

## Agriculture (Cont'd)

that a goodly number of branches, not all, are holding as an annual event, an exchange of bulbs, seeds, plants, etc. This has met with wonderful success.

## Helpful Addresses on Farm Topics

1. Growing Mushrooms in Cellar.
2. Value of Honey.
3. Raising of Turkeys.
4. A Paper on Birds.
5. More Attractive Market Display.
6. The Care of House Plants.
7. Beautification of the Farm Home.
8. Plants for Perennial Border.

## Roll Calls

1. A development in agriculture.
2. Favorite home-grown fruit and its care.
3. Naming of different varieties of Canadian apples.
4. Naming of flowers beginning with the first letter of given name.
5. Name of a wild flower.
6. What I have done or plan to do to beautify my home this year.
7. My favorite flower and hints on growing it.
8. Three most useful vegetables.

From the letter of the Minister, "Something new in Agriculture," we glean the following points: The work of the department has been along educational and extension lines—agricultural research—better marketing. Research—found new and improved varieties of farm crops suitable for this province, with the direct results in last twenty-five years of increase in production of bushels per acre of oats, wheat and other grain crops. Higher quality standard of livestock through improved method of care. Also improved quality of fruit and vegetables, cheese and other dairy products. Important facts in Marketing Problems: Uniform quality is essential. Higher prices will always be obtained for superior quality.

Promoting sale of fruit in Great Britain and the Continent through representative has resulted in decrease in transportation costs and increased sales of fruit. This is now being tried out with honey.

One area reports flowers and vegetable gardens are well cultivated, the majority of lawns are well kept, as well as general surroundings, thus giving a picturesque effect to the countryside.

## Suggestions

1. That the subject of agriculture be placed on every year's programme, as agriculture is the prop of the nation.
  2. That economy be practised by the members by growing one's own vegetables, also seeds by planting left-over vegetables in the spring.
  3. Every year a plant, seed, bulb, and shrub exchange be conducted in every branch.
  4. That every member avail herself of the agricultural bulletins and reports, which may be had free of cost from the Department.
  5. That each member plan some special feature of beautification of the home, as the garden, lawn and surroundings—the show window of farm property.
- Gardening has a marked effect on civic and national life, influencing patriotism, well-being and contentment of the people.

## Home Economics

Convener, Mrs. J. W. Stone, Bond Head, Ont.

Gratifying work has been and is being done throughout the province along Home Economic lines. Everywhere among the members of the individual branches one learns of self-sacrificing, courageous women grasping the situation, practis-

ing economy, reviving home-industries and restoring to the home its original and rightful place as a centre of social activity, thus helping to rear a nation of mentally and morally stronger young men and women.

The field assistants are devoting their whole time to the extension of the work along their own particular line among the branches. They have aided greatly the value of the regular two-weeks Demonstration Lecture Courses in Food Values and Cookery, Sewing, Home Nursing and Housing, and also in the three-days courses which are proving very popular, particularly among the older members of the Institute and the younger members, who find it impossible to spend two weeks, one month, or three months as the case may be at a regular course.

Through this means thousands of girls and women have received instruction who, otherwise would have been unable to do so, and as a result there has been developed a broader, finer outlook on life and a spirit of service hitherto unthought of.

The splendid work the Department and its staff of instructors is doing among the young people with its coaching classes and judging competitions cannot be too highly commended. Full particulars regarding this work may be had by writing to the Department. The branches are doing much to assist the Department in furthering these classes and the junior work in general.

The Institutes are doing much to improve the local Fall Fairs by giving demonstrations and exhibits and offering prizes for work done by the juniors.

Last year the Department did much for the rural communities by starting a campaign early in the spring for the growing of a suitable variety and quantity of vegetables in every garden, the use of the same throughout the growing period and the preserving and storing of a supply for winter. This was accomplished by having the Institutes devote some time at their meetings to discussing this subject and making use of the bulletin—"Vegetables—Their Food Value and Preparation," "Canning of Fruits and Vegetables," "Storing of Vegetables for winter use and general menu planning for the winter."

Women are doing a great deal of canning; fruits have always been canned or preserved, but today, many are canning their fruits without sugar, raspberries, elderberries, cherries, rhubarb, grapes, etc. These have an entirely different and more original flavour when sweetened as wanted for pies or general use. Do not be afraid to try canning without sugar. Vegetables are canned, such as green beans, peas, corn, beets, spinach, tomatoes, etc. Cabbage is made into sauerkraut in the fall—which after all is one of the finest, easiest and healthiest ways to keep cabbage throughout the winter. Meats are also canned. In the fall the farmers kill their own pork; a large amount of it is made into sausage which is canned for summer use, the rest is dry cured. A beef is also killed during the winter and a large portion of this is canned. Beginning the first of April, we have a beef ring start, which runs for 32 weeks. Some farmers take a half share, some a whole share. Those taking a half share receive from 5 to 10 pounds per week of fresh beef. This, of course, may not last the whole week, but with the canned and cured pork on hand they can easily supplement it. So you see our rural women are doing their part to reduce the cost of living.

The Institutes are receiving assistance in preparing their papers and their exhibits and

demonstrations from: 1. The Bulletins issued by the Department of Agriculture and Health, both Provincial and Federal. 2. Magazine articles in our farm papers. 3. The Loan Library—O. A. C., Guelph and the Institutes Branch. 4. Travelling Libraries by the Provincial Department of Education.

Space will not permit us to give even a concise outline of what is being done along Home Economic lines, but we give a bare outline of general work done throughout the areas.

Every branch reports Roll Calls, demonstrations, exhibits, contests, and papers along Home Economic lines. This after all is the best way the Institutes can get the most help at their regular meetings upon this work. Helpful suggestions along these lines may be had at any time from the Department of Agriculture.

Plans for remodelling houses and kitchens have been prepared and prizes given.

Papers, discussions and addresses by local authorities have been given on water supply power and various ways of heating and lighting a home.

There is an increased interest in sewing in some communities. Many sewing courses have been held with talks on remodelling clothes. The various uses of flour sacks from pot lifters to even bedspreads and table runners; the making of braided and crocheted rugs and exhibits of articles made from 10c or less have been utilized.

Another Institute had a most wonderful thrift exhibit containing 60 articles—children's clothes modelled from old shirts—trousers, skirts, underwear, etc.

Interior Decoration—Harmony—Colour Scheme and Simplicity in the bedroom, living room, dining room and kitchen has been studied.

A great number Institutes are interesting themselves again in the Hot School Lunch for the rural school, feeling that at this particular time it is very essential that the child's lunch be supplemented by something hot and nourishing and at the same time an opportunity is afforded to impress upon the child the great value of milk and vegetables in the diet for health.

One Institute reports having food charts on display prepared by a Junior—showing protein, roughage, minerals, fats, carbohydrates—vitamins A, B, C, D. Lunch was served and compared with these charts to see if it was properly balanced.

Very material contributions have been made for relief, not only by actually supplying food and clothing where needed, but more particularly by the valuable information it has spread through papers, demonstrations and exhibits.

Conveners have all realized the vital importance of the work that can be accomplished by this committee and have welcomed this channel through which they can be of real service in helping to safeguard the homes through this period of depression.

## Immigration

Convener, Miss E. J. Guest, 9 Evelyn Cres., Toronto, Ont.

The falling off in overseas immigration has resulted in the Ontario Women's Institute concentrating upon the other lines of activity recommended by the committee perhaps more than usual.

Newcomers to the neighborhood still receive cordial welcome, but much energy is expended on helping those already here who are in straits. Thoughtful study is being given to the whole question of immigration and employment as shown by the large number of branches report-

ing excellent papers and addresses on the various aspects, as the following list reveals: Roll Call—Current Events Pertaining to Immigration; Occupations in our Community; a Quality that Makes for Success in Farming; Aptitudes that the Immigrant, to be Successful, Requires.

Papers were: The Foreigners Brought into Niagara Peninsula During the Construction of the New Welland Canal; The Stranger Within Our Gates; The Influx of Finlanders into Northern Ontario; Southern and Northern Europeans; Anglo Saxons and Asiatics; Oriental Invasion of British Columbia; Russian and Communist Settlement in the Prairie Provinces; the Doukhobors; Immigration Life; The Effect of Immigration on the Population of Canada; Laws Concerning Immigration; We and They, an Institute study emphasizing friendly invitation to come and take part in social activities, thus discovering the various talents of newcomers; Canada's Seventh Census and What it Reveals About Occupations; Foreigners Who Have Made Good.

A brief, to-the-point note from the Matabitchouan, S. Temiskaming Convener, says: "Just one family moved in. I visited them and invited the woman to join in our meetings."

"We have almost all nationalities in our midst," writes the Hamilton Area Convener. Eleven branches reported welcoming the men on the farms and their wives to their social gatherings, teaching newcomers the language and Canadian ways, and giving help to the needy. A "new Canadian" Junior Institute was organized. The girls had a Government Sewing Class and a Canning Demonstration. A class was opened to teach the boys hand work. These new Canadians put on a splendid exhibit at the Country Fair. Institutes in the tobacco district do particularly good work in helping and teaching the foreigners.

"Only three districts reported but these told of study, interesting papers, one 'Foreigners Who Had Made Good.' We need only look at the C.N.E. entries to realize how much they can teach us of handicrafts, weaving, lace-making and beautiful needlework," comments the Toronto Area Convener.

"Nothing being done at present," says Kingston. "Instead of bringing people into the country, they are being deported. The best we can do is to treat well those we have, give them an office if possible, and encourage them to impart to us their skill in arts, crafts and music."

The problems of unemployment are stimulating activity regarding Vocational Guidance. Not only is the question being studied in the Branch but some places are forming Vocational Guidance Councils, composed of a teacher, homemaker, farmer, business and professional man, laborer, transportation worker, and representatives from such other occupations as are represented in the community. The object of this Council is to list the possible jobs for young people leaving school and those out of work to get speakers on the various occupations for school and young people's meetings, to store literature in the library or school which might be useful to those seeking occupations with information as to how to fit themselves for them, and to do all they can to help in a solution of unemployment difficulties.

An unsigned area writes: "The campaign for vocational guidance has been a topic of growing interest and study for five years past, but becomes intensified by the unemployment situation. It is hoped this service may be extended by the Government to all parts of the province very soon." "A message of life to our young country is the coming of the im-

migrant," adds this convener. "But he must be guided to his right work."

The Cradle immigrants continue to receive dollar bank accounts as educational nest eggs, while layettes are bountifully ready for those in need of them.

The same lines of work as before are recommended by your committee this year. To get each individual at the work for which he or she is best fitted by Nature is the best way to a solution of our present individual and national difficulties.

## Legislation

Convener, Miss Jean Ross, Lucan, Ont.

There have been some quite excellent reports this year. Western Ontario says the branches are making a genuine effort to understand law, its making, and administration. Many are continuing the study of the "Handy Guide." Meetings have been addressed by Members of Parliament, also by a Manager of a Mortgage Trust and Loan Company on banking and making a will. We suggest that members of recognized insurance companies are often glad to oblige and can and will give much valuable information without in any way trying to sell insurance. A banker is also an excellent authority on certain subjects.

A subject was "Intelligent Citizenship and Taxes" and an excellent roll call was "Have you made your Will, if not, why not?" A great number now have one meeting a year devoted to this subject and run on the usual lines of a roll call. If you are just beginning this work, there is no better way of interesting the women than discussing some point of law that is of vital interest in your locality at the moment.

## Suggestion For Roll Call

"What part of the school law affects you and your children personally?" Another community had a real problem of feeble-mindedness and discussed the possible action to be taken.

Another knew of various localities where serious trouble had arisen in Children's Shelters because adolescent girls were being left in charge of men, some of them of very poor calibre.

After some one had given a resumé of the law governing children's shelters, they could then discuss what best they should recommend.

It is realized that it may even be necessary for the Government to pay part of the increased salary in order that it may have some say in the necessary standard of training and general ability of the applicants.

Begin with some branch of legislation that is a vital problem to your community or even some of your members and you will have everyone interested and not a dull moment in meeting. You will soon find that some subjects involve another, and you will want to study it. Some subjects are more technical than others and for them you will need an expert to guide your thoughts or to make a formal speech—but lawyers, members of parliament, insurance managers, doctors, reeves, etc., are always to be found and can speak to you most interestingly out of their personal experience.

Some branches prefer to have 10 minutes each meeting on this subject rather than a full whole meeting once a year. If you do this, we would suggest following some subject throughout the year or at least for several meetings, the subject to correspond if possible with the general subject of the branch work of the year. If your branch follows the plan of having a meeting each month corresponding