

issues, in addition to the four numbers to be supplied to all members, will be of particular interest to the officers while the four main issues will contain information on the general activities of the Institutes and information which will be of practical value to the homemakers, and will, we hope, be a satisfactory substitute for the annual report which was formerly supplied to the members.

We trust that this plan will meet with general approval and it will enable the officers to state that the only fee required or asked of any member is Twenty-five Cents (.25c). It will be remembered that at the Conventions held last fall a resolution was passed asking that every Institute branch contribute Ten Cents (.10c) per year for each member to the Provincial Federation instead of Fifteen Cents (.15c) as formerly asked, and it is hoped that every branch will contribute so that there will be no question about satisfactorily financing the general activities of the Federation and enable it to give considerable assistance in the publication of "Home and Country."

### PROGRAM PLANNING

Most valuable information and suggestions regarding program planning will be found in back numbers of "Home and Country." We wish, however, to remind the officers that a program committee should be giving thought from the first of the year to plans for the Institute year beginning with May. The Institute year closes with the end of April and branch annuals should be held sometime in May. The value of the program carried out at the regular meetings from month to month depends largely upon the degree to which all members take part and the utilization of the outstanding talent among the members and other residents of the community. Do not hesitate to ask any person in the community, lawyers, merchants, bankers, teachers, butchers or civic officials to give addresses, demonstrations or make exhibits which will be of value. If this is done, one can readily understand why no two Institutes in the Province carry out the same program.

A Sample Program is being mailed to branch secretary along with the three copies of "Home and Country."

### SUGGESTED MOTTOES

1. If you have ceased to smile, you have lost out in the game of life, no matter what your bank account may be.
2. Whatever you do, do it kindly.
3. Success is but doing your best to the best of your ability.
4. Cultivate a disposition that is cheerful, generous, charitable.
6. He who would enjoy power must pay the price of responsibilities.
7. The world is taking your photograph. Look pleasant, please.
8. Make new friends but keep the old; the new are silver, the old are gold.
9. Do not waste time looking at your hill. Climb it.
10. "If one person fails to measure up to his responsibilities it is not he alone, but all of us who suffer."
11. Eat wisely and not too well.
12. Nothing great was ever achieved without enthusiasm.
13. Habits are at first cobwebs, at last cables. (Irish Proverb).
14. Life is not so short but that there is always time enough for courtesy.
15. "A wise woman is like a pin; her head keeps her from going too far."
16. "If you want to keep the country clean let everyone sweep before his own door."

### SUGGESTED ROLL CALLS

- A Canadian of Note.
- Why I belong to the Institute.
- A Community Need.
- Wife Preservers.
- Name of your Guest.
- A Thought from the District Annual.
- Exchange of potted plants.
- A Current Event bearing on the Topic of the Day.
- A Health-building Habit.
- How we can improve our Institute.
- Why and how I like Milk.
- A good joke or humorous saying.
- A daily Courtesy.
- What is most important to good Housekeeping.
- Uses for Common Salt.

### SUGGESTIONS FOR ANNUAL MEETINGS OF BRANCH INSTITUTES

With the publication of "Home and Country", branch secretaries will find their responsibilities considerably increased, first in the distribution of "Home and Country", and secondly, in bringing to the attention of the other officers and members matters which require to be placed before the regular meetings, so it is most desirable that at the Annual Meetings, a capable person, who has the time to devote to the work, should be selected.

Not more than 3% of the branches make a cash allowance to the secretary and it should be possible to secure a capable person to accept this responsibility without remuneration. A small committee could assist her in the distribution of "Home and Country"; and in carefully reviewing the information of special interest to officers in the official organ.

### DEMONSTRATION-LECTURE COURSES

May we remind the officers that while nearly all experienced, capable instructors were instructing in One Month Short Courses in January, a number of them will be free in February and practically all of them available in March, April and May for Demonstration-lecture Courses. We are prepared to furnish instructors free of cost to the Institutes for two weeks' courses in Food Values and Cookery, Home Nursing and First Aid or Sewing, with classes every afternoon from say two-thirty to four-thirty except Saturday. Many groups of women and girls cannot arrange to be away from home every afternoon for two weeks, so shorter courses of either three or five days are available.

The community concerned is required to furnish a suitable hall or private home in which to hold the classes without any cost to the Department. The Department bears the living expenses of the instructor. If, however, the cost is more than One Dollar (\$1.00) per day, and it should be less in most centres, the class will be required to pay all in excess of One Dollar. Full particulars as to program for each course will be sent to all who write for the same and we must have a guarantee of at least fifteen for each course and preference will be given to those who guarantee a larger number. A regular program is carried out for the two weeks' courses, but when a three- or five-day course is planned, the class is asked to make a choice from the topics submitted to them at the opening session by the instructor, or this may be arranged through correspondence with the instructor before her arrival.

It is left with each class to collect such fees as are necessary to cover the local expenses. Occasionally there are no expenses whatever but usually the members of the class contribute fifteen, twenty or twenty-five cents, and sometimes more.

Not only members of the Institute, but other residents of the community should be given an opportunity to take advantage of the instruction and it is customary for those who take advantage of the class to become members of the Institute.

Even a three-day course is worth while as indicated in the following brief report of a three-day course planned for early February, but because of its great value developed into a five-day course.

"We have had a splendid course here. The first day twenty-one ladies were present, with twenty-two on the second and third days. One of the oldest ladies in the community, valuing the short course so much, has joined the local branch Institute for the first time. The members appreciated most the instruction given in 'How to Make the Best Use of the Food and Funds Available.' Economical and attractive ways of preparing and serving meals are stressed."

The regular two-week course in Food Values and Cookery includes: Vegetables, Fruits, Eggs, Milk, Cereals and Cheese, Meat, Meat Substitutes, Bread and Biscuits, Desserts, Salads. The three and five-day courses will include such of the above as the class and instructor may decide upon.

The instruction in the two-week course in Home Nursing and First Aid will equip those who take a real interest and study diligently to render first aid to the injured and to give judicious care to the sick.

The full course of ten lessons in Sewing equips the attentive, capable members of the class to make their own house dresses and in many cases, the more expensive dresses, and even the three-day course does much to help one in remodelling their clothing and to look efficiently after the general home sewing.

It appears from our records that the season of the year in which busy, country women can take advantage of Demonstration-lecture courses is rather limited, so we are urging the Institutes to plan now for courses to be held in the early spring and in a few centres where it is possible in the summer months and then again in the fall.

We offer five-day classes in Handicraft including the making of lamp-shades, rug making, cushion and slip covers, and knitting, also a five-day course in needlework in which suitable materials and their uses, methods of tracing and pattern making, buttonhole stitchery, stencil designs, laundry methods and finishes are considered.

Then there is another course in the Utilization of Wool, including washing, rinsing, drying and dyeing; picking and carding are demonstrated as well as the making of rugs, mattresses, quilts and comforters.

Full announcements regarding any of these courses is sent to those desiring the same. A signed application guaranteeing a class of at least fifteen must be sent to the Institutes Branch before an instructor will be assigned. Special consideration as to numbers will be shown to sparsely settled communities.

### DEPARTMENT OF PUBLIC WELFARE

#### Old Age Pensions

The Department of Public Welfare administers the Old Age Pensions Act. Any Canadian citizen seventy years or over, with at least five years residence in Ontario and fifteen years residence in a pensionable province (all provinces are now pensionable with the exception of Quebec and New Brunswick) and with an income not exceeding \$365. per year is eligible for all or part pension.

#### Mothers' Allowances

The widow of an Ontario citizen or the wife of an inmate of a Mental Hospital having two or more children under the age of sixteen years in her care and dependent on her, or a totally and permanently incapacitated husband and one or more children under the age of sixteen years is eligible for a Mothers' Allowance. Application should be made to a member of the Local Board of the municipality in which the family lives.

#### Neglected Children

Children abused, abandoned or being enticed to do wrong by parent or guardian, or children who are living in a dangerous moral environment are considered neglected children according to the Act. Consult the Local Superintendent of the Children's Aid Society in the municipality in which such children reside.

#### Incorrigible Children

Between the age of ten and sixteen years are taken care of in our Ontario Training Schools. Consult a Service Club, a Juvenile Court Judge, Children's Aid Inspector, in the municipality in which such children reside or make application for admission direct to Mr. A. R. Virgin, Superintendent, Ontario Training School for Boys, Bowmanville, Ontario, and Miss E. I. McKim, Superintendent, The Ontario Training School for Girls, Galt, Ontario.

#### Adoptions

Persons anxious to adopt children should consult the Superintendent of their local Children's Aid Society, or the Department of Public Welfare, Parliament Buildings, Toronto.

#### Unmarried Mothers

Report should be made to the Superintendent of the Children's Aid Society for the district, who has authority to take the necessary action.

#### Crippled Children

It will be remembered by many of our Women's Institute officers that in 1929 a special appeal was made to the Women's Institutes to co-operate in having crippled children receive the necessary treatment and care, and the results were most gratifying. Under the leadership of the Honourable W. G. Martin, Minister of Public Welfare, plans are being completed for a Crippled Children Week, April 8th-14th, the purpose being to discover and arrange for the treatment of every crippled child who has been overlooked in previous surveys and to stress the importance of prevention. A full announcement will appear in the next number of "Home and Country" (March) and suggestions given as to how the Institutes may co-operate in reporting on cases and in securing the necessary treatment. All inquiries should be addressed to Mr. R. W. Hopper, Secretary of the Ontario Crippled Children Society, 5 Queen's Park, Toronto.