

Still I must admit Kimberley has a great charm. I know not whether it is the Dust or the Ants, or the corrugated iron houses which neither keep out heat in summer, or cold in winter, or the want of water, but the fascination is there. Daily, people who have returned from England, express their delight at being back in "dear old Kimberley." Can the delight be the exhilarating air? It is a certain pick-me-up, and one cannot feel depressed, you are never out of temper long enough to convince your neighbour that you are vexed with him, everyone comes up smiling, and this certainly makes for happiness.

Preparations, Inventions, etc.

MOTHER'S OATS.

THE addition of some cereal food to the dishes which appear on the breakfast table is a matter of some importance, not only because such food is palatable and pleasant, but also because of its nutritive properties. Those who are accustomed to use such a food cannot do better than obtain a two-pound packet of Mother's Oats, and give these a trial. Having once done so, we feel sure that they will not be inclined to substitute any other brand for them.

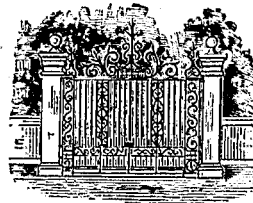
To taste this food to perfection, the oats, which are already partially cooked, should be prepared in a double boiler. They are first placed in the inner boiler, one half teaspoonful of salt, and a pint of water being added to a cupful of Mother's Oats, and boiled directly over the stove for about two minutes. The inner boiler is then placed in the outer one, which contains boiling water, and the contents are allowed to cook themselves for ten or fifteen minutes. If time permits, still longer boiling improves the flavour. The essential point to remember is that they must be first pan cooked, and then steam cooked, in order that the rich nutty flavour they possess may be developed to perfection. This desirable addition to the breakfast table may be obtained from the Akron Cereal Co., Botolph House, 10, Eastcheap, E.C.

RAGUS SUGAR.

In these days when there are so many inferior sugars on the market, it is good to know of a really pure one. Such a sugar is Ragus, which is imported from Barbadoes, and is a pure brown cane sugar. Many householders are under the impression that the ordinary brown sugar of commerce is extracted from the sugar cane, but this is not so, a large portion of it is prepared from beetroot, and has by no means the same sweetening properties as that obtained from the sugar cane. Neither is it as wholesome. Ragus sugar may be obtained from the Monocane Sugar Co., 16, Fish Street Hill, London, E.C.

Outside the Gates.

THE NATIONAL COUNCIL OF WOMEN WORKERS OF GREAT BRITAIN AND IRELAND.



ONCE more the National Union of Women Workers has met in Annual Conference, and we think the meeting held last week at Brighton will be considered one of the most successful which it has organized. We rejoiced that Mrs. A.

T. Lyttelton, in her Presidential Address struck a sympathetic note in her claim that women share the responsibility of Empire, with men, a sentiment to which the whole Conference responded.

POPULAR POINTS IN THE ADDRESS.

"We meet not so much to declare afresh great general principles of purity and righteousness—although these of course form the very foundation of our Union—as to consider and discuss how these great principles can be carried out in daily work and life. And by these very discussions we emphasise afresh the need in all work of enthusiasm, wisdom, courage, faith, and common sense.

A CRISIS IN THE NATION.

Two things are needed for the working out of all true reforms. First that the work should be done heartily and judiciously, the other that behind the leaders there should be an educated and enthusiastic public opinion, which will supply workers for all the various branches of work, and which will support and encourage them in their labours. And these are the very results which these conferences have been proved to bring about, and which I believe may be very specially claimed for the present conference on account of the number of the meetings we are holding and the varied nature of their subjects. But there is another reason for which at this time especially greater and more strenuous diligence is needed. Since we last met the whole nation has been passing through a period of stress and trial, which may not perhaps be unworthily compared with any previous crisis in our history. Not in length, perhaps, for the duration of the South African war is small compared with others, but in intensity. Owing to the fact that for the first time in history we have known every event at once, that we have been, so to speak, behind the scenes, the anxiety, and the strain and the excitement have been felt by the nation more keenly than on any previous occasion. And however much opinions may differ as to questions of politics, of strategy, and of organisation, on one subject we are all agreed. We all recognise the bravery and endurance of our soldiers, both in the field and in the still more difficult ordeals of sickness and privation, and we all recognise that throughout the nation there has been a great answering wave of enthusiasm and endeavour.

GOOD DONE BY THE WAR.

The dignity with which reverses were borne, the quiet self-sacrifice of thousands at home and in the Colonies who have seen their nearest and dearest go from them to certain danger, the devotion which has done what was possible to mitigate their sufferings

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