

At Home

Come in & Chat Awhile

—Ruth Reeburn.

VICTORIAN ORDER OF NURSES

From "My Adventure with V. O. N." by Rene Norcross in The Chatelaine

The Victorian Order of Nurses was founded in 1897 on the recommendation of the National Council of Women acting through Lady Aberdeen, to commemorate the diamond jubilee of the late Queen Victoria. There are seventy-eight branches throughout Canada today, and over three hundred nurses, registered graduates, staffing them. The Governor General is patron and the wife of the Governor General is honorary president. In 1929 the charter was changed from a royal charter to one under the Great Seal of Canada.

Obstetrical cases receive attention first thing each morning—usually an hour and a half to attend to mother and baby including writing up the chart and leaving everything tidy. The V. O. routine cuts out all non-essentials. Time is allowed for a little variation according to conditions. In some homes there are competent friends present to have everything ready and abundance of hot water, making the nurse's duty one grand, sweet song, while in other homes the nurse has to track down every single thing needed. Two obstetrical and a shortish case of some kind is a usual morning's work.

The average afternoon's work is more varied and on the whole less strenuous. Nursing calls that had come in during the morning or had been held over as not especially urgent; newly received calls; calls on patients that required two visits a day; and last but not least, child welfare and pre-natal visits, in which branches of activity alone the organization might be held to more than justify its existence.

Every child born under the care of the Order is visited regularly during the first year of its life, except when there are other agencies in child welfare in which case it would be turned over to them. Each mother is entitled to call a nurse, without charge, during that year, when in trouble or anxiety about the infant.

There are many kinds of mothers: mothers eager, intelligent and grateful; mothers careless, lazy and indifferent; mothers woefully ignorant and pathetically anxious to learn; mothers woefully ignorant and placidly satisfied with their ignorance, to whom the tongues of medical men and ministering angel nurses spoke in vain.

Only obstetrical cases are attended after 10 p.m. One of the assistant nurses was always in readiness for these calls, going off duty in the afternoon, and going on again from six until eight the following morning. In the event of a second maternity call coming in while the nurse on night duty was engaged, the nurse who had been longest without a case of the kind took it, being granted time off the next day for necessary rest.

The Metropolitan Life Insurance Company provides free nursing service for certain types of policy holders and

pays the Victorian Order so much a visit for doing the work. The arrangement is benefit all around—to the patient, to the Order and to the Company. The fees from the Metropolitan Life Insurance Company form a pretty big part of the income of many of the Order's branches, and at the same time, the entry of the nurses to the homes of the policy holders gives a splendid opportunity to fulfill one of the aims and objects of the Order, namely to teach health as they work, which in turn helps to lower sickness and death rates for the company.

The nurses carry with them to each case a black leather bag weighing about six lbs. in full service order, and are the last word in neat and comprehensive utility. Before a nurse can join the Order she must have a post-graduate course in public health and several months of field work. The full value of one aspect of the post-graduate training is the teaching the Order's nurses to adapt to their own use the ordinary utensils found in the average home, and by so doing helping very materially to ensure their welcome into such homes.

Then last but not least is the helpful neighbors that are so necessary in community life. They are always to be depended upon to provide the necessary, needful things in an emergency.

The financing of the order is by a national grant to headquarters and local branches usually receive a grant from the town or municipality and if that and the fees are not sufficient, the committee may arrange a drive, or perhaps a tag day. Victorian Order boards are made up of representative citizens who give a great deal of time and energy to the affairs of the Order.

DAVID'S WALL OF JERUSALEM BELIEVED UNCOVERED

What is believed to be part of the wall of ancient Jerusalem, dating back to 1000 B.C., was discovered by British and Palestinian engineers. While repairing an old Roman sewer inside the old city of Jerusalem they came across a line of huge stones 30 feet underground.

Some time ago it was found necessary to reconstruct the old Roman sewer which passes near the Mosque of Omar and empties into the Valley of Kedron because the dilapidated condition of the sewer endangers the houses above it. In the course of excavation by the sewer repairers many archaeological discoveries were made, including an old Roman road, jars and coins.

While nearing the end of a 250-foot stretch of sewer the engineers struck firm rock and bit by bit uncovered a wall of stones, each about four feet by two feet. Tunnels cut through the wall allowed the passage of ancient sewers. The Department of Antiquities believes the wall belongs to the Jerusalem of David's time.

After Jerusalem's capture by David the town first became distinguished as a stronghold. Its first wall, built by David and Solomon, inclosed the old part of the town, now the suburb of Zion. Much of it probably was destroyed by Egyptian, Arabian and Philistine tribes in their raids upon the city and by the earthquake in the time of King Uzziah.

WHAT MAKES MILK QUALITY

As it applies to milk the term "quality" embraces five factors. These are: food value, freedom from dirt, keeping quality, safety to health, and freedom from off-flavors and odors. When determining the quality of milk supply either from the standpoint of the urban or the rural producer all these factors in proper relation have to be considered.

As defined by the Division of Bacteriology of the Federal Department of Agriculture, the food value of milk apart from its vitamin content depends almost entirely on the amount of fat and non-fat solids it contains. The richer the milk in these constituents, the higher its food value. The minimum standard set by federal regulations requires 3.25 per cent fat and 8.50 per cent solids not fat, but a milk which barely conforms to this requirement would in these days of keen competition be unsatisfactory to the discriminating consumer. However, conditions have changed from that day when the richness of the milk could be determined by the depth of the cream layer at the top of the bottle. The reason for this lies in pasteurization, which tends to reduce the depth of the cream layer.

The bottom of the milk bottle is the gauge for the second quality factor—freedom from dirt. When the bottle is held up if there is an appreciable amount of dirt in the milk a noticeable sediment can be observed at the bottom of the bottle.

Good milk should keep at least twenty-four hours in a properly iced and cooled refrigerator, and spoilage in a shorter period indicates considerable growth of bacteria prior to delivery. Much dissatisfaction with respect to the keeping quality of milk arises from carelessness on the part of the consumers themselves in their neglect of the milk after it is delivered. Bottles of milk are often allowed to remain outside in the hot sun, or in a hot kitchen, for hours, while all too frequently the temperature in the refrigerator is far higher than it should be. Keeping quality is improved through pasteurization.

Milk may be rich and clean, and it may keep sweet for a long period, and yet be a source of danger to public health. Outbreaks of typhoid, scarlet fever, septic sore throat, and other diseases of human origin, in addition to that dread foe of children, bovine tuberculosis, have been traced to the milk supply time and time again. Safety to health is ensured in most large cities today through pasteurization, which, when done with the proper supervision, is universally regarded by public health authorities as being as near safe as milk can be made.

Pasteurization consists of heating milk to a temperature of 145 F. and then cooling rapidly to bottling temperature. Science claims this temperature is sufficient to kill all forms of germ life.

Milk which has flavor or odor foreign to that of good, fresh milk should never be offered for human consumption, although at certain seasons of the year when plant growth is profuse it is almost impossible to avoid some food flavor.

ONTARIO LEGISLATURE

Amid the pomp and ceremony, reflecting British democracy and self-government, the third session of the eighteenth Parliament in the history of the province was opened Wednesday afternoon of last week before crowded galleries at Parliament Buildings. In brilliance of fashion and military parade, the opening prelude takes its place among the time-honored ceremonies since Confederation.

In the absence of an appointee to the Lieutenant-Governorship, Sir William Mulock, Chief Justice of Ontario, and Administrator, delivered the Speech from the Throne, the august, benevolent demeanour of the Chief Justice, in his 88th year, creating a profound impression. Sir William arrived at Parliament Buildings accompanied by his daughter, Mrs. A. E. Kirkpatrick, where he reviewed the guards of Royal Canadian Dragoons, and Royal Canadian Regiment troops, while a battery of field guns crashed out the salute of fifteen guns.

The actual ceremony was brief, Premier and Mrs. Henry preceded the arrival of the members of the Cabinet and their wives into the Chamber, Sir William being accompanied by an especially large number of members of the Militia, Col. W. Rhodes, and his grandson, Col. W. Pate Mulock, York Rangers.

The Speech from the Throne indicated that there will be legislation introduced during the session to provide for a modified moratorium on mortgages, under which all proposed foreclosures will be heard before a county judge and who will have all power to decide whether additional time is to be allowed on either principal or interest payments. There is also to be legislation amending the Old Age Pensions Act, under which the Federal Government is to pay 75 per cent of the total cost, and which, according to Hon. W. G. Martin, Minister of Public Welfare, is to mean an annual saving of \$1,400,000 to the Province and \$900,000 to the municipalities. Other measures to be introduced are in connection with the amalgamation of the Ontario Railway and Municipal Board with the Bureau of Municipal Research, under which powers will be granted the Board to govern finances of those municipalities which are insolvent or in a precarious financial condition. There are also to be amendments to the industrial farms act dealing with the administration of provincial penal institutions.

"At this time," said Sir William, "when communities everywhere are confronted with unusual problems arising out of world-wide economic conditions, we have reason for congratulation in the stability of the public credit and of our financial institutions. In common with other British citizens, our people look forward with deep interest to the approaching Imperial Economic Conference at Ottawa and earnestly hope that the momentous gathering will permanently advance the prosperity of the Empire."

Touching on the development of the St. Lawrence, Sir William declared that in view of negotiations for the proposed seaway treaty, the federal authorities have conferred upon the appropriate division of the cost, as between navigation and power development of the International section of the St. Lawrence. Through co-operation of Federal, Provincial and Municipal Governments a considerable measure of relief has been extended to persons experiencing hardship on account of the prevailing unemployment. This relief has taken the form of opportunities for work but it has been necessary also to provide funds for direct relief. Owing to the favorable conditions, much progress was made in the construction of the trans-Canada Highway, and other road improvements.

Dealing with agriculture, Sir William said: "While agricultural production was maintained at a high level, the financial return was much below normal. New fields of usefulness are being developed by the Department of Agriculture. The Ontario Marketing Board recently created has organized the Fruit and Vegetable Growers' Markets Council and is giving special attention to the grading and marketing of a number of important farm products. It is gratifying to note that cold storage and central packing plants are being increased."

On Hydro, Sir William observed: "Distribution of electrical energy by the Hydro-Electric Power Commission was continued during the year on an expanding scale, both as regards the number of municipalities served and the customers supplied. The Provincial Commission and the local commissions substantially increased their reserve funds. In the rural parts of the Province, the demand for power called for the construction of over 1,200 miles of new transmission lines to supply nearly 9,000 additional consumers. By utilizing the flow of the Ottawa River at Chats Falls, the commission has secured an important addition to its generating

facilities, second only in extent to the great Niagara development."

Highways have been extended, there being 200 miles added to the system, while payments by the Province to the municipalities for road purposes of nearly seven millions of dollars helped materially to lighten the burden of taxation; the Labor Department anticipates changes in the apprenticeship act, the Factory Act and the Mechanics Lien Act as well as legislation to make the Industrial Disputes Act of the Dominion operative in Ontario.

On Thursday the House did not reconvene until 4.15 o'clock, instead of 3 o'clock, out of respect for the late Thomas Crawford, former Speaker of the House, who recently died. At the opening Premier Henry paid a glowing tribute to the former Speaker.

COST OF REARING BROILERS

With the prevailing low prices of feed there is the prospect of a fair margin of profit for market poultry and the outlook for the spring broiler trade appears to be promising.

All male chicks from the early hatches that are not intended for breeding stock should be separated from the pullets as soon as the sex can be determined. If intended for good and profitable broilers they should not be neglected. The young male needs the same careful attention and good feeding in its early development as the prospective laying pullet. Any neglect at the start will result in a stunted and unprofitable bird.

The young males intended for market as broilers require a good "starter" feed for the first six weeks, insuring a well-developed frame and a constitution that will stand the last two or three weeks' necessary heavy feeding to finish the broiler for the top grade. Sturdy healthy males of the heavy breeds should weigh about one pound each at six weeks and may then be worked on to a developing and finishing ration consisting of three parts ground corn, two parts middlings, one part of ground oats (without hulls), and ten per cent meat scraps, plus all the sour skimmed milk they will drink and an abundance of green feed. If available, green alfalfa is the best.

The broilers may be crated for the last week, but will "finish" well if confined to small grass pens. At this stage a moist mash should be fed twice daily. The proportion of ground corn in the ration should be gradually increased to two-thirds of the whole moistened mash with sour skimmed milk or buttermilk. No whole grain should be fed. Five to six pounds of grain plus milk and green feed will produce a two-pound broiler.

Fifty per cent or over of the early hatches are males. Usually there is a good demand at a fair price for the early product if properly prepared. There is always a glut of the late hatched. The cost of eggs and incubation has been incurred in producing the pullet. Turn the surplus males to the best advantage.

RELIGIOUS AND SECULAR STORIES THAT PARALLEL

All the great religions have stories that parallel each other in some degree. For instance, Jephthah, one of the judges of Israel, made a remarkable vow before he marched against the Ammonites, that if he proved victorious he would offer to the Lord the first living thing which should come to meet him on his return. This happened to be his only daughter, whom he sacrificed to fulfill his rash vow. The history of Jephthah is contained in the second book of Judges. Idomeneus, in Homeric legend, king of Crete, succeeded his father Deucalion on the throne and accompanied the Greeks to the Trojan war with a fleet of 90 ships. During this war he rendered himself famous by his valor. While returning he made a vow to Neptune in a dangerous tempest that if he escaped he would offer to the god whatever living creature first presented itself to his eye on the Cretan shore. This was his son, who came to congratulate him on his safe return. Idomeneus redeemed his promise, but the inhumanity of his sacrifice rendered him so odious to his subjects that he was exiled from his country.—Montreal Family Herald.

These are the songs that will live down the centuries to come, and bring back the past to the children yet unborn.

The Color Craze

A buyer for a large drapery establishment went into a cafe, sat down at a table, and along came a waitress. Buyer: "A coffee, please." Waitress: "Yes, sir, light or dark?" Buyer (absentmindedly): "May I see a shade card, please?"

"Luck is the cross-roads where preparation and opportunity meet."

OLD FOLK SONGS STILL SUNG IN HEBRIDES

The discovery of the long-hidden folk songs in remote corners of the world has been quite a feature of the present generation. One is surprised that even yet there are places that produce rich results to the investigator who knows where to look.

Although the collection made by Mrs. Kennedy-Fraser of the songs she discovered has been published some years now, it is not half as well known as it deserves, writes Henry Graves in the Montreal Family Herald and Weekly Star. The "Songs of the Hebrides" is probably the finest collection of folk songs in the world. There is so much character and melodic charm in them that they cannot fail to win a high place among the volumes of the best class of music.

It has been truly said "that of all the fountains of passions and beliefs of ancient times in Europe, the Celtic has been for centuries, closest to the main river of European literature."

In the Celtic-speaking islands of Northern Scotland, lingers yet the old wisdom, old customs and old songs. There, in the far North are yet to be found those springs of inspiration and beauty, which represent the most ancient and valuable of all the traditions of European folk-lore and music.

It was in such places as Skye, Eigg, Barra, Eriskay, Lewis and north and south: Uist, that Mrs. Kennedy-Fraser reaped a rich harvest of hitherto unnoted airs. It must be remembered that in the early days of civilization, the atmosphere which still lingers only in such out-of-the-way corners of the world as the Hebridean Isles, and north of Scotland, the work now undertaken by the historian and publisher, was the special function of the itinerant minstrel. He recited the tales of the clan heroes, so that some of the songs are in epic form, or in other words, the lines do not rhyme, as they do in lyric poems, but are very graphic in describing the heroic events of the early days, and the melodies possess that melancholy, weird wall, that is so characteristic of Celtic music.

The songs of the sea, the devotion of the fisher folk to their boats, the joy of sailing into the sea scud and foam, contain many beautiful melodies that can never die. The pirate songs of long ago, and the terrible clan wars, which drained the land of young men, are full of tragedy and terror. These, and many other forgotten events are brought vividly before us and the long, long past is brought back never to be forgotten.

Ernest Newman, probably the greatest critic of today says: "The songs themselves have a strange beauty, that grows on us the better we know them. They have a very definite soul, the result of an environment upon a people virtually isolated from the general life of Europe. These islands have produced some song writers to whom it is not at all extravagant to attribute melodic genius. There are melodies amongst these songs, that are as purely perfect as any melody could be. Schubert would have knelt and kissed the hands of the men who conceived them. For sheer beauty of invention, loveliness in the fall of the notes, some of these melodies are without any superior, whether in folk song, or art song. Schubert himself never wrote a more perfectly satisfying or haunting melody than that of "Seagull of the Land under Waves" or "The Land Forever Young" in which age will recapture its lost youth, and the weary heart will find a solace for all its sorrows."

Pure Drugs at Lowest Prices

McFADDEN'S DRUG STORE

Puretest Drugs

Everything in Medicine for man or beast

Purtest Cod Liver Oil	Pepsodent Tooth Paste	Excelsior Cornstarch	Boots Extract Malt
Small size50c	Face Powder	Excelsior Powder	with Cod Liver Oil
Large size\$1.00	Jasmine of Southern France	25c, 50c, \$1.00	a wonderful builder.
Flavored, 16 ozs. \$1.00	Perfume Powder	Heave and Cough Powder	32 oz. \$1.25
	Both for \$1.00	1 lb. pkg. 50c.	16 ozs. with iron \$1.00

Canned Peas and Corn 16c per tin

Eagle Brand Salmon, red large tin 25c

Campbell's Soups 16c can

Large Size Bottle Catsup 25c

Shortening the best 2 lbs. 25c

Corn Flakes 3 pkgs. 25c

Quick Quaker Oats 35c. pkg. with china in every package.

A few of our varieties of BREAD and COOKIES

BREADS	COOKIES
Homemade Cream	Lemon Oatmeal Date
Dainty	Raspberry Short Cake
Brick	Nut Oatmeal
Sandwich	Fruit Bars
Whole Wheat	Pineapple Sandwich
Bran	Raisin Butter
Raisin	and
Chopsuey	Many Others

HENDERSON'S BAKERY

THE HOME OF GOOD BREAD

DURHAM - - - - - ONTARIO

C. & B. Tomato Juice 10c can
Manitoba Flour per 100 lb. \$2.30
Pastry Flour 24 lbs. 55c
Shelled Walnuts 35c per lb.
2 lbs. Stoneless Dates 25c
NuJell Powder 3 pkgs. 25c
FREE 2 cups & saucers with 1 lb. Rosedale Tea

tasty for pancakes with bread and as a general table syrup!

RENSON'S GOLDEN SYRUP

A nourishing and delicious food that builds healthy bodies. Particularly recommended for growing children by expert dietitians. An economy food that the whole family will enjoy.

Send 10c for "Canada's Prize Recipes" 200 practical, home-tested recipes.

The CANADA STARCH CO., Limited, MONTREAL