

Women's Institutes and their Work

They are Needed and Appreciated

The following extracts from a letter of one of the Women's Institute delegates to Superintendent Putnam, shows what need there is for aggressive work and how that is being appreciated:

"No part of Ontario that I have visited needs the 'Women's Institute' so much as the one through which we have just passed. The peculiarly isolated situation of so many of the homes, the narrowness of the interests of the localities, and the severe winters which, they tell me, shut them in entirely for four months of the year, makes it seem very essential that these women be inspired with a deeper interest in the importance of the home life, its pleasures, its sanitary conditions, and the preparation of wholesome foods.

"At one of the hotels visited, we sat down to a breakfast of hot biscuits, cold salmon, rhubarb pie and jelly cake, all of which was to be washed down with green tea, diluted with pale milk, and better not any too good, and every meal almost the same—no meat, no eggs, no cheese, no plain bread, no cream, no vegetables, no fruit! When I paid the bill on Monday morning, I found the rates were the same as the best hotels, showing that they thought they were giving good and wholesome service.

"I have put up all our charts at each meeting, dwelling particularly on the value of foods, their preparation and formation, stating why some foods are most nourishing, and showing the saving of large such a diet would mean to the women, as well as the increased health and strength of the family. Judging from the acceptance of these little side talks, they will be the means of good. Dozens of women came to thank me personally for the suggestions, which they assured me they would adopt."

Co-operation

Dr. Annie Backus, of Aylmer, who is now attending Institute meetings in South and Centre Muskoka, makes the following suggestions as to co-operation among farmers and farmers' wives in disposing of their produce: "If the people in the country could only be interested in co-operative work, if they would turn some of these lonely valleys into truck farms, supplying the large hotels with vegetables and small fruits; if they would co-operate in supplying butter and eggs to these places instead of each individual trotting off to the local store with his or her little basket, paying war prices for all they buy, and getting the lowest prices for what they sell, these valleys could be made to produce returns that would mean wealth to the people, and these rock-grown hills with their acres of pasturage could be made to yield five times what they do now."

Vegetables as Medicine

Few women understand that in the simple everyday vegetables and salads they have valuable medicines of various characters.

Watercress is noted as an excellent blood purifier. It is particularly useful when the nerves need strength-

ening, and should, after very careful washing, be partaken of freely and often. It should be noted that the bronze-leaved watercress is the best.

Lettuce also has a soothing effect on the nerves and is excellent for sufferers from insomnia. Besides being used as a salad, lettuce should be boiled and eaten as a vegetable. Those who have a tendency to goit should eat carrots but care should be taken that this vegetable is thoroughly cooked.

Celery is becoming well known as being of great use to all suffering from rheumatism. A judicious use of this vegetable—boiled—will often ward off an attack of this painful disease as celery contains sulphur.

Asparagus is known to stimulate the action of the kidneys and for that alone is of great value. It should be carefully cooked, and eaten soon after it has been cut.

Beets are of great service to thin people, who require to put on flesh. If they should be eaten freely, but stout persons should avoid this vegetable, as also potatoes.

Spinach has great aperient qualities, and is far better than medicine; it is very light and wholesome, but does not contain much nourishment.

Those who suffer from goit should avoid the tomato, which, however, is an excellent tonic for a torpid liver. The onion should be regarded by everyone as containing real nourishment, particularly when boiled. It is then relieved of much of its pungent oil, and is milder and more nutritious. It is not quite so wholesome when fried or roasted, but even then its good qualities cannot be denied. These qualities have given rise to the saying: "Eat an onion a day—no doctor will pay."

Parsnips contain a considerable amount of sugar, and should, therefore, not be eaten freely by those people who have a tendency to stoutness.

Good vegetables carefully prepared and well cooked are very wholesome, and should be used much more freely than they are at present. It is an admirable plan to serve them sometimes as separate dishes, and not always with the meat, particularly cauliflower, marrow, French beans and celery, which all make delicious dishes.

The careful cook will ever remember that vegetables underdone are unpalatable and unwholesome; if overcooked, flavorless and valueless as an article of food.

The Value of Fruit as a Food

There have been many changes in our ideas regarding diet in the last 10 or 20 years, due no doubt to the knowledge we have obtained of Domestic Science. Among other things we have learned the great value of fruit as a food.

We need to become better acquainted with our farm fruits and vegetables, for therein lies health.

The consumption of fruit has largely increased. We do not now use it as a luxury on festive occasions, but use it more as a regular article of diet three times a day.

In considering the value of fruit as a food, it is not only its nutritive value, but its power of assisting in the digestion or assimilation of other foods, and its medicinal properties

that render it of great service as an article of diet.

Fresh ripe fruits are excellent for purifying the blood and toning up the system.

CONSTRUCTING FIREPROOF OUTBUILDINGS.

Serious efforts have recently been made, to reduce the frightful loss from lightning and fire on Canadian farms. And they have been wholly successful, not only in securing a thoroughly lightning and fireproof construction, but also in bringing the price down to, and even below, that of the old-time board and shingle barn.

The new plan is to use corrugated galvanized sheets for roofing and siding barns and all outbuildings. These sheets are very rigid, and make a perfectly strong construction when used over very light framework. No sheeting boards are used at all—only light purlin strips being necessary.

Such buildings are now becoming very common, and users everywhere affirm that "Acorn Quality" Corrugated Galvanized Sheets, manufactured by the Metal Shingle & Siding Co., Limited, of Preston, Ont., is the most satisfactory material known for the purpose. They are so heavily galvanized that they easily outlast a generation and never need repairs. The firm above mentioned will gladly send to inquirers their interesting literature about "Acorn Quality" Corrugated Galvanized Sheets, and give names of users in all parts of Canada. 46

Talks on.

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