

Report of Supervisor Women's Institutes For P. E. Island

Report of the Supervisor of Women's Institutes of Prince Edward Island—
Hon. Walter M. Lea and delegates from the Women's Institutes I have much pleasure in submitting to you the following report of the work done by the Women's Institute Branch of the Department of Agriculture of this Province for the year—April 1, 1922 to March 31, 1923.

From April 1st to June 30th Miss Harper visited the clubs, planning, as far as possible to reach each Institute once during that time. At these meetings demonstrations were given in Home Nursing, Flower-making and several phases of cookery. They appreciated the cordial welcome given them at these meetings by the women and I wish to thank you, for us both, for the splendid support and co-operation which you have extended to us. While they were on field work Miss McKenna taught cookery to the girls of the city schools, having nine classes each week and giving instruction to more than two hundred pupils. On July 4th and 5th the Annual Convention was held in Charlottetown. Almost one hundred delegates were registered and the meetings proved most helpful. It is certainly a great inspiration to the women to meet together in this way. They hear what the other Institutes are accomplishing; they exchange ideas on home and club work; they go back to their districts with a broadened outlook on the work and aims of the Women's Institutes and a determination to make their club one of the very best.

At the conclusion of the Convention Miss Caruthers and Miss Harper again took up the field work, attempting to reach each Institute once before the end of the year and to give a demonstration in each district. From September to the end of December, Miss McKenna continued the classes with the girls from the city schools. Work was suspended for a fortnight while the school fairs were being held, in order that we might judge household science exhibits in these centres. In many districts the Institute helped greatly to make these fairs a success by taking an active interest in the work shown and by offering prizes to the children.

A part of January and February was spent in the holding of Short Courses for the women and girls from the rural districts, two of these courses being held. They were well attended and great interest was shown in the classes in cookery, sewing, laundry, millinery, home nursing and the like. Each course was concluded by the holding of an afternoon tea at which the work of the girls was exhibited.

This has indeed proved to be the most successful year in the work of the Women's Institutes of this Province. As the months go by new districts are being reached and where one Institute is organized its influence is sure to spread with the result that adjoining communities write to us asking that their women be organized into Women's Institutes. We have now seventy-two clubs with a total membership of about 1,500. Since our last Convention the following clubs have been organized—Lower Bideque, Hazel Grove, Mt. Pleasant, Hampton, Birch Hill, Borden, Lower Freetown, Northam and Eglinton and Howe Bay. Practically all of these Institutes are doing excellent work and the year all very enthusiastic in their praises of the clubs as a money-making concern. All the women of the district are united in their efforts to improve the conditions of home and community.

The School Inspectors are enthusiastic in their praises of the Women's Institutes. They say that they can tell whenever they enter a school, whether there is an Institute in that locality. In some cases the schools have been painted, inside and out; new hardwood floors have been laid; new desks have been supplied; equipment has been bought; blackboards, measuring outfits, maps, globes and the like, have been installed in many schools; schoolyards have been improved and new fences put around them; flagpoles have been erected; trees,

particularly the maple trees, have been planted about the grounds in several districts. The Women's Institute has promised a substantial donation towards the building of a new school.

The teachers in our rural districts have learned to appreciate the help extended to them by the members of the Women's Institutes. The mere fact that the women show an interest in their work means much to the teacher and is most encouraging, particularly to a teacher who is commencing work for the first time.

The halls of the districts have, in many cases, received much attention. Pianos and organs have been purchased, halls have been renovated. In one district the Institute commenced the laying of sidewalks in the village and plan to continue this work.

Sums of money have also been raised for Red Cross and patriotic purposes; money and boxes of clothing have been sent to the hospitals and orphanages and sewing has been done for needy families in some communities.

A comparison of the work accomplished during the past year with that of the previous year would be most interesting to you I believe. The following gives an idea of the relative amount of work done:

This Year Last Year	1922	1921
Active Clubs	69	61
Membership	1,500	1,400
Total Receipts	\$10,151.40	\$8,695.84
Expended on schools	2,959.34	1,770.00
Expended on Community Improvement and Patriotic Purposes	973.56	—
Expended on Hospitals and Orphanages	394.09	336.98

By this report you will see that in each part of the work an improvement has been made. This is indeed most encouraging to us all. In conclusion I wish to thank you one and all, for the encouragement which you have given Miss Harper and me and for the cordial way in which we have been received into your homes wherever we went among you. For my own part, I have enjoyed thoroughly my work over the past three years and feel that you have done everything possible to make it most pleasant. Let us ever keep in mind the motto of our Institutes—"For Home and Country" and forgetting our differences, let us each try to make our own club the best in our province. Ours is the smallest province in the Dominion and the membership of our Institutes is not as large as in some other parts, but if each does her share there is no reason why their influence may not mean much to our country. In this short bit of poetry which perhaps expresses this idea more clearly.

BE THE BEST OF WHATEVER YOU ARE
If you can't be a pine on the top of a hill,
Be a scrub in the valley, but be
The best little scrub at the side of the hill
Be a bush if you can't be a tree,
If you can't be a bush, be a bit of the grass,
Some highways to happier make,
If you can't be a muskie, then just be a bass,
But the liveliest bass in the lake.
We can't all be captains, we've got to be crew
There's something for all of us here,
There's big work to do and there's lesser to do
And the task we must do is the near.

If you can't be a highway, then just be a trail;
If you can't be the sun, be a star,
It isn't its size that you win or you fail.
Be the best of whatever you are.

A GAELIC POEM
The following are Gaelic verses composed by Mr. Donald McKenzie of Brooklyna and presented to Mrs. John J. Bruce in memory of her mother who departed this life Feb. 28, 1917 and was blind for over 20 years.

Nuar bha mi og bha mi eutrom sporsail,
S'beag cheim gu bithin dall,
Och, Oeh, na thanig oin dall mo suibhle,
Chan fadh mi n' fad's bithas mi ann.
Ach's luach-mhor dhombha na ta air fagall,
No ois is airgid a chruine chail,
Cavembheas chardean is slainte intin
Cha bhi mi coith fhad's chairis I.
Ged th mi cimaechd le ceumaidh dorcha,
S' nach fadh mi solus na ni foun ghriennes,
Unais thig chas an shin bh'm charadh,
Mair ta mi chardean le fradhare gear.
Air bhear an bhas uain gach uelle thalann,
Air an aithd ach cha dhean iad speis,
Ta lag is laidir ta an aois is an oige,
Na simeadh coladh ag toeahd cise.
Nis cfiu gu brachd do ti is ardle,
Don athine cas ann's biel na doille,
Chaidh feachd iad imeachd thoabh is aill lea.
Mar threacher iad ar laimh.
S'imoadh doigh as beil iad bronach,
Nach fheadh mi innseadh le beagan chian,
I's feachd a chaiden a bith shibh chaoiel,
Ris gach aon nach a chi sheibh dall.

The first iron nails made in America were hammered into shape at Cumberland, R. I., in 1777.

Child Welfare

Articles on Child Welfare, Published by the Canadian Red Cross Society, Will Appear Weekly in This Column, Furnished by the

BREAST FEEDING

Published by the Department of Public Health, Toronto

Recognizing the fact that the greater number of infant deaths occur among babies that are bottle-fed, the Department of Public Health is endeavoring in various ways to encourage breast feeding. One often hears it said that the mothers of today are not anxious to nurse their children. We feel that this statement is untrue and unjust, and rather think that the difficulty in the breast feeding problem is that the mothers do not know how. In many instances the mother is not familiar with the principles underlying breast feeding, and does not know how easily any difficulties can be overcome.

With the intention of instructing mothers when necessary in proper breast feeding methods, the Department arranges to have a public health nurse visit each mother, as soon as possible after the birth of the first week or two breast feeding is given up, because of lack of knowledge of methods for stimulating and increasing the flow of milk.

Your co-operation is needed, even if our instruction is not necessary in your case. Help us in tackling this problem which means so much to the babies of Toronto.

PRINCIPLES UNDERLYING THE SECRETION OF MILK

There are three chief factors in regard to milk production which must be known to enable you to nurse your baby successfully. The mother requires an increased amount of nourishing food and an increased amount of fluids. The fluids, however, should not be increased to the point where they interfere with the mother's appetite for her regular meals. The diet should be well-balanced, plain and wholesome slightly more than the usual amount. One quart of milk daily should be taken.

The act of suckling stimulates the formation of milk. If, therefore, there is not sufficient milk in one breast to supply one complete feeding, the two breasts should be used. This extra nursing will stimulate the formation of more milk. The use of two breasts at each feeding increases the amount of milk, and does not decrease it, as is sometimes thought.

To maintain an even flow, the breast should be completely emptied at each and every nursing. The practise of dropping a nursing and replacing it with an artificial feeding is one of the most frequent causes of the breast drying up.

NURSING

The new-born baby should not be put to the breast for six to eight hours. During the first 24 hours, the baby should not nurse more than four times, but at both breasts each time in order to stimulate the secretion of the milk. If the baby cries much, he should be given boiled water, without sugar, midway between feedings.

Beginning with the third day, the baby should nurse regularly every three or four hours, as directed by your physician. The baby is to nurse from one breast at each feeding, alternating the breasts, according to the amount of milk secreted, as shown by the baby's satisfied appetite. The total time of one nursing should not be longer than twenty minutes.

Premature babies and some full term babies such as those low in weight (5 to 7 pounds), do better when nursed every three hours instead of every four, that is 8 a. m., 9 a. m., 12 noon, 3 p. m., 6 p. m., 9 p. m., 12 night.

Feed regularly by the clock, even if the baby is sleeping. You will soon train him to awaken at the proper time. Regularity in habits makes the baby comfortable and keeps the milk secretion uniform. If the baby is acting like a normal baby as regard sleep and growth, he is probably getting the right amount.

IN MEMORIAM

PETER MCENTEE

At Auburn on June 6th, there passed to his eternal reward the soul of Peter McEntee after a lingering illness borne with Christian resignation.

The late Peter McEntee was well and favourably known, having worked at the blacksmith trade at Auburn where he was born, for forty years and by his cheerful and witty disposition won for himself many friends who will long cherish his memory. In the home he will be sadly missed.

He was in his seventy-seventh year and worked at his trade until a year ago when he was compelled to retire on account of failing health.

During his illness he was visited frequently by his pastor, Rev. A. J. McDonald, who also celebrated High Mass of Requiem for the repose of his soul on Friday, June 8th and all that was mortally was laid to rest in the adjoining cemetery.

The pall-bearers were, Messrs. Jas. McCannell, James J. Kelly, Falk Curley, Jas. Hughes, Phillip Coyle, Francis Catteran, and Walter, (blacksmith) on the homestead and three daughters Ethel, Mrs. Henry Redmond and Mrs. Fisher all of Charlottetown.

May his soul through the mercy of God rest in peace, Amen.

LOCAL BROADCASTING STATIONS

Prince Edward Island has long been the only province in Canada without a Radio Broadcasting Station, but this unenviable distinction is no longer hers.

For the past two or three months development work on a small broadcasting plant has been carried out by two experimenters in Charlottetown, in co-operation with one another, and today Major Keith Rogers' station 9AK and Walter E. Bourke's ICK every evening in the early hours when no foreign broadcasters can be heard. These tests have already been heard twenty-five miles and more from Charlottetown, and observers at that distance state that they are the strongest waves they receive.

No reports have been received from Summerside as yet, but they are expected this week, as 9AK has doubled his output. Mr. Bourke ICK puts on a regular program from 3 to 4 Sunday afternoon generally in the nature of a sacred concert. These Sunday programs have been heard regularly for weeks at Melville, Murray Harbor and other eastern points. Both these stations are operating under experimental license about two hundred metres, therefore they will be heard only on very low dial readings on the average tuner.

MR. JAMES ALBERT KANEEN

On Saturday, May 12th, at 3.30 occurred the death of James Albert Kaneen. Mr. Kaneen was a native of New Perth, Prince Edward Island and was the son of Robert and Georgie Temple Kaneen. Had he lived till May 16th he would have been 29 years of age.

Mr. Kaneen served in the 77th Division, 309th regiment, Infantry, in the World War and during that service he was badly gassed which was the direct cause of his death. As the result of one engagement of that terrible strife, Major Segara

Low Spirited And Depressed

A Condition Due to Poor Blood and Weak Nerves

Nearly all women and most men suffer at times from fits of depression and low spirits, from which they are unable to free themselves. They cannot attend to their duties satisfactorily and are unable to get any pleasure out of life. People who suffer in this way soon lose their energy of mind and body. They lack vitality because their blood is poor and ill-nourished and their nerves are starved in consequence. The only way to obtain new health is by building up the blood with Dr. Williams' Pink Pills. The new rich blood made by these pills will carry renewed health and energy to every part of the body. Your appetite will improve, your spirits brighten and you will be endowed with fresh energy and find a new joy in living. Mrs. G. Reid, Napanee, Ont., tells of the benefit she found through the use of Dr. Williams' Pink Pills on different occasions and cannot emphasize too strongly the benefits derived from them. "I was growing nervous, my complexion was becoming sallow and my eyes dull and listless. My vitality was poor and I did not sleep well. I became despondent, losing interest in my work, which seemed to tire me so easily. I began using Dr. Williams' Pink Pills and after taking six boxes I began to enjoy life again and looked much brighter and felt happier. My appetite improved, I gained in weight and could sleep without any nervous wakefulness during the night. I also used these pills while nursing my baby and found them a wonderful help both for myself and for making my baby better natured. For these reasons I gladly recommend them to anyone who needs a tonic for the rebuilding of strength and energy."

You can get these Pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

The 10th Infantry, went into the line with 31 officers and about a thousand men and came out a few days later with three officers and 135 men.

For some time after Mr. Kaneen's return from the war he worked at home, afterwards obtaining a position in the woods of northern Maine, thinking that the air there might be beneficial to his health. He was forced at last to resign his position and become a patient at the Oxford Sanatorium, later being transferred to the Fairfield Sanatorium, which was a more convenient distance from his home. He continued to fall rapidly and was removed home, where for a few weeks he was surrounded by his loved ones, also his nurse, Mrs. Margaret Perkins, who had accompanied him from Fairfield Sanatorium and nursed him tenderly.

His wife and all his dear ones were at his bedside as he passed away except his sister, Mrs. William Robertson, of Annapolis, Prince Edward Island. When his life was ebbing away, his hands were clasped by his father and mother and his last words were "God bless you all and God bless me."

The day previous to his death, his pastor had visited and prayed with him and he said "I gave my life for a good cause, I have nothing to regret." He was buried May 14th from his home near Skowhegan, the Rev. Herbert L. Nichols of the Centenary Methodist church officiating.

Mrs. Rose Burrill of the Methodist choir, accompanied on the piano by Mrs. Friend, rendered his two favorite hymns "Nearer My God to Thee" and "There's a Land That is Fairer Than Day." There were many beautiful flowers, noticeable among which was a wreath which she lived and of the church to which she belonged. Her going will be felt everywhere, but she will continue to live in the hearts and lives of her many friends and acquaintances who always held her in the highest esteem.

She is survived by her sorrowing husband and two sons, Jack and Adrian. One brother, John F. McAskill in the employ of Clark Bros and her mother, Mrs. Heron, all of Mt. Stewart.

The funeral which took place on Friday morning to St. Andrew's Church was largely attended. Rev. A. P. McLellan, after chanting the Libera the remains were conveyed to St. Andrew's C. Cemetery, where all that was mortal of a kind and loving wife and mother were laid to rest there to await the glorious resurrection. May her soul rest in peace.

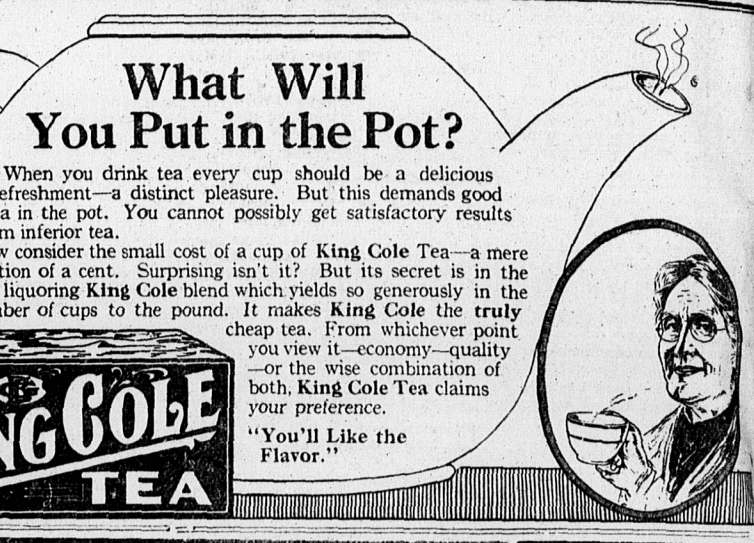
MRS. WILLIAM LARTER.

Her large circle of friends were shocked to learn of her death which occurred on May 23rd last, at the home of her daughter, Mrs. John Currie, Easton Street. For over twenty-five years she conducted the King, Edward Hotel on Kent Street and was known far and wide for her excellent management which she provided for the comfort of her numerous guests. She was an earnest Christian and at the time of her death and for years previous stood high in the fellowship of the Baptist Church. She leaves to mourn three daughters and a large family connection. Previous to her marriage she was Margaret McPhee of West River.



For Woodenware use Old Dutch
The soft flaky particles clean thoroughly.
Old Dutch saves time and work all through the house.

A NOVEL GIFT
Lord Desborough has given evidence of his fine sportsmanship in a novel and practical manner. He has insured his life for \$50,000 in favor of St. Dunstan's Institute for the Blind.
I am told that Lord Desborough consented to publicity being given to the matter on the suggestion of St. Dunstan's so that possibly further benefactions may accrue to deserving charities through similar actions on the part of others.
As a matter of fact, a number of other people, I believe, have executed policies in favor of charities since hearing of Lord Desborough's generosity.



What Will You Put in the Pot?
When you drink tea every cup should be a delicious refreshment—a distinct pleasure. But this demands good tea in the pot. You cannot possibly get satisfactory results from inferior tea.
Now consider the small cost of a cup of King Cole Tea—a mere fraction of a cent. Surprising isn't it? But its secret is in the rich liquoring King Cole blend which yields so generously in the number of cups to the pound. It makes King Cole the truly cheap tea. From whichever point you view it—economy—quality—or the wise combination of both, King Cole Tea claims your preference.
"You'll Like the Flavor."



Exide BATTERIES
At every Exide Service Station you can get sound advice, skilful repairs on any make of battery or a new long-life Exide for your car.
Look for this Sign:
Exide BATTERIES SERVICE STATION
THERE IS AN EXIDE DEALER NEAR YOU

The Court of Last Appeal

YOU are the judge and the jury. Your verdict is final. There can be no appeal—for this is the High Court of Public Opinion.

The wares of the world must appear before you—the product of every factory—the merchandise of every store. Those things that fail to measure up to your requirements are quickly condemned to oblivion.

The manufacturer who advertises deliberately places his merchandise on trial. He openly courts your critical inspection. He invites comparison. He directs your attention to his goods and then forces those goods to stand on their own merits.

If he were not sure of his wares he would not dare to advertise. For advertising would put him to a test he could not meet, and thus hasten the end of his business career. It would be business suicide.

You can depend on the man who advertises. He knows his product is good.

That's one reason why it pays to read the advertisements you find in this paper. It is through advertising that you are able to keep in touch with the good things that progressive business men are spending their money to introduce and to keep before you.

Base your judgment on the advertisements