

GARMENT MAKING CLUBS

Have you a group of girls ten to twenty years of age in your district who want to do something worthwhile? Have you a Senior or a Junior with a practical knowledge of sewing, not necessarily very extensive, who wants to do something for these girls? If so, why not organize a Garment Making Club?

The girls meet together from week to week; follow the course outlined in the manual under the direction of the leader; sing club songs and enjoy a social time. On completing the course, the work is examined by a Departmental judge and certificates are awarded to those who have completed the course.

The course is divided into first and second year work. The first year work, while elementary, includes the making of a work bag, towel and kimona type of garment. The second year work includes the making of a princess slip, lunch set or apron as well as two other garments,—smock, one-piece dress with set-in sleeves, child's suit, or ensemble lingerie set.

Club members keep an account of materials used, their cost and hours of labour, write an essay on their club work and exhibit their work at the conclusion of the course.

Garment Making Club Manuals with course clearly outlined and illustrations are sent to the clubs for each club member. Detailed information regarding the course will be sent on request.

Where clubs have been carried on both the leaders who have sponsored them and the club members are most enthusiastic regarding the work. Junior members who have previously never done any sewing have not only learned to do plain sewing, but joyfully state that they are now going to make their own dresses.

This is a most worthwhile project for any group of girls. They learn to sew, to sew well, and in so doing gain an appreciation of the joy of achieving.

Let's have several clubs in every Convention Area for 1934.

HOME NURSING AND FIRST AID

The nurses who gave instruction at the forty Short Courses in Home Economics which have been held throughout the province this winter used the books listed below:

"First Aid to the Injured"—50c per copy, postage free.

"Home Nursing"—55c per copy, postage free.

These books are of a character which can be utilized to good advantage by even Public School children, and Institutes which are co-operating in maintaining libraries would do well to secure at least one copy of each book. We do not think that \$1.05 could be spent to better advantage by an Institute than to secure copies for circulation among Institute members.

Doctor C. J. Copp, Secretary of The St. John Ambulance Association, has supplied us with the following announcement:

"The official textbooks of The St. John Ambulance Association—"First Aid to the Injured" and "Home Nursing"—may be obtained through the Headquarters, 416 Bloor St. East, Toronto.

These textbooks are the official textbooks of this well-known Association in all parts of the British Empire, and contain the essential information in respect to the treatment of accidents and emergency care for those confined to bed by illness."

"WHAT OF THE WINTER DIET?"

In the September issue of "Home and Country" some "Food Pointers for Autumn" were given. Following the reading of the family diet plan outlined, the query was made: "What about the winter?", the inference being that changing seasons demand changes in the family diet.

The fact is that we have the same basic food needs regardless of season. Any variation is in the quantity taken. With heated houses and suitable outdoor clothing to protect the body from cold, little variation will be noticeable in the diet of the average city dweller who has access to markets where a variety of fruits and vegetables is procurable throughout the year. The problem of the person in the country who probably spends hours each day in the open and cannot, because of location or cost, avail himself of up-to-date markets, is somewhat different.

Extra forethought is then needed by the person so situated, to lay by, or store in some form, in the summer and autumn and so extend the season of, the vegetables and fruits which Ontario farms produce. Or, failing a home supply, commercial canning is now so scientific that canned products which retain much of their original food value can be used. Fruits and

vegetables, together with milk, supply the all-essential vitamins and mineral matter and help to balance the increased intake of meat, starchy foods, such as bread and other cereal products, pie, cake and cookies, which often form too large a part of the winter menu.

These starchy foods are valuable as fuel or energy foods, but are deficient in the growth-promoting and protective food substances. Cooking while exposed to air, reduces the anti-scorbutic or Vitamin "C" content of fruits and vegetables and hence the wisdom of avoiding over-cooking these and of taking some uncooked food each day. Tomatoes are an exception to this rule and, though cooked, have a high vitamin content.

Some strained juice from tomatoes canned by the cold pack method, taken as the first course for breakfast will send one on one's way with a sense of having made a good start on the day's diet. Or tomatoes, nicely seasoned, and served for dinner, or combined with rice, home-cooked whole wheat, fish, or macaroni in making a hot supper dish, will help meet the day's requirement in addition to the carrots, beets, cabbage and apples of the home supply. Oranges and grapefruit also come to us now, at moderate

prices, from British possessions.

The important thing to remember is to maintain a satisfactory balance between the meat and starch group and the fruits and vegetables; and don't forget that the results of good food habits come from persistently following an adequate diet plan day by day.

Spasmodic effort avails little.

And lastly, don't forget the wisdom of supplementing the winter's lack of sunshine by taking cod liver oil. Modern investigation has shown the very important part that Vitamin D, found in the oil, plays in building up and keeping teeth and bones in good condition. Science has shown that it helps to arrest and prevent dental caries and that it makes stronger the bones of the old which otherwise often become fragile and break easily.

So as a fundamental for the health of the family let us consider carefully how we eat!

ANNOUNCEMENTS

Girls' Conference

Arrangements have been made to hold a Conference for girls at the Ontario Agricultural College in Guelph on May 8, 9 and 10, 1934. This annual Conference proves of very great interest and value to the girls from the rural districts and the Institutes are asked to co-operate in inducing girls to attend. Many of the girls who have taken advantage of this Conference were assisted, and in some cases all their expenses were borne, by the local Institute. We know that it is more difficult now for Institute members to raise funds for such purposes. We trust, however, that many girls may find it possible to take advantage of the three-day program which is planned with a view to passing on to the girls valuable information and pointing out to them how they can secure services and literature of value.

The charges for board and lodging from Tuesday evening to Friday morning will be only four Dollars (\$4.00).

More definite announcement will be made in a later number of "Home and Country."

"Dr. Helen Comes Home"

Dr. Helen MacMurchy, who has been Chief of the Division of Child Welfare in the Department of Pensions and National Health of the Dominion Government, ever since the establishment of the Division on April 10th, 1920, was retired on November 20th, 1933, and returned to her home in Toronto.

Among numerous press comments are the following:

"Dr. MacMurchy... declared that she is just as interested in social problems as ever and that she intends to maintain her contact with this work. It is a characteristic decision on the part of one who devotes a very useful life to the betterment of conditions under which mothers and children live."

"We venture to say that she will be found going about doing good, helping the helpless and demonstrating those qualities which have made her a great-hearted gentlewoman."

We know that she will not forget the Women's Institutes.

ADDRESS: Dr. Helen MacMurchy, 122 South Drive, Toronto, 5, Ont.

THE DEPARTMENT OF LABOUR OF ONTARIO,

The Labour Department provides inspection for factories, boilers, tunnel work, issues certificates to operating engineers, regulates apprenticeship service and regulates wages for female employees through the Minimum Wage Board. The Institutes will be chiefly interested in the employment service.

Employment Offices are being operated in twenty-six centres for the purpose of bringing together the employers requiring workers and the workers seeking employment. These offices are located in the following centres, and those seeking farm or household help would do well to discuss their wants with the local Superintendent:

Belleville, Brantford, Chatham, Fort William, Guelph, Hamilton, Kingston, Kitchener, London, New Toronto, Niagara Falls, North Bay, Oshawa, Ottawa, Pembroke, Peterborough, Port Arthur, St. Catharines, St. Thomas, Sarnia, Sault Ste. Marie, Stratford, Sudbury, Timmins, Toronto, Windsor.

Cooking Schools

It is gratifying to note the increased interest which the Institutes in general are taking in the subject of Nutrition, and there is no question that the food needs of the family throughout rural Ontario are much better looked after than a generation ago, for we find a greater variety and quantity of vegetables and fruits provided during the growing season, and large quantities stored and preserved for use throughout the winter. With a view to creating a more general interest in this all-important subject, the Minister of Agriculture requested that a plan be formulated for holding Cooking Schools throughout all sections of the province, and with a view to formulating a general policy a series of twelve Schools was held at Aylmer, Strathroy, Exeter, St. Marys, Brampton, Milton, Orangeville, Newmarket, Lindsay, Port Hope, Brighton and Napanee. The average attendance at these Schools was 200 per session. The program consisted of Demonstration-Lectures covering "New ideas for preparing economical menus; New ways to get the best out of meats; New thoughts on preparing dainty salads and desserts; Refreshments for informal occasions; New methods for making your table allowance go further and keeping your family well fed". Those who attended the Schools gained much valuable information as to Nutrition needs and many up-to-date methods were demonstrated in the preparation of various dishes. The utilization of home-grown products was stressed throughout each course.

Besides the information imparted by the demonstrators, who proved most capable, literature bearing on foods, their selection and preparation and desirable combinations was distributed.

The Department of Agriculture, with the co-operation of the Hydro Electric Power Commission and the manufacturers of electrical equipment and cooking utensils installed a splendid equipment and furnished electric power at each centre.

We have had many words of appreciation from Institute members and others who took advantage of the instruction.

While there are Institutes in most of the centres visited, a

great many who have never taken an interest in the Institute were attracted by these demonstrations.

It is recognized that the chief value of these demonstrations is the interest created, which will result, we are sure, in a more intensive study of food problems by the homemakers in the communities concerned.

It is the intention of the Minister of Agriculture to continue this special service at such season as it will be possible for the residents in the surrounding territory to come to the centres where the courses will be held.

League of Nations Society in Canada

The League of Nations Society in Canada, 389½ Wellington Street, Ottawa, Has arranged for radio talks through the Canadian Radio Broadcasting Commission as follows:

February 25th—"Present Obstacles to Peace."

Mrs. H. P. Plumptre.

March 4th—"Why did the Collective System fail in Manchuria?"

Mr. John W. Dafeo.

March 11th—"Disarmament."

Hon. Dr. R. J. Manion.

March 18th—"How can we Work for Peace in Canada?"

Mr. J. M. MacDonnell.

March 25th—"How can Canada Work for Peace in the World?"

Prof. T. W. L. MacDermid.

April 1st—"Summary and Review."

Hon. Ernest Lapointe and Mr. Brooke Claxton.

The broadcast will take place from 2.15 to 2.30 p.m., EST each Sunday, the most suitable time available.

The Society has published a booklet, containing an appeal to Canadians on World Peace signed by the leaders of the parties represented in the Dominion House, also an outline of program for ten lessons bearing upon the subject of peace and disarmament. This booklet may be secured by writing to the Ottawa office as above.

HISTORICAL RESEARCH AND CURRENT EVENTS

An Appeal from Miss B. Appelbe, Georgetown, Provincial Chairman

We commemorate this year the fourth hundredth anniversary of the discovery of Canada, and in Ontario the one hundred and fiftieth anniversary of the coming of the Loyalists to this province, and the one hundredth of Toronto's cityhood. Many of our members are descendants of U.E.L.'s, and will join with their fellow citizens in commemorating this anniversary, and may we hope that the branches will take steps to forward its observance in the schools on Empire Day, May 23rd.

Notice

Branch officers in the Toronto Convention Area are asked to bring the following notice to the attention of the delegates who attended the Toronto Convention:

"Will the delegate to the Toronto Convention last November, who borrowed the report on "Community Activities", kindly return the same to Mrs. J. K. Bailey, 40 Norwood Road, Toronto, 13.