

Canadian Women's Institutes

(Continued from page 40.)

GRANDMOTHERS' DAY.

An interesting meeting of the Rutland Women's Institute was held on May 9th, in the Rutland school house. The programme was in charge of the grandmothers and the attendance proved that "grandmas" are very popular. There were eight items on the programme, including a chorus by eight grandmas. Mrs. Sara Craig, aged seventy-nine, contributed two items. The most popular number was a song rendered by Mr. Martin, aged seventy-eight. Oldtime refreshments were sold by the grandmothers, realizing the sum of \$11.90 for the Red Cross Material Fund. A collection was also taken for the adopted prisoner of war, which amounted to \$11.05.

Naramata listened to Mrs. Lipsett on the subject "Laws of B. C., Pertaining to Women and Children." This Institute has decided that with the rush of ranch work necessary in the greater production campaign, the needle work section of the prize list will be occupied with such entries as

best soldier's flannel shirt, knitted socks, suit of pyjamas and stretcher cap.

Sooke Institute discussed a subject which seems to be growing in favor, the subject of "Beekeeping." Mrs. Murray read a couple of articles on "Buying of Bees," "Best Make of Hives for Beginners," and the opinion of experienced keepers on the winter feeding.

West Summerland listened to Mr. Kelly, lawyer, on "Points of Law Affecting Women," suggesting some changes which the Women's Institutes could ask for.

Parksville had the pleasure of listening to the member of the Advisory Board for Vancouver Island on May 1.

Tynehead reports for May meeting, a discussion of Y. M. C. A. work and cleanliness of public schools. This is an important step in the right direction, and one that all Institutes would do well to follow.

Chilliwack's report is encouraging.

This Institute has taken up the study of Canadian Civics, and is progressing splendidly in all matters relating to the subject. A labor bureau and exchange are being opened and the junior branch is a great benefit in this Institute.

West Saanich has decided to form a committee, which, working in co-operation with the Victorian Order of District Nurses, will be known as "The Prevention of Disease Committee." This committee is one of six of such in the district of Saanich, and was in response to a request from the Board of Management of the Victorian Order to the six Institutes in Saanich.

Tillium Women's Institute illustrates the tendencies of the times, that a mother's duty to her children is not all embodied in keeping them clothed and fed. The address given by the able and experienced president upon the responsibilities of mothers to their daughters showed plainly that the future mothers and fathers of our nation must be educated upon broader lines.

Salmon Arm held its monthly meeting. The programme consisted of a paper on economic cooking of meats, while the unique feature, a debate, "Resolved

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that Each Family Should Have a Pig in the Back Yard," was won by the negative.

WAYS OF PRESERVING FISH.

In writing to the Department of Agriculture, Mrs. J. T. McDougall, of North Bay, states, "I have followed with excellent results the directions for canning given in the bulletin on 'The Preservation of Food,' issued by your Department. I am most anxious to put away some fish for winter use and would be pleased if you could give me some information regarding the canning of fish; also the preserving of small fish in oil. I think this information would be a decided advantage to the women in this section where fish are so plentiful in open season."

The readers of this Journal will be glad to read the reply given by Miss Sutherland of the Department of Agriculture:

"Make a brine of salt and water that will support a potato, and, after cleaning the fish properly, place it in brine for half an hour. Remove from brine, cut into convenient pieces and pack in glass jars with the skin toward the outside. Add one level teaspoon of salt per quart. Put rubber and top in position, not tight, and sterilize in a hot water bath for three hours. Remove jars, tighten covers, invert to cool and test the joints. Wrap the jars with paper to prevent bleaching.

"Another method. After removing the fish from the brine, it might be steamed for fifteen or twenty minutes, the skin removed, packed in the jars and sterilized for two and a half hours.

"I have never canned fish in oil, but have found a recipe which I have no doubt would be very good. To 50 lbs. of fish, mix 2½ lbs. salt, 1 lb. brown sugar and 2½ ozs. saltpetre. Rub the fish with this mixture and let stand for 48 hours. Then wash and dry thoroughly in the sun. Dip in oil heated to about 300 degrees. Pack tightly in jars, fill with hot oil, place rubber and cap in position and sterilize in hot water bath for 2½ hours. Remove jars, tighten covers, invert to cool and test joints. The fish might be put in brine as in the first recipe, rather than dry salting, and then dipped in oil. Or, it might be salted, dried and smoked, which seems to me to be a very practical way."

After trying these recipes, Mrs. J. T. McDougall writes as follows: "I have tried both recipes and found them very successful; in fact, I do not think either could be improved upon, except that, in the first recipe, I found that, adding 1 teaspoonful salt when packing the fish made them a little too salty. I tried some without adding the salt and found them as near perfection as could be imagined. Of course, the amount of salt would be a matter of taste, and I think it would be a good thing to leave it out when putting the fish in the jars, as it is much easier to add extra salt, if desired, than to take out what has been put in.

"I experimented with speckled trout and think I never tasted anything quite so delicious as 'canned speckled trout.'

"I also tried the small brook trout in olive oil and found them very good, but do not think they are worth the extra trouble and expense, as, of course, olive oil is rather a luxury just now, and this method seems like defeating its own object.

"I might add that I found the method of canning very practical and very little trouble, and the result certainly surpassed anything I had expected."

A BIG ORDER.

Planning and constructing a healthful, satisfying, tasty dinner and setting it before the family in a dainty, artistic way is as fascinating and quite as useful as designing and making a hat, or painting china. And—don't forget this—if we make it so by painstaking, competent service, quite as dignified and honorable.

The *Business* of the world is in the hands of the women of the world.

People cannot be alert, clear-thinking, clean-acting, and efficient unless they are fed properly.

The *Happiness* of the world is in the hands of the women of the world, because it is the poorly fed person who quits work, quits home, quits morality and manhood and character, quits trying,—just quits. And when a man, or woman, quits, unless we can get him back mighty quick, the game is end d. There is nothing more to be said or done.

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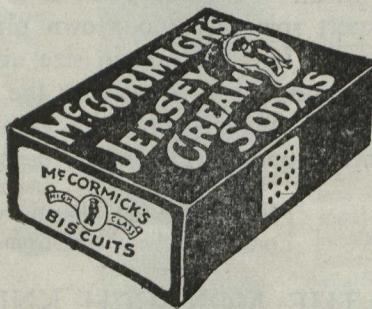
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