

The Countrywoman

The

"No fancy foreign fruit
But I can make good
The golden orange here
But I can make good
These useful gifts give
Not from the faithful
of

Scandinavian legend
apple was the favorite
which goes to show
a good thing when
is no other fruit that
of apples in the menu
some, comparatively cl
be served in such a var
is no danger of apple
monotonous. And this
added reason for using
in the menu. A great
deserts call for little
and very little butter,
them we conserve fo
needed overseas. The
a day keeps the docto
changed to: "Eat a
biscuit."

Apple Wash

Here is a dessert tha
1 cup butter sub
1 egg
1 cup milk

Cream the butter,
the egg well beaten, stir
with the flour and ad
alternating with the mi
ly, turn into Washing
evenly and bake. P
and on top apple cres

Apple C

1 quart apples
1-3 cup water

A little

Pare, core and q
sprinkle with the su
and a pinch of salt,
a slow oven until the
Rub them through
cream until stiff and
cold stir in the appl
teaspoon lemon juic
the layers and on top
pie. If a thick apple
a teaspoon of gelatin
are as good.

Baked

8 apples
1/4 teaspoon cinnamon
Core the apples a
with the sugar and
little hot water and
or cold with cream.

Jellied

4 good sized apples
1 pint water
1 1/2 tables
Cook the sugar
sugar dissolves, add
gelatine; cloves may
lemon juice if
gelatine and set the
Serve with whipped
nice colored with v

Bread and But

Apple sauce
Sugar
Cover the bottom
pudding dish with
slices of stale brea
shaped pieces and p
as possible over th
side up. Sprinkle
little vanilla. Bake
and serve hot with c

Apple

Apples
Whole cloves
Apple sauce ma
without any trimm
and whipped cream
for any occasion.
apples, partly cover
on to cook. When
add sugar to sweet
aside to cool. Top
and serve. If the
a few whole cloves

Dutch Ap

1 egg
1 cup milk
1 tablespoon melted
butter
1/4 teaspoon cinnamon
1 1/4 cups flour
Beat the egg wi
add the milk, the
baking powder and
pour into a butter
into the mixture
dust with the bro

A Silver Lining

PERHAPS the prevailing epidemic of Spanish Influenza isn't the unmitigated evil it would appear to be. If it opens our eyes to the fact that our medical hospital and nursing facilities in the west are far from being adequate, it has done some good. If it moves us to make more efficient and more adequate those facilities, then it has been a blessing in disguise. Some of our western cities where the number of doctors and nurses is much higher per population than in the villages and rural communities, are finding it difficult to meet the crisis. We hear of cases in small towns and rural communities which have no doctor or nurse. Should the disease spread there the outlook would be serious indeed.

Even at the best, progress is slow. But need our progress towards better health facilities have been so slow as it has? And the fault does not always lie in administrative or legislative circles. Those bodies can move only as public opinion moves. If public opinion puts up such a persistent and insistent demand for better health facilities as cannot be drowned, then something will have to be done. Arrangements are such in these matters in the three western provinces that progress depends on the people themselves. In Saskatchewan and Alberta, if the people decide they want a hospital, then the government helps. In Manitoba if the people want nurses and signify their wishes, the government comes to their aid. Better health facilities will not, and cannot be thrust upon the people. The people themselves must first see the need, then ask for relief. Surely the seriousness of the present inadequacy must make each and every one realize that the risk of unpreparedness is too great. Make a survey of conditions in your area, find out what you need, and get busy at once to equip that area against whatever may threaten it in the form of accident, disease and sickness. The burden on each is very light. Human lives are too valuable to take longer risks.

Meets Only Ridicule

Everywhere one hears nothing but ridicule from the women of the west for the platform recently sent out by the Woman's Party of Toronto. A few Toronto women haven't a chance at fooling the women of the west. Since meetings are banned they haven't had an opportunity to express themselves collectively, but The Guide has not yet heard one individual approve of the Toronto Women's newest adventure,

and it has interviewed women all over the west. They laugh first of all at the idea of a few women in one city, and that city of all others the breeding ground of vested interests, attempting of themselves to draft a national policy with the idea of making it suitable to the women of Canada as a whole.

Then they laugh at the inconsistency of those women who at one time believed men needed the viewpoint of women in the agreement of national affairs, and who would now make that viewpoint as intercessible as ever it was before by segregating it into a

for that home. It is in the interests of the state that it do so. Whatever the cost, the home must go on as nearly as possible as it did before. In these days when the cost of living is so high, those homes cannot be maintained on a pittance. The best interests of the home are at stake if there is worry and difficulty making ends meet. In a recent interview with the superintendent of Mothers' Pensions for Saskatchewan, it was learned that, with the exception of one case, \$30 a month was the maximum amount paid to any family under the Mothers' Pension Act. That figure is absolutely inadequate.



Where City and Country Meet. A Winnipeg Suburban Home.

Woman's Party under pledge not to mingle with the parties of men. Women of themselves can't run things any better than can men of themselves. It is true that the management of affairs calls for men and women working co-operatively. Then there is the platform itself. That calls forth their liveliest mirth. No, our hard-working, free-thinking western women cannot be misled in the issues that are facing the Canadian people today. They have a clear vision of a democratic Canada, and are done for ever with privilege and vested interests. While they haven't the inclination or the time for preparing platforms that the women of the east have, they nevertheless have a pretty clear idea of what they want, and how they want it, and we have nought to fear on their behalf.

Controversy on Mothers' Pension

The finance committee of the city council of Saskatoon, has protested against the system Saskatchewan has adopted for the paying of Mothers' Pensions. The union of rural municipalities at its convention last June, protested by resolution as follows: "That the provincial legislature be requested to make provision for the payment of pensions under the Mothers' Pension Act out of the public revenue of the province instead of requiring the municipalities in which the pensioners reside to reimburse the government the amount expended under the said act." It would seem more fair if the Mothers' Pension commission were authorized to administer the pension from a grant from the public revenue, since the burden of the municipalities must be very unequal, some municipalities, especially cities having very large sums to pay. But it is time the people of Saskatchewan were giving some attention to the Mothers' Pension Act of that province. It appears to The Guide that the administrators of the Mothers' Pension Act there have lost sight of the real aims and objects of Mothers' Pensions.

Boys and girls are the state's greatest assets. Home is the place in which the atmosphere is best suited to develop them into good citizens. Everyone recognizes that. If for some reason the support, usually the father, is removed, and there is danger that the home will be broken or handicapped in its work of caring for those children, then the state must provide the maintenance

quate. It must be supplemented in some way. If the mother is forced to seek casual employment, then the very aim of Mothers' Pensions has been defeated. She is dissipating her energies, and her home and family will suffer. If she is helped from outdoor sources there is the stigma of charity. Only state payment for a duty performed to the state can be without charity. The superintendent stated that Saskatchewan intended its pension system to be only an "aid." But Saskatchewan people can surely not be satisfied to give a pension that is such a meagre "aid" that it is hardly worth asking for.

It is not altogether for the superintendent to say what Saskatchewan's needy mothers shall be paid for taking care of Saskatchewan children. It is a matter for the people of the province to decide. They know what they are willing to pay for the well-being of the children, and The Guide is convinced that it is a figure in excess of \$30 a month. If you are going to pay a widowed mother to bring up her children, then pay her such a sum as will enable her to give her undivided attention to her children, not a mere pittance which necessitates her "grubbing" along on her allowance which would hardly buy cigars for some of our public men.

Women M.P.'s in England

On August 8, Andrew Bonar Law, chancellor of the exchequer, announced that under the decision of the law officers of England, Ireland and Scotland, that women were not entitled to become candidates for the British Parliament. The women of Britain have contended that the extension of the franchise to them carried with it the right to sit in parliament, and some have announced their candidates for government seats. On October 23, the British House of Commons adopted a resolution in favor of women sitting in parliament. The resolution carried by 274 votes to 25. Herbert Samuel introducing the motion said that it was impossible to say that 6,000,000 women should be voters but not one woman should be a legislator. Women have a distinctive point of view which should have direct expression in parliament. Universal experience was that women elected to the local government bodies had rendered valuable service, and the

only complaint was that too few women had come forward for election. The right of the electors to select representatives according to their own free will was, Mr. Samuel concluded, an essential fundamental of democracy, which all parties were pronouncing to be the one sound rule for the government of nations. Mr. Adamson, the Labor member for West Fife, supported the resolution on behalf of the Labor Party, which he said regarded it as the logical outcome of its efforts to procure women's enfranchisement. Already a woman has received the labor nomination in one of the boroughs.

Conference of Women

The program for the Manitoba conference of women which is to be held in Winnipeg on December 10, 11 and 12, has been drawn up by the committee appointed after consultation with the provincial presidents of the various organizations. In planning for the conference the committee has kept in mind the importance of making it possible for every woman's society in the province to have representation. A study of the program will show that every phase of women's interest is to be considered. The following is the program as drafted by the committee. In addition to the addresses and discussions here provided for, there are being arranged attractive social events.

Suggested Program

General Subject: Women's Citizenship.

1. In the Community.
2. In the Home.
3. In the Nation.

First Day:—

Afternoon: Reception and Registering of Delegates.

Evening: Addresses of Welcome and Program of Music.

Second Day:—

General Subject: Woman, the Citizen in the Community.

Morning: Address, How Best to Work in the Spirit of Co-operation.

Through Existing Agencies.

In what way can the Churches Help?

The Man and Woman Viewpoint.

Discussion.

Address: Recreation.

Community Movies.

Community Singing.

Community Dancing.

Organized Play.

Discussion.

Afternoon: Address.

Juvenile Court.

Children's Aid.

Feeble-minded Children.

Discussion.

Address: Sex Education.

Address: Better Health.

Community Nursing.

Nursing, a National Service.

Discussion.

Evening: Social Evening.

Third Day:—

General Subject, 2: Woman, the Citizen in the Home.

Address: The Home on a War Basis.

Food and Frills.

Eliminating the Non-essentials.

Discussion.

Address: The Guardianship of Children.

Discussion.

Address: Woman's Share in the Home.

Property Rights.

General Subject, 3: Woman, the Citizen in the Nation.

Address: The Criminal Code in Relation to Women.

The Age of Consent.

Better Protection for Women and Children in Court Rooms.

Women Jurors.

Evening: Address, Woman, a Member of the Electorate.

A Woman's Party.

Co-citizenship.

Discussion.

Address: Who are the Electorate?

CANADA'S GIFTS TO VOLUNTARY WAR ORGANIZATIONS

