

WHAT PROVISION HAVE YOU MADE FOR YOUR FAMILY?

ASKS MADGE MACBETH

MY DEAR READER-FRIENDS,—

It was delightful to hear from so many of you last month and to get such a lot of interesting material! You see I have used some of it already on this page. But I want more—more—more. Don't be afraid that the neighbour across the street is not sufficiently prominent; if she does her bit courageously and with a fine spirit, I don't care whether she is personally known to the President of the Ladies' Aid or not!

We are going to offer prizes—ten dollars' worth—in case some of you feel that you cannot afford the time for this work without remuneration. We will give five dollars for the best feature (like that of Miss West on this page) and two dollars for the second best and one dollar each for the three others that we use. Should we get four features in one month, we will pay for all of them and use them as we find space. Have you ever thought of the work now being done by Girls Who Couldn't Come Out? Let us hear about them. Here is another suggestion—Mothers of Famous Children. This should be the story of mothers who made some definite sacrifice in order that their children might achieve. And one more—Women Who Have Actually Replaced Men. There must be dozens. Tell us about them.

Faithfully yours,

MADGE MACBETH.

THE first thing I did," said a prominent business woman to me the other day—and she emphasized each word grimly. "The first thing I did after my father died, was to see that my mother was protected in case anything happened to me! My lesson was a bitter one, but I learned it in one dose. We had always been comfortably situated and I had no thought of money or the lack of it. When my father died, we faced actual want because his affairs were so muddled that almost everything had to be sacrificed in order to meet the needs of the moment. I was hurled into business and I have managed to stick."

There is nothing new about this story. How many men providing generously for their families, and considered wealthy citizens, have died and left their dependents face to face with poverty? No man or woman has any right to ignore the fact that life does not last forever, and that health is almost necessary to earning power. Should one fail, the probability is, that the other goes with it.

What have you done, fathers and mothers, to provide for your children? Have you considered the possibility of being taken from them, and has your consideration taken practical shape, or have you set aside the disturbing thought as one to be dealt with next week or next month or next year?

I think there is no doubt that had women been the providers of the family, fewer financial catastrophes of the sort mentioned above would have occurred, for women are by temperament more cautious than men and have longer vision where domestic matters are concerned. But it is only within very recent times that they have been given the opportunity of handling sufficient money to even consider the disposition of it. There was a time when the wife and mother was powerless to avert the ruin she saw impending and it was for those women, for the promoting of their peace of mind and the realizing of their hopes that Miss Bina M. West worked.

MISS WEST started out from her home twenty-five years ago, "when," as she says, "it was not quite so fashionable for women to work, I went against my parents' wishes, for they thought my place was at home." While neither she nor I advocate girls defying their parents, it must be stated that had Miss West stayed at home there would be no fraternal organization called the "Woman's Benefit Association," nor would there be 3,000 local organizations in Canada and the U. S. carrying on a work which has never been surpassed by any of its kind. She started out as a country school teacher and came close to the hearts of the mothers, before long learning that the same dread lurked in the minds of most of them—the possibility of a day to come when the little brood would be left without financial protection. She saw homes broken up and young lives ruined because of the inability of the far-seeing mother to make provision. She tells one of the many cases which came

home to her—There was a boy and girl in her school, clever and well-cared for by a superior mother whose hopes and ambitions for her children, Miss West knew and appreciated. This mother died, leaving the boy and girl to the care of a father who had not the same ideals and who was the last person in the world, to be the guardian of children. The girl was sent to an uncle, a hotel-keeper, and was immediately set at waiting on tables; the boy was taken by another uncle who owned a racing stable, and he was reared with the men who looked after his uncle's horses and never got away from that influence.

This case made a deep impression on Miss West and was one of the many that was responsible for the idea of forming a society designed to give women benefits. This was, I think, the first idea of its kind to go into effect. Consider its daring!

The salary of a country school teacher does not admit of the financing of much of an undertaking. Miss West had to borrow money, with which she rented a basement office, and there, with a desk

and a chair as material assets, but with enthusiasm, faith in the outcome of her undertaking and a wealth of determination that it should succeed, the Association was born.

Miss Elsie Fearman

Passing over the early difficulties, when many another woman would have been not only discouraged, but afraid to go ahead, we can derive great inspiration from the fact that about a year ago numbers of the same women who had been placed in important positions by Miss West when the organization was formed, and who have been continu-

ously in office, gathered around her and helped dedicate a new \$250,000 Home Office, every cent of which has been paid for by wise investment returns.

TO-DAY the country school teacher's name is known all over the world. She has represented the fraternities of this continent in Switzerland at the International Council of Women and as a personal friend of the Marchioness of Aberdeen, has conferred with her on the status of women's work in this country. The woman who had to borrow money to equip her meagre little basement office has disbursed into the homes of Canada and the U. S. more than \$14,000,000, and the amount in the steel vault of the new building (\$11,000,000 in bonds) is six times larger than the assets of any bank in the State of Michigan!

Looking at the matter from a point higher than that of material benefit, Miss West blazed a trail which set thousands of women to work constructively for each other. She is a firm believer in solidarity among women and has not only moulded many minds to her belief, but has shown people how to put their theories into practice. Personally, she is one of the most fem-

nurses was away, and this experience gave her sufficient confidence to accept the position of Dietitian at the Calydor Sanatorium, Gravenhurst. There, she had to begin at the very beginning—which



Miss Marjorie Bulman

is to say she had to equip the kitchen and start work without any precedent. She stayed at Calydor for a year and then went to the Hamilton General where she is to-day.

Her duties are to supervise all the food for private patients and attend to all special diets. She prepares the formulae for the children's wing, as well. Then as the Hospital requires that each of its nurses take a six weeks' course in the diet kitchen, Miss Fearman always has three nurses in training under her direction. While she does not

actually buy the food she contracts for a large proportion of it, and she always has an eye to economical providing. Not long since, she saved the ends from her winter's supply of potatoes, planted them and had the satisfaction of raising 100 bags for the coming year!

Miss Marjorie Bulman

MISS MARJORIE BULMAN, during the past summer has managed the irrigation system on her father's three thousand acre ranch in the Okanagan Valley, near Kelowna. Mr. Bulman was finding great difficulty in getting a capable man to superintend the irrigation, a work which requires intelligence more than physical strength. His daughter offered to undertake it, and her father states that she has never had a more efficient superintendent. Mr. Thomas Bulman was formerly a member of the well-known firm of Bulman Bros., lithographers of Winnipeg, but for the last few years has been engaged in fruit rowing in the Okanagan Valley. His daughter, during that part of the year when irrigation is not necessary, is a student at the University of British Columbia.

Mrs. James E. Daugharty

IF this magazine should fall into the hands of a young woman recently widowed and the sole support of four little children—a woman who feels actually hampered by the big farm her husband left, let her take heart and courage from the fine example set by Mrs. James E. Daugharty, of Sunnybrook Farm, near Cornwall, Ontario.

One hundred and fifty acres! And she took over the management at her husband's death and resolved to make the farm one of the best in St. Lawrence County. She did not fail in her determination, either.

The most talented member of a very musical family, Mrs. Daugharty is prouder of her U. E. Loyalist stock than of the service she personally has rendered Canada.

inine of women, one of the most human of sisterly sisters. One is quite apt to forget, upon meeting her, that she is not a person, but a Personage—who founded the largest fraternal association of women in the world!

Mrs. J. E. Daugharty

Miss Bina M. West

Miss Elsie Fearman

ANY housekeeper asked to-day, the most vital question of the times, will, I think, unhesitatingly, answer the Question of Food. What to eat and how to prepare it so that the least amount will do the most good? What food values combine wholesomely and happily, and what ones are apt to provide a nightly panorama of dark horrors? The study of dietetics has provided many a girl with an interesting and lucrative position—hospitals, sanatoriums and nursing homes all including a trained dietitian on their staff. An attractive example of a girl who has made good in her profession is Miss Elsie Fearman of Hamilton. Her early ambitions did not run to anything so sordid as food. She wanted to be a designer, but a course in Professional Housekeeping in Macdonald College proved so interesting that designing took second place, and she went on to the Toronto General and did post graduate work in Dietetics. Becoming by this time thoroughly engrossed in the study, Miss Fearman went to the John Hopkins Hospital, where at the end of her course, she had her first taste of responsibility, substituting there while one of the older

