

well applied to these charming threads. Peri-Lusta is a mercerised cotton which has all the appearance of silk, and produces the same effects, when worked, at less than half the cost, while the dyes are absolutely fast. It is equally suitable for crochet, knitting, netting, or embroidery. A study of the Handbook will acquaint the reader with the various stitches used, and there are minute directions as to their formation. In short, any one who desires to acquire examples of the latest fashions in needlework, with the necessary directions for carrying them out should acquire the Peri-Lusta Handbook without delay. It is written by Mrs. Humphry ("Madge" of *Truth*), and if any difficulty is experienced in obtaining the book, seven stamps sent to Peri-Lusta, 19, Ludgate Hill, E.C., will secure it.

Our Foreign Letter.

SOME HINTS FOR CANADIAN SETTLERS.



In the BRITISH JOURNAL OF NURSING, of the 18th November, I notice an article "A Nurse's Outfit for Canada." Really the answer given in

the "ladies' paper" to the enquiring nurse, was admirably portrayed by the *Montreal Daily Star*.

It surprises and amuses me to find that the idea of Canada being constantly snow-bound and the Indians near-at-hand, still holds good throughout the "Old Land" even by those whose geographical education should have taught them otherwise. Perhaps my views may be of some help to intending settlers, for I can speak on the matter authoritatively, so to say, having come out to the "Great North-West of Canada," fourteen years ago, and having travelled extensively both by railway, horse, dog and water vehicles all over our Western land.

Beginning with the "dreaded" Indians. Don't be alarmed. Its like looking for a needle in a haystack to find one now. The few remaining ones are not allowed to leave their reserves, which are situated a number of miles from towns and villages, and as there are only an average of 150 adults to a reserve overlooked by a Government agent, with "farm instructors" to teach the "once lords of the soil" the necessity of toil, it will be readily understood that to find an Indian one must hunt for him. Also there are no more buffalo except those kept in captivity in the Government Parks through the country. They are as extinct as the dodo of Australia.

Therefore the settlers coming out need not be in fear of their valuable lives.

As to outfit, well, let me say that I wear fewer and lighter clothes in winter here than I ever did in the Old Country, for two reasons, our houses are all thoroughly heated with either furnace or stoves so that the halls are as warm as the sitting-rooms, and

when we go out, the air is so dry that the cold does not penetrate to the "bones" like the damp winters in England.

As for mocassins, they are hard to obtain and are never seen on white people unless snowshoeing, and most certainly are never worn in towns or cities. Nor are leather leggings or long rubber boots necessary. I don't know what might be done with them, for even the Indians wouldn't wear them, so you couldn't give them away, and I never saw or heard of either chamois petticoats or underclothes of any kind. The whole thing is too absurd to be printed seriously. What I wear for winter is as follows (and it is the usual outfit for everybody):—*Light-weight* merino or fleece-lined combinations, ordinary corsets, one petticoat of a light-weight material, and dress, cashmere stockings, and slippers or boots. That is for the house. For outside I slip on a pair of bicycle bloomers, over-stockings and rubbers (or goloshes), a fur coat or fur-lined coat, with gloves and muff, and a hat and veil. That's *positively* all that's needed, and I have driven twenty miles in *forty below zero* weather attired as described, and not been frozen.

Don't bring out a lot of English made boots and shoes. After being out here several months the dryness of the climate so affects the feet that heavy English boots are unbearable.

For summer wear we use the very lightest goods, as we have very hot days, but cool, sometimes cold, nights, so that we can stand more bedclothes in summer than in winter.

For the spring and autumn you need a mixture of your summer and winter garments, but instead of a fur coat we wear an ordinary cloth suit with a neck fur for added warmth if necessary. Therefore, intending settler, don't burden your trunks with unnecessary clothing as prescribed by the ladies' paper.

To intending "nurse settlers" I would say, cut out the outdoor uniform. It is not worn in Canada, except by a few old country nurses, and is a constant source of annoyance to everyone. Firstly, because the prairies are like the sea, there is always wind, and there's nothing looks worse than to see veils, ties, and cloaks flapping in the "gentle zephyrs." Then it is a great source of infection. Our streets are not as clean as the old land, and our population is so mixed that sanitary rules are hard to be held by the foreign element, and the crowded street cars are a great germ-breeding ground. Also an outdoor uniform is too cold in winter and too hot in summer, so spend your money on more necessary articles.

Above all things let an English nurse disabuse her mind of the fact that the only proper way of nursing is learnt in England—she will have more to unlearn than she ever dreamed of if she wishes to make a success of herself and profession—let her not think that *all* Canadians are uneducated-partly-savage people, they are of such an order of intelligence that it is only amongst the *newer settlers* from other lands that one finds persons unable to read or write.

Summed up, my general advice is: "Be a woman first, a nurse next, and let good, sound common-sense rule every action and thought.

Winnipeg, Manitoba.

A. MAUD CRAWFORD.

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