

For Home and Country

NOTES FROM THE FORT WILLIAM CONVENTION

The Women's Institutes of North Western Ontario held their Convention at Fort William on October 10th and 11th, with the usual good attendance and the usual abounding enthusiasm. A rare combination of conditions makes the work in this section of the province particularly interesting. The twin cities, Fort William and Port Arthur, each have their Women's Institute. In the fertile valleys of the districts back of these cities, are Institutes working with much the same problems as their sister organizations in Southern Ontario. And beyond this again in the newer settlements women are grappling bravely and intelligently with the problems of pioneering. The warm feeling running from the cities to the farthest settlements and back again is one of the forces which makes Institute work in north-west Ontario a particularly vital thing.

The lines of work reported at this Convention were quite as varied and as practical as might be expected. At Fort William the Institute has been helping in a mission in the foreign settlement, thus coming in personal touch with the new-Canadian women. This year they presented this mission with baby scales to be used in their baby clinics. In addition to this, the secretary says, "Then the women gave themselves. In our protected lives we do not understand what some other women have to consider. These foreign women look to the ladies who come among them as something superior and feel quite honored. After a few meetings they begin to find out that we are all very human and have a lot in common." Fort William Institute helped the fire sufferers at Haileybury by buying material and making it into underwear. They also had a tea and cake sale with a shower for needy families in the town, some of the women cutting out and making over the donated clothing. The women of the Fort William and Port Arthur Institutes went to a great deal of trouble to make the Convention hospitable and pleasant for the visiting delegates.

South Neebing is concentrating its efforts on school work this year. On the 24th of May as many of the members as could leave home met some of the school-board at the school and helped to clear up the grounds and put up window boxes. In the afternoon the women cleaned the interior of the school and varnished the wood-work. They have presented the school with paper towels and library books, the funds for their school work being raised by a series of social evenings. They give prizes at the school fair, send flowers to the sick, and take gifts to every mother of a new baby in the neighborhood. They had a sewing course from the Department last spring.

Oadrift is steadily raising money for their community hall. They find box-socials very effective in this connection. They have contributed clothing to the northern fire relief and prizes to the school fair.

Burriss is equipping a domestic science room in their new consolidated school. They are planning next year to give the school some playground equipment. They give prizes annually to the girls of the community for cooking and sewing and had a large number of girls attend the domestic science course this summer. They put on a very interesting entertainment this summer in the way of a debate between two men and two Institute members. Last fall they raised \$65 at a fowl supper. Part of this money was spent for a Christmas treat for children and part was given to a family outside the neighborhood who had been burned out.

West Fort William has been active in local relief work, and in making their regular meetings of practical value to homemakers. They have recently bought a piano.

Ignace has made use of a number of outside services during the past year. They had a sewing course from the Institutes Department and an address on "Health Promotion and Disease Prevention" with the film entitled "The Gift of Life," by Miss Moore of the Health Department. This Institute took charge of the poppy sale on Armistice day for the war veterans, and at different times through the year have provided social entertainment for the community. Bazaars and bake sales are popular here as in several other places in this section.

Hornepayne Institute this year gave gold medals to the children taking the highest number of marks during the year in each room of their school. They also gave books as general proficiency prizes. The Institute is responsible for a petition going from the townspeople to the Post Office Department asking to have a daily mail service for Hornepayne. They have also applied to have the old school house taken over by the Institute and used as a community hall. And next year they hope to assist in having the grounds around the new school made

into good play grounds. They assisted a family who had been burned out, and when a fireman from Hornepayne was injured in an accident and had to go to Port Arthur Hospital they remembered him regularly with boxes of treats.

Keewatin Institute last September arranged a very enjoyable reception for the school teachers and parents. They assisted the fire sufferers, the Navy League, the Muskoka Hospital for Sick Children and the Horticultural Society. Through the influence of the Institute milk dealers in the vicinity were obliged to have their cows tested for tuberculosis. In a "whist drive" they raised \$375 for the rink. And in June at a silver tea and apron sale they raised \$50 towards furnishing a rest room in Keewatin Park. They also provided clothing for a family of children in the neighborhood.

Murillo Institute, feeling that children who had to go to the city to write on their entrance examination, frequently suffered from nervous strain, secured permission from the authorities to have the children of their school and neighboring rural schools, try their examinations at Murillo, from where they could all be taken home every night. This Institute held a very successful "Old-Timers' Re-union" and have doubled the number of volumes in their library so that they have now about nineteen hundred books. They have also assisted the Institute for the Blind.

Hymers Institute, which is only one and one-half years old, has put a stage in the school; improved the cemetery; filled up holes in the sidewalks with cinders, presented the school with a three-burner oil stove to be used in preparing a hot lunch, and given the athletic club \$100 towards buying lumber for a grand stand. Their money is raised through bazaars, bake sales, and bean suppers. Last year when the news of the Haileybury fire reached them all the flannellette articles intended for the bazaar were sent to the fire sufferers along with other clothing. On Dominion Day the Institute held a field day, spending \$70 in prizes. One prize was given to the school child writing the best essay on "Dominion Day and What It Means." This Institute carries out the rather unique feature of taking a "stork shower" to prospective mothers. Their regular meetings are held in the school, the Institute paying a rental of \$5 per meeting.

Devlin Institute, among its entertaining features this year, had a debate with two gentlemen, "Resolved that a man spends more time and money on his own pleasure than a woman does." This Institute has helped their baseball club, the Haileybury fire sufferers, Russian relief and the Emo fall fair.

Barnhart Institute has been buying lumber for a new kitchen and shed to be added to their town hall. When a new baby is expected in a member's home the Institute members each make a garment for the layette. They have sent donations to the fire sufferers, hospitals, and the Institute for the Blind.

Box Alder Institute has painted the church and supplied it with an organ. They have also assisted the school fair and fire sufferers.

Big Fork, organized only last year, assisted with the school fair, formed a reading club and provided the community with a travelling library.

Crozier Institute had a domestic science course last year. They are also much interested in the school fair.

Fort Frances Institute is particularly interested in child welfare work. They have given prizes to the school fair; provided the school with swings and sand hills and equipped a park for them. They sent out generous Christmas cheer parcels to the sick and shut in people in the community. They have had a domestic science course this year, and a showing of the "Gift of Life" film by Miss Moore of the Department of Health. They have furnished an Institute room in the library, assisted fire sufferers both at home and in Temiskaming, and have \$500 in the bank towards providing a local hospital. Much of their money is raised by sales of home cooking and a sale of plants in the spring.

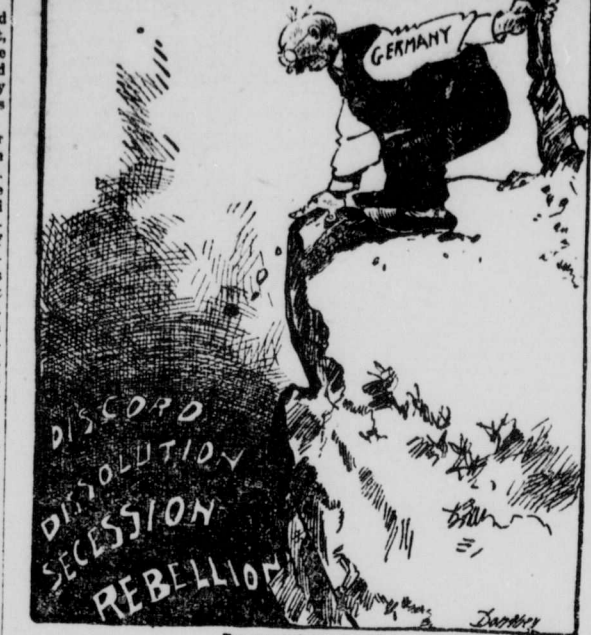
LaVallee Institute has been generous in relief work and brought a domestic science course to the community this summer.

McIntyre Institute, with a membership of eleven, has this year raised \$300. Part of this goes to finish paying for a piano for the school. The balance is being invested in school fair prizes, relief work and hospital funds. This Institute had a sewing course last spring.

Quibell has assisted with school fairs and fire relief work.

Carpenter Institute along with other community work arranged to have church services held in the school house.

Chapple Institute has brought a



Too near to be comfortable.

—Cleveland Plain Dealer.

travelling library to the neighborhood and assisted with the school fair.

Barnick Institute has paid for the inspection of the school children's plots, donated special prizes to the school fair, built a refreshment booth on the fair grounds, and has promised to erect a fence around the soldiers' monument. They are also planning to serve a hot lunch in the new consolidated school this winter. Perhaps their most unique feature of work is to contribute \$100 towards bonusing a doctor to stay in the district.

The delegate from Stratton said, "If it were not for the Institute some of us would never see each other all year." Last winter this Institute paid a woman to supply hot soup and cocoa to the school children. This Institute has a good number of girl members, and the programs are planned to keep the girls interested. At the time of the Northern Ontario fire the Institute was instrumental in having a car load of food and clothing sent to the fire sufferers.

Pinewood Institute has been very active in local and outside relief work.

Rainy River Institute has adopted the name of the "Beaver" Branch, "because this little animal works all the time." One outstanding feature of their work has been to fit up the armories as a play house and a gymnasium for the children. They have had a number of demonstrations from the Public Health Nurse, Miss Carr-Harris. They have assisted the town band and are steadily raising money for a community hall.

Shenstone Institute, recently reorganized, is making active plans for their winter's work.

McIntyre Institute is paying for a community hall which they have built entirely on their own responsibility. Just now the church services are being held in this hall.

Port Arthur is assisting the Red Cross Hospital, and the Navy League. They aim to make their regular work of practical benefit to the members. They have educational meetings and remember those in trouble or illness.

O'Connor Institute has the distinction of being the one place in Ontario, or in Canada so far as we know, where the women carry on an Agricultural Fair entirely on their own responsibility. This year the women included three of their husbands on the fair committees, as they could not erect tables, etc., themselves. They hope this year to finish paying for their community hall. They are always ready to assist their members in time of poverty or trouble.

Dryden Institute has raised \$1,983 this year, the main outlay from this sum going towards fire relief. One outstanding feature of the programs of this Institute is the work done through its standing committees.

The school committee met the teachers upon their arrival for the fall term and found temporary boarding places for them. They arranged a reception for the teachers and parents. At the opening of the new school this committee arranged the refreshments and the entertainment, taking care of a crowd of about seven hundred people. Perhaps in this feature as much as in any other the Institute won the warm appreciation of the school board. A piano was provided for the school, the money being raised partly through teas given by the Institute and partly through a dance given by the teachers with which the school committee assisted.

The Home Economics Committee

has been instrumental in introducing sewing in the public school. The primary teachers volunteered to give an hour a week to teach sewing to the senior girls and the Institute provided the necessary supplies, also gave prizes for the best work done.

The committee on Public Health assisted the Public Health nurse at her baby clinics, sent home-cooked dishes to a tubercular patient, bought linen and other supplies which the nurse required for a patient who had not been in town long enough to be settled. They served tea to the mothers at a baby contest at the fair. They arranged for addresses on dental hygiene and goitre, those addressed being given by a dentist and doctor at the regular meetings. And when the school nurse found a number of girls who were under weight, the Institute, at the recommendation of the health committee, gave prizes to the girl who gained the most from drinking milk. This committee presented the school children with weight charts and persuaded those underweight to take milk to school.

The publicity committee attended to the advertising of meetings and in making the doings of the Institute known throughout the community.

The duty of the committee on immigration was to visit new families, introduce them to neighbors, put them in touch with their church society, assist in time of sickness, and introduce the public health nurse to them. During the year they called on two dozen families and found that their advances were welcomed by the new comers.

Hauling Loose Straw.

Baled straw is easy to handle, but many times we have a load or more of straw to take some distance and it must be loaded on the wagon a forkful at a time.

I've found that the use of two five-foot hay slings helps a good deal in this case. I tie the end ropes to the standards of the rack and slip the ends of the wooden strips of the slings inside the side boards of the rack. That makes side boards five feet high in reality. A lot of straw can be piled in and it doesn't have to be loaded so carefully. It will stand a good deal of jolting too.

Some few farmers have stock racks for their wagon racks. These are good to use, but the motor-truck is used so often that there are few such racks any more. The slings are on a great many farms.—Earl Rogers.

If you wish to make your boy a better farmer than you are, give him the chance to take up club work.

Market information is in the air. It can be found in and around the home of every Canadian farmer. All that is required is a receiving set to get it. Like water it is free, but one needs to provide a cup to quench his thirst.

Between dodging the Hessian fly and getting a sufficient fall growth on the wheat crop to better insure its surviving the winter, the farmer has his troubles. His hope lies largely in having plant food in abundance for the rapid development of the crop, once it is in.

Every possible encouragement should be placed in the path of a farmer to join hands with his neighbor and co-operate in working out their mutual problems; but to join a co-operative association is a minor step, compared to the development of a true co-operative spirit after having joined.

SUFFICIENT IS THE DAY

Worry is the terrible cancer of life. It not only destroys our spirit for accomplishing sane things, but it finally has its deadly effect upon the body. This, of course, is unfortunate, and especially when the cause of our worry is due, not to the things immediately before us, but largely to the problems of to-morrow. The Good Book says, "sufficient unto the day is the evil thereof," and from our youth we have been advised "not to cross a bridge until we come to it."

We find that our thoughtful farmers are taking this attitude with regard to the use of lime upon their fields. There is now a growing tendency to apply less of this material to a larger number of acres instead of attempting to apply large amounts to a small acreage with the hopes of keeping the soil alkaline for a long period of years.

Strange to relate, experimental tests show that frequent applications of small amounts of lime are more economical and effective than the heavier applications applied at longer intervals. These tests, like many others, simply verify the practices which keen farmers have, through observation and inclination, found to be best suited to their needs.

We anticipate, therefore, that it will not be long before farmers who have acid soil to contend with will have a regular time during the rotation when a sufficient application of lime will be made to correct acidity only until the rotation cycle is completed.

The Goose Trait.

One renowned theorist has said that the human being is a conglomeration of all the other animals and birds. It is true that man is the most versatile of all living beings, and perhaps his versatility may be due to having all these traits. Otherwise, he would not at times try to sing like a bird, be as obstinate as a jack-ass, and act like a goose.

Now, one of the common traits of the goose is to follow the leader in whatever he might do, whether it be foolish, dangerous or sane. This leader is usually a gander, but just how this gander gains his leadership is not within our limited knowledge. It may be because of his loud and profuse quacking ability, or he may have to show other more worthy qualities to attain his position.

With us trousered and skirted bipeds this goose-like quality of following the leader is outstanding. A great many of us flock to the leader because of his loud quacking ability, others are flopping around because they can not find a suitable leader to flock to, and still others follow the ones who lead to sane and constructive purposes.

This goose quality is a good one, for leaders must be followed to bring unity of purpose in big undertakings. But the selection of the leader is the vital thing. There is at the present time a lot of loud quacking, political and otherwise. As noise is always attractive to our emotions, let us use judgment to ascertain whether the loudest quacking has good purpose behind it, or is quack all the way through.

We can feel reasonably safe if we will use good human sense instead of emotion in following our goose trails.

Air and Incidental Discoveries

The first thing we have use for when we come into the world is air; we breathe it every day that we live, and it is the last thing we have use for before leaving the world. We ought to understand it if we understand anything in the universe and yet the human family breathed it for centuries before they knew what it was or had any just conception of it.

In 1650 A. D. Otto Von Guericke invented the air pump. Boyle, the next investigator, endeavored to ascertain the chemical constituents of the atmosphere. He concluded that there were different kinds of air. Hales pursued the investigation still further, but Black was the first to use the plural of the word air and to use a balance for weighing air.

In 1771 Rutherford discovered nitrogen and in 1774 Priestly discovered oxygen. Lavoisier, a Frenchman, generalized the observations of the others and invented the almonair. He classified the elements of air as oxygen, nitrogen and carbon. Liebig discovered that air possesses a small portion of ammonia.

Fresh observations are still being made which tend to show how little is yet known about the air. Electricians fill it with ozone, radios fill it with sound, and when treating of those departments of physics scientific speculations fill it with light, heat, odor, gravity and ether, and still we breathe it and it sustains life now just as when first introduced into the first pair of lungs.