

HOME and COUNTRY

File

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Report of the Stockholm Conference

Mrs. W. R. Lang, 55 Woodlawn Ave., Toronto, was the official representative of the Canadian and Ontario Institutes at the International Conference held at Stockholm, Sweden, in June. Twenty-two countries had representatives of nationally organized countrywomen's associations in attendance. Many of these countries had more than the one nationally organized group and a number of provincial organizations were represented.

Mrs. Lang states that one of the most persistent reports was the tale of how their associations had held the morale of the countryside together during the present hard times; another was the difficulty of getting adequate medical attention for scattered folk. In Australia this latter difficulty is overcome by having the flying doctor, who has a plane fitted with stretcher, etc., and manned by a doctor, nurse and pilot at a central point. Mrs. Lang suggests that possibly our Fire Ranging Service might be utilized for health service in cases of emergency.

Instead of presenting her prepared report Mrs. Lang asked the delegates to read it, while she stressed the wonderful opportunity the rural organizations afford through which to show neighborliness and co-operate with a power proportionate to their numbers with all other women's organizations, and to advance the many causes which they have in common, notably Peace and Goodwill among the nations.

The Crown Princess of Sweden honored the delegates by attending the great welcome meeting and took occasion to attend many of the regular sessions of the Conference itself.

After much discussion it was decided to organize an independent international organization under the name of the United Countrywomen of the World.

Any organization doing work in rural parts to help countrywomen may affiliate, and the amount of the contribution is left to each organization to decide. Mrs. Alfred Watt and Miss E. Zimmern of London, England, were appointed President and Secretary-treasurer, respectively, of the newly organized United Countrywomen of the World.

Mrs. Lang gave the history of the establishment of the Peace Garden between Canada and the United States.

At a joint banquet of the U.C.W.W. and the International Council of Women, tendered by the City Council of Stockholm in their marvellous Town Hall, there were nearly one thousand in attendance. The programme was carried through with dispatch, allowing time for the delegates to spend an hour or more wandering through room after room of this palatial building. The Council devoted some time to Production and Distribution, showing that women are becoming keenly interested in economic matters and are ready to do their part in making toward national and international stabilization. Much interest was shown by the European countries in the Animal and Garden Clubs and Junior work in general as carried on in Canada. Special interest was shown in the Food Selection Score Card used in Ontario and Mrs. Lang brought back many requests for further information along this line.

The country around Stockholm is much like our Northern Ontario, with its many lakes and beautiful forests. In the curing of their hay, they require, in many cases, to drape it over poles set in the ground. The foundations of the International Organization of the Countrywomen of the World were well laid and it is fully expected that much valuable assistance and encouragement will result in all the countries concerned.

Our Accomplishments and Opportunities

Mrs. R. B. Colloton, President of F. W. I. O., Lorne Park, Ont.

During the past thirty-six years the Women's Institutes have accomplished so much along so many and varied lines that it is difficult to select any one achievement as outstanding. However, one very significant and outstanding fact has been established during this wonderful and prolonged record of achievement and that is that they have shown that it is possible for women of many varying classes, of many different creeds, of many different shades of politics, and of many varying opinions and trends of thought to unite in one common effort toward the betterment of conditions in community life.

The value of these efforts is apparent, not only throughout our own Province and Dominion but in countries all over the world where the inspiration of our work has been felt and example followed.

But the fact that a great deal has been done does not preclude the equal fact that a great deal

still remains to be done—that there is still wide scope for our efforts and greater heights to be scaled. In paying homage to our predecessors to whose efforts much of the credit must be given for the undoubted raising which has taken place during this time in the standards of rural community life—not only by instituting needed reforms but by arousing public opinion to the need of such reforms—we must not lose sight of the fact that we in our turn are now the torchbearers and the responsibility is ours to carry on in such manner that we be worthy of our predecessors and measure up as worthily as possible in the judgment of our successors in the days to come.

Another established fact which doubtless every one of us has experienced is the knowledge—old yet ever new—that in helping others we have helped ourselves. Our horizons have been broadened, our visions made clearer, our knowledge increas-

ed. Discussions of current events and kindred topics have increased our interest in events of importance not only to ourselves but the world at large. The speakers who have come to us and the papers which have been prepared by our own members have given us food for thought and material to digest on wide ranges of subjects covering practically every line of interest. The services of such inestimable value rendered by the Department have provided us with knowledge which has helped us to practise as well as preach improved methods of sanitation, diet, clothing and housing.

And to sum up, through all our work in whatever direction it has led us, we have found that tie that binds—not the so often quoted "man's inhumanity to man"—but the reverse, the common binding cord of humanity running through all our efforts and, bringing home the realization that in genuine and true co-operation there is not only value but beauty.

Attention of District Officers

Will the District Secretary please give us the names of three branches in her district, one of which she will choose (1) because of its educational programme; one (2) because of the philanthropic work it has done; and the other (3) because of the social opportunities provided.

We wish to get from three branches in each district a detailed account of their activities along the lines indicated, so that we will have valuable material, not only as to what has been done, but how it has been accomplished, to pass on to other Institutes.

Now that the District Secretaries are not required to make out lists of members to forward to the Department, nor to send in regular reports from the branches from month to month, their labours will be much lightened, and they, as well as the district president, will be able to give a little more time and thought to the branches which are in need of assistance and encouragement. There was never greater need of Institutes than at the present time, and the opportunities for making the Institutes of real interest and value to the rural homemaker were never before so promising.

To the Members

This will be the first copy of "Home and Country" received by the great majority of members. A sufficient supply has been sent to the secretary of the branch to provide a copy for all who were members last year.

Those who wish to get copies to be published in November, December, February and April will be required to pay Ten Cents (.10c.) for the four numbers, to the branch secretary, who will forward the money from all members who wish to subscribe for the balance of the year. This must be attended to not later than October 31st.

The Department of Agriculture and the Provincial Federation are co-operating in providing complimentary copies of each is-

Notice to Branch Secretaries

See that a copy of this issue is given to each person who was a member last year. We are mailing the necessary number to each secretary.

Please collect Ten Cents (.10c.) from each member, other than the President and Secretary, who wishes to get copies of the November, December, February and April numbers of "H. & C." and send the total of such collections to "Home and Country," Parliament Buildings, Toronto, making Money Orders payable to Miss M. V. Powell, not later than October 27th. If your membership is larger than last year, please let us know at once the number of additional copies of this issue required to supply each member with a copy.

Complimentary copies of each issue will be sent to the President and Secretary of each branch and district organization without charge.

If you have not already sent a copy of your programme for 1933-34 to the Institutes Branch, will you kindly do so at your earliest convenience. By looking over the programmes and comparing them, we are able to give general suggestions to the Institutes which are found very helpful. Then, as time permits, we shall write to the individual branch with a view to helping them toward more effective educational work. Particulars as to the aid which a branch is giving to the individual, the family, or public institutions, will be appreciated in so far as the methods followed may be used by other communities to advantage. If you have done something outstanding in the way of providing wholesome social opportunities at a minimum of expense, we will be pleased to hear of the same.

The branch secretaries and presidents should keep the first two copies of "Home and Country" on file for reference and circulate them among the members so far as possible.

Royal Winter Fair

The Royal Winter Fair will be held November 22nd-30th, inclusive, and the delegates who leave home on November 21st or later may take advantage of the fare and a quarter rate. This does not require any certificate, but simply a statement that you are buying a ticket to attend the Royal Winter Fair, and this statement will be quite in order for all the delegates to the Convention will have the privilege of attending the Royal Winter Fair as in former years.

Issue of "Home and Country" for all branch and district presidents and secretaries, the members of the Provincial Board, as well as Officers and Chairmen of Standing Committees for the various Convention areas. The cost of this is no greater than what was spent formerly in sending circulars and reports of Board meetings to the officers, but we must ask the rank and file of members to pay the cost of publishing the additional copies required.

While this issue consists of eight pages, most numbers will be of only four pages.

The Department and the Federation will welcome suggestions as to how this publication can be made of greatest interest and value to the officers and members.

Literature Available

While we cannot give herein a full list of literature, we wish to draw the attention of the members to the fact that the following bulletins are available:

- No. 252 "Preservation of Food, Home Canning."
- No. 312 "Vegetables, their Food Value, etc."
- "Food for the Family."
- No. 367 "Pork on the Farm."
- No. 368 "Farm Poultry."
- No. 369 "Vegetable Gardening."
- No. 371 "Butter Making on the Farm."
- No. 372 "Soft Cheese Making."
- No. 374 "Use More Honey."
- No. 375 "Lettuce."

In addition to the above, there are several bulletins, most of them bearing on agriculture, in which many women are interested. A list of available literature will be furnished to those who make enquiry. We prefer to have the individual member write

direct to the Publications Branch, Parliament Buildings, Toronto, for the literature desired. If, however, a member writes her name and address and indicates the bulletin desired on a slip of paper, and hands the same to the secretary, she will forward it along with the requests from other members to the Publications Branch of the Department of Agriculture.

Food Pointers for the Autumn

By Miss G. A. Gray, Nutrition Specialist, Toronto

Does each child, under eighteen, in the family get at least a pint of milk, better a quart, each day in some form?

Does each adult get from one-half to one pint in the day's meals?

Are you serving enough vegetables—at least two daily—one of which is potatoes, and, in addition, a green or yellow, or raw vegetable as in salads, four or five times weekly?

Do you have enough fruits, two or more servings daily—one of which is fresh—or tomatoes, fresh or canned?

Do you use whole cereals in the form of bread or porridge each day?

Do you have one serving of meat or fish each day and eggs in some form at least four times a week?

Do you drink enough water—one and one-half quarts or more liquid daily?

Do you have a hot vegetable, other than potatoes, for the child who has had a cold lunch at school?

Do the children get ten hours' sleep in a well-ventilated room?