

1939





ARRIVAL OF THEIR MAJESTIES, KING GEORGE VI
AND QUEEN ELIZABETH AT PARLIAMENT
BUILDINGS, OTTAWA, 1939.

Your King is our King and our King is your King.



*This booklet is our welcome
until we can greet you in per-
son in the land that we hope
you will come to love, as we,
who are its children, love it.*

IMPERIAL ORDER DAUGHTERS
OF THE EMPIRE (I.O.D.E.)

NATIONAL HEAD OFFICE

182 LOWTHER AVE.

TORONTO 4, CANADA

SECOND PRINTING



HER ROYAL HIGHNESS, THE PRINCESS ALICE
COUNTESS OF ATHLONE

*The consort of His Excellency the Governor-General, Viceroy
of the King, is the gracious patroness of all organized
endeavours of the women of Canada.*

GOVERNMENT HOUSE
OTTAWA

As wife of the Governor General of Canada and Honorary President of the Organization which has drawn up this little pamphlet, I would earnestly recommend it to all British women intending to start a home in Canada.

Having myself spent the last four years in this country I know much about the people and the way they live. While in the main everything is much the same as at home, yet there are some quite distinct differences, and I feel sure you will find all kinds of useful information in this little booklet.

I join with all concerned in wishing you "Bon Voyage" and a happy arrival in Canada.

A handwritten signature in cursive script, reading "Alice Cary". The signature is written in dark ink and includes a long horizontal flourish at the end.

Countess of Athlone



THE MOST SACRED OF ALL CANADIAN SHRINES

The Altar in the Chapel of Remembrance in the Peace Tower, the memorial to the dead of the Great War 1914-18. The Altar is the gift to Canada of the people of the United Kingdom.

From Kith to Kin

So you are one of the brave of spirit and have chosen the way, so many of our forebears, long ago, chose—to journey over strange seas to a land, you have not known, and there to build your new hearthstone, firm fixed in the ancient faith of our common traditions.

We are glad to see you come, drawn by the same hope and courage that, long ago, upheld the women who came before us in this land. You, like them, may find its life hard, even harsh at times, and your path may seem unknown and beset with difficulty but you will find strength in the thought that other women of your race have trod the same way long before you. They faced other and greater odds, hardship, suffering and heartbreak, such as you or we shall never be called to endure. Because they remained stout of spirit and steady under sacrifice and travail, we are a nation, fighting by your side today. Canada is Canada because the women of long gone days but undying memory neither faltered nor failed in times that called for more than mortal strength. We welcome you to share with us their heritage; you who have married our sons, our brothers and our kin are now of our same kith.

I

THIS CANADA OF OURS

YOU will find many things strange but few really different for you have but moved from one happy domain to another of the free and united peoples of His Majesty's Allegiance. The same flag which waved on the receding horizon, as you left, will greet you in our ports. At sea and where distinction is needed between the symbols of His Majesty, as King of the United Kingdom and as King of the Dominion of Canada, the red ensign of Canada is hoisted, the Jack at the mast, the heraldic arms of Canada in the fly. Those arms themselves will welcome you—the three lions couchant of England, the lion rampant of Scotland, the golden harp of Ireland, the fleur-de-lis of old France and the three green maple leaves that stand for the races, who came later to take their part in our nation's building. "O Canada" you will hear on the boat that brings you to us as our national theme song but, as with you so with us, the same National Anthem is the formal prayer with which we open or close all official proceedings. You will perhaps be surprised to hear it sung in places you would never think of singing it,—at the close of all entertainments, even in the "movie" theatres, for that is what we call the "cinema". And, your "wireless" is our "radio".

ACCENTS

You will find our accents hard clipped in some parts of the country. Rarely are our voices as soft as yours for we have a harder, drier climate. But

do not make the mistake of saying you find we speak "like the Americans". Our accent is our own; nor is it necessarily uneducated or crude if it is not like yours. We possess the most beautiful language and the greatest literature in the world in common. Let us remember that. Remind us of it if we find amusement, as some of us may be ill-mannered enough to do,—in your Oxford, your Somerset, your Cockney or your North Country characteristics. You will find in Canada, as elsewhere, good and bad manners everywhere. And, please, do not hurt our feelings either by pooling us all together on this side and calling us "Americans", or saying "America" and "Americans" when you mean only the United States and its people. Of course, we are all Americans in North America, but the "U.S.A."—as you will come to call it, or "The States"—has only the southern and the smaller half. True there are twelve times as many people there as here but that makes us $11\frac{1}{2}$ million Canadians twelve times as determined to be called by our own and our country's name,—CANADIANS living in CANADA—the northern and larger half of the continent.

MONEY

You will find our money confusing. It is really simpler than yours. You see,

you must count:

12 d make 1 shilling
 (Now 1 d equals about 2
 of our cents)
 2 shillings — a florin
 2/6 " — a half crown
 20 " — a pound
 21 " — a guinea

we count:

1 cent — often called "a copper"
 5 cents— " " "a nickel"
 10 cents— " " "a dime"
 25 cents— " " "a quarter"
 50 cents 50 cents or
 "½ dollar"
 100 cents— a dollar

That's all there is to it. Just remember, everything under a dollar is in silver or coppers; everything over a dollar in paper money (except an occasional silver dollar) and it doesn't matter about "a nickel, a dime or a quarter"; you may say "five cents, ten cents, twenty-five cents"—everyone will know what you mean.

TRAINS

You will find our trains different. They have long, common cars, with seats row on row, as in a bus. They are airier than your compartments—but afford less privacy. We have "first class" and "coach" tickets. First class is not as expensive as with you. Most people travel "coach" unless they wish to travel "chair-car" or "sleeper" when they must buy first class tickets. The chair-car corresponds to your "reserved seats" but it is a car, made up entirely of reserved chairs and more costly than your "place for a shilling". You will get a shock at our "sleepers". Though some of our trains have small compartments, these are costly and the usual sleepers, (or "berths", as we call them), because of the length of so many journeys, are made to open down in the daytime into a "double seat". So, at night you sleep, one above the other on two "shelves", they will look like that to you, with just heavy curtains pulled down in front, and a long aisle between. You dress and undress, huddled up on your bed—you get into the upper one by a step-ladder, brought by the porter. (Even here you are served by a fellow Britisher, for most of the porters on Canadian trains are West Indians.) Men and women have their own washrooms in each car.

You will struggle with half a dozen other bedraggled and weary females as you try to wash, dress and apply make-up, with the train going forty miles or more per hour. At first sight, perhaps our "sleepers" upset more people, unaccustomed to them, than anything else. They are perfectly safe, usually very quiet; the porter is on duty all night. (Don't worry, there's rarely anything but the wind and the snow that wants to come in!) We also have "tourist" and "colonist" sleepers. These cars are similar to the first class "sleepers" but are less elaborate. They also make up into berths and most of them provide kitchenettes where you may brew your tea and cook the food you bring along for your trip or buy at some of the longer "stops". All train bedding is spotlessly clean.

Most trains have diners. The service is excellent but if you find the rates costly, the through trains stop frequently at stations where time is allowed for a "pick up meal" at a station restaurant. Tea baskets, etc., are unknown on our trains, but the "newsie" comes through the car selling papers, fruits, candies, "soft drinks" and sandwiches, etc.

SIZE

What you will find strange and overpowering about us at first sight is our tremendous size. Canada stretches westward from the Atlantic, practically the breadth of Europe across to the Pacific, or, if you would go directly from Halifax to Vancouver it would be a journey equal to four round trips from London to Edinburgh. At the greatest depth (from Essex Peninsula to the Arctic) the Dominion extends from a country of a climate, moderate as

Kent's, 2000 miles right to the frozen vastnesses of the lands that reach to the Northern Pole. In this great territory of ours you have an area practically forty times as great as England, Scotland and Wales. Over a third of it is still covered with forest, two fifths of it lies far north in "The Territories", which have but a few inhabitants, largely Indians and Eskimos.

POPULATION

In all the land, there are fewer people (11½ millions) than in the Greater London and Liverpool districts, together, just about three people per square mile where the United Kingdom has nearly five hundred on the same area. So, that is another thing you will find strange, our comparative "emptiness" and the miles and miles you will travel, seeing little settlement. But that does not mean that everywhere there is loneliness and isolation. The population is gathered in two fairly dense "bands" along the two great railway lines (the Canadian Pacific and the Canadian National) that run from coast to coast, while branch lines, as we call them, thread back and forth and small hamlets, villages and towns are knotted all along them.

CITIES

We have two very large cities, Montreal, the second largest French city in the world, and Toronto, formerly York, the capital of the Anglo-Saxon stronghold of Upper Canada, (the present province of Ontario.) Each of these, with its suburbs, comes close to a million population. Winnipeg and Vancouver are quite large cities in the

300,000 to 400,000 range. We have five more, Halifax, Quebec, Ottawa (the Dominion capital), Hamilton, and Windsor, in the "over 100,000" size, and just about 50 or more over 10,000 for, in Canada, what you would call large towns are cities, if over 9,000 in population. About half our entire population lives in 85 of our cities and larger towns (a town is generally over 2,500).

HOMES

More than 2 out of 5 of our city workers own their own homes, most of these being small houses with a bit of garden about them. Our larger cities abound in apartment houses—your "flats"—and we, though young, like you have our long tenement rows, our slums and our docklands in the port cities. The other half of our population lives in small villages, hamlets, on the farms or in the frontier settlements. You will find our farms different, too. They are nearly all much larger than yours, the average being 240 acres, the smallest about 50 acres in the East and in the West, 160 acres. Less of the land than on an English farm is broken and in the East most farms have their "bush lots" from which the firewood is cut, while in Eastern Ontario, Quebec and New Brunswick the "sugar bush", from which we make our maple syrup, is common to many a holding. In no country in the world do as many of the farmers own "out right" the land they work. The pioneer farm cabin is like the crofter's home but most of our farms have improved greatly. Two out of three have radios, one out of two has cars and about one out of three telephones. The rural phone is open, and

“long distance”—your “trunk”—calls are not costly to nearby centres. Electricity and refrigeration have been greatly extended but still serve only about one out of five of the rural homes while far too small a percentage, even in the settled areas, have running water or indoor plumbing.

Though the distances between farms may startle you at first, you will find that in all but the opening, newer country the roads are good. You will find considerable neighborliness among most of us; perhaps we may seem startlingly ready to invite you into our homes, especially in the rural areas. Our open hospitality comes from the pioneer days before railways and highways and mail service, when the stranger not only needed shelter urgently but brought news from a far-off outside world. By the way, Canada’s rural mail is unique. We have our small post-offices everywhere but in most of the country, a regular “rural mail delivery” is brought to your gate, summer and winter.

SHOPPING

The distances will doubtless make you wonder, how about shopping? Every small village, almost, has its own “general store” where the merchandise is varied and the storekeeper generally the counselor and friend of all his customers. By “local” train, and bus, and—when gas and tires are “easy” again,—by car, you will go to “the town” or “the city” for your special shopping “benders”. Moreover, characteristic of Canadian life are the great mail order houses, whose “catalogues”, with the Bible and the telephone directory, are found in practically every rural home. From tractors to tacks,

they pride themselves on delivering the goods whether ten miles or two thousand miles from their main plants.

CLUBS

We are "strong", as we say, on clubs—we get that from our cousins (and yours) in the United States whose land touches ours on every mile of our southern boundary save where the ocean washes. Men's Service Clubs abound in the cities, agricultural unions of various types in the country. There are over 30 nationally organized women's groups. The largest ones are the magnificent women's associations in all the churches. The biggest of the community groups you will know as the Women's Institutes. The second largest is the Imperial Order, Daughters of the Empire, found in nearly 1000 groups, called chapters, in the larger villages, towns and cities. In 45 cities there are Local Councils of Women, bound together in a National Council. The Y.W.C.A., which you will know, has hostels and varied programmes in nearly 50 centres. The Catholic Women's League does community work in all the Roman Catholic dioceses. The Girl Guides, of course, are everywhere, as with you. We also have your St. John Ambulance Association. A very valuable "parent-teacher" understanding is fostered by our "Home and School Clubs". Then, there are fine professional groups, the teachers', nurses', business and professional women's organizations, the press clubs, the university women, etc., who will want you to join, if you have belonged to such bodies overseas. You will find, also, groups you will not have—the

great French-speaking women's organizations and fine "new" Canadian bodies like the Ukrainian Women's Associations.

RACIAL STRAINS

For, here, again you will find us different. We are a people of many races, five out of ten of British racial origin. Three out of ten of us are descended from the old French stock who originally settled in what is now Quebec, New Brunswick, and Prince Edward Island, parts of Nova Scotia, and out-posts far in the upper country and the West. But two out of ten of us come from many other different races, the largest group being of German origin (but long before the Nazis!) then Scandinavian, Ukrainian, Polish, Netherlanders, Italian and Russian. There are, in all Canada, about 45,000 Chinese, 25,000 Japanese residents. Our own native Indians number about one per cent or about 110,000 of our people. So you will find us different, in this way, and it is well to remember that for, thanks to our fine British institutions, we dwell together, bounden subjects, loyal to the one Crown, but Canada is proud of her full-grown strength and rights, won by responsibilities, within the household of the British nations.

SYSTEM OF GOVERNMENT

You will perhaps be puzzled by our system of government. Where you have two systems—the Central Government and the Local Authorities, we have three—the Dominion Government, with a Senate (appointed for life and somewhat like your House of Lords) and a House of Commons,

operating much like yours. His Excellency, the Governor General, appointed by His Majesty the King, represents the King directly to the Canadian Parliament and people. The United Kingdom Government is represented by its own High Commissioner. Our Dominion Government concerns itself with the major national issues of our life.

Then, each province has its own government. His Honour, the Lieutenant Governor, appointed by the Dominion Government represents His Majesty the King; there is no Upper House or Senate, except in the province of Quebec, but there is a Legislative Assembly to which we elect members just as to the Dominion Parliament. The Provincial Governments have most important functions—all the business of the Province as such and the everyday life of the people—their health, welfare, education, most of our labour and agriculture, etc.

The Municipal Governments correspond closely to the local authorities of Britain.

Income and like taxes are collected primarily by the Dominion Government. The provinces levy taxes on natural resources, motor tax, licensing, etc., and, in several provinces, income and sales tax as well. The municipalities levy the rates on property and business much as in Britain. You won't be ten days in Canada until you learn of our overlapping taxes, which are one of the problems we have been trying to work out on a fair basis to the people and among these three different systems of governments.

We have three similar major political parties to you—the Conservative, the Liberal, and the Socialist. The latter with us is not, however, the organized political strength of Labour but a special “Co-operative Commonwealth Federation”. Labour is well organized in Canada but the great labour movements here and in the United States have not hitherto taken direct political action. Women have the same voting privileges as men at all levels of government. If you are a British subject, you will be eligible to vote in Canada, at the end of one year’s residence with us. But this will not apply to give you right of entry, as a Canadian, to the United States. You will find little things constantly reminding you that, though we are near neighbours and close friends, the U.S.A. people and we are citizens of different nations. Customs and immigration laws and regulations are different and stiff. Especially if you are coming to some place near “the border”, make yourself familiar, at once, with all these rules and regulations. The U.S.A. migration laws about Canadians and British subjects, born elsewhere than in Canada, are very different. You cannot get in or travel there on your husband’s citizenship. Your own place of birth fixes you in the “quota” allowed in to the U.S.A. each month.

HISTORY

In Canada, we keep the same days of loyal holiday as you, the great Queen Victoria’s birthday, the King’s birthday, and add our own Dominion Day, July 1st, every year, the day in memory of the binding together of our several different provinces

—then four and now nine—in a Confederation pact in 1867 to form this Dominion of Canada.

To understand our pride in this day, you will have to know something of our history. Just 450 years ago, as you know, Christopher Columbus discovered this America, of which we are part. (You must not be wearied with details of our history, you will have to learn them soon enough to answer your children's school questions for how these babies of yours will grow in Canada!)

Five years later, in 1497, John and Sebastian Cabot, sailing under the first great Tudor, Henry VII, reached our land, coming the way you have likely come, through the Straits of Belle Isle and touching on what is now the country of the Cabot trail in beautiful Cape Breton Island in glorious sea-washed Nova Scotia, which is proud to this day of this ancient claim as well as to having been a British possession longer than any other part of the Dominion.

Nearly 50 years later Jacques Cartier (1534), sailing under the charter of the French King pushed far up the St. Lawrence to what is now Quebec and Montreal, laying a firm claim to our land as New France. At the opening of the next century, adventuring English settled on the Southern Atlantic Coast, and men, great in our history, Champlain, de Monts, Pontgravé, Charnisay, and others in a large and gallant company opened what are now our Maritime Provinces and Quebec through French daring and enterprise, while some attempt at Scottish settlement was made under James I in Nova Scotia.

Great Britain and France were then entering their two centuries of conflict for mastery of the new world and the balance of power in the old. Canada, particularly the great fortresses of Louisbourg (in Cape Breton), Quebec, and Frontenac (Kingston) was part of the scene and prize of battle, and in 1759, the British arms under Wolfe were victorious on the Plains of Abraham, (which you can glimpse as our incoming ships come into Quebec). Here one of the bravest soldiers of France, Montcalm, fell, like the victor, mortally wounded in the battle. Wolfe sleeps at Westerham in Kent, Montcalm is buried somewhere within the precincts of the Ursuline Convent in Quebec. On the battlefield a joint memorial is symbolic of our dual descent in a country where, by these facts, French with English is an official language of Parliament and of the Supreme Court of Canada, and to this day, the mother tongue of a third of our people whose pride is in all Canada, but naturally greatest in old New France, that is, Quebec, where four out of five of the people are of the old French stock.

Halifax in Nova Scotia was the scene of the first strong British settlements under Cornwallis and from 1783 onwards this province, like New Brunswick, the "Eastern Townships" of Quebec, and what is now the largest and wealthiest of the provinces, Ontario, took on great strength and character from the "United Empire Loyalists" of whom you perhaps have never heard. When the American colonies, through what we all know now was a blind policy, were driven to revolution and formed

the United States of America, tens of thousands who had resisted their unjust treatment by Britain, nevertheless did not wish severance from the Crown. At great cost and suffering, they left the successfully revolting colonies and trudged or sailed north to Canada which had declined to join in the rebellion.

These provinces, and the province of Prince Edward Island, which later separated from old Nova Scotia, became the centre of our Anglo-Saxon tradition and naturally grew through the years with the coming of hundreds of thousands from the British Isles to throw in their lot with the new land. These were the five old provinces who formed Canada, by an Act—the British North America Act—which was passed, at our request by the British Parliament. It remains the basis of our constitution to this day, still being amended, by our will—not Britain's—by the Parliament at Westminster.

From 1867 to 1905, the four great western provinces of Manitoba (1870), British Columbia, (at the coast) (1871), and Alberta and Saskatchewan (1905), came in to Confederation. Originally opened by adventuring settlers from Great Britain all this great west was held by charter of Charles I, given to Prince Rupert for the Hudson Bay Company, from that time until 1869. "The West" was naturally the land whose acres opened to the great migrations from continental Europe, and in the three prairie provinces, practically one out of two of our people are of new Canadian, non-British, non-French stock. In every arm of our fighting

services, they will be found, proud of their defence of our common heritage. The United States has also sent us thousands of our western settlers while other thousands, of course, come from the eastern provinces. So, please remember, as you come among us that we are a proud state, British in our traditions, institutions, government and loyalty but also, British of our own free will, because, of many stocks, British, French, European and even Asiatic, we choose so to dwell under the British Crown.

RELIGIONS

By the same token, you will find us of several different religions, more diversified perhaps than in the land you have left. You will find great and beautiful churches in our older and larger centres, you will find small buildings erected at great sacrifice in others. You will miss the beauty and age of your glorious churches over all your countryside. You will find, in many a place just a small mission charge, services held in a school or large hall, the missionary setting up his own altar, or the minister preaching from the teacher's desk. But it will be the same ancient prayers and we pray for guidance and strength to the same God and for His mercy and protection for the same King and Empire. You will find about four out of ten Canadians of the Roman Catholic faith, about two out of ten belonging to the United Church (a union of the Methodists, Congregationalists and part of the Presbyterian Church); just about the same number, of the Church of England in Canada (to which Church of Ireland, and Greek Orthodox communicants also belong in Canada, the latter wherever there is no

church of their own.) The continuing Presbyterian Church—the Church of Scotland—has about 10 per cent of our people; and the other 10 to 12 per cent are composed of Baptists (4 per cent), Lutherans (4 per cent), and Jews (1½ per cent) and about one per cent Salvation Army. Less than one per cent of Canadians report themselves as of “no religion”.

You will realize, therefore, that in many parts of Canada, you will find communities where there may be very few people who speak the English tongue, and where there may be very few of the religious faith that you have known. In such cases, if you have not “in-laws” whom you know, you will naturally have an added problem in getting settled in Canada, and your loneliness may be very real. We do have, however, radio services every Sunday from “The Church of the Air”, taking a different service each week. And all over the West, we have Sunday School by post, and in the summer season, Bishop’s messengers, Sunday School caravans, and theological students try to visit even the remotest areas.

SCHOOLS

Our schools are a credit to us, though you will find our small one-room country ones a sharp change. Education is free and compulsory in all the provinces now. It is in three stages, elementary, secondary or “high”, and the University. There are twenty-nine degree granting colleges—each province has at least one and fees are very low in most. Secondary education is on the whole free, and in the larger centres quite diversified offering techni-

cal training as well as academic. Boys and girls attend the same schools.

There are also "private schools", day and residential, which you would call the public schools—our public schools would be your "state schools". We have also private schools to teach commercial subjects, etc., but more and more these courses are being made available in the free public schools, as well. We have adult education courses "over the air", by correspondence, and by visiting teachers from the extension departments of the universities. In many areas, school vans take the children to schools and in the far north of Ontario we have school cars attached to our trains. They are "switched" on to sidings where they remain for fixed periods.

COURTS AND LEGISLATION

The courts and systems of law are largely the same as in Britain with the exception of Quebec where the Civil Code of France is the basis of all civil, personal, and property relations. There are limitations upon the holding of property, bank accounts, etc., by women in Quebec, special church and school taxes, etc., with which you should make yourself familiar at once if you are going to live there. The criminal law is the same all over Canada. Marriage laws are provincial, so are family desertion and maintenance provisions, and family, and children's courts.

Our divorce legislation and procedures are complicated and the grounds more restrictive than in Britain, most Canadian provinces having a very low divorce rate. In fact, in many phases of our

life you may find the moral standards of a new country perhaps hard to understand. While you will find "hard drinkers" in Canada, generally you will find a strong temperance conviction among the great mass of people. All our laws on the use of alcoholic beverages are very different from yours. Sale is everywhere under special government control and infringement of the law is regarded as a serious social offence.

HEALTH AND WELFARE

Our health and welfare services are very largely the concern of the provinces and the local authorities though the Dominion Department of Pensions and National Health publishes literature on health and nutrition, available free on request.

There are several unusual things you will have to learn. In certain areas, the prairie country especially, our water is "hard" and alkaline, requiring "softening" for washing. Ask the neighbours about it or write to the Department of Agriculture or of Health for information, if your community supply needs "softening".

Your lovely "old country complexions" will find our dry air "weathering" them, and drying your hands too, if you do not use simple creams and lotions. Again, ask your Health Department; don't go buying every cosmetic that promises beauty—at a cost! Sunburn and sunstroke are other risks of ours about which you should ask for then you can avoid them.

Our climate makes different demands than yours and things you like at home you may miss here and think some of our food queer. You cannot

learn some of the “whys” too soon for your own and your family’s health. Don’t be too shy or “uppish” to ask your “in-laws” or the women you meet, about our foods. Best of all, listen to the radio household talks and write for the government leaflets.

In all the provinces there are public health services as in Britain, travelling clinics visiting the schools and many of the rural districts. Manitoba, Saskatchewan and Alberta have municipal doctor services in many of the rural districts and in most of the provinces care of the tuberculous, of mental patients, of cancer care, and of what we call “public ward” patients in the general hospitals is available at public cost. However, it will be best for you to learn, as soon as you arrive, of the Health Services of your district by writing to the Provincial Department of Health at the Parliament Buildings in the capital city of that province. The Queen’s Jubilee Nurses have their counterpart in the Victorian Order of Nurses operating in nearly 100 communities in Canada.

In Canada your “Employment Exchange” will be the Employment Service or the Selective Service Office. You can find the nearest one by looking in the telephone directory or by writing to the Selective Service, Dominion Department of Labour, Ottawa.

We have only one form of Social Insurance—unemployment insurance—but various forms of assistance, unemployment aid, mothers’ allowances, allowances to the aged are available through the local authorities in collaboration with their pro-

vince. The systems are far too diversified to attempt to explain them for each area. (See list of provincial welfare services). The National Council for Social Service of Britain is like the Canadian Welfare Council, Council House, Ottawa, where you can write for any information on welfare anywhere in Canada. The Family Welfare Service is the nearest approach to your Citizens' Advice Bureau, and the Children's Aid Society, found nearly everywhere in Canada, corresponds to the Society for the Protection of Children.

So much then for our story and our ways. What about the country, the climate and the manner in which our people make their living?



THE PEACE TOWER
PARLIAMENT BUILDINGS
Christmas Day, 1942

II

THE CANADIAN'S YEAR

CONTRARY to popular belief, Canada is neither ice-locked nor snow-bound. Beyond her extremely northern territories verging on the Arctic Circle, and the peaks of her majestic Rocky Mountains, the land is free from snow-falls or heavy frost from early in May until late in September.

SPRING

From the spring solstice through to the riot of colour and fragrance that is the Canadian June, there is a fresh springing to life of flowers, and forest, field and river, a blueness of sky, a green fragrance of soil. Birds sing in the budding trees: frogs pipe and trumpet in the breaking ponds: the sap courses in the maples and Canadians thrill with the awakening earth.

Through all this warm spring and sudden summer fullness, there is need neither of fur garments, nor woollen blanket, unless it be in the cool evenings of famous summering places in the Ontario Highlands, the Quebec Laurentians, or the Rockies. "The twenty-fourth of May—The Queen's Birthday"—is to the Canadian public what Whit Monday is to the Old Land. Cast off are the heavy winter garments and the light muslins, calicoes and lawns of summer are donned.

SUMMER

And all through the remarkably clear Canadian summer, clear, save for the occasional thunder-storm that breaks its heat, with welcome intervals,

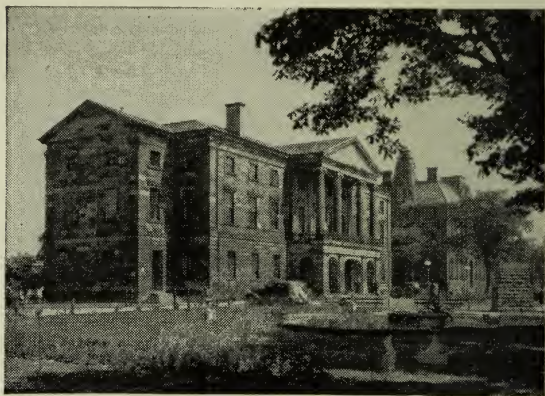
and the warm "growth" rains of the early summer, the children wear but the lightest of clothing. The mirage of snow-banked houses disappears, for all the summer through in the average Canadian climate, stoves and furnaces are never lighted except for cooking purposes, and the fireplace knows a long idleness, while windows and doors are open all the bright day. Or, rather, you will keep them open after the "mosquitoes" and blackflies are over for while we do not have the malaria bearing pests of some lands, we have these vicious, persistent insects, after which the sharp fighting planes are named. They are worse than any of your midges a hundredfold but they last only a short season, when we try to protect ourselves by "smudges" burnt both in and outside the house, and by various lotions. Safety generally lies in retreat indoors until the summer heat kills off the vicious little biters. From spring through, though, we keep the windows screened with wire netting.

A word about our thunderstorms! They are frightening with the sudden darkening of the day, the crashing thunderclaps, the blinding fury of the lightning. They will be less so to you who are veterans of the Blitz. They do cause some fires and deaths but comparatively few. Your new relatives will tell you the precautions we take. These storms, like all others, pass quickly, and they, too, "clear the air."

Beyond the great heat of a short time in July and August, known as the "dog days", there is little intense torpidity, the summer being an even temperate one, permitting of steady work in the

field, office, house or shop. It is then that the fields ripen unto harvest, and from the golden hay in June late into autumn the Canadian farmer is busy garnering from his land. Light food and cooling drinks are the order for the Canadian housewife during the summer season when her gardens or the markets are full of fresh vegetables of every variety known to the temperate zone; when the berries of bush and shrub, wild growth and garden-bed, are plentiful, ushered in by the imported strawberry, at exorbitant price, early in March, and lasting until frost again yields the market to the tropical shipper. Fresh fruit and vegetables relieve the Canadian housewife of much of her labour in the summer, though she has the dread warm weather strain of continual washing and ironing of "the white clothes and light clothes" of summer wear. Then too comes the heavy toil known to every Canadian as "canning and preserving". Due to the abundance of vegetables and fruit of every description in the summer months, and the long winter when production outside is stilled for a time in frost beneath the snow, the thrifty Canadian cans the fresh vegetables and fruits in glass jars for a winter store, or preserves those of more dilettante type for her special winter dishes. Pickles, catsup, relishes and jellies are also "put up" in great abundance, and through the winter months the well stored cellar of the Canadian farm or town home is visited for the family's needs much more than the merchant. This provisioning of home-made production is so essential in successful housekeeping in Canada that the various Government departments not only issue

pamphlets of description thereon, but employ demonstrators who organize classes for instruction in these arts. Truly we spend a great part of our summer, preparing for our winter.

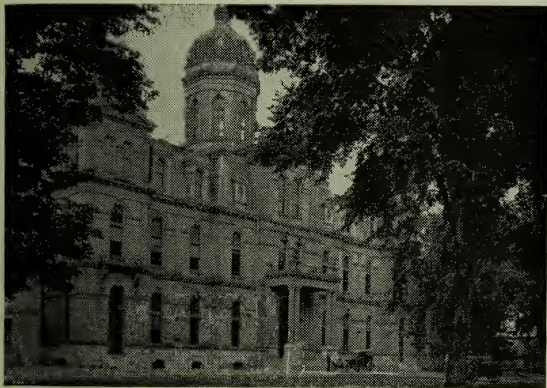


Provincial Parliament Buildings, Charlottetown, P.E.I.

Through the summer, fishing, boating, swimming, golfing, baseball, cricket, lacrosse, tennis, and all the typical sports of the Anglo-Saxon find their place in Canada. In the five Provinces of the East, and in British Columbia, few stretches are without a small creek or river affording a diversion of amusement. Every large city has its playgrounds, parks and gardens open to the public, while in almost all but the largest cities, most houses have small plots of their own. There are few of the cities that have not a lake or bathing beach easy of access.

AUTUMN

With September comes a shortening of the days, a lessening of the sun's intense warmth; and the cool clear nights that play harbinger to the Canadian autumn. The crops ripen to a whiteness in the fields, the brilliant flowers of autumn, the vivid golden rod, the purple aster, the wild michaelmas daisy give sharp outline to the changing landscape. Large orange pumpkins fleck the brown of broken fields. With the first touch of frost comes the turning of all the leaves—the poplars and the birches to yellow, orange and gold; the maples into a thousand coloured gleams. For the early frosts turn the leaves to countless hues, but do not usually wrest them from the trees. Over all the land the autumn haze creeps apace and the woods are full of dropping nuts, falling leaves, scampering squirrels and whirring partridges. Overhead the geese



Provincial Parliament Buildings, Fredericton, N.B



Provincial Parliament Buildings, Halifax, N.S.

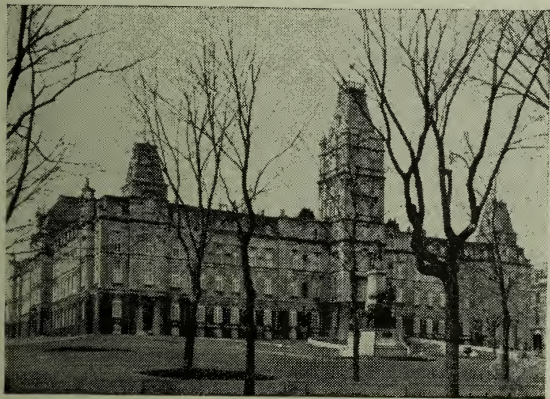
and ducks wheel out in their dark triangular parties heading south. The nights are clear and crisp, the world a wondrous white in the glow of the harvest moon. A thicker hair creeps through the down of the beaver kitten and the bear cubs; the animals make ready their winter lairs and Canada prepares for her blanketing of snow.

WINTER

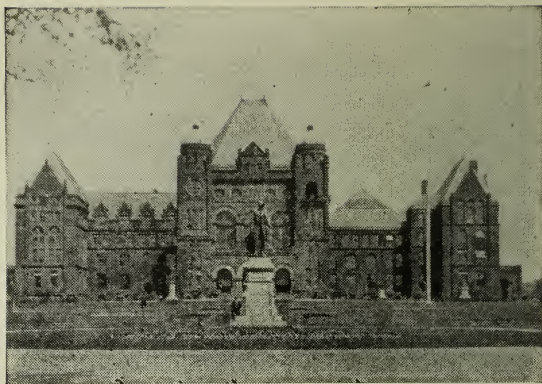
Faltering flakes first fall in the early days of November, but the winter rarely "sets in" until the latter part of that month, and frequently not until the middle of December. But from early in October, the Canadian dons heavier clothing, his "fall wear", as he calls the coats and garments of mid-weight that make up his out-door garb of the season. But with the heavy November frost, changes are made

to the heaviest of outer coats, and woollen clothes are his winter wear. The house clothing of the Canadian in the winter differs in no wise from the English garment of the colder season. Silks, serges, etc., with a heavy outer wrap, are worn the winter through. Nor are the woollens hand-made from the wool of one's own sheep. There are but few and isolated farms to-day where even the wool of the heavy home-knit sox is spun and carded on the farm.

With the approach of winter, coal and wood are stored ahead, vegetables brought in and binned in the cellar for the long season, or banked in "root-houses". Of course in the cities these supplies are purchased the year round from the merchant or at market, but on the farm, in the village, and, generally speaking, in the towns, supplies are stored ahead. Houses are fitted with double windows



Provincial Parliament Buildings, Quebec City, Quebec



Provincial Parliament Buildings, Toronto, Ont.

against the heavy winter winds, and water pipes are straw packed against the frost. As every rural Canadian home, even the settler's small cabin, is fitted with a large "box" stove or a range, and as the average house has its own furnace system, it is generally admitted that the Canadian house is warmer in winter than the Old Country house in the cold season.

The setting in of winter is signalled by the freezing of ponds, lakes and rivers and of the ground to a depth of three to eight inches, and the settling of the snow, which in an average winter may vary anywhere from eight to ten inches to three feet deep. The fall will range from a few inches to several inches in twenty-four hours. The cool, clear winter air, the bright sun, and the steadiness of the temperature make the winter more healthful than many would believe. It is a time of

rare beauty in the Canadian year—the heavy ever-green forests being covered with snow draperies, and the ground beneath a path of purest whiteness.

The Canadian winter has adapted the life of the people to itself. Ski-ing, snowshoeing, tobogganing, long winter tramps, sleighing, skating, hockey and ice-boating are sports in which the Canadian holds his own place near the world's highest rank. The smallest child early adapts himself to the cold, and streets or roadsides, any winter day, will be dotted with toddlers, shovelling in the snow as the English in the sea sand, or dragging their small sleds after them.

National life too accommodates itself to the winter. It is then that one of Canada's greatest industries—lumbering—is at its height. Likewise trapping of fur-bearing animals goes on through the



Provincial Legislative Building, Winnipeg, Man.



Provincial Parliament Buildings, Regina, Sask.

winter. Ice is also cut on the lakes and stored in ice-houses, packed in sawdust, for use through the summer heat. On the farm, wood is cut and hauled to market for firewood or timber. Necessary repairs are made to buildings and machinery; stock is kept in well-built barns where feed has been stored. Dairying and poultry raising know profitable months. In the town and city life goes on with very little variation from the open season of the year. Of course navigation is closed in the inland harbours until spring, but water-power is unaffected by the winter.

III

GEOGRAPHY

THE MARITIMES

THE DOMINION is naturally divided into four great geographic areas. First come the "Maritime Provinces" of Nova Scotia, New Brunswick and Prince Edward Island. Here life is settled, and social and community organization well developed. Population is more dense than in the other provinces, but still less than twenty persons per square mile. On all but the western boundary of New Brunswick the sea washes these eastern shores and fishing and shipbuilding are important industries. Fertile soil and good pasturage have built up extensive general or mixed farming, making agriculture a leading activity.

Nova Scotia's apple crop and New Brunswick's potatoes take important rank in Canada's exports. Nova Scotia has also great coal and steel mining industries, while New Brunswick's forests mean a prosperous lumber trade. Manufacturing is also carried on in New Brunswick and Nova Scotia. The extent to which the interior of the provinces is opened, the facility of transportation, their settled community life, and age, render them more similar to the Old Country than many other parts of Canada. The proximity of the sea, the wooded slopes, the dipping hills and rich valleys, impart a picturesque beauty that blends softly with the less hurried ways of this older Canada by the Sea.

ONTARIO AND QUEBEC

Moving up the St. Lawrence, Canada's two largest provinces are reached: Quebec, the centre of old French Canada; and Ontario, the "upper country" of early British settlements. They form the Dominion's great eastern interior, vast stretches of rich, settled farming country, with thriving towns and more than a score of cities—verging again into unopened northlands. In the "old areas" of both provinces, community life and settlement are thoroughly organized. All forms of modern communication, etc., are fully developed; huge power undertakings have been completed; manufacturing is thoroughly established; and every line of farming is carried on with real success. While the north has its large cities these are scattered and settlement recedes as the great mining and lumbering stretches are reached and passed. Across all the north stretch the thousands of acres of forest land, where life calls for the pioneering spirit.

THE PRAIRIES

Adjacent to Northern Ontario, the great prairie land begins—that vast rolling country of Manitoba, Saskatchewan and Alberta—with only about a quarter broken. These broad plains—hundreds of miles wide—roll to the Rocky Mountains, covered with a rich green growth over the dark brown soil—undulating, slightly hilly in parts, especially to the north, drained by great rivers in deep-cut valleys. Here, as in all new lands, are separation from neighbour and community life and some measure of isolation. Again the courageous dedication of the



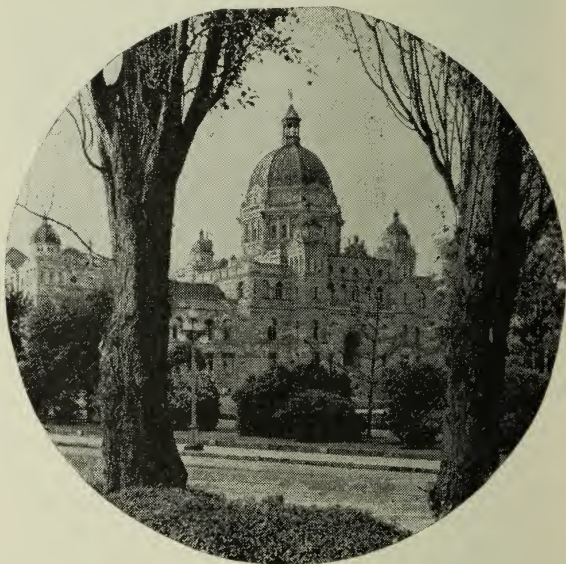
Provincial Administration Building, Edmonton, Alta.

pioneer must be the part of the settler. Mixed farming is growing in the West, but grain, especially wheat, is the chief source of its wealth. Manufacturing in Manitoba, lumbering in Saskatchewan, coal mining and oil drilling in Alberta, are newer industries, but wheat growing, stock raising and mixed farming will long remain key activities of Western Canada.

THE COAST—BRITISH COLUMBIA

From Alberta's plains the Rockies rise, a range vaster than the Alps. Through them one journeys to what is perhaps Canada's most beautiful province—British Columbia—on the still Pacific. Fertile mountain valleys, with fine fruit-farming, great rivers flowing to the sea, ranking her second in fishery wealth, forested slopes of mightiest timber,

gold and coal mines, wondrous harbours, rich natural resources and a teeming Orient calling for her goods, place the Coast high among the provinces. These natural advantages are combined with a temperate climate, that moderates to a mild insular winter on Vancouver Island and in the Okanagan Valley.



Provincial Parliament Buildings, Victoria, B.C.

WELCOME

Well! this is something of the land and the people with whom you have chosen to cast your fate. We *do welcome* you to Canada, a country that is still ours—and yours—because your men and ours have fought to keep it so. Together we pray for their safe return and, until that day, and forever after, hope with you and them to keep this land forever ours, forever strong, forever free.

ACKNOWLEDGMENTS

The I.O.D.E. wishes to express its appreciation to Dr. Charlotte Whitton, C.B.E., for the compilation of this booklet.

Acknowledgment is gratefully made for illustrations and maps used herein to the Film Board of Canada, the Editor, Canada Year Book, the Photogelatine Engraving Company and the Canadian Welfare Council.

IV

A DIRECTORY

His Excellency, the Governor-General, Government House, Ottawa.

The High Commissioner for H.M. Government in the United Kingdom, Earnscliffe, Ottawa.

CERTAIN DOMINION AUTHORITIES

The Department of Pensions and National Health, Daly Bldg., Ottawa.

The Division of Immigration, Dept. of Mines and Resources, Cartier Bldg., Ottawa.

The Selective Service (Employment) Division, Dominion Dept. of Labour, Confederation Bldg., Ottawa.

The Department of Agriculture, Confederation Bldg., Ottawa.

THE CIVIL AUTHORITIES OF THE PROVINCES

These are located at the capital cities of the nine provinces. The Department of Education; The Department of Health; The Department (or sometimes the Division or Board) of Welfare; The Department of Labour; The Department of the Attorney General, or of the Provincial Secretary (your "Home Office") at

Parliament Bldgs., Victoria, for British Columbia

Parliament Bldgs., Edmonton, for Alberta

Parliament Bldgs., Regina, for Saskatchewan

Parliament Bldgs., Winnipeg, for Manitoba

Parliament Bldgs., Toronto, for Ontario
 Parliament Bldgs., Quebec, for Quebec
 Province Bldg., Halifax, for Nova Scotia
 Parliament Bldgs., Fredericton, for New Brunswick
 Government Bldg., Charlottetown, for Prince
 Edward Island

THE CHIEF AUTHORITIES OF THE CANADIAN CHURCHES

- ANGLICAN The Most Rev. The Primate
 of Canada (The Archbishop
 of Toronto) 135 Adelaide
 St. E., Toronto. Executive
 Offices of the Church of
 England in Canada, Church
 House, 604 Jarvis Street,
 Toronto.
- BAPTIST The Baptist Church has three
 Conventions, one for the
 Maritime Provinces, one for
 Ontario and Quebec, one for
 Eastern Canada. It would
 therefore be well, perhaps,
 to address inquiries to the
 Church Magazine, *The
 Canadian Baptist*, Toronto.
- PRESBYTERIAN . . . The Moderator is elected
 annually. The Church's Head
 Offices are at 100 Adelaide
 Street West, Toronto.
- UNITED CHURCH
 OF CANADA Head Offices in the Wesley
 Bldg., 299 Queen Street
 West, Toronto. (The United

Church is a union of the Methodist, (Wesleyan) Congregational, and a section of the Presbyterian Church).

ROMAN CATHOLIC
CHURCH

His Eminence Cardinal Rodrigue Villeneuve, "The Archeveque", Quebec, is the highest ranking prelate. The hierarchy has a central clearing committee of the Bishops situated in Ottawa. Here it is possible to learn the name of the episcopal authority of each diocese. (Address Archbishop's Palace, 143 St. Patrick St., Ottawa.)

CERTAIN DOMINION WELFARE SERVICES

The Canadian Welfare Council, Council House,
Ottawa.

The Victorian Order of Nurses, Wellington St.,
Ottawa.

The St. John Ambulance Association, St. John
House, Chapel St., Ottawa.

The Canadian Tuberculosis Association, Plaza Bldg.,
Ottawa.

The Canadian Committee on Mental Hygiene, 143
College St., Toronto.

The Health League of Canada, 111 Avenue Rd.,
Toronto.

The Canadian Association for Adult Education, 198
College St., Toronto.

NATIONAL WOMEN'S ORGANIZATIONS

I. CHURCH ORGANIZATIONS

ANGLICAN CHURCH—Women's Auxiliary: Mrs. R. E.
Wodehouse, Buena Vista Rd., Rockcliffe,
Ottawa.

BAPTIST CHURCH—Women's Association: Mrs. A. W.
Blackader, Howick Place, Ottawa.

PRESBYTERIAN CHURCH—Women's Association: Mrs.
W. T. McKerroll, Room 800, 100 Adelaide St.
W., Toronto.

UNITED CHURCH OF CANADA—Women's M.S.: Mrs.
Frank J. Day, 312 Wesley Bldg., Toronto.

Dominion Women's Association: Miss H. P.
McKerihen, Wesley Bldg., Toronto.

CATHOLIC WOMEN'S LEAGUE—National Headquarters,
Drummond Bldg., St. Catherine St. W., Mon-
treal.

NATIONAL COUNCIL OF JEWISH WOMEN—1265 Stanley
Street, Montreal.

II. GENERAL ORGANIZATIONS

NATIONAL COUNCIL OF WOMEN—Plaza Bldg., Ottawa.

IMPERIAL ORDER DAUGHTERS OF THE EMPIRE—182
Lowther Avenue, Toronto 4, Ont.

FEDERATION OF WOMEN'S INSTITUTES—President:
Mrs. Cameron Dow, Port Daniel, Quebec.

NATIONAL COUNCIL, Y.W.C.A.—National Headquar-
ters: 571 Jarvis St., Toronto.

CANADIAN GIRL GUIDES ASSOCIATION—Head Office:
College Street, Toronto.

CANADIAN NURSES' ASSOCIATION—Head Office: 1411
Crescent St., Montreal.

CANADIAN TEACHERS' FEDERATION—Miss Truax, Presi-
dent, 4834 Grosvenor Ave., Westmount, P.Q.

CANADIAN FEDERATION OF BUSINESS AND PROFESSIONAL
WOMEN—Miss M. Wherry, 437 St. James St.,
Montreal.

FEDERATION OF HOME AND SCHOOL—79 Queen St. E.,
Toronto.

CANADIAN FEDERATION OF UNIVERSITY WOMEN—
President: Mrs. Logie MacDonnell, Kingston,
Ontario.

*Note:—Where a full-time office is maintained, cor-
respondence should go there; otherwise to the
officer listed.*

V

SOME READING REFERENCES

Partly because of the distances and the scattered nature of settlement, not only are public lending libraries fairly well developed even in our smaller centres but a loan by mail arrangement is operated by some in the larger cities and especially from the extension branches of the Provincial Departments of Education and of the great universities. Write to them about reading material of all kinds and the terms of loans.

The very best single reference on Canada to have "by one" is

CANADA, 1944 (OR EACH YEAR)—a 200 page, profusely illustrated, well-indexed authoritative hand-book issued by the Editor, Canada Year Book, Dominion Bureau of Statistics, Ottawa, 25 cents.

PROVINCIAL GUIDE BOOKS of excellent type, dealing with the natural resources, tourist attractions, etc. are issued, usually free by each province and available upon application to the King's Printer at their Capital cities.

READING ON CANADA. You will want to read, before you buy the standard books you will want to keep on Canada. So you might borrow these from your library.

Some of the best are:

BUILDING THE CANADIAN NATION, by George W. Brown. 478p. Toronto, Dent, 1942. \$2.25.

CANADIAN CITIES OF ROMANCE, by Mrs. A. B. Garvin (Katherine Hale). 240p. Toronto, McClelland & Stewart, 1933. \$3.

THE CANADIAN PEOPLES, by B. K. Sandwell. 128 p. Toronto, Oxford, 1941. 75c.

FARTHER NORTH, by Kathrene Pinkerton. 181p. Toronto, McLeod, 1944. \$2.

HERE'S TO CANADA, by Dorothy Duncan. 334p. Toronto, Musson, 1941. \$3.

MADE IN CANADA, by Mary G. Bonner. 111p. Toronto, Ryerson, 1943. \$2.50.

THE UNKNOWN COUNTRY; CANADA AND HER PEOPLE, by Bruce Hutchison. 386p. Toronto, Longmans, 1943. \$1.98.

YOUNG CANADA CONFERS, prepared and issued by Young Men's Committee of National Council of Y.M.C.A.'s in Canada. Toronto, Ryerson, 1943. 45c.

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“LOG” OF MY JOURNEY
TO
CANADA

Name

Born

At

Address

Married to

Address

At

On

Sailed via S.S.

From Date

Arrived

Date

Left via

For

Reached my new home at

Date



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