

NOTES FROM BRITISH COLUMBIA

IT will be a great pleasure to the Institute of British Columbia to be connected by the link of this admirable *Journal* with the Women's Institutes of Ontario. We are greatly obliged to the *Canadian Home Journal* for allowing us this privilege. In the West we owe a great deal to the Women's Institutes of Ontario; for kindly suggestions and literature from the Department of Agriculture, for lists of books and so forth from Miss Watson, of Macdonald Institute, for information from Miss Laird, of the Faculty of Household Science of Toronto, and for the loan of Miss Rose in early organization; and for many other kindnesses. As some slight recognition, we have adopted for our official badge and motto, those of Ontario, so that in British Columbia, we have:

Motto: For Home and Country.

Badge: Ontario pin with our own initials and in our colors.

Colors: Green and White and Gold.

We now number 23 branch Institutes with a total membership of 800. Lecturers and Demonstrators are sent out twice a year from the Department of Agriculture. An annual grant of 50 cents a member is paid. Financial assistance has also been given in special ways by the Government.

An Advisory Board of Women has also been appointed by the Minister of Agriculture to confer with the Department on matters relating to women in Agriculture and to Women's Institutes in particular. The Minister of Agriculture and the Deputy Minister thus deserve greatest credit for their early recognition of the fact that in matters relating to women, the woman's experience and her point of view is essential.

On some other occasion we should be glad to tell of the work of this Board, but at present let us just say that the Board recommended the adoption of THE CANADIAN HOME JOURNAL as our official organ and we hope that great benefit will result to the Institutes of British Columbia from this choice.

May we also hope that the Institutes of Ontario will welcome us into this sisterhood, and that in the future when we are better equipped there will be mutual profit from our intercourse in this column of this sheltering journal.

MADGE ROBERTSON WATT.

Secretary, Advisory Board,
Women's Institute of British Columbia.

Prince Edward Institute

IN one of the days gone by a wise man said, "Life should be full of earnest work," and he added to that thought, "He who seeks to pluck the stars will lose the jewels at his feet."

This sentiment has been expressed in the work of the Institutes in the Prince Edward district. They, with many other Institutes, have a splendid grasp of the work. They are busy branches and so the work is interesting. They have developed a "neighborly" spirit and just now are interested in helping to raise funds for a hospital at Picton. In this they are co-operating with the Daughters of the Empire.

The largest membership in any one branch is seventy-seven and the smallest is thirty-three. In all, ninety-seven meetings were held during the past year, with a splendid attendance.

An interesting contest will be held by Gilbert's Mill branch in August. Material for a quilt has been purchased—blue and white. At the August meeting each woman will be given thirty minutes to cut out and sew her blocks. The blocks will be given to the first member of the branch who gets married. The bride-to-be will supply the backing and the cotton batting for the quilt and the women of the Institute will quilt it for her.

Demonstration Lecture Course

THE Institute branch of the Department of Agriculture has had placed at its disposal a considerable sum of money to be used in assisting the Institutes in securing lecturers to give instruction to groups of Institutes covering the following lines:—

LECTURE LIST ON FOODSTUFFS AND COOKING.

Each Institute concerned may select fifteen lectures from the following list. If any Institute wishes to enlarge any one subject into two lectures in order to

cover the ground more thoroughly, it may be so arranged.

The sequence of the lectures should be left to the lecturer to arrange. She will, however, defer to the wishes of the Institutes as far as the proper development of the whole series will permit.

The lecturer will place especial emphasis in all lectures upon the food value of the foodstuffs used, and upon the comparison of money value of the different foodstuffs, as related to food value.

REGULAR LIST.

Fruit—Typical methods of cooking; combinations; different ways of serving fresh fruit.

Vegetables—Fresh, starchy and dried.

Milk—Soups, puddings and combinations, with especial relation to infant, children and invalid diet.

Cereals and Cheese—Various methods of cooking; their high food value compared with other more expensive foods.

Eggs—Correct methods of cooking; variations on methods; storage.

Tender Meats—Roasting and broiling; the correct cuts; food value compared with other meat cuts and other foods.

Tough Meat—Braised dishes, stews and soups.

Substitutes for Meat—Nuts, beans, fish.

Baking-powder Breads.

Yeast Bread and Fancy Breads.

Cake and Little Cakes.

Puddings and Desserts.

Salads—Preparation of the ingredients, dressings, etc.

Poultry—Drawing, trussing, roasting; fricassee, etc.

Invalid Cookery—Liquid diet, semi-solid, etc.

OPTIONAL LIST.

Vegetables, fresh, starchy and dried.

Made-over Dishes.

Gelatin Dishes.

Hot weather Foods.

Breakfast Dishes.

Fireless Cookery.

Frozen Dishes.

The Department prefers to have the Institutes choose the Demonstration lectures indicated in the "regular list." If, however, there is a strong preference for one or more of the topics given in the "optional list" in place of some of the "regular" subjects, they may be substituted.

HOME NURSING LECTURE LIST.

Some Institutes may prefer lectures of Home Nursing not indicated in the following list, or one or two lectures on Sanitation or Maternity Nursing. If so, arrangements can be made with the lecturer in charge to substitute the line of work preferred in place of one or two of the lectures indicated.

LIST OF LECTURES.

1. Sick Room—Sanitation, ventilation, care, etc.
2. Bed-making for various forms of sickness.
3. The Bath.
4. Hot and Cold Applications.
5. The Administration of Food and Medicine.
6. Emergencies.
7. Bandaging.
8. Disinfectants, their use and abuse.

SEWING COURSE.

This will consist of seven or eight lessons on the making of shirt-waists and plain sewing.

The Institutes will not be required to furnish supplies for either of the above courses. The charge for each will be the same as for the longer course in Domestic Science.

The Department of Agriculture will undertake to provide a limited amount of portable equipment, and to pay for the services of the lecturer as well as for her board, lodging and transportation. The Institutes will be expected to:—

1. Provide for any necessary local printing and advertising.
2. Provide a room or hall suitable for the lectures, equipped with the necessary chairs, tables and cookstove; also to see that the hall used is properly cleaned and lighted.
3. Provide all materials for demonstration work.
4. Provide an assistant who will become responsible for the opening of the room, do the necessary local marketing, and clear up the demonstration tables, dishes, etc. (It is usually possible to find some girl willing to pay for her attendance on the course in this way.)



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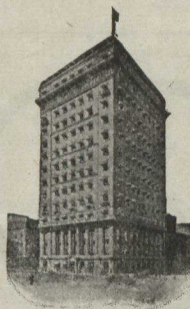
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