Health Literature

Supplied by the P. E. I. Red Cross Society

SICKNESS HAS A CAUSE.

Sickness does not happen. It is caused. This is the truth that we ought to get firmly in your minds.

Have we a so-called ordinary cold? Have we a headache? Have we an attack of heartburn? Have we a toothache? If we have there's a reason for it.

Robert G. Ingersoll, the noted agnostic once stated in reply to a question "How would you improve on the work of the Creator?" I would make health catching instead of disease."

Ingersoll was in error of the Creator's plan because health is catching. Sickness does not happen. It is caused. Sometimes the cause is neglect, sometimes it is indifference, sometimes it is folly, sometimes it is carelessness, sometimes it is dissipation. But ever and always when sickness comes, one can if he delves deep enough, find a cause for it.

A healthy body and a healthy mind is everyone's birthright. Nature does her share to give us a good start in life providing the failings or negligence of our parents and ancestors have not already handicapped us even at birth. After birth the conditions under which we were brought up from infancy have a profound bearing on our health in after years.

A farmer told a doctor friend of his that on examining a calf skin by feeling it with his fingers he could tell whether the calf was fed on it's mother's milk or fed artificially.

If a comparatively rugged animal like a calf is so affected by its feeding during the first few months of life what an influence breast feeding must have on the nursing infant. As the months and years pass the young and growing child may develop adenoids or its tonsils may become diseased, or its teeth may decay. **Parents** sometimes do not look on these matters as serious, and yet they are very serious. Diseased tonsils and decaying teeth poison the system with their discharges, and a general lowering of health in the young person.

Recently I was talking to a mother whose little boy aged about five was trying with toothache. I asked her why she did not have the tooth removed or the cavity filled and she said the tooth was too far gone, it was only a shell. Think of the responsibility of that mother. She had allowed her child's teeth to go untreated till at least one of them had completely rotted away and all the time the decay was going on poisons were being taken in the stomach from the mouth, and into the blood streams from the tissues. If heart trouble or rheumatism develops in that child, who is responsible? Certainly not the child. The blame *must, therefore,* rest on the parents *who are unconsciously doing their darning a grievous wrong.*

The foods we eat in youth and adult life, the amount of exercise we take, the air we breathe, the care we take of our bodies have all to do with our liability to or freedom from sickness.

Every effect has a cause, says the philosopher, and in matters of health we ought to think about the cause of sickness and avoid those pitfalls of preventable illness that sometimes come upon us like a bolt from the blue, without any reason for their appearance.—Ontario Health Almanac.

WHOOPING COUGH.

A "Catching" Disease Especially Dangerous To Children. Some Facts About it That Everyone Should Know and Act Upon. It is Caused by Germs and Spread by the Transfer of Them From One Person to Another.

Whooping cough is a catching disease, or what the doctors call a "communicable" disease. In the earlier stage the germs that cause it live in the windpipe and bronchial tubes of a person who has the disease. These Germs are sprayed out when the sick person coughs or sneezes. The germs are also found in the material which may be brought up or spat out. When another person breathes the germ-laden spray or in any other way gets the germ into his windpipe, he is likely to catch the disease.

A certain time elapses between the time when the germs find their way into the windpipe and the first signs of illness. This is called the incubation period, for whooping cough, it is usually fourteen days. During the incubation period the germs increase in number. When there are enough of them the disease begins as a cold. The child feels out of sorts, feverish and has red watery eyes and a horse jerky cough. At this stage there is no whoop, just a cold with a cough. This is the stage when the disease is most catching though mothers often mistake it for simple bronchitis.

After the Child has been ill for about two weeks the cough becomes severe with a shocking sensation, followed by a sharp intake of breath, which causes the characteristic "whoop". This stage usually lasts three to four weeks. Then the whoop gradually dissappears but spasms of coughing may continue for weeks longer. Whooping cough is most catching in the early stages of the illness, before the whoop appears. As it is difficult to be sure of whooping cough at this dangerous stage, it is important to keep away from other children, any child with a persistent cough, sneezing and watering of the eyes. For babies this insolation is most important, two of every three deaths from whooping cough are from babies who have not reached their first birthday.

A child with a cough should be kept away from other children. By the time the whoop begins, he has had whooping cough in its most catching form for perhaps a week. Even if the cough does not turn out to be whooping cough, it may be the early stages of some other communicable disease.

When children are known to have been exposed to whooping cough, they should be kept out of school and away from other children until the fourteen days of the incubation period have passed with out any signs of the disease.

—The Canadian Red Cross Magazine.

Children Cry for

Fletcher's CASTORIA

MOTHER:— Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep.

To avoid imitations, always look for the signature of *Chas. H. Fletcher.* Absolutely Harmless—No Opiates. Physicians everywhere recommend it.

FOR THE WOMAN READER

BY FLORENCE RIDDICK BOYS

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WOMEN EMPLOYED.

It is not only young women who are employed today, clerking or being stenographers until the right man comes along, but women of all ages are found in jobs of one kind or another. The "working girl" has become the working woman, and many stick to their employment for forty or fifty year.

This explodes the theory that employment for the women is but a transient affair, presently to be left for a home. Figures show, too, that many married woman remain in employment after marriage. But it is not to escape housework, for most of them do their housework besides their other work; and it is not for the sake of a career, for three-fourths of them are found in types of work which offer no career. The pityful feature of it is that when married woman work, it is usually because they need the money to help maintain the home.

Or, perhaps, that is a pleasant discovery—for it shows that women are not being lured out of the home by prospects of any other work which is easier or more attractive. Home is still the happiest place and housekeeping the favored work among women, and most of those who do not have to leave it for employment do not do so.

Nine married woman out of each hundred are employed, and half of them have children; two fifths of them children under five years of age. This is rather a serious situation at it overburdens the mothers and robs them of their strength to bear children and the time to care for them, especially since the married woman worker has a double job, her homekeeping and her other employment. It is well for us to remember that saying, "A nation will be as strong as its mothers", and to work toward a day when mothers will be free to enjoy and do their best by motherhood.

THE TEA WAGON.

To get the utmost use out of the tea wagon, it must be well oiled that it will roll about easily. The man of the house would never think of running the family auto without frequent greasing. When did you oil your tea wagon last?

It would be more useful too, if we formed the habit of not only carrying the used dishes to the kitchen on it, but if we put them back on it after they are washed and had them there ready to wheel back to the table for the next meal. This would save the motion of putting them into the cupboard and taking them out again.

Since our tea wagons are not arranged with cupboards we dislike to leave them out in the open to get dusty but we could cover them with a spread of cheesecloth between meals. An ingenuous woman had a "silver drawer" made on her tea wagon. She had this drawer divided into three compartments for knives, forks and spoons, and lined these with felt. When she washed the dishes, she put the silver back into the drawer where it was easy to find it for the next meal.

We really could save ourselves much walking and handling of dishes and some time, if we could get the tea wagon habit. But it hinges largely on whether our tea wagon rolls easily from place to place. My kingdom for a drop of oil!

TO PRESS SON'S PANTS.

The best way to press Son's trousers, when he arrives at the stage when they demand that done frequently, is to teach Son to do it himself. It is not particularly a feminine prerogative and may be done by any person with care and the proper utensils.

Spread the trousers on the ironing board and brush them thoroughly. Then arrange them carefully with the fold exactly where it was pressed before (and behind). If the former job was well done, the upper and lower seams will lie together. Wring a piece of muslin out of clean water; and lay it over the goods where you intend to press. This will avoid making the goods shiny and showing the marks of the iron.

Rub the hot iron briskly and lightly over the wet cloth. The garment will steam. Move it farther along to another spot and thus you have the whole leg of the garment steamed and partly smooth. Then go back to the first spot, where you began ironing, and iron it until the cloth is dry pressing hard. The trouser's then will be thoroughly smooth and the cloth dried out. it is well to press with a little extra strength along the edges where the fold is to be, and to press lightly along the seams, that the weight of the iron shall not leave a shiny mark there. Hang or lay the garment away carefully to preserve the shape and lines you have pressed in it.

TO PREVENT "NICKS".

A piece of rubber tubing a few inches long will serve as a buffer between your water faucets in the sink and the dishes you wash there. Much of our china and porcelain gets battered up because those faucets are so conveniently near to the dish-pan.

If you do not use the rubber tubing, slipped over the ends of the faucets, be sure to remove them occasionally to wash them. If they become slimy they will not be proper avenues for our drinking water to pass through. But there is no reason why they may not be kept clean.

CHILD SAFETY DRIVE.

Thousands of children were killed by autos last year, but fewer than the year before. An inquiry into the accidents shows that it is largely the fault of the child rather than of the driver. Children are thoughtless about crossing streets and are too young too reason carefully and too inexperienced to estimate the speed of the car or the time needed to cross the street.

A new plan of teaching children saftey is being inaugurated in many cities. It is a song drive. The purpose is to distribute to school children Song Sheets for each month of the year. Besides the song, there are pictures and slogans to teach safety. The finances of the movement are being taken care of by selling space for advertising on the back of the song sheets.

YOUR PLACE IN THE SUN.

The more we can expose the body to the ultra violet rays of the sun the healthier we will be, so hygienists tell us. Some excuse for bare knees and thin silk hose and low necks and sleeveless dresses. A few enthusiasts are carrying the matter so far as to brave winter weather with such exposures.

The housewife who prides herself on her daily walk in the fresh air, and the mother who takes the baby out each day would do well to time these healthful stunts in the middle of the day, when the sun is getting in its best work. It is not as good to take a walk after sundown. The way one can be most efficient and keep his "place in the sun" figuratively is to a generous amount of it literally.

MRS. SOLOMON SAYS.

You can enlarge you life by taking a bigger interest in people and acquiring a wider knowledge of public affairs.

SMILES.

He printed a kiss on her cheek; but they did not wish to publish it.

"Oh, I know these scales can't be correct."

"How much did they show you gained this time."

DAINTY SERVICE.

For the luncheon platter, remove the center of a round piece of toast and fill with creamed peas.

GREASLESS HOT CAKES.

When buying a new griddle do not grease it, but tie a handful of salt in a small bag and rub this on the griddle before pouring the batter. It will eliminate the grease that usually accompanies this task and the cakes will not stick.

THE DREADED SECOND SUMMER.

When baby is teething and his stomach refuses to hold even milk, beat up the white of an egg until stiff, add a few drops of lemon juice and a tiny bit of sugar to make it palatable and feed it to him with a spoon. It is very strengthening and forms a coating on the stomach which will help to keep down stronger foods.

Handbags.

The smart New Yorker is carrying a very large handbag of soft brown or gray leather, lined with white kid.

Scientific Miscellany

NEWEST NOTES OF SCIENCE.

A telephone receiver invented in Europe uses light rays to carry sounds.

Papers can be fastened together by staples with a new machine resembling pliers.

A central league for the study and use of wireless telegraphy has been formed in Mexico.

An inventor has patented a perfume vaporizer that operates when placed over an incandescant lamp.

A French photographer has developed a method for reproducing portraits in the cubist type of art.

Driven by an electric motor, a machine has been designed for sharpening shears in barber shops quickly.

One of the world's rarest plants, the silver sword fern, is found only in the crater of a Hawaiian volcano.

Burning vaporized kerosene, a lamp has been invented that resembles a candle and gives about as much light.

Of European invention is a machine with which 50,000 photographic prints can be made from negatives in a day.

For writing in the dark a reflector and a pad of paper to be fastened to a tubular flashlight have been patented.

English experimenters are trying out a sleeping coach body to be carried either on a railway car or an airplane.

An Indiana resident has invented a bracket that enables an electric flashlight to be used as a bicycle headlight.

The Rumanian government is planning to connect its principal seaport, Constantza, with the Danube river by a canal.

It has been estimated that manufacturers in the United states spend about $35,000,000 a year in scientific research.

Paris authorities are considering five systems of under ground moving sidewalks to help solve the city's traffic problems.

The invention is claimed of a device that cleans the air entering an automobile engine so that no dust reaches the carburater.

A gold mine in Austria that has not been operated since the fifteenth century has been reopened by Portugese interests.

For farm tractors a draw bar adjustable to various heights has been invented to accomodate different types of implements.

A process has been developed in England for applying colors to earthenware that does not require them to be fired afterward.

New in the fire escape line is an asbestos chute reinforced with canvas down which a person can slide from a burning building.

An insecticide has been developed from the root of a plant native to Borneo which yields a poison used by Malays to kill fish.

The pitch of an airplane propeller invented by a Maryland man can be altered to change its speed by an aviator pressing a button.

TAKE TWO SCIENTIFIC FACTS.

A French Scientist has found that the island of Corsica has moved about 33 feet from France, its owner, in the last century.

A new portable machine for printing postal permit marks upon mail automatically feeds, seals, stacks and counts letters fed into it.

Irrigation and other developments are creating demands for labor that are taxing the supply for the first time in history in India.

Interchangeable rubber heels have been invented that can be snapped into place over large headed nails that have been driven into shoes.

An English miner has invented a liquid to spray openings in coal mines that purifies the air and reduces the danger of gas explosions.

A new pump to force lubricants into automobile bearings under pressure is operated by squeezing handles resembling pliers with one hand.

To conserve its forest resources the Mexican government is considering encouraging the use of petroleum for household fuel and cooking.

The largest gas main in the world has been completed after three years work at Chicago, being 22 miles long and 18 inches in diameter.

A model airplane was invented by an Englishman is driven by releasing compressed air from a storage tank within its body against the propeller.

An electric fan for ventilating rooms in residences has been designed that can be held in place between the top of a sash and a window frame.

A beet sugar factory to cost about $2,000,000 will be erectd by the Irish Free State government at Carlow and operated by a Belgium syndicate.

Balances so sensitive that they are effected by the relative positions of the earth, sun and moon have been made by a Columbia University scientist.

Drivers of London motorbusses have been provided with white bands that cover their whole lower arms to make hand signals more prominent, especially at night.

Intended for fishermen, a new boat is propelled by a paddle wheel geared to a lever operated by one hand, leaving the other free for handling pole and line.

Two cities in Kashmir between which are mountains 15, 000 feet high have been linked by radio and several stations have been established in northern India.

A Minnesota builder uses green wood to reinforce the walls of concrete houses, the wood when it dries leaving air spaces that insulate against heat and cold.

A submarine boat invented by a Polish engineer is built up of cylindrical sections fastened together with rods saving the use of the customary complicated frames.

The core of a new spark plug is transparent so that explosion flashes can be seen through it, enabling a motorist to see which cylinder on his car is missing.

The Greek government has awarded a $27, 000,000 contract to an American firm for draining and irrigating of the Salonoki plain in order that more grain can be raised.

An Ohioan has invented a spare wheel carrier for the rear of automobiles that can lower the wheel to the ground to enable a car to be moved to one side by its own power.

British scientists are photographing air currents to ascertain what they do in striking certain objects of various shapes to aid in designing air planes of less wind resistance.

As a substitute for barbed wire bands of metal bristling with points have been invented, having the advantage that the points do not project until the bands are unreeled.

Pottery that does not require burning or glazing after manufacture in molds is being made in Germany from a secret composition in which several metals are said to be used.

A novel motorcycle that carries two riders tandem is equipped with a side car in which two more persons can ride, one behind the other, each having an individual windshield.

A Dutch scientist in Java has successfully experimented with keeping several kinds of fruit fresh for long periods by dipping them in a rubber latex to form an air tight film.

Macaroni manufacturers have found that by using mirrors to supplement sunlight in drying their product it is not bleached so much and retains more of its desirable yellow tint.

Probably the world's largest chicken house has been built by an English poultry firm, being 1,000 feet long and five stories high with accommodations for 1200 fowls on each floor.

Tests by scientists as Chicago showed that prolonged fasting retarded mental ability and alertness, but that the brain's activity returned to normal when eating was resumed.

German air routes now cover more than 11,000 miles, airplanes being operated daily except in winter between practically all of the principal commercial and industrial centers of Europe.

There are two filaments in a new incandescent lamp for automobile headlights, switching on one causes the rays from the light to be deflected downward out of the path of approaching cars.

Geologists have estimated that Poland contains 9200 square miles of peat fields, or more than six per cent of the countries area, the peat having half the heating value of the native coal.

Because friction of the tides on shallow bodies of water has reduced the speed of the revolution of the earth astronomers have figured that days are a tenth of a second longer than 10,000 years ago.

A germ proof house built in Japan by a bacteriologist is constructed entirely of glass and all air entering is filtered and driven against a glycerin coated plate to collect germs it may contain.

To warm the manifold of an automobile in cold weather an inventor has designed a heating coil, operated from the storage battery to be inserted in the insulating gasket between the carburater and the manifold.

BEAUTY FOR THE BUSY HOUSEWIFE.

For special daily treatments, plan for yourself a beauty schedule something like this:

MONDAY: Hair—If your hair is dry and you keep it well protected from dust and well brushed, once in every three or four weeks will be often enough for a shampoo. If it is oily more frequently washing may be necessary, though a cleansing tonic will help to remedy the condition. If possible, shampoo in the daytime and dry outdoors. While the hair is drying give the scalp an extra massage, to help keep it loose pliable and healthy. Every other Monday examine the ends of your hair and clip any that are split. use a good tonic regulary.

TUESDAY: Skin—Once a week give the face an extra treatment. After the regular cleansing, apply to the face and neck a generous quantity of a good skin food. With the tips of the fingers pat this well into the skin with firm yet gentle movements, around the eyes, gently across the forehead, from the tip of the chin to the corners of the month, to the nose, up over the cheeks to the temples. Pat the cream well into the neck. Use always an upward and outward movement and do not stretch the skin. Wipe off surplus cream and if you have ice on hand wrap a small piece in a thin cloth and go over the face and neck rapidly. Apply an astringent and pat dry. If possible, rest and relax a few minutes after this treatment.

You may, if you care to alternate this occasionally with a beauty-mask treatment.

Remember that there are special creams for special uses. If your skin is dry, use cleansing cream instead of soap and water, and if your face is thin use oily creams. If your skin is oily, you may use soap and water for cleansing at least a part of the time. If your skin is dark and mottled, use a good bleaching-cream. If your pores are large, use ice and astringent after every face cleansing, and give the face an occasional witch-hazel rub.

WEDNESDAY: Hands—Give the hands a through manicure, using nail-scissors, file, emery board, orange stick, cuticle-remover, nail-bleach, and nail-polish Applied gently with a buffer. After washing the hands well with warm water, soap and flesh-brush, apply a healing and bleaching lotion.

THURSDAY: Eyes—Rest the eyes as much as possible on this day. Wash in several times with a solution of boric acid or salt and water, using an eye-cup. Exercise them by turning them rapidly from side to side or raising or lowering them. Pluck out any stray eyebrow, brush and train them. Apply a tonic to the brows and lashes.

FRIDAY: Feet—Tired, aching feet are a detriment to comfort, happiness and beauty. The housewife, especially, needs to give special attention to proper care of the feet. Give them a witch-hazel or alcohol rub. Remove all corns and calluses.

SATURDAY: Neck and Arms—Cleanse with warm water and pure soap, rinse well with warm water, then with cold. give elbows an extra scrubbing with a good cold cream and dust lightly with powder.

King Cole ORANGE PEKOE

THE "EXTRA" IN CHOICE TEA

West Coast Producers Developing Radio Play

SAN FRANCISCO, Jan. 15.—Experiments and study of the technique of the radio drama, conducted systematically over a period of months on the air and in the labatories of the Pacific Coast, have created a craftmanship that promises interesting development of this form of theatrical entertainment.

Like the motion picture, the radio play has given birth to a new art as the principles of a successful microphone performance are distinct—unlike those involved in the writing or presensation of a stage or screen production.

Shakespeare was a natural writer of radio "scenarios", Carl W. Rhodehamel, of the staff of the General Electric station, KGO, says western producers have found. But there are so few authors or play wrights whose efforts can be utilized with almost complete reconstruction that attempts to adapt popular or classical plays, are diminishing. Instead, western studios are bending their efforts toward the development of the radio playwright, recruiting principally from amateur ranks.

For definition of broadcast drama, Rhodehamel has accepted this: "The radio play is a series of sound pictures printed on a "film of time." He conceives the patron of this art as" an eaves-dropper listening in on real life."

The producer's task, Rhodehamel believes, is principally to "synchronize the, rythm of the three kind of sound which are the ingredients of the radio drama—music, speech and accessory noises." Failure to correlate their rythm results dismally, sometimes humorously, as in the first experiment of "interlapping", when more than one kind of sound was transmitted at a time.

In the early test music was placed behind accessory noise and speech with the result that scores of "fans" wrote in complaining that a Los Angeles station was constantly "butting in". Trying again, rythm of music, accessory noises and speech were synchronized. The listeners then understood that the producers were attempting to tell the same story in more than one way. There were no complaints this time about the southern station.

Beating of horses hoofs, ringing of a door bell, sounds of a scuffle, revolver shots, heavy breathing, hissing wind, clatter and splutter of a starting locomotive are only some of the innumerable "accessory noises" that go into the broadcast play to give it intense realism. These and music, the most highly organized Character of sound, raise it from dialogue to a high form of drama with all the thrills and color of a stage success.

Pacific Coast producers have decided that 35 minutes is the maximum time the car of the radio auditor can be kept. So with only an hour and 15 minutes for representation of a three act play, a great part of its plot must be unfolded through suggestion.

To test power of music to sustain interest and and preserve continuity of plot, an experimental drama was given in which the climax came in act 1. Reversal of dramatic order seemingly did not forfeit interest of patrons.

In another experiment a virtual lesson in geography and natural history of China and Tibet was crowded into every paragraph of a play. "The Yangtze River." This offering went over as dramatic presentation with few criticisms based on its hyper-abundant textbook.

Like the movie, radio has made effective use of "tricks of the trade" in the mechanics of the new art.

KGO has magnified the sound of a buzzing insect to obtain the roar of a wild animal: breaking tooth picks to picture trees falling in a forest; breathing through a lamp chimney to provide a terrifying wind storm, and talk into a barrel to get the sound of voices in a cave or tomb. Swishing a rag around a mop pail resulted in a realistic impression of a storm at sea, with waves striking against the side of a boat.

Knowledge gained in adaption of opera scores for the phonograph has proven valuable in arranging the score for the broadcast play.

Author S. Garbett, who has had marked success in both phonograph and radio work, believes that the principles of the two arts have many points in common, the requirements as to condensation being similiar. For radio drama he believes music built on a succession of chords is not so good as that built on the principle of moving parts—a flooding together of melody.

Mature's study has resulted in the acceptance of an orchestration of first and second violin, viola, 'cello, piano and harmonium as the most nearly perfect for radio dramatic presentation. Thus the 'cello predominating always when "The Ghost" is hovering near; the piano heralding the "villain" and the heroine being assigned an appropriate instrument, aid the patron in placing the actor who is speaking.

Next to voice inflection, accent, volume and tonal qualities what has received more study than anything else by western directors, is the total absence of these—the pause. These moments of silence represented in writing by the coma, semicolon, dash or period are puzzling to the radio actor. A hesitation of two seconds by the heroine man indicate sweet confusion, love or martyrdom or a number of things, yet one of the same length by the villain imply "some more of his villainy"; it may indicate reflection for a truthful answer or on the contrary, evasiveness.

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REPORTS OF WOMEN'S INSTITUTES OF P. E. ISLAND

Popular Grove The December meeting of this Branch was held at the home of Mrs. Harry Williams with eleven members and three visitors present. The meeting opened in the usual manner and roll call was answered with "My Pet Superstition. One new member was welcomed. $5.00 was voted to be used for a floral tribute. Arrangements were made for the Christmas Treat for the school children. Lunch was served and the meeting closed with the National Anthem. The members will met next month with Mrs. George MacArthur.

New Annan Nine members and one visitor were present at the December meeting of this Institute held at the home of Miss Mary A. MacKinnon. The Vice President occupied the Chair and the meeting opened in the usual manner. A committee was appointed to get a play. Readings on Christmas subjects were enjoyed. Luncheon was served and a collection taken. a vote of thanks tendered the hostess after which the meeting closed with the National Anthem.

Greenvale Thirteen members attended the December meeting of this Institute held at the home of Miss Addie McKinnon. After the usual opening, a report of the joint meeting in Wheatley River was given. It was decied to wait re vote on the Dental Clinic. Arrangements were made to hold a party in January to raise funds for the Institute. It was decided to buy books for Christmas presents for the school children. Plans are being made to paint the schoolhouse and erect a Sign Board. Small finds were collected. The next meeting will be held at the home of Miss. Lillias Wonnacott.

Linkletter The December meeting of this Branch was held at the home of Mrs. B. Clark with fifteen members and one visitor present. The usual business routine was carried out. It was decided to furnish a Christmas treat for the school children. Sewing for the Orphanage was completed at this meeting. The next meeting will be held at the home of Mrs. Ernest Rogers.

Searletown Institute met on December 3rd at the home of Mrs. George Runcie with twelve members and one visitor present. The regular business meeting was carried out. The members answered roll call with Christmas recipes and Mrs. Runcie, Mrs. Sobie and Mrs. Hudson Lowther gave interesting readings. The next meeting will be at the home of Mrs. MacQuarrie.

East Bidford On December 17th six members and one visitor attended the regular meeting of this Institute held at the home of Mrs. Lidstone. The meeting opened by reading the Creed in unison. Favorable reports were given by the committee which visited the school. The sum of $3.00 was voted to the janitor in recognition of his good service. $5.00 was voted also for Christmas treats for the children on Examination Day. It was decided to purchase a Flag Chart for the school at once. The school is to be cleaned next month by Mrs. Murphy and Mrs. MacKinnon. The next meeting will be at the home of Mrs. G. S. Sharp when roll call will be answered with short stories.

St. Peter's North Twelve members and two visitors attended the December meeting of this Branch held at the home of Mrs. John MacAulay. The meeting opened in the usual manner. One new member was welcomed. Arrangements were made for providing oranges and fudge for the school exercises and Christmas Tree. The meeting adjourned with the President reading the Creed. The next meeting will be held the second Tuesday in January at the home of Mrs. E. MacAulay when roll call will be answered with "Stunts."

Hunter River Seven members and four visitors attended the December meeting of this Branch held at the home of Mrs. Murdock Cutcliffe. The meeting opened in the usual manner. After some discussion as to the best method of raising funds, it was decided to ask the Hope River Dramatic Club to put their Play on in the Hall as soon as convenient, also to invite the Tyrone Club to bring their Play at a later date. Luncheon was served by the hostess and a pleasant hour enjoyed. Roll call will be answered at the next meeting with "My Pet Superstition."

Mount Carmel Eight members and one visitor of this Branch met on December 18th when the regular meeting of this Branch was held. After the usual business routine, money was voted for buying material for making a bed-spread and other articles to be lotteried. Money was also voted for Cape Egmont school and committees of two appointed to visit the three schools. Three new members were welcomed.

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