



The Secret Place.

I know an old house on a hill,
A mountain road, a grove, a rill,
And billowed hilltops, stretching far
To sunset and the evening star.

I take a path through glade and wood,
Deep thinking of its solitude;
And find a spot, o'er arched and still,
Where peace and poise the spirit fill.

The Master's presence there is near,
The Master's plan again is clear;
And far removed from work or strife,
I re-appraise the worth of life.

The hill, the outlook and the wood,
The time, the place, the attitude,
Hold not the secret of the prayer;
The secret place is anywhere.

—C. K. OBER (New York), Canadian
Manhood.

Women's Work in P. E. I.

Household Science Short Courses.

Six Household Science Short Courses were held at Prince of Wales College, Charlottetown, P. E. I., during the months of January, February and March. These courses were under the direction of the Department of Agriculture, and lasted for two weeks. They were open to the women and girls of the rural sections of the Province, and upwards of three hundred and fifty applicants were received. As only twenty-six could be accommodated at each course, there are still a number of applications on the waiting list.

The course embraced all subjects of special importance to the homemaker on the farm. Printed pamphlets bearing on the work were distributed to each member of the class; this proved to be a great saving in the time allotted or class work, as well as satisfaction of the members having at the end of the course notes which would aid in putting the knowledge gained into practice.

Throughout the course three hours a day were devoted to cooking. This course comprised bread and biscuit-making, cooking of meats, and fish, desserts, cake-making, invalid cooking, and the utilizing of left-overs in the preparation of appetizing dishes. The different methods of cooking and the effect of each on the different food materials was brought to the attention of the class. Stress was laid on the fact that it is not necessary to expend a large amount of money for food materials in order to have the daily menu both attractive and of high nutritive value. Table setting and serving was fully discussed and demonstrated. Emphasis was laid on the importance of attractive service.

The Home Nursing lectures included the care of the sick room, with special attention to ventilation, care of the patient, bed-making, bandaging and emergencies. In these lectures each member had the opportunity of doing the practical work in bandaging, preparing the bed for the patient and changing the clothes with the patient in the bed.

The lectures in House Furnishing were dealt with under the following headings: harmony of decorations and furnishings, principles of art and design applied to furniture, papers, hangings and pictures, planning of color schemes and the furnishings for various rooms. A feature of this course was the stenciling, and many attractive pieces of work were done by the members at a very small cost.

In the millinery, the making and trimming of hats was the important item. In some cases the buckram shapes were made by the class, while at other times the shapes were bought at a

small cost and then covered with velvet or silk. In the flower-making, taff roses, violets and daisies were made from ribbon and silk, and were used in many cases as the trimming for the hats made.

The various fabrics and the characteristics of each were fully discussed in the laundry classes, also the methods of laundering these fabrics and the effects of the different cleansing agents upon them. The aim of these classes was to have the different processes involved in laundry work done with the least expenditure of time and energy. A phase of this work in which the women were deeply interested was the making of Castile and laundry soaps, the different dry cleaning processes and the removal of stains.

Lectures were given in Home Management. The plan and arrangement of a convenient kitchen were discussed. The value of system in housekeeping and the keeping of personal and household accounts were dealt with.

Hygiene was the topic of two lectures to each class. These dealt with the relation of bacteria to disease, the various ways in which bacteria enter the body, and the conditions under which they flourish. The value of sunlight, fresh air and proper food in keeping up the resisting power of the body was clearly shown. In addition lectures on the treatment and prevention of Tuberculosis were given by Dr. Garrison, Superintendent of the Dalton Sanitarium. It was fully explained how the disease is contracted, and the care and treatment the patient should receive in the various stages of the disease. Emphasis was laid on the importance of thorough disinfection.

W. K. Reek, B. S. A., in a discussion on the "care of milk and cream on the farm" urged upon the class the necessity of cleanliness in all operations in connection with dairy work. That the best utensils should be adapted in carrying on this very important part of farm work was clearly demonstrated.

In a lecture on Farm Home Conveniences by Theodore Ross, B. A., concise and clear information was given on various labor-saving devices, which in many farm homes could be installed with a comparatively small expenditure of money.

Prof. MacCready in an illustrated lecture on School Improvement, compared the condition of rural schools with what they might become through co-operation, and impressed upon the class the importance of helping to make these conditions possible.

In a lecture on Vegetable Gardening, J. Leslie Tennant, B. S. A., explained in detail the location of the most suitable garden and the preparation of the soil, the best varieties of vegetables to grow and the care of such, so as to get the best results.

These courses were under the direction of Miss Hazel L. Sterns, Supervisor of Women's Institutes, assisted by Miss Alberta M. MacFarlane and Miss Adele Gordon.

A pleasing feature throughout the courses was the manner in which the classes were entertained at the homes of Lieut.-Governor and Mrs. Macdonald, Premier and Mrs. Matheson, Hon. and Mrs. Murdoch MacKinnon, Dr. and Mrs. Pethick, and Prof. and Mrs. J. A. Clarke of the Experimental Farm.

Already applications have been received for next year's classes, and it is hoped that next year by means of additional equipment greater numbers will be able to take advantage of these courses.—Hazel L. Sterns, Supervisor Women's Institute Branch.

Women's Work in Eskimo-land.

BY AUBREY FULLERTON.

For housekeeping ways that are most perfectly adapted to conditions and surroundings, one must go to the far north. The Eskimo women of the

or "igloo" built of snow-blocks, and in the summer it is a deer-skin tent. In the making of both, the women lend a hand, and afterward, while the men are busied in stocking the larder, they take the responsibility of keeping the house in order.

Cooking is not a highly developed art among these northern housekeepers. There is only one kind of food to cook, and usually only one way of cooking it. "Eskimo" means "flesh-eater," and the name fits, for a diet of meat, morning, noon and night, the year around, is what these people eat. They know of no other taste than the taste for meat, and fortunately there is an unfailing supply of caribou and musk-oxen, seals and walrus, salmon and wild fowl, the hunting of which is the one concern and business of the Eskimo men. When the trophies of the day's hunt come home, the women prepare it for eating.

Great pieces of flesh—the fatter the better—are cut and placed in kettles to boil, or sometimes hung over a flame to singe around the edges. The only fires in the snow-houses are of seal oil in rude stone lamps, and naturally enough the cooking is very imperfectly done. As often as not, the meat is served half raw, and while the average Eskimo family prefers cooked meat it will eat it uncooked if there is nothing else to be had. Whale blubber, raw walrus steaks, and the like are a strange diet for human kind, but they have proved very effective against the Arctic cold.

To the women, too, falls the task of making the family clothes. The same animals that give the food supply furnish all the dress-making material also, and out of the deer skins and seal skins that the men bring home the housewives fashion curious wearing apparel for themselves and their menfolk. They are clever needlewomen, and despite their clumsy tools and heavy materials they turn out garments that serve the purpose remarkably well.

For men and women alike the Arctic tailors make fur suits consisting of coat, breeches, and stockings. In the winter a double suit is worn, the inner one with the hair next the body, and the outer one with the hair exposed. The single summer suit is similar, but lighter. Women's coats are looser than the men's, and have an apron in front and a hood in the back in which to carry the baby. The older children have miniature fur suits of their own.

Many of the Eskimo women are fond of embellishing their own and their husbands' garments with curious embroidery. The designs are sometimes very clever, and really artistic effects are obtained by the mingling of different colored furs. On the Labrador coast the native women find vent for their ingenuity in making heavy fishing boots, which they sell to the fishermen from Newfoundland.

That other important part of a housekeeper's duties, the care of the house itself, is a much lighter task in Eskimo-land than the dressmaking and the preparation of the meals. There is a minimum of furniture and fixings. Both snow houses and tents are usually built with but one room, though partitions sometimes divide it if more than one family is to occupy it.

The interior arrangements of an igloo, particularly, are ingenious. The doorway, protected on the outside by a porch through which one must crawl on hands and knees, opens directly upon the floor-space in the centre of the igloo; around the sides, and opposite the door, platforms of hard, smooth snow are raised about eighteen inches from the floor, and these constitute the furnishings of the house. On the side platforms are kept the cooking utensils and kitchen



Members of One of the Short Course Classes, Charlottetown, P. E. I.

W. Kerr, B. S. A., speaking on Poultry explained fully the feeding and care of hens and chickens so as to obtain the best results. The need of greater co-operation in this work was brought before the class.

Landscape Gardening was taken up by J. A. Clarke, B. S. A. Stress was laid on the importance of beautifying home surroundings, the choice of a suitable background for a house, the desirability of suitable trees near by, and the grading of lawns. It was pointed out how with thought and planning undesirable conditions in matters of this kind could be easily improved.

Arctic coast are not models in many of the domestic arts, but in this respect of making the best of what they have they are perhaps without equals the world over.

Woman's work in Eskimo-land is heavy and never-ending. It runs the whole scale from cooking to sewing, and from making beds to choring for the men, with the care of many children added to all the rest. Each of these items, however, has for them a very different meaning from that understood by other housekeepers. The home itself, in the first place, is unlike any other home on the continent, for in the winter it is a windowless house