

# HOME and COUNTRY

Published by

The Ontario Women's Institutes at Toronto, Ont.

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Note:—Copies are being sent free to each branch and district president and secretary, the officers of the provincial board, convention area chairmen and secretaries, chairmen of standing committees for the various conventions, and the leaders in rural women's organizations in other countries. Correspondence to be addressed to Institutes Branch, Parliament Buildings, Toronto.

Published through the co-operation of the Federated Women's Institutes of the Province and the Women's Institutes Branch of the Ontario Department of Agriculture.

Volume 1

MAY, 1933

Number 1

## GREETINGS FROM THE PROVINCIAL PRESIDENT, MRS. R. B. COLLOTON, LORNE PARK

*"It is easy enough to be pleasant  
When life goes along like a song:  
But the man worth while  
Is the man who can smile,  
When everything goes dead wrong."*

It has taken a lot of courage on the part of most of us these trying times to summon up that smile and keep it on the job: and when sitting down to review the work done by our organization during the past two or three years there was almost a fear that we might find on the whole a little less accomplished—a slight diminution in services rendered! But did we? No sir, we did not! As in the bottom of our hearts we hoped, we found these almost-fears groundless! Instead we found in these times of stress which have crept on us so insidiously that same spirit which rose to meet the sudden clarion call of war-time stress in 1914. That same invincible courage is meeting and coping with these difficult peace-time problems and surmounting them now as then.

Never was there a greater opportunity for service and never has service been more freely given. The fact that financial resources are so diminished as to have almost reached the complete vanishing point in many cases has apparently served only as a challenge to show what can be accomplished in spite of it, and the result is that instead of a slackening of endeavour and lessening of accomplishment we view a record of progress in every line of our work and in numbers as well as in service; and today in all sections of rural Ontario we are hearing not only the underprivileged victim of unfortunate conditions but the men in charge of the difficult task of administering their various municipalities, say "Thank God for the Women's Institutes."

This recognition and appreciation of our efforts is a privilege we must carry as a sacred trust. It should be, and I am sure will be, a stimulus to spur us on to still greater efforts. After all, our greatest resources are within our own hearts and minds and the will to do is our greatest asset. Let us continue to go forward steadily surmounting obstacles as they arise and leave behind us a record of service rendered "for Home and Country" throughout these difficult days that in the brighter days to come will give us cause for pride and serve as an inspiration to those to whom we in our turn, "throw the torch."

### Departmental Assistance

Recognizing the great value of the programmes being carried out by the Women's Institutes and groups of girls throughout the Province, the Minister of Agriculture, Colonel The Honorable Thomas L. Kennedy, has expressed a desire that the service of the Institute Branch be maintained on a basis in keeping with

the efforts being put forth by the local groups so far as possible with a reduction in appropriation. The Institutes Branch is, along with other Departments of Government, carrying on with a somewhat reduced appropriation. We will, however, be prepared to send speakers to a Summer Series of Meetings embracing 385 points, a few more than a year ago, when the number was considerably reduced. There will be approximately one meeting for each three branches.

### Short Courses

Three-day Courses and Two-week Courses in Nutrition, Home Nursing and Sewing will be continued, preference being given to branches which have not had a course since 1930.

A special effort will be put forth to make the District Annual Meetings of greater value than usual, and the branches are urged to have representatives in

## Our News Bulletin

THE publication of this initial copy of "Home and Country," our news bulletin, is made possible through the contributions of the Institutes throughout the province to the Provincial Federation. If the officers and members desire that several issues of this leaflet be furnished them from time to time throughout the year, it will be necessary for them to continue their contributions, and, no doubt, the branches which have not supported the Federation from year to year will send at least sufficient to cover the cost of the leaflet and the amount necessary to ensure representation of your district at the Convention for your area.

attendance who will be prepared to carry back to the branch features which will make for effectiveness during the coming year.

The number of Three-months Short Courses was the same as a year ago, but there was a considerable increase in the One-month Courses, 32 being held this year as compared to 22 last year. Since the expenditure on these short courses and girls' work has been heavier than usual, it will not be possible to conduct coaching classes for girls at a number of points in each county the same as last year.

Plans as outlined in the following announcement have been made for this year.

## PROGRAM FOR JUNIOR WORK — 1933 —

The Institutes Branch will provide one of its experienced instructors to spend a couple of days with girls who have attended Short Courses or Coaching Classes and others who may be interested in Household Science Judging and Project Work. The instructor will outline possibilities in so far as project work is concerned, review the judging programme for the current year and direct the girls in attendance how to conduct coaching work. The coaching programme will be practically the same as last year and we shall issue a leaflet giving a full outline and the necessary particulars, for distribution among those interested. We regret that the Institutes Branch will not be able to render assistance beyond the above except to provide a couple of judges for county judging competitions, where the activities in a county warrant it, assistance will be provided for an achievement day.

The material to be furnished each volunteer worker who will undertake coaching work will consist of Food Facts, Programme for Household Science Judging, Outline on Costume Planning, Simple Classification of Food Chart, copies of Menus and Lunches, and outline of projects in Home Beautification, Food and Clothing. At the county judging competitions, a patch, needle and thread will be provided for the contestants by this Branch.

We believe a large number of girls in the various counties can be induced, largely through correspondence and encouragement

from the Agricultural Representatives to take advantage of the coaching and to undertake worthwhile projects.

The Women's Institutes are asked to encourage the girls in their respective centres to take advantage of the coaching classes and to co-operate with the Agricultural Representative in planning for groups of girls to be coached. We shall furnish additional information regarding the coaching classes, judging competitions, projects, etc., to the Women's Institutes at an early date.

### Material for Preparation of Papers

The great value in both Junior and Senior work is the development and utilization of the talents of the girls and women. Greater assistance will be given in the matter of programme planning and furnishing material to be utilized in study and in preparing papers and addresses. The Institutes Branch has gathered together information bearing upon a variety of subjects of general interest to the homemakers. Among these may be mentioned: Child Training; Canadian Women; Civics; Economics we may practice and enjoy; Industrial life and activities; Pioneer times and people; Health topics, Leisure in the farm and allied topics; Social life; Phases of homemaking; Studies of special Home Economic features under Nutrition and Housing.

Members of the Institute and others wishing to get this ma-

terial may do so by writing for the same at least ten days in advance of the date upon which the material will be presented.

It is very gratifying and encouraging to receive notes from various sections of the Province indicating that the Institutes are carrying on very effectively, special attention being given to the production of the necessary foods on the farm to provide adequately from home grown products, the foods to maintain well-balanced meals throughout the year.

### Annual Conventions

The splendid reports presented at the Conventions last fall and the keen interest and enthusiasm shown, together with the aggressive work being done by the Institutes, leads us to take it for granted that all areas wish their Conventions held next fall, so provisional dates have been set as follows:

Monteith—Sept. 27th-28th.  
Hilton Beach—Oct. 3rd-4th.  
Manitoulin Island—Oct. 6th.  
Huntsville—Oct. 10th-11th.  
Barrie—Oct. 12th-13th.  
Ft. William & Pt. Arthur—  
Oct. 12th-13th.  
Kincardine—Oct. 17th-18th.  
Kingston—Oct. 19th-20th.  
Ottawa—Oct. 24th-25th-26th.  
London—Oct. 31st, Nov. 1st-  
2nd.

Hamilton—Nov. 7th-8th-9th.  
Belleville—Nov. 9th-10th.  
Toronto—Nov. 21st, 22nd-23rd.

We expect that either the Provincial President, or one of the ex-Presidents, will be in attendance at each of these Conventions, and the Superintendent, or assistant to the Superintendent, will plan to be present.

The committee for each Convention Area will be furnished with further details as to the assistance available from the Department at the Convention. We hope to have reports of the Standing Committees presented in a manner which will occupy a minimum of time, thus making it possible to stress some features of particular importance, including Nutrition, economy measures, the utilization of wool and other material at hand, to the best advantage. Exhibits and demonstrations bearing upon these features will be provided for, if desired.

We trust that every branch will appoint a representative to attend the Convention for the area who will be prepared to pass

## Words of Encouragement From the Superintendent

The Women's Institutes are to be congratulated on the development of an organization which has maintained a judicious balance between the educational, social and service features of their programme, adjusting it from time to time to meet the needs of existing conditions. The education of grown-ups through their own efforts, with a minimum of assistance from the Government, has proven to be very effective for the home-makers of rural Ontario, their social undertakings have been wholesome and constructive, while their service programme might well be copied for efficiency at a minimum of expense and for kindness.

The splendid spirit of the institute members has enabled women of all sects, parties and classes to meet on common ground and unite their forces in the interests of the family and the community. No group of rural women can afford to deprive themselves of the many advantages to be derived through co-operative action in the interests of their families and the community in which they live.

I am looking forward with confidence to the extension of the organization to many new centres during the year, and we confidently expect effective work on the part of the individual groups, for both the Department of Agriculture and the Federation are prepared to render more helpful leadership and assistance than in the past.

on to her fellow-members some of the information and suggestions received at the Convention. We confidently look forward to most successful Conventions in 1933.

### Standing Committees

In order that the officers may have before them the programme for each of the Standing Committees, we repeat the same herewith:

**Health and Child Welfare**—Medical and Dental services, health rules and laws, preventive measures and disease, nursing and first aid, diet for corrective purposes and disease, public sanitation, health conferences and exhibits.

**Home Economics**—The study of clothing, feeding and housing, including food values and desirable combinations, clothing requirements, house planning, labour saving equipment, water supply, power, heating and lighting, household budgeting.

**Education**—The utilization of literature,—standard works, bulletins, reports, periodicals, etc. Programmes for regular meetings, lecture courses, debates, plays, music. All co-operation with and assistance to the schools, except along "health" lines and supplies and equipment