

M. Rogers

HANDBOOK

FOR

WOMEN'S INSTITUTES



PROVINCE
OF
ALBERTA

PUBLISHED BY DIRECTION OF HON. DUNCAN MARSHALL
MINISTER OF AGRICULTURE

HANDBOOK FOR WOMEN'S INSTITUTES

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SUPERINTENDENT

PUBLISHED BY DIRECTION OF THE HONOURABLE DUNCAN MARSHALL
MINISTER OF AGRICULTURE



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Inception of Women's Institute Work in Alberta

With the realization that the progress and prosperity of the province as a whole depends primarily upon its agricultural production, the Legislature, through the Department of Agriculture, has seen the economic advantage of promoting those methods of farming best suited to climate and soil conditions, and as far as possible assisting agricultural education. Institute meetings addressed by government lecturers are held during the autumn and winter months at a growing number of points, and since 1907 short course schools in agriculture have been conducted annually at government expense, the sessions being usually of one week's duration at each centre, nine or ten schools being held consecutively in different parts of the province. The curriculum is very broad, and lectures and demonstrations are given by expert instructors in the various branches of farming.

These schools have been attended not only by a great many men who have come, often from great distances, to avail themselves of the exceptional opportunity, but also by a number of women, equally interested in the campaign for better farming. The latter has shown an especial interest in the poultry and dairy lectures as pertaining particularly to their own field, but frequently expressed the wish that some instruction could be given to housekeepers and home-makers directly along their own lines of work.

Since 1912, short courses in domestic science have been an adjunct to the curriculum of the short course schools, and the interest and enthusiasm with which these were received seemed to indicate that the time was ripe for a permanent provision to assist women's work on the farms and in the homes.

With this in view a system of women's clubs or institutes is being organized having as their object:

(a) The consideration and simplifying of all the problems pertaining to the home, the betterment of home conditions, the increase of general comfort, health and efficiency.

(b) The study of home economics, including household architecture, sanitation, hygiene, scientific nutrition, the care and training of children, and the knowledge of values (relative and absolute) of household materials.

(c) Mutual helpfulness and social intercourse as it affects the life of the woman on the farm.

In brief, a conscious effort is being made to promote the highest ideals of home and the best standards of community life.

As the institutes are strictly non-sectarian and non-partizan, and as their object is one which must immediately enlist the sympathies of every thinking woman, they will have a broad scope. Everyone who becomes a member may look forward not only to being assisted, but also to the privilege of contributing something for the help of others.

The Women's Institute of Alberta

CONSTITUTION

Object.

The object of the Women's Institute of Alberta is the betterment of the homes and the consequent promotion of health, comfort, happiness and efficiency of the community.

All institutes shall be strictly non-partizan and non-sectarian in every phase of their work, and no institute shall be operated in the interests of any party or sect, but for the equal good of all citizens.

No subject shall be presented at any institute meeting or discussion allowed on the same of a political or sectarian nature; nor shall any speaker be allowed in her lecture, essay or speech, or in any discussion, to advertise ways or schemes in which she has a direct or indirect pecuniary interest.

Organization.

A woman's institute may be organized in any city, town, village or school district and shall be known as The..... Branch Women's Institute.

Organization may be undertaken at any public meeting for women called by or at the instruction of the Superintendent of Women's Institutes, or at any gathering of five or more women called for the purpose. At least two weeks' notice of such meetings must be given in the newspaper published nearest to the place where it is proposed to organize, or by a placard posted in the church, schoolhouse, or post office on which the time and place of meeting is plainly stated.

Officers.

The officers shall be as follows: A president, vice-president (second and third vice-presidents if thought advisable), secretary-treasurer, three directors, one additional director for every ten members in excess of thirty (30), and two auditors.

Election of Officers.

Officers shall be elected by ballot at the annual meeting, and a majority of votes shall elect.

Duties of Officers.

President.—The president shall preside at all meetings of the institute, as well as at meetings of the board of directors. If special meetings of the whole membership of the institute or of the directors are desired, the president shall direct the secretary to call the same.

Vice-President.—The vice-president shall perform the duties of the president in her absence.

Secretary-Treasurer.—The secretary-treasurer shall attend all regular meetings of the institute, as well as all meetings of the board of directors, and shall keep a record of the minutes of such meetings in a book furnished for the purpose. If unable to attend a regular meeting of the institute arrangements should be made, in conjunction with the president, for a substitute. At the opening of each meeting the president should call upon the secretary to read the minutes of the preceding meeting; as soon as these have been approved by those in attendance the president shall sign the same. The secretary shall keep a record of the members of the institute in the minute book furnished by the Department, and shall forward a full list of the membership and officers to the Superintendent immediately after the annual meeting. Care should be taken to give the correct initials and post office address of each member. Additional members should be reported from time to time as the fees are paid. The secretary-treasurer should report to the Department immediately any change in the officers. Reports of all meetings should be sent in on the forms furnished for the purpose not later than ten days after the meetings have been held; the report should indicate the name of the hall or other place in which the meeting was held, the number in attendance, the names of the subjects discussed and such other notes regarding the meeting as will be of interest. Secretaries should report new features of the work which have proved interesting and beneficial. If a paper or address proves of exceptional interest, a copy of it should be sent to the Department.

An exact statement should be kept of all receipts and expenditures, and a financial statement should be furnished by the secretary to the Superintendent of Women's Institutes at least two weeks before the annual meeting. Receipts should be furnished to cover all expenses.

Auditors.

The auditors should see that the balance carried forward from the preceding year corresponds with the records as contained in the financial statement of the year before. The receipts for membership should correspond with the records of members as found in the minute book. All expenditures should be vouched for by receipts. The additions should be checked by the auditors.

The Board of Directors.

The board of directors shall consist of the president, vice-president or vice-presidents, secretary-treasurer and directors.

Executive Committee.

The executive committee shall consist of the president, vice-president (second and third vice-presidents if elected), and secretary-treasurer.

When there is only one vice-president the members should elect one of the directors to act upon the executive committee.

The executive committee shall carry into effect the business of the institute as specified by the members as a whole or by the board of directors. Anything of unusual character, however, whether it be regarding meetings, entertainments or expenditure of funds, should be referred to the directors.

Special Committees.

The committees may be appointed on the following: Programme, membership, finance, places of meeting, and others as occasion may require. These committees may be chosen from among the directors and other members of the institute. The president and secretary-treasurer shall be *ex-officio* members of all committees. The first one named on a committee is temporary chairman, whose business it is to obtain a list of the committee, appoint a place, set a time, and make preliminary arrangements for a meeting. The temporary chairman first calls the meeting to order and asks for nomination for a permanent chairman. A secretary is then elected. The temporary chairman may be made a permanent one, or another may be elected. The committee then can proceed with the business it was created for. Only what the majority agrees to, becomes the report of the committee. Either the chairman or the secretary of the committee reads the report, which is made either to the board of directors or at a regular meeting when called for by the president.

Quorum.

The members present shall constitute a quorum for a regular meeting, but a quorum for specially called meetings shall consist of one-third of the membership. A quorum of a directors' or an executive meeting or a committee meeting shall consist of the majority of the members of the committees.

Membership.

Any woman or girl over fifteen years of age may become a member of an institute upon payment of the membership fee which shall entitle her to membership during the institute year for which it is paid.

Fees.

There shall be an annual membership fee of twenty-five cents.

Membership fees for the ensuing year shall be paid at the annual meeting. These fees shall be retained by the institute collecting the same. A certificate of membership from a secretary of an institute will entitle the holder to the privileges of membership in any other branch with which she may become identified during the institute year for which the fee has been paid.

Meetings.

Each institute shall hold at least four meetings a year, at which papers shall be read, addresses delivered and discussions held dealing with topics in harmony with the object of the institutes. Additional meetings may be called at any time by the president.

Dates of Meetings.

It is advisable for each institute to hold meetings once a month, and a given day should be decided upon, as the first Tuesday, or second Thursday of the month. The adoption of a particular day will prevent confusion and habituate the members to keeping the date open. It will, however, be advisable to use some means to remind the members and others who are likely to be interested, of the place, date, and hour of meeting, a few days before it is to be held. Always make it clear in these announcements that all women will be made welcome to the meetings. It always pays institutes to advertise their meetings.

Annual Meetings.

The organization meeting of each institute shall be considered the first annual meeting. Thereafter annual meetings shall be held on the first Wednesday in the month of December in each year at the hour of two o'clock in the afternoon and at such a place as may be decided upon by the board of directors; provided that should the first Wednesday be a holiday, the annual meeting shall be held on the following Thursday afternoon.

In case any institute shall, through any cause, fail to hold its annual meeting within the time appointed, the president may appoint a time for holding the same, and the meeting shall be called by the secretary in the same way as the regular meeting and this meeting shall in all particulars be taken as the annual meeting of the institute.

The institute year shall close on the 30th day of November of each year.

Speakers.

Each branch institute shall be entitled to the services of a speaker or speakers for at least one meeting during the year, upon

condition that the branch concerned provides, free of cost to the Department, a suitable place in which to hold the meeting, and bears the expense of entertaining the speaker or speakers while at the place of meeting.

Regulations Regarding Grants.

A grant of \$5.00 will be paid to each institute upon the following conditions:

1. That it has a paid-up membership of at least fifteen.
2. That at least four meetings have been held during the institute year. (Institutes organized during the last three months of institute year must hold at least three meetings to be entitled to the grant.)
3. That a satisfactory financial statement has been sent to the Department for the previous year.
4. That a list of officers for the current year has been sent to the Department.

The report of the annual meeting should be sent to the Superintendent of Women's Institutes, Department of Agriculture, Edmonton, as soon as possible.

The grant will be paid as early in the new calendar year as it is possible to do so.

Finances.

The funds of an institute shall be expended in providing a suitable place in which to hold the meetings from month to month, in advertising these meetings, in sending notices of meetings to members, in the purchase of postage and stationery with which to carry on the necessary correspondence, entertaining delegates sent out by the Department, and in such other ways as are thought advisable by the officers of the institute, bearing in mind always that *whatever expenditure is made must be of such a nature that all members will have equal privileges in participating in the benefits accruing therefrom.* Before any expenditure of an unusual nature is incurred, it should be approved by the board of directors, or those in attendance at a regularly called meeting. If it is thought well to make donations to local charities or public improvements, it should only be done when an institute has received funds from some other source than membership fees and grants from the Department.

It is not wise to spend any considerable portion of the funds in renting a hall or other place in which to hold the regular monthly meetings. A greater willingness to take part in the discussion will probably be shown when the meeting is held in a private house.

If books are purchased, the same must be kept at some central point where all members will have access to or use of them upon

equal terms. The books should also be labelled with the name of the institute, the date of purchase and the cost. When periodicals are paid for out of institute funds, the same shall be kept in some central point, or circulated upon some definite system approved of by the majority of the members.

Motto Pin.

The institute motto pin can be secured through the office of the Superintendent at twenty cents each. The pin is pale blue and gold with the motto, "For Home and Country" neatly inscribed on it. In no case should institute funds be used to pay for these pins or for any portion of the expense connected therewith.

Admission to Meetings.

Institute officers are at liberty to use their discretion as to whether or not a charge shall be made for admission to concerts, entertainments, etc., gotten up by the institute. When, however, a speaker sent by the Department is in attendance and her services and expenses are being paid for either in part or in full by the Department, no admission fee shall be charged. When the institute concerned is bearing the entire travelling expenses and is paying for the services of the speaker, it is at liberty to make such charges for admission as are thought advisable by its officers.

The regular meetings of the institute are supposed to be free to all women and girls over fifteen years of age. The wisdom of admitting younger girls is left to the good judgment of the officers of the institute concerned. It would be well, no doubt, to invite the younger girls to special meetings, and occasionally to prepare programmes of special interest and value to them. Persons who have not paid their fee will not be allowed to take any part in the business portion of the meeting or to participate in the use of periodicals, books, reports, etc., unless by special permission of the board of directors.

Order of Meetings.

Regular Meeting—

Opening exercises.

Reading of minutes.

Approval of same by audience, and signing of minutes by the president.

Unfinished business.

Reports of committees.

Business arising out of minutes and reports of committees.

New business.

Miscellaneous business.

Regular programme.

Adjournment.

Annual Meeting—

Opening exercises.

Reading of minutes of previous annual and special meetings.

Approval of same by audience, and signing of minutes by the president.

President's address.

Report of committees, including report of secretary-treasurer.

Business arising out of minutes and reports of committees.

Election of officers for ensuing year.

New business.

Regular programme, if one has been prepared.

Adjournment.

PROGRAMMES.

Most of the institutes have found it advisable to have programmes printed for the entire year, and have sent out some very attractive ones for the use of members.

The name of the member who gives the address or paper can be given or not as desired.

The following programmes will serve as samples, and any institute should be able to plan a very acceptable series of topics for a year's meetings.

I. BRANCH WOMEN'S INSTITUTE.

Two Sample Winter Programmes

January 12th.

The cost of living not reckoned in dollars and cents.

February 9th.

How to get eggs in winter.

March 9th.

The care of the sick in the home.

April 6th.

The extermination of the housefly.

Care of the baby.

May 4th.

Vegetables on the farm and the value of the vegetables in the diet.

June 1st.

The country church and its place in our country's development.

June 29th.

Methods of curing meat.

The making, care and marketing of butter.

July 27th.

The variety in desserts and their food value.

August 24th.

The planning of a house.

September 21st.

The ideal kitchen and its equipment.

October 19th.
 The preparation for Christmas.
 November 16th.
 The different cuts of meat and how to serve them.
 December 14th.
 The nutritive value of food.

II. BRANCH WOMEN'S INSTITUTE.

May 15th.
 The marketing of produce.
 Poultry raising and marketing.
 June 20th.
 Co-operative buying and selling.
 July 18th.
 The farm garden.
 Beautifying the home surroundings.
 August 29th.
 What a child should be taught before going to school.
 Co-operation between home and school.
 Each member to bring her best recipe for canning and preserving,
 to be entered in the Club Cook Book.
 September 26th.
 The country church—Its place in our country's development.
 Each member to bring her best recipe for pickling, to be entered
 in the Club Cook Book.
 October 31st.
 The value of cheerfulness.
 How to keep young.
 Each member to bring her best recipe for a dessert.
 November 23rd.
 The care and training of children.
 The influence of home environment.
 Each member to bring her best recipe for cooking meats.
 December 8th.
 Annual Meeting. Election of Officers.

At each meeting there will be various musical items, and afternoon tea to be provided by three members whose names are taken alphabetically.

Each member is to write down as shortly as possible, her ideas on the subject for the month and to hand it into the secretary. These papers need not be signed, and members will not be asked to read their own papers, so that no woman need feel nervous of expressing her views.

SUGGESTIONS FOR PROGRAMMES.

The Department will endeavor to send a speaker to each branch institute for at least one meeting a year, but programmes for the other meetings must be provided by the local members. It is well that a limited time at each session be given over to music, readings or recitations while helpful talks on household subjects can be given by experienced housekeepers. Those who have travelled widely or have had a special education along any par-

ticular line can readily interest an audience. For instance, doctors or trained nurses residing in the district will no doubt be willing to give occasional practical talks on health and the prevention of disease. A lawyer or business man might be invited to explain what women should know about banking and book-keeping, and school teachers, bankers, butchers, dentists, ministers, etc., to give addresses on topics of interest to the homemaker.

It is wise to have as many members as possible take part in each programme and as a question drawer always calls forth considerable discussion, every institute should carry out this suggestion. At each meeting, each member might give a good recipe, a bit of personal experience gained in any home subject, or a hint helpful to some other member present.

Below is a list of subjects suggested for programmes; a great many others will suggest themselves, and the scope of work, once commenced, is almost sure to widen.

Hygiene and Sanitation.

Value of sunshine, pure air, and the bath.
The needs of recreation.
The care of teeth and the hair.
How to keep young.
Nerves—their use and care.
The care and feeding of children.
Physical culture.
Principles of good health and how to observe them.
Contamination of wells by drainage from house and barn.
Disposal of garbage and waste.
Location and care of earth closets.
What the housekeeper should know about plumbing.
The reasons and methods for the extermination of the housefly.
Dust and its dangers.
Sunshine as a disinfectant.
Different methods of heating.
Cleanliness of home surroundings.
Ventilating homes.

Architecture of the Home.

The location, plan and structure of house.
System of heating and ventilation.
The bathroom, storeroom and closets.
Houseplanning for convenience and labour saving.
A model kitchen.
Requisites of a living room, sick room, etc.
Color schemes in house furnishings.
The influence of good pictures.

Books for the home library.
Choice of carpets, curtains, etc.
Furnishing for health, comfort and beauty.

Home Management.

The value of system in housekeeping.
A daily and weekly programme of work.
Systematic housecleaning for a busy housekeeper.
Managing a home without hired help.
The duties, rights and treatment of domestic help.
Menus for special times—Threshing season, Sundays, etc.
The cost of living.
The household share of the income and the expenditure of same.
Waste and economy of fuels, food materials, etc.
Co-operative buying.
Practical methods of keeping household accounts.
Care of floors, carpets, furniture, bedding, clothing, etc.
How to set the table and serve the three meals of the day.

Family and Community.

The rights of children.
The training of children.
The influence of home environment on the child.
Our national and political life.
The place of patriotism in the child's education.
Responsibility of children in home affairs.
What a child should be taught before going to school.
Co-operation between home and school.
Benefits derived from a scientific training in Agriculture and home-making by attending one of the Provincial Schools of Agriculture.
The country church and its place in our country's development.
The necessity for social life in country districts.
Hospitality and the etiquette of entertaining.
Value of the annual fair—why all should exhibit.
Value of travelling libraries.

General Food Subjects.

The nutritive value of foods.
The chemical composition of foods.
Comparison between the cost of foods and their nourishment and digestibility.
The amount of food required under various conditions such as work, age, climate, etc.
Food and its relation to childhood and old age.
Food and its relation to health and disease.
The adulterations of foodstuffs.

Cookery.

Methods of cooking and the care of food and cooking utensils.
The cooking of eggs, meats, fish, vegetables, fruit, cereals, etc.
The study of the general combining of proportions and the principles underlying various combinations.
Canning and preserving.
Secrets in jelly making.
Methods of curing meats.
Selection of meats in the market.
Different cuts of meat and how to serve them.
How to render out lard.
Garnishing and serving.
The value of fruits, vegetables, meat, fish, cheese, cereals, etc., in the diet.
Hot weather dishes, summer drinks.
Cheese and what can be done with it.
Yeast—history, growth and comparative value of different kinds.
The refining influence of simple meals, well cooked and nicely served.
Menus for occasions.
The fireless cooker and its uses.

Dairying.

The care and handling of milk and cream in the home and dairy.
The food value, nature, composition and properties of milk.
Selection of cows for milk; their food and water supply.
Cleaning and sterilizing dairy utensils.
Making, keeping and marketing of butter.
Cottage cheese; food values and making.

Poultry.

Selection and care of poultry.
Feeding chickens for market.
Winter egg production.
Care, use and value of eggs.
Co-operative egg circles.

Gardening.

The value of trees about a home—the best varieties for Alberta.
Flowers and their influence in the home.
House plants and winter flowers.
Flowers and shrubs that are easy to grow.
The summer flower and vegetable garden.
The storing of winter vegetables.
The opportunities for the growing of small fruits in Alberta.

How to have and care for a good lawn.
Purpose and educational value of school gardens.

Home Nursing.

Home care of the sick.
Accidents and emergencies—surgical accidents, common emergencies, accidental poisonings.
The home medicine chest, and what it should contain.
Tuberculosis—its prevention and cure.
Infectious and contagious diseases and methods of disinfection.
Nurses for the country districts.
The value of medical inspection in schools.
Patent medicines.

Laundry.

How to wash and iron.
Soap-making.
The co-operative laundry and its possibilities.
The process of dry-cleaning.
Removing stains from different materials such as linen, cotton, woolens, silk, etc.
Laundry equipment for least expenditure of labor and money.

Needlework.

Dress as an expression of personality.
Short cuts in home sewing and mending.
Remodelling a hat.
Skirt cutting and fitting.
Interchange of patterns.
Good taste in dress.

Miscellaneous.

Character forming.
Current events and our special interest in them.
The value of cheerfulness.
The evils of fault-finding.
Preparations and suggestions for Xmas.
Lives of women and children in various countries.
Remunerative hobbies for women at home.
How to make our institute meetings simple, entertaining and interesting.
How we are benefited by meeting together.
The importance of rest and recreation in the life of the home-maker.
Place of music in the home.

REFERENCE BOOKS.

Small travelling libraries containing good reference books will be sent, free of charge to any institute, on the agreement that the books shall be returned in good condition and that the library shall be returned to the Department after two months unless application has been made for a longer time.

The following books give an idea of the make-up of the library:

Title.	Author.	Price.
Clean Milk	S. D. Belcher, M.C.	\$1.00
Cleaning and Renovating	E. G. Ossman75
Dust and Its Dangers	T. M. Prudden75
First Lesson in Food and Diet	Ellen E. Richards30
Good Luncheons for Rural Schools (paper)	Ellen E. Richards15
Home Sanitation (paper)	Richards & Talbot25
Home Waterworks	Carlton J. Lynde75
Manual of Personal Hygiene	Walter J. Pyle	1.50
Milk and Its Products	H. H. Wing	1.00
School Sanitation and Decoration	Burridge & Baily	1.50
Care of a House	T. M. Clarke	1.50
Furnishing a Modest Home	Fred. H. Daniels	1.90
Healthful Farmhouse	Helen Dodd60
Home Furnishing	Alice M. Kellog	1.50
Homes and Their Decoration	L. H. French
Cost of Cleanliness	Ellen H. Richards	1.00
Cost of Living	Ellen H. Richards	1.00
Home Economics Movement	Bevier & Usher75
Home Problems from a New Standpoint	Hunt	1.00
Making a Trade School (paper)	M. S. Wollman50
One Woman's Work for Farm Women	Jennie Buell50
The Woman Who Spends	B. J. Richardson	1.00
Boston Cooking School Cook Book	Fannie M. Farmer	1.75
Cooking for Two	Janet M. Hill	1.50
Fireless Cook Book	M. J. Mitchell	1.25
Fireless Cooker	E. A. Huntingdon25
Home Science Cook Book	Barrows & Lincoln
Paper Bag Cookery	Nicolas Soyer60
Proper Feeding of the Family (paper)	Winnifred S. Gibbs25
Food and Cookery for the Sick	Farmer	1.00
Home Nursing (leather)	Eveleen Harrison	1.00
Till the Doctor Comes and How to Help	Drs. Hope & Kidd	1.00
Care and Feeding of Children	Holt, L.E., M.D.75
Hygiene of the Nursery	Louis Starr	1.00
Domestic Care in Women's Education	Anne M. Cooler	1.25
Home and School Sewing	Frances Patton60
Lessons in Garment Drafting (Garment Drafting by Simple Rule Method)	Mae M. Gigles50
Scientific Sewing and Garment Cutting	Wakeman & Heller50
Progressive Lessons in Needlework	C. F. Johnson
Elementary Laundry Book	Calder & Mann30
Laundry Manual	Balderston & Limerick
Laundry Work	Juanita L. Shepard50
Practical Sanitary and Economic Cooking	Abel40

Canning and Preserving	Rorer50
Diet in Sickness and Health	Saunders
Primer of Hygiene	Reynolds30
The Story of Germ Life	Conn35
The Rights of Children	Wiggin	1.00
Early Training of Children	Malleson75
In the Child's World	Emilie Poulson	2.00
Home Education	Charlotte Mason85
Tuberculosis as a Disease of the Masses and How to Combat It	Knapp50
The Home, Its Work and Influence	Gilman	1.50
Physical Training for Children	Hancock	1.25
Physical Training for Women	Hancock	1.25
Complete Dressmaking	Clara Laughlin	1.25
Practical Dressmaking	Broughton75
A Woman's Hardy Garden	Parsons	1.75
How to Plant Home Gardens	Parsons	1.00
How to Enjoy Pictures	Emory	1.50
Education	Spencer35
Three Hundred Things a Bright Girl Can Do	Kelly	1.75
Helps to Ambitious Girls	Drysdale	1.50
In Nature's Workshop	Grant Allen30
How to Drain a House	Waring	1.25
Handy Dictionary of Prose Quotations	Powers, G. W.50
Parables for School and Home	W. P. Carrison	1.25
How to Get Strong and Stay So	W. Blaikie	1.00
Good Health	F. G. Jewett50
Beauty Through Hygiene	E. E. Walker	1.00
A Little Cook Book for a Little Girl	C. F. Benton75
Saturday Morning: A Little Girl's Experiences, or How She Learned to Keep House	C. F. Benton75
Occupations for Little Fingers	Sage & Cooley	1.00
Art Crafts for Beginners	F. G. Sanford	1.20
The School Beautiful	State Supt., Wisconsin
Indoor and Outdoor Recreation for Girls	Lina Beard	2.00
Things Worth Doing and How to Do Them	Lina Beard	2.00
Photography Indoors and Out	A. Black75
New Games and Amusements for Young and Old Alike	M. Nugent	1.50
Child's Rainy Day Book	Mary White	1.00
Little Plays	Lena Dalkeith50
New Dialogues and Plays	B. Gunnison	1.50
St. Nicholas Book of Plays and Operettas	1.00
Fingerposts to Children's Reading	W. T. Field	1.00
Handbook of Best Readings	S. H. Clark	1.25
School Sanitation and Decoration	Severance & Bailly	1.50
Among Country Schools	C. J. Kern	1.50
Everyday Business for Women	M. A. Wilbur	1.25
Wage Earning Women	A. M. McLean	1.25
The Girl Who Earns Her Own Living	A. S. Richardson	1.00
Kindergarten at Home	V. M. Hillyer	1.25
Transactions of International Congress of Women	Tyrell
Rural Outlook Series (4 vols.)	Set	5.00
Library of Household Economics
The Country Life Movement	L. H. Bailey	1.25

The State and the Farmer	L. H. Bailey	1.25
The Outlook to Nature	L. H. Bailey	1.25
The Nature Study Idea	L. H. Bailey	1.25
In the Morning Glow
Clean Milk	Belcher	1.00
Dairying	Laura Rose
A Woman's Hardy Garden	Ely	1.75
How to Plant Home Gardens	Parsons	1.00
Laundry Work	Shepard50
Practical Dressmaking	Broughton75
Complete Dressmaking	Laughlin	1.25
Lessons in Garment Drafting	Gigles50
Occupations for Little Fingers	Sage & Cosley	1.00
The Girl Who Earns Her Own Living.....	Richardson	1.00
Sesame and Lilies	Ruskin25

MAGAZINES.

Farm and Ranch Review.	Ladies' World.
Canadian Home Journal.	Ladies' Home Journal.
Good Housekeeping.	Modern Priscilla.
Delineator.	Weldon's Ladies' Journal.
Designer.	Women's Home Companion.
Harper's Bazaar.	McCall's Magazine.
Women's Magazine.	Pictorial Review.

It is suggested that each institute begin to acquire a reference library, and also to keep for after use the especially good articles and clippings which are published in the magazines and papers of today.

HOW TO FORM A WOMEN'S INSTITUTE.

After permission has been received from the Superintendent to organize an institute, the meeting should be advertised for two weeks in advance.

Chairman pro tem., Secretary pro tem.

After the meeting has been called to order two officers must be chosen, one a chairman for the time being (a chairman *pro tem.*) to preside over the meeting; the other, a secretary for the time being (a secretary *pro tem.*), to keep a record of what the meeting does.

Any person may call the meeting to order. Someone rises and moves that Mrs. be made temporary chairman.

The chairman may state why the meeting has been called, or she may ask someone else to do so.

What a "Motion" is.

After the reason for calling the meeting has been explained by the chairman, or by another person, someone should be ready

to present a formal recommendation, a resolution (called a "motion"), intended to further the purpose of the meeting. If that purpose is the formation of a Women's Institute, the motion may be worded thus:

Model for Wording of Motion.

"Madam Chairman: I move the adoption of the following resolution:

"Resolved: That an institute be formed according to the constitution in the handbook for Alberta Women's Institutes and to be known as the.....Branch Women's Institute."

Every motion, however, needs to be upheld by some other member of the meeting than the member originally making the motion; therefore, it must be seconded.

How to Second a Motion.

In order to second a motion, a member rises and merely says: "Madam Chairman, I second the motion."

Restatement of Motion by Chairman.

The motion, having been made by one member and seconded by another, is restated by the chairman somewhat in this way: "It has been moved and seconded that an institute be formed according to the constitution in the handbook for Women's Institutes in Alberta, and to be known as the.....Branch Women's Institute." The chairman then asks the meeting: "Are you ready for the question?" (i.e., ready to vote on it.)

The Vote.

Should an amendment to a motion be made, the amendment should be voted upon before the original motion.

If no discussion or objection is made, however, to the putting of the motion, the chairman says: "All in favor of the motion say 'aye,' any opposed to it, 'no'." This is the usual method of voting.

Various Ways of Voting.

There are other ways of voting than by means of "aye" and "no". A raising of the right hand, first by those in favor of a motion, then by those opposed to it, may be asked for. The hands may then be counted by the chairman, who may ask some other member of the meeting also to count them. The result of the counting is announced by the chairman. Often, a written vote (a ballot) is cast. The written vote protects the voter, because the nature of her vote, whether "yes" or "no", is known only to herself.

Announcement of the Result of a Vote.

The chairman may appoint two persons as scrutineers to distribute and afterwards collect and count slips of paper (ballots). The chairman notes whether a greater number vote "aye" or "no" and makes an announcement of the result of the voting in accordance with the facts, saying, for example, "The ayes have it," or "The noes have it," as the case may be.

Minutes of a Meeting.

The secretary, as soon as elected, begins to keep a record (called "minutes") of everything done by the meeting. On that record will stand the decree of the meeting that a Women's Institute be formed, according to the constitution in the handbook for Alberta's Women's Institutes.

How to Become a Member.

The chairman next states that it will be necessary for those wishing to become members of the institute to pay the annual fee as required by the constitution.

Election of Officers.

When the fees are paid the next business in order will be election of officers.

The first office to be filled is that of president. Nominations for the office of president are now in order. The constitution provides that nominations shall be from the floor. A member rises and, addressing the chairman, says, for example: "I nominate Mrs. Brown for president" (Mrs. Brown being the present presiding chairman *pro tem*). Another member nominates someone else. The chairman then says: "Are there any other nominations? If not, nominations are closed," or a member may move that nominations close.

Procedure When Chairman is Nominated for Office.

The chairman, not desiring to preside over her election, asks some other member to take the chair and conduct the election. She herself vacates the chair. Her substitute, as *pro tem.*, appoints scrutineers, and asks them to distribute ballots. When the scrutineers collect the ballots, the Chair says: "Have all voted who desire to do so. If they have, the polls are closed."

The scrutineers retire to count the ballots, and someone moves to take recess until the scrutineers report the result of the counting. The chairman of the scrutineers, when they are ready to report, hands their report in writing to the presiding officer, who calls the institute to order and announces the vote according to the facts and somewhat after the following form:

"Number of votes cast, 30; number necessary to elect, 16. Mrs. A. received 20, Mrs. B., 10. Mrs. A., having received a majority of all the votes cast, is duly elected president of this Women's Institute."

The chairman announces that the next office to fill is that of vice-president. Nominations are then in order. Mrs. G., it may be, nominates, Miss Halleck; Mrs. D., Mrs. Young, and Mrs. S., Mrs. Grant. The chair asks if there are any other nominations. If there are not, nominations are closed. The scrutineers count the ballots when all who desire to do so have voted. When the scrutineers return, their chairman hands their report to the chairman of the institute, who announces the vote:

"Number of votes cast, . . . ; number necessary to elect, . . . ; Miss Halleck received 9 votes; Mrs. Grant, 11; and Mrs. Young, 7."

When a Vote Fails to Give a Majority.

No one having received a majority vote, there is no election, and the scrutineers have the ballots to prepare again. One of the nominees, Mrs. Young, perhaps, says that she will withdraw in favour of Mrs. Grant. She may withdraw if she wishes to do so, but she cannot force the person who nominated her or who voted for her to vote for Mrs. Grant, and the chairman should so rule. Mrs. Young, having withdrawn her name, only two candidates remain, and unless there should be a tie, one of them should get a majority of votes. The scrutineers report to the chairman the result of the vote. The chair announces the number of votes cast as . . . ; the number necessary to elect as Miss Halleck may have received 14 votes and Mrs. Grant 11; in that case, Miss Halleck, having received a majority of all the votes cast, would be declared by the chair as duly elected vice-president.

Other officers are elected in a similar manner. Unless there is a rule to the contrary, the officers of the institute assume their duties at once.

The Plurality Vote.

A plurality vote is the highest number of votes over the other candidates for the same office. A plurality vote does not elect unless there is a rule allowing it to do so.

The Tie Votes.

The tie vote does not elect; it necessitates balloting again.

When to Decline Nomination.

When a member is nominated for office, if she really does not wish the office she should decline the nomination at once.

Some Rules for Conducting a Meeting.

Except by permission of the presiding officer, no member or other person shall speak except to ask a question, or to introduce or speak to a motion.

In the discussion following the introduction of a subject, no person shall speak more than twice, nor for a longer time than five minutes, except by vote of the meeting.

When a question is under consideration, no motion shall be in order except the following: (a) To adjourn; (b) to postpone; (c) to amend. These motions take precedence in the order named, and the first two shall be decided without debate.

A motion to reconsider any question decided by the institute shall be in order, provided such motion be not made on the same day on which the original resolution is carried.

The following motions are not debatable, and must be voted upon without discussion or comment by either audience or presiding officer.

To adjourn.—majority of the votes required.

Objection to considering the question,—two-thirds vote required.

To lay on the table, i.e., to leave the consideration at a subsequent meeting.—majority of the votes required.

THE AIM OF WOMEN'S INSTITUTES.

By Mrs. McAllister, Taber, Alta.

The aim of the Women's Institute is the improvement of our homes and the upbuilding of character. The motto is "For Home and Country." Could any organization of women or of men have a broader aim, or a better motto?

When we consider the meaning of the words "home," "character," "improvement," and "upbuilding," we should get an idea of the greatness of the work entered upon by the members of the Women's Institutes. There are organizations of women in institutes in every Province of Canada, each working with the same aim in view, each with the same motto.

In Alberta, women's institute work is new, in Taber still newer, but in the institute there is room for the aid of every woman; nationality, creed, or class is unknown in its ranks.

It is upon the women of the country that the country depends for its ability to continue as a progressive unit of the universe. I leave to your imagination what a wonderful power lies in the hands of the women of today to make of Canada the nation that she ought to be by right of the greatness of her natural resources. No country has yet stood on so high a plane as Canada stands

today on the threshold of her nationhood; no country has had the wealth of nature stored up within its borders as has Canada, and the only possibility of failure lies in the danger of men and women of this generation not realizing how much lies in their hands to be moulded into what may become the fairest land on earth.

This trust of a nation rests largely with the women; in our grasp is a power greater than the power of the ballot. We can hold and instil in the minds, lives, and bodies of the rising generation those qualities which will make for righteousness which exalteth a nation, and without which no nation will abide. Shall it be written in the history of the years ahead of us that the women of Canada failed to realize their opportunities, and responsibilities, and their privileges? Let us realize what the organization of the women of Canada may mean, ought to mean, and must mean, keeping ever before each and every one of us the aim of the improvement of our homes, which is the heart of the nation, and the upbuilding of character. Our motto is not "For Home and Canada," it is for "Home and Country," to make of this land more than a name: to make it the land on earth where "right shall be might", where oppression of any kind shall be unknown, where every inhabitant shall have his portion of the inheritance God intended every soul should have—fresh air, food sufficient to nourish the body, and liberty.

Let us think of the women of Canada as a chain, each one a link in a chain that may become the most beautiful ever forged. We have all seen separate links: large heavy ones lying on the floor of a blacksmith shop or foundry, waiting to be forged into perhaps a logging chain, capable of binding together some great weight and of aiding in the transportation of that weight from one place to another; or perhaps the separate links were tiny gold ones, lying in the little drawers of a jeweller's cabinet, waiting to be linked together to form a dainty chain to ornament some fair throat. Links are of no use when separate, but when forged into a chain, what limit may be put to its use? The women of Canada, may, by linking themselves together through the women's institutes, form a chain whose beauty will be ever increasing, and whose strength will be withal enduring. By linking ourselves together to upbuild the character of our national spirit, to improve our homes, we will be able to drag aside those great stumps of oppression, to draw away those rocks of unnecessary temptation which bestrew the life paths of our young people; we will be able to root out the weeds of false pride, love of wealth and luxury, excessive frivolity and faddiness, which threaten to choke our life gardens. In these life gardens we would strive to cultivate the flowers which will blossom in the form of the practical living of the brotherhood of man, and the fatherhood of God. In our life

gardens we will study and practise the Gospel according to work. Useful labor is the salvation of many lives, and idleness is the destruction of many souls.

Women of Canada, there is work for each one of us to do under the aim and motto of the women's institutes, let us unite and form a portion of this chain, linked together with unflinching courage, and with enduring purpose, strive to attain to the destiny appointed us.

DOES IT PAY TO MAKE AN EFFORT TO ATTEND THE WOMEN'S INSTITUTE?

By Mrs. M. J. Deadrich, Didsbury.

In the first place, I will say that it pays; at least, it does me.

The Government establishes these institutes. If they weren't worth an effort for the ladies to attend I am sure it would not form them all over the Province of Alberta and elsewhere. The Government does not take up anything that is not worth while, consequently it pays to make the effort, judging from the Government's point of view. It surely had some great object in view when it started this movement.

The object of the Women's Institute, as I understand it, is to educate women along all lines of work that the housewife is interested in, such as domestic science, moral reform, poultry raising, household helps, main topics of the day, etc., in short, anything for the uplifting of womankind. I believe the primary reason for starting an organization of this kind was to arouse the stay-at-homes and get them out of the hum-drum way of never going anywhere. It is detrimental to the brain and nervous system to have no society. One is apt to become despondent or have "The Blues", so to speak, whereas if women would come to the institute and enjoy an hour or two they would go home cheered up and better fitted to do their work.

You can see very plainly why it pays to come to these meetings. Let us see why it pays to make an effort to attend the institute from an educational point of view. We might compare a women's institute to a teachers' normal school, for although the subjects of study are different, the object is the same. We are here to gain knowledge, and the more we gain the easier it is to grasp something even more difficult, for each new idea gained makes the convolutions of our brains so much the deeper and stronger, and better able to retain what is learned. Let us develop these convolutions or folds in our brains as much as possible. I am sure that there is no better way presented to us just now than

to attend the institute meetings. The institute is nothing more or less than a school. We had better make the best of it as perhaps it will be the last school some of us will ever attend.

We all know it pays to make an effort, for the social part of the meeting is soothing to the mind and nerves, to meet and greet so many smiling faces, and a pleasure, perhaps, to form a new acquaintance we would otherwise never have met. It does us all good to spend an hour or two in each other's company. It is inspiring to note the friendliness manifested at these meetings, and that alone would repay us for our efforts, not considering the exhilarating ride or walk in the bracing air, which makes our senses alert and ready to grasp all the good that is awaiting us.

Some of us stay at home so much that we get discouraged and disheartened with ourselves and those around us, while if we would let part of our work go undone and attend the institute, it would put new life and strength into us; it would make our minds clearer, and we would be all the better qualified to do our duty after reaching home again. We cannot get everything done even if we stay at home all the time.

When Abraham Lincoln was young he is quoted as having said: "I will study and prepare myself and some day my chance will come." It came, as we all know.

That means, we must prepare to give more if we wish to receive more. We must study and develop ourselves. The Women's Institute has been established for that purpose. As the more we give, the more we will receive, these meetings should become so interesting that every one will want to attend and profit thereby.

HOUSEHOLD SCIENCE COURSE AT THE SCHOOLS OF AGRICULTURE.

The aim of the department of Household Science in the Schools of Agriculture is to train the young women of the Province to be practical home makers. The course covers a period of two sessions of five months each. While the work of both sessions is conducted on eminently practical lines aiming to secure the economic management of the home, the work of the first year is especially devoted to home problems and in the interests of those who have only one year to spare. The work of the second year is designed, in addition to the home-makers' course, to assist those who are preparing to be teachers in domestic science.

COURSES OF STUDY.

FIRST YEAR.

1. Cooking.
2. Sewing.
3. Laundry Work.
4. Household Administration.
5. Physiology and Hygiene.
6. Home Nursing and Sanitation.
7. Foods.
8. English.
9. Arithmetic and Home Book-keeping.
10. Horticulture.
11. Home Dairying.
12. Poultry.
13. Physical Culture.

SECOND YEAR.

1. Cooking.
2. Sewing.
3. Laundry Work.
4. Household Administration.
5. Physiology and Hygiene.
6. Home Nursing and Sanitation.
7. Foods and Chemistry of Foods.
8. English.
9. Arithmetic and Bookkeeping.
10. Horticulture.
11. Home Dairying.
12. Poultry.
13. Physical Culture.

SHORT COURSE.

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|--|--|
| <ol style="list-style-type: none"> 1. Cooking. 2. Sewing. 3. Laundry Work. 4. Household Administration. 5. Foods. | <ol style="list-style-type: none"> 6. Sanitation and Hygiene. 7. Home Nursing. 8. Horticulture. 9. Home Dairying. 10. Poultry. 11. Physical Culture. |
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ENGLISH.

FIRST YEAR.

(a) English Composition.—Sentence structure; paragraph structure; weekly writing of short essays; practice in simple and concise expression; letter writing; penmanship; punctuation.

(b) Dictation.

(c) Authors.—Systematic consideration of selections from well-known authors. This course aims to induce a liking for good literature.

(d) Current Topics.—Discussion of subjects of general interest, particularly to people of the farming profession.

(e) Public Speaking.

SECOND YEAR.

A continuation of the work of the first year.

FARM DAIRYING.

FIRST YEAR.

(a) Milk Production.—The sanitary production of milk; care of milk; the cream separator; the disposal of skim milk; the marketing of whole milk and cream; the keeping of records of performance.

(b) Milk Testing.—The Babcock tester, its use and manipulation; the testing of milk, cream, and dairy by-products.

(c) Butter Making.—The care and ripening of cream, churning, salting, working, printing and marketing under farm conditions.

SECOND YEAR.

(a) Review of the work of the previous year.

(b) Cheese Making.—The making of cheese upon the farm; the utilization of household equipment for the manufacture of cheese.

(c) By-products.—The profitable utilization of dairy by-products.

POULTRY

FIRST YEAR.

Classes best adapted to Alberta conditions.—Hens, ducks, geese, turkeys, utility varieties; egg production, incubation, rearing, housing, feeding for laying, fattening, marketing of eggs and poultry.

SECOND YEAR.

The work of the second year will be a review and continuation of the work of the first year, paying particular attention to the marketing of eggs and poultry.

COOKING.

FIRST YEAR.

Methods of Cooking.

Combining of Various Foods—flour mixtures.

Effect of heat on common foods.

SECOND YEAR.

Review of previous work done.

Serving Meals—considering cost.

Balanced Meals and Nutritive Values.

Invalid Cookery.

Cost of Foods and Selection.

Marketing.

Experimental Cookery.—Time required and methods of cooking.

SEWING.

FIRST YEAR.

Theory—Use and care of sewing machine; mending and making buttonholes; making of seams and hems; model work done by hand.

Garments to be Made—Set of underwear; simple dress.

SECOND YEAR.

Theory—Drafting of patterns and use of commercial patterns; designing of styles; study of materials used.

Garments to be Made—Shirt waists; skirts; simple dress.

LAUNDRY.

FIRST YEAR.

Choice, Cost and Care of Laundry Equipment.

Washing and Ironing Various Materials—woolens, cottons.

Removal of Stains.

Soap-making.

SECOND YEAR (*two months only*).

Review of previous work done.

Source and Composition of Materials Used—starch, washing powders.

Dry cleaning—Gasoline.

Cleaning and Pressing Skirts.

FIRST YEAR.

Methods of Cleaning Glass, Silver, Iron.

Table Setting and Serving.

Methods of House Cleaning.—Daily, weekly.

Division of Labor in the Home.

Practice Work.

SECOND YEAR.

Methods of Cleaning Silver, Copper, Irons, Stoves.
Table Setting and Serving.
Equipping a Kitchen, Laundry, etc., in the Home.
Division of Labor in the Home.
Practice Work.

PHYSIOLOGY AND HYGIENE.

FIRST AND SECOND YEARS.

Study of Organs of Body and their Functions.
Care of Teeth, Hair, Eyes.

HOME NURSING.

FIRST YEAR.

Care of Sick Room and Patient.
Care of Emergency Cases.
Drowning, Fainting, etc.

SECOND YEAR.

Taking Temperatures.
Home Treatment of Various Diseases.
Care of the Infant.

SANITATION.

FIRST YEAR ONLY.

Ventilating, Heating and Lighting the Home.
Water Supply and Disposal of Wastes.
Household Pests.

FOODS AND CHEMISTRY OF FOODS.

FIRST AND SECOND YEARS.

Composition and Source of the Common Foods.
Their Use to Body and their Nutritive Value.
Chemistry of Foods (for intending teachers only): Compositions of common food stuffs and effects upon them of heat.
Study of Baking Powders, Egg Substitutes.
NOTE.—Candidates who have not taken chemistry in their High School course will take the chemistry of the first year as prescribed under Agriculture.

HORTICULTURE.

FIRST YEAR.

The House Garden.
Floriculture.

OUTFIT REQUIREMENTS.

Work Dresses.—For cooking, 2. These are to be made of a blue and white cotton (at 30 cents per yard), a sample of which may be obtained at the school.

Collars and Ties.—These may be made at the School.

Aprons.—For short course students, 2; for all other students, 3; small white for sewing class, 1. All must be made plainly, of white material.

Hand Towels.—Small white, 4, half a yard long.

Pot-Holders.—To be made at the school, 2.

Sewing Requisites.—Large work bag equipped with scissors, tape line, needles.

Suit for Physical Culture.—May be obtained at the school for a small sum. Not required by short course students.

Books.—Few will be required and may be obtained at the school.

The students supply their own materials for sewing class, but keep the finished articles for their own use.

In addition to the two years' course outlined above, a short course covering six weeks is offered in each school for those who have only a short time at their disposal. This course will be complete in itself, being devoted almost wholly to practical work.

The date of these short courses may be obtained by writing to the principals of the Schools of Agriculture at Claresholm, Olds or Vermilion.

An arrangement has been made with the Department of Education of the Province by which teachers who have already had their Normal training will receive certificates which will enable them to teach not only the work of the ordinary school grades but Domestic Science as well, while those who have passed Grade XI of the schools, but have not had Normal training, will be permitted, after some special instruction in method, to teach Domestic Science only.

PATRIOTIC SONGS

GOD SAVE THE KING.

God save our Gracious King,
Long live our noble King,
God save the King.
Send him victorious,
Happy and glorious,
Long to reign over us,
God save the King.

Thy choicest gifts in store,
On him be pleased to pour;
Long may he reign.
May he defend our laws,
And ever give us cause
To sing with heart and voice,
God save the King.

RULE BRITANNIA.

When Britain first at Heaven's command,
Arose from out the azure main,
This was the charter of the land,
And guardian angels sang this strain:

Chorus: Rule Britannia, Britannia rules the waves,
Britons never shall be slaves.

The nations not so blest as thee,
Shall in their turn to tyrants bond,
Whilst thou shalt flourish great and free,
And to the weak protection lend.

To thee belongs the rural reign,
Thy cities shall with commerce shine,
And lands far o'er the spreading main,
Shall stretch a hand to grasp with thine.

THE MAPLE LEAF.

In days of yore, from Britain's shore,
Wolfe the dauntless hero came,
And planted firm Britannia's flag
On Canada's fair domain.
Here may it wave, our boast, our pride,
And joined in love together,
The Thistle, Shamrock, Rose entwine
The Maple Leaf Forever!

Chorus: The Maple Leaf, our emblem dear.
The Maple Leaf Forever!
God save our King, and Heaven bless
The Maple Leaf Forever!

At Queenstown Heights and Lundy's Lane,
Our brave fathers, side by side,
For freedom, homes and loved ones dear,
Firmly stood and nobly died;
And those dear rights which they maintained,
We swear to yield them never.
Our watchword evermore shall be,
The Maple Leaf Forever!

Our fair Dominion now extends
From Cape Race to Nootka Sound.
May peace forever be our lot,
And plenteous store abound;
And may those ties of love be ours
Which discord cannot sever,
And flourish green o'er Freedom's home,
The Maple Leaf Forever!

On merry England's far famed land
May kind Heaven sweetly smile;
God bless old Scotland evermore,
And Ireland's Emerald Isle!
Then swell the song, both loud and long,
Till rocks and forest quiver,
God Save our King, and Heaven bless
The Maple Leaf Forever!

O CANADA.

O Canada, beloved Fatherland,
Thy brow is wreathed with maple garland grand.
Thine arm the sword hath yielded
To thee her meed of praise.
O God attend, Thy succor lend,
When hearth and freedom we must still defend.

Favored of God, by mighty flood and tide,
Steadfast in hope, her stalwart sons abide;
With the surging blood of her restless sires,
Her cradle rocked in peace.
O God of Light, by day and night,
Proud may our flag e'er float for thee and right.

Her patron saint, God's courier sublime,
Like him she wears the aureole divine,
Unyielding foe to tyrant's hate,
Firm in her loyalty,
Her aim to keep inviolate
Her cherished liberty.
And by the might of her glorious right
On her fair soil to set Truth's holy light.

May love of throne and altar until death
Inspire our hearts with its immortal breath,
To alien hosts who seek our shore,
Our laws a bulwark be;
And brothers, we forever more
In faith from sea to sea.
The shout repeat, loud let it ring,
The victor's cry of old, "For Christ and the King."