

4. That particular emphasis be placed on the fact that additional nominations may be made from the floor of the convention.

5. That the next meeting of the board be held on November, the 15th.

6. That all resolutions intended to be brought before the convention be sent in before November 15th in order that arrangements can be made for a speaker for each of the more important resolutions. This would enable the resolutions session to crystallize the work of any session towards its close by presenting resolutions dealing with the work transacted during the session.

6. That a report of the advisory board meeting be sent to each society.

7. That an effort be made to have a copy of the Dower Law recently passed by the Manitoba Legislature sent to each H.E.S.

Note—Only 50 copies could be obtained and these are being sent to the largest societies, and these societies are asked to forward the copy received to the Extension Department before June 1 in order that they can be sent to the other societies.

8. That district conventions be not held until the close of the war provided the district officers are agreed that this is desirable.

9. That an organizing secretary would be of great advantage to new as well as the older societies.

A very helpful interview was held with Mr. A. E. Philp, Chief of Staff of the Western Canada Food Board. The members of the advisory board pointed out to him the many difficulties encountered by food conservation enthusiasts. One of these is the doubt in the mind of some of the farmers whether the extra production effort that they are making is really benefitting the forces and allied countries overseas. After a discussion of this and other problems the following recommendations were made by the advisory board:

1. That food control be more decentralised and that district food committees of men and women be formed in all municipalities for the purpose of disseminating food control propaganda and distributing food production and conservation into every home.

2. That the Canada Food Board be asked to direct local food committees to see that its notices are posted in every post office.

Mr. Philp explained that one most important point to emphasize to the farmers at the present time was that pigs should be marketed on the hoof. In this condition it is shipped to the packing houses and there manufactured into bacon for the use of the forces and allied nations overseas.

3. That the government be asked to arrange the means by which white flour, returned or exchanged for standard flour at the request of the Canada Food Board should be forwarded to and handled by some central point or agency overseas.

Mr. Philp reported that a summer supply of fish, white fish, trout and pickerel would be secured for Manitoba at

the rate of 15 cents in Winnipeg and 16 cents at outside points. The Food Board expects to circulate recipes for the curing of fish. Mr. Philp asked for the co-operation of the H.E.S. to get public opinion in favor of the use of pork offal in the homes. He reported that much valuable food is being sent to the States because the people in Canada refuse to eat it.

A deputation from the Manitoba Red Cross Executive met the advisory board and explained the plan of the Red Cross drive which is to take place on June 19, 20, 21 and 22. The community aspect was dealt with, and the hearty co-operation of the H.E.S. promised.

The meeting adjourned until a date in November to be arranged later.

How We Dig Our Own Graves

By Dr. Woods Hutchinson, A.M.

It doesn't matter in the least how fast we dig our own graves, so long as we do not fall into them too previously. Indeed, if we enjoy the process and are of some little use to the world meanwhile, digging our own graves may be wholesome and profitable exercise. Our equanimity need not be in the slightest degree disturbed by the thought that, sooner or later, we shall lie down to rest in them at last.

Of all the utterly trivial and insignificant considerations where and, after sixty, when we shall find our last resting place is the least worth worrying over. If we spend ten minutes on it, we are wasting time. Life is something, death just nothing at all.

There are many worse places than the grave.

"Yen, there is for the night a resting place, A roof for when the long, dark hours begin."

May not the darkness hide it from my face?

Ye cannot miss that inn." "beds for all who come."

Living takes three-score years, dying, ten seconds, and this represents the true proportions each should occupy in our thoughts. Not "Memento mori," but "Remember thou must live," should be our motto, and as for death, "forget it." It takes neither brains, nor courage, nor skill, to die; and when it happens, we are the only ones of those present who don't know it, and the most utterly unconcerned. But, however confident we may be that the grave is only the soft lap of Mother Earth which receives us painlessly for our last dreamless sleep, from which we wake again in the flowers that bloom over us, we are not anxious to sink into it any sooner than is necessary.

We may entirely agree with Rubaiyat 113 of Omar the Tent Maker—

"I sometimes think that never blows so red

The rose as where some buried Caesar bled.

That every hyacinth the garden wears Dropt in its lap from some once lovely head."

and yet not hanker to go into the purely floricultural business a day too soon.

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The Vicar (announcing "outing" for mothers' meeting): "We shall assemble at half-past nine, and—er—you may bring your husbands."

Chorus of mothers: "Oh, but we want to enjoy ourselves."