

Women's Institutes and their Work

I do not think we realize the great work this organization is doing. What the Farmers' Institute is to the farmer, the Women's Institute is to the farmers' wives and daughters. In addition to teaching us better methods of doing our work and caring for our families, we are being elevated and helped in the best sense of the word. You would never hear a member of an Institute say, as I have read of one woman saying, when asked for her recipe for a certain kind of pickle: "Oh, yes, I will give it to you, but you must promise me you will not give it to anyone else." No, indeed, we are very glad to pass on our recipes, and any helpful ideas we may have, and what is, perhaps, as great a step forward, we are willing to profit by the ideas of others and acknowledge that we have a great deal to learn.

Our Institute branch is not very large and may not seem very far-reaching, but the organization as a whole, is becoming more and more important. In addressing the convention at Guelph, the Hon. John Bryden said: "I tell you, the ladies of the Women's Institute will move the Legislature of this country and you won't know how it has been done." And why may that not prove true? In most homes the wife and daughter have a great deal of influence over the husband and son, and it we are careful to use that influence to enable and uplift, who can estimate the good we may be doing our country? Just here I would like to say that young girls should be encouraged to come to our meetings. It will surely benefit them and help them to feel that their mother's interests and their own are the same.

It is believed that Women's Institutes are going to have the same effect on our farm homes that the Schools of Domestic Science are having on the homes of towns and cities. These schools are teaching women and girls that household labor is just as dignified as any kind of office or shop labor, and gives a girl a better chance to develop her intellect and individuality. They are teaching girls that in none of the higher professions even can they find greater scope for their ambitions than in simple home-making. It takes a clever woman to make her house a clean, healthful, inviting home, so pleasant that her family will really feel "There is no place like home." This is, or should be, the aim of all wives and mothers, and I think the Institute will have done us a great good if it helps us to accomplish it.

MRS. A. HILL.

Randolph, Ont.

To Woman Who Tolerate

This wise bit of advice to busy women is given by Julia Anna Walcott in the Home Maker:

Place a spray in thy belt, or a rose on thy stand.

When thou seestest thyself to a commonplace seam;

Its beauty will brighten the work in thy hand,

Its fragrance will sweeten each dream.

When life's petty details most burden-seem,

Take a book—it may give thee the solace thou'st sought,
And turn its leaves o'er till thou catchest the gleam
Of some gem from the deep mine of thought.

When the task thou performest is irksome and long,
Or thy brain is perplexed by a doubt or a fear,
Fling open the window, and let in the song
God hath taught to the birds for thy cheer.

And lean from the casement a moment and rest;
While the winds cool thy cheek, glance thou up at the sky,
Where the cloud ships are sailing,
Like argosies blest;
Bright-winged, they pass lingeringly by.

Then, steal a fair picture of mountain or glen,
A smooth gliding streamlet through green meadows sweet;
Or, if thy lot's cast 'mong the dwellings of men,
Of some radiant face in the street.

Then carry it back to thy work, and perchance
'Twill remind of thy childhood, or sweetly recall
Some long-faded page of thy bright youth's romance,
It may be the dearest of all.

Oh, a branch of wild roses the barren ledge
Maketh fit for a throne, while the blossoming vine
Will turn to a bower the thorniest hedge;
So will beauty make stern life divine.

Cheese and Beefsteak

Cheese, at 16 cents per pound, is a better food for the economical housewife than beefsteak at 10 cents. There is no bone in the cheese; there is little waste; it requires no fire to cook it; it may be kept for weeks, whereas steak must be purchased at frequent intervals. Then, whence the prevailing conception that cheese is dear? The first explanation is simply that it is higher than it used to be—but so is meat. The second explanation is that cheese is not accorded its proper place in the dietary. It is often used—not instead of meat, which it should not be; seeing that the majority of people already consume a great deal more food than is good for them.

The third reason why cheese is underrated is that but little good cheese is retailed in our Canadian stores. Not but what a fair representation of the factories' make finds its way there, but, as a rule, it is sold too green. Uripe cheese is neither nutritious nor wholesome. In the ripening process chemical changes take place which break up the insoluble casein of the green cheese into soluble, digestible forms, converting a rubbery, dyspeptic-breeding curd into a healthful, appetizing, nourishing food. When the public becomes educated to these facts, and use cheese as a food instead of a stuffing material, eaten as an extra morsel after

a full meal, they will cease to consider it dear at 15 or 16 cents a pound.—Maritime Farmer.



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