

MANY USES FOR SALT.

A pinch of salt on the tongue, followed by a drink of cold water, will cure sick headache.

It hardens the gums and makes the teeth white.

By adding a little salt to the water, cut flowers may be kept fresh much longer.

By using very fine, dry salt as one would snuff for colds, hay fever may be relieved.

Salt added to water in which colored dresses are washed will prevent fading.

Smooth flatirons by rubbing over dry salt.

SALMON RIVER VALLEY WOMEN'S INSTITUTE.

The Salmon River Valley Women's Institute met on Thursday afternoon at the home of Mrs. W. F. Smith, the president, Mrs. Andrews, in the chair. After the minutes of the previous meeting had been passed, the secretary, Mrs. Thompson, proceeded to read the correspondence. A letter from the Shawnigan Institute suggesting shorter hours for children under nine, met with the disapproval of the Institute, as it was considered that the small amount of work required at the

present time from young children would injure them. A letter from the Superintendent of Institutes, in response to the president's suggestion of half rates at hospitals for members was discussed. Mr. Scott approved of the idea. The suggestion of the Mount Ida Institute to build a cottage hospital at Silver Creek, or to rent a room in the nearest hospital, was not satisfactory to the members who preferred the previous plan.

It was decided to hold an annual flower show with prizes for bulbs, sweet peas, roses and perennials, early in July, and to hold a picnic in conjunction with it. A Red Cross refreshment stall was also agreed upon, the committee appointed for the work being Mesdames Scott, Perle and Butchart.

It was announced that a tabulated list of the Red Cross work already done would be issued by the Government, who would also issue a number of leaflets on interesting subjects.

COBBLE HILL.

The monthly meeting of the Cobble Hill Women's Institute was held in the hall on Tuesday, June 15. A hearty vote of thanks was passed to Mrs.

Wingate White for her most acceptable gift of two bandage rollers for Red Cross work. A standing vote of thanks was given to Mrs. MacPherson for so kindly filling the post of temporary Red Cross secretary.

Miss Ravenhill presented an interesting report on possible subjects for discussion at the summer conference in Victoria. A short discussion then followed on "Care of Food in Warm Weather." Tea was served by one of the members, the proceeds going to the Red Cross.

COWICHAN WOMEN'S INSTITUTE.

A case of Red Cross supplies was sent off on Monday from the Women's Institute to the Vancouver branch. It contained 96 pairs of socks, 60 shirts and 14 suits of pyjamas.

The following amounts have been given to Mrs. Hayward for Red Cross work: Miss Whidden, \$2.50; Mrs. J. Alexander, \$2.00; Miss Young, \$5.00; Anonymous, \$10.00; Anon, \$3.00, and Anon, \$1.00; a total of \$23.50.

The entertainment projected by the Institute for July 13 has been postponed.

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