to, the imparting of such knowledge must precede a more rational living."

We learn from the teachings of physiology that all the living creatures in the world are continually undergoing loss of their substance; the living matter of which they are made up is always breaking down into less completed bodies which are no longer living. The rate at which this takes place varies in the case of different living creatures; plants, for instance, lose much less substance than do animals. Such an animal as man is constantly suffering loss—nitrogen through the kidneys, carbonic acid through the lungs, various salts through the skin, as in perspiration and in all cases a loss of water. These losses must be made up, and the substances taken into the body to replace them are, first, the oxygen of the air, and second, food.

Food is generally classed under five different heads: Proteids, carbohydrates, fats, salts and water, and it has a two-fold use, first to repair the daily waste, and secondly, to provide energy to form the heat of the body and the muscular power in order that the body may perform the work which it has to do. Thus, in forming the tissues and fluids of the body, the food repairs the waste, and in yielding energy it provides fuel for heat and power.

The principal tissue formers are the proteids. These form the framework of the body, they build up and repair the nitrogenous materials of muscle, bone and tendon, and supply part of what is needed for pure blood. The chief fuel ingredients of food are the carbohydrates and fats, and they are either consumed in the body or are stowed up for future use.

Water is a combination of hydrogen and oxygen, and composes a very large part of the entire body, at least three-fifths. The elasticity of the muscles, cartilages, tendons and bones is due in a great part to the water contained in these tissues. The amount of water required by a healthy man is from 60 to 75 ounces daily. One of the most universal failings in diet is the neglect to take enough water. Dr. Gilman Thompson gives the following uses of water in the body: 1. It enters into the composition of the tissues; 2. It forms the chief ingredient of all the fluids of the body; 3. It moistens various surfaces of the body, such as the mucous and serous membrane; 4. It



Off for an outing on Victoria Day