

# The Country Homemakers

Conducted by Francis Marion Beynon

## HOMEMAKERS' CONVENTION

More than a hundred strong the delegates from the Homemakers Clubs of Saskatchewan met in convention in Saskatoon, May 26 to 29. There followed a very strenuous four days with sessions, ultimately, three times daily, but the women enjoyed every minute to the full and went home with minds crammed with new ideas and hearts overflowing with pleasant memories.

Practically every phase of life was touched upon in the many excellent addresses delivered to the convention by the various able speakers. The sessions were opened on Tuesday afternoon by very cordial addresses of welcome from President Murray and Dean Ruth-erford. At the suggestion of Miss Delury, Mrs. T. W. Wright, Grenfell, was appointed to preside the first day, to be succeeded at the different sessions by the following women: Mrs. Wilcox, North Regina; Mrs. Elliott, Bradwell; Mrs. Cartridge, Grand Coulee; Mrs. Dayton, Virden, Manitoba; Mrs. Elliott, Wolsley, and Mrs. Barnard, Theodore.

Two able addresses followed, one by Mrs. Dracas, of Paynton, on "Environment," and one by Professor Baker on "Poultry for Profit," which concluded a very interesting and profitable first session.

Lieutenant Governor and Mrs. Brown visited the convention on Wednesday afternoon and the former gave an interesting and vigorous address on the need of citizens who have the best welfare of the province at heart.

Mrs. A. V. Thomas, of Winnipeg, the first organizer of the Homemakers Clubs, spoke to the convention feelingly from the depths of a long country experience on the problem of "Learning to live together in neighborhoods, clubs and homes." Her address was followed by one from W. W. Thompson, on the extremely practical subject of "Co-operative marketing of eggs and dairy produce in order that the cost of production and distribution should be decreased and the returns increased." Mrs. T. W. Wright, of Grenfell, had practical and very necessary advice to give on "First aid to the injured," as had also Mrs. Robertson, of Bradwell, on the ever-vexed problem of "Child-training."

On Thursday the Homemakers were spoken to by Miss Mary Ard Mackenzie, who had travelled all the way from Ottawa to explain the scheme of the Lady Grey District Nursing, whereby any isolated community may have the invaluable services of a trained nurse.

Upon hearing Miss Isabel Armstrong's address on "Our Opportunities," the convention resolved to take up rural welfare work. A stimulus to work towards broader activities was given these clubs thru the address of Miss Mary Mantle, of Regina, who dealt with the activities of many bodies of organized women.

At this same session Professor Snell, of the Saskatoon Normal School, made an eloquent appeal for a broader and fuller life in rural communities, and Norman Ross, of Indian Head, turned the heads of his audience with the thoughts of the beauty which a little thought and patience could bring about on the prairies, and finally Mrs. Ellie Highworth, told of an ideal club-room, stirring envious feelings in the bosoms of her hearers, which, it is hoped, will blossom into equally praiseworthy achievement.

Friday was crowded with good things for the conventioners, beginning in the morning with an address from Dr. M. M. Seymour, provincial medical health officer, in which he outlined the course to be followed in controlling contagious diseases and decreasing infant mortality.

Mrs. Dayton, in her delightfully chatty manner, told of the work of the Home Economics Societies of Manitoba and her address was rich in suggestions for other organizations. Miss Day, Supervisor of Domestic Science in Re-

gina public schools, spoke on "Household Bacteriology;" T. N. Perrett, of Regina, on "The trend of modern education," and Miss Josephine Nugent, of Canora, on "The relation of drama and life." In the evening Professor Bracken addressed the delegates on the experimental work of the Department of Agriculture. We must not forget to mention either that in the afternoon the visitors were the guests of Mrs. Walter Murray at a very delightful afternoon tea.

Altogether, then, it was a very busy time for the Homemaker folk, but one that is certain to stay with all who were present as a happy memory thru out the whole year.

FRANCIS MARION BEYNON.

## DEMOCRACY A GROWTH

Dear Miss Beynon: I am an occasional reader of the Homemakers page and a sincere admirer of its aggressive democratic spirit. I have been an advocate of equal suffrage as long as I have held an definite opinion on the subject, but I have often wondered how intelligent women would feel if granted the vote, only to find it as barren and empty as a last year's bird's nest.

Let me illustrate what I mean. I have been a Canadian citizen for four years and during that time have voted at every election I was able to attend, but I am not conscious of having exercised one whit more political influence than the horses that hauled me to the polls. Why? Because in every case I was compelled to select between two candidates I had no more hand in nominating than you had and over whom I had no more control after election than a Hindu.

In advocating equal suffrage I refuse even to consider whether woman is man's equal, his inferior, or his superior. If women must obey the laws, they should have a hand in framing them. If women must pay taxes, they should have a hand in levying them. Anything short of that is not democracy. The visible form of democracy is "A government of the people, by the people and for the people." A government of all the people by half of the people is not democracy and never was or will be.

But in Canada we haven't a government by even half, or one-fourth, or one-tenth of the people. I hold myself as effectively disfranchised as you are. What shall it profit a woman to gain the vote when she must choose at the election between two candidates, each bound fast and responsible to his party machine?

You point to the shining example of the States that have given their women the vote. Are you aware that this is but one phase of a democratic advance that has also given Direct Nominations, Direct Legislation, the Recall and workable corrupt practice laws that are now working for prop-

er representation? These have been found necessary to render effective both men's and women's votes. The women's movement in the United States has been on foot for two generations and has found itself of necessity broadening out to grapple such diverse questions as municipal sanitation, factory regulations, child labor, social settlements, school improvements, public amusements, prison reform and a hundred other civic questions. It has been compelled to choose its friends and to know and meet its enemies, and because in a few places it has done all this in a democratic spirit, it has secured a franchise that carries a real power.

Go on agitating for the vote and I am with you, but in the name of suffering humanity, I beg you not to be satisfied with a shell from which any mullet-headed politician can extract all the meat. Learn what others have found necessary to make their vote effective after they got it. The women of Canada, some of them, are laboring impatiently to secure the vote, forgetful that they have a far greater task to prepare themselves for the wise exercise of that power when they get it. There is only one kind of slavery in the world and that is the slavery of ignorance, and the voting power alone is no remedy. It is not enough to say the women are as competent as the men. I speak from personal knowledge when I say that not one man in ten in Saskatchewan last fall knew any more about Direct Legislation than the horses they drove. Can you see why the vote I exercise is an empty bauble? Is that the kind of a vote you want?

Democracy, like Christianity, is not an institution, but a spirit. Seek it first "and all these things shall be added unto you." Is not this a fertile field for the new W. G. G. A. to cultivate? Sincerely yours,

GEO. W. ATKINSON.

## BELIEVES IN PUNISHMENT

Dear Miss Bynon: For two or three years I have been a close reader of your Homemakers page and have often felt like writing. Being a mother of quite a few small children, I like to read the different remarks on their bringing up. One finds such different treatment needed for each one that I like to read other women's experience and manner of training their own.

I thought "Norma's" letter of May 13 just splendid and thoroughly believe in all she says. Don't you think that children of a wild, but loving, disposition need more gentleness, yet firmness? Still, I believe in corporal punishment when they get extremely bad. After all the teachers have many natures to contend with. I should like to see what "Norma" thinks to this. I do think one cannot bring up children alone, but have to look to a higher power for help.

Now must close. Some time I will

send some recipes. I liked your article on "Boys" about two months back, Miss Beynon. I cut it out, I thought it so good. I wish you would write more letters on children.

AMETHYST.

## OPERATING FOR ADENOIDS

Dear Miss Beynon: I am writing with hopes that my past experience may be of use to any worried mother whose child may be troubled with adenoids, a trouble a child often becomes subject to after weaning it from the mother's breast for cow's milk.

I advise them to take the child to some noted specialist in a neighboring city, after which operation and treatment the child overcomes the trouble for good. It is not the expense that counts so much but the suffering of the little ones that pierce the heart of a loving mother. I speak from experience, as my little girl of three underwent two operations for adenoids, by local doctors, but without success. After a period of another year's suffering I took her, thru advice, to a specialist in Calgary, and she is fine now and no more sore throat or tonsillitis, as her throat was cleaned out entirely by electricity.

I thereby advise all mothers when at times of such trouble of little ones an operation is advised, to take the little ones to a specialist in a city, as the trouble will never then come back, and is but one operation where, with other doctors, the trouble keeps coming back.

A WELL WISHER.

## EGG RECIPES

### Scotch Eggs

One cup of lean cooked ham chopped very fine; six hard boiled eggs. Cook one third of a cup of stale bread crumbs in one third of a cup of milk to a smooth paste. Mix it with the ham; add half a teaspoonful of mixed mustard, half a saltspoonful of cayenne pepper, and one raw egg. Mix well. Remove the shells from the eggs, and cover with the mixture. Fry in hot fat for two minutes. Drain, and serve hot or cold for lunch or picnics. Cut them into halves lengthwise, and arrange each half on a bed of fine parsley. The contrast between the green, red, white and yellow gives a very pretty effect.

### Creole Eggs

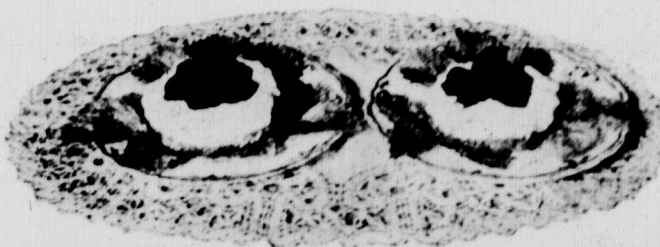
Stew one can of tomatoes and one green pepper, shredded, until the tomato is reduced one half; turn on a serving dish, arrange on the tomato five rounds of toast, and upon each of these a poached egg. Melt and brown two tablespoonfuls of butter, add one tablespoonful of vinegar or lemon juice, and, when the liquid boils, pour the sauce over the eggs; sprinkle with salt and pepper and serve at once.

### Canuck Egg Toast

Sprinkle fresh toast with walnut, mushroom, or any savory catsup, then heap on it scrambled eggs in which milk has been used, and on top put a generous layer of grated cheese; season with pepper and salt, and put under the oven flame of a gas stove. Let the cheese brown, then remove from oven and garnish the top with slices cut from black pickled walnuts, or a few capers or with thin strips of pimientos, or chopped chives.

### India Curried Eggs

Cut hard boiled eggs in halves; then fry one small chopped onion and one chopped apple in hot butter; add one fourth cup of pounded almonds and one pint of milk, mixed with one half table-spoonful of cornstarch. Season with salt and a dessertspoonful of curry powder. Let cook ten minutes; then add the eggs. Let all get very hot. Serve with croutons; garnish with fresh parsley.



Strawberry Sandwiches

Strawberry Sandwiches—Beat three eggs, whites and yolks together, until foamy, then beat in by degrees one and a half cupfuls of sifted granulated sugar. Add half a cupful of milk or water, and two cupfuls of flour with which has been twice sifted two level teaspoonfuls of baking powder and a half teaspoonful of salt. Bake in a sheet for twenty-five minutes, then cut in squares about the size of small slices of bread, split and insert hulled, rinsed

and sweetened strawberries, but do not sweeten until just ready to insert or they will be mushy. Arrange a layer of berries on top of the cake, sprinkle with powdered sugar and serve with sweet cream, or whip the cream and just as you are ready to serve pile the squares with it. The cake should be made the same day it is to be used. Raspberries, blackberries or peaches may be substituted for strawberries.