

Value of Women's Institute

That the women's institute in Ontario is appreciated by the women of the Province, is evidenced by the fact that in less than ten years, it has grown from one institute with a membership of not more than 40, to 465 institutes, with a total membership of over 12,000.

We have in the women's institute an organization which permits of all classes of women of a community, meeting with a common object in view, the betterment of their home life, and the advanced training and care of children, economic and hygienic value of foods, clothing and fuels, and a view to raising the general standard of the health, and morals of the family in general.

It has been said that the formation of a Country is laid in the home, and the Women's Institutes are for making women efficient in the home. The most important factor in every home is the woman at its head, and why should she not take advantage of everything that will tend to make her more fit for the duties she has to fulfill.

Having occasion recently to visit several institute meetings being held by the women of Ontario, the writer was more than impressed with the energy and enthusiasm put into the work of many of the speakers sent out by the Department of Agriculture. Some of the speakers sent out, are not, perhaps as well adapted for their work as others. All women cannot get up and speak before a large audience; they all cannot give up personal comfort and self to go out to meetings and deliver addresses simply for the benefit and good to be done to others. But when one sees women who have good homes, and every comfort, put their work, or the betterment of their sex first of all, leaving their homes in the midst of winter, travelling in the cold, often late

at night, after delivering a long address in a close stuffy hall, then driving sometimes for ten to fifteen miles to get to another town, where the same proceeding has to be gone through—one cannot but help admire the courage of these women. Their hardships are many. It is when one interest in the work of the homes of their fellow women, that it is hard to believe that every one does not give them credit for their heroic efforts.

Still, even yet, in some sections can be heard remarks like the following: "If women would stay at home and take care of their own work they would get along better. I never go. My own home is quite good enough for me," or another, "I have no use for the Women's Institute, I can keep house just as well as those who belong." If the houses of women who think and express their feelings in the above manner were looked into and their methods and lives laid open for inspection, we probably would find that the inmost workings of their homes, and the lives and minds of the women themselves, were as broad and unprogressive as their remarks would indicate.

By attending institute meetings, new ideas and suggestions are being constantly received, and consequently there is more interest and variety in the home duties. None of us know so much that we cannot learn more. Whatever plan we may follow in our work, there may be somewhere a still better one. Why not find it out? Try your mothers and grandmothers followed? Do you not want to advance as you grow?

Women's and for that matter, men's meetings afford many advantages for developing our capabilities. One instance of this was recently drawn to the mind of the writer. On visiting an institute in Peterborough County, it was learned that the former presi-

dent of the women's institute in a certain town, used to be a most timid get up or speak at any meeting, who was a woman of most excellent ideas and suggestions. Upon being elected to the presidency of the Women's Institute, it seemed almost impossible for her to accept the position. She did. Now she is one of the leaders in all matters pertaining to that institute. The members look to her, ask her advice and she is in many things. She has become self reliant, has spread her knowledge and influence abroad among many women, all for good. She has done for herself and others, can be in contact with others, that we learn for ourselves, develop and extend to others all that we have in ourselves.

Institute work should be taken up on the broad basis that it will benefit every part of the home life in every style of home; benefit all the inmates, young and old, and touch all kinds and phases of the work of the home. If the women of each community would take the trouble to know and learn something of the Institute, they would be proud to belong to an organization whose object is the betterment of home life and the upbuilding and making of character.—C. B. M.

Talks with Mother

Self Reliant Children

The tree grows as the twig is bent, so if we wish our children to become self-reliant we must begin early, training them to become helpful, industrious and methodical. Give them a small amount of work to do each day and see that they do it neatly and thoroughly.

A small broom, gay sweeping cap, gingham apron, dish cloth, dusters and towels, all her own, will make a girl's duties light. When she begins to cook, get some dainty utensils for her individual use. I well remember the small rolling pin my grandfather presented me with after he had tested my first biscuits: I was as proud as a queen, although the article is considerably under-size, I have used it ever since.

I have in mind two different families. Each has three girls and live upon farms. In one, the mother is a household slave, working early and late, and seldom ever going to church or visiting her friends. In fact she has stayed at home so closely that she feels old-fashioned. When the girls talk about the house, they are almost driven to it; one does the housework, the other is a veritable tomboy, and the eight-year-old miss is the baby as the mother makes answer in exclaiming tones. Do these girls love their mother? Of course they do, only their eyes are hidden and as they are all bright, lovable little girls, it is only a question of time when the scowls will fall.

A CONTRAST

In the other family, the children do a portion of the daily household work. To relieve the monotony, they change about each week and already the eldest, now nearly fourteen, is an accomplished housekeeper, having taken one of which was the illness of her mother, at which time she kept house nearly six weeks until her mother returned from the hospital. As a natural result, this mother (although frail) is not obliged to overwork so is a cheerfully helpful companion to her girls; assisting in their lessons, interested in more time for sewing than the majority of women, she keeps them tastefully dressed and has time for her own mental development.

A Pleased Boy

What one boy has done, another boy usually can do. Get busy, boys, and earn a good watch for yourself. It won't take you long. Several boys have now received our premium watches, for securing one or two new subscribers for us. For one new subscriber to Farm and Dairy at \$1.00 a year, we can send you a good watch; for two new yearly subscriptions, we can send you a better one. One boy writes us:

"I received the watch with pleasure and I am very well pleased with it. I might try and get some more subscribers some other time. I am going to school and I haven't much time."

—Cecil Presley, Peel Co. Ont.

If you have trouble with lampwicks, perhaps you will find it advantageous not to trim them with scissors, but rather to rub off the charred part as close as possible to the edge of the burner by slipping an old stocking over the hand and rubbing the burner wick with the forefinger until it is even.

Red onions are excellent diuretics; raw, white onions cure insomnia.

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