

LONDON CONVENTION

Convention Area—Elgin, Essex, South Huron, Kent, Lambton, Middlesex, South Oxford, Waterloo.
 Place and Date of Convention—London, Oct. 23-24-25, 1934.
 Convention Chairman—Mrs. Bolton Fitzgerald, Thorndale.
 Convention Secretary—Mrs. Norman Anderson, Wilton Grove.
 Convention Treasurer—Mrs. John Macfie, Appin.

Chairmen of Standing Committees

Education Mrs. G. Bolton, R.R. No. 1, Hensall.
 Health and Child Welfare Mrs. W. Rawson, Petrolia.
 Agriculture Mrs. J. C. MacMillan, R.R. No. 1, West Lorne.
 Home Economics Mrs. Peyton Ranney, Mount Elgin.
 Canadianization Mrs. T. W. Meade, Blenheim.
 Legislation Mrs. M. Simpson, R.R. No. 1, Ridgetown.
 Community Activities Mrs. W. J. Anderson, London.
 Relief Mrs. A. George, Dorchester.
 Historical Research Mrs. Peter McArthur, Appin.
 Canadian Industries Mrs. Gus Campbell, Mt. Brydges.

HAMILTON CONVENTION

Convention Area—Brant, Haldimand, Lincoln, Norfolk, Welland, Wentworth.
 Place and Date of Convention—Hamilton, Oct. 30, 31, Nov. 1, 1934.
 Convention Chairman—Mrs. J. M. Musson, Niagara-on-the-Lake.
 Convention Secretary—Mrs. W. A. Woltz, 88 Dundas St., Brantford.
 Convention Treasurer—Mrs. Horace Smith, 141 Bold St., Hamilton.

Chairmen of Standing Committees

Education Mrs. L. Wilson, Scotland, Ont.
 Health and Child Welfare Mrs. Walter Smith, R.R. No. 2, Ancaster.
 Agriculture Mrs. D. W. Miller, Glen Morris.
 Home Economics Mrs. E. V. Addison, Maple St., Simcoe.
 Canadianization Mrs. T. B. McKim, Lynedoch.
 Legislation Mrs. J. L. Stokes, Port Colborne.
 Community Activities Mrs. Wm. Paxton, R.R. No. 2, St. Catharines.
 Relief Mrs. J. A. McLennan, Dundas.
 Historical Research Mrs. B. Carter, Canfield.
 Canadian Industries Mrs. C. A. Alderson, R.R. No. 4, Hamilton.
 Junior Activities Miss Bessie Keefer, R.R. No. 3, Caledonia.
 Publicity Mrs. Lyle Savigny, Ridgeville.

BELLEVILLE CONVENTION

Convention Area—Hastings, Northumberland, Prince Edward.
 Place and Date of Convention—Belleville, Nov. 1-2, 1934.
 Convention Chairman—Mrs. W. R. Munro, Demorestville.
 Convention Secretary—Mrs. M. B. Weese, R.R. No. 1, Rednersville.

Chairmen of Standing Committees

Education Mrs. Chas. Whytock, Madoc.
 Health and Child Welfare Mrs. F. J. Nickle, Eldorado.
 Agriculture Mrs. J. A. Deviney, Vernonville.
 Home Economics Mrs. Chas. Fraleigh, Bloomfield.
 Canadianization Mrs. Harry Murphy, Shannonville.
 Legislation Mrs. Bert Bush, R.R. No. 2, Frankford.
 Community Activities Mrs. J. Black, Warkworth.
 Relief Mrs. Walter Grass, Gilmour.
 Historical Research Mrs. Casey Ketcheson, Trenton.
 Canadian Industries Mrs. Staunton Fox, Rednersville.
 Asst. Mrs. Clarence Holmes, Belleville.
 Publicity Mrs. Russell, Withers, Selby.
 Girls' Work Miss Mabel Webb, Bonarlaw.

TORONTO CONVENTION

Convention Area—Durham, Haliburton, Peterboro, Victoria, Ontario, York, Dufferin, Grey, Halton, Peel, Wellington.
 Place and Date of Convention—Toronto, Nov. 20-21-22, 1934.
 Convention Chairman—Mrs. J. Harvey Harris, Port Credit.
 Acting Convention Secretary—Mrs. A. Armstrong, Langstaff.

Chairmen of Standing Committees

Education Mrs. J. M. Abbott, Erin.
 Health Dr. Margaret Patterson, Toronto.
 Agriculture Mrs. J. W. McClure, Brampton.
 Home Economics Mrs. W. A. Scott, 26 Pottinger St., Lindsay.
 Canadianization Mrs. H. J. Charles, Aurora.
 Legislation Mrs. T. Meek, Alton.
 Community Activities Mrs. J. K. Bailey, 40 Norwood R., Toronto.
 Relief Mrs. Geo. Atkins, Bronte.
 Historical Research Miss E. Appelbe, Georgetown.
 Canadian Industries Mrs. J. M. Arnold, Zepher.

QUALITY IN CREAM

The mothers and daughters of our dairy farms which are furnishing cream for butter-making purposes are, of course, vitally interested in the profits, and we must remember that the "income" and "profits" are an altogether different matter. About twenty-five per cent. (and this is a low estimate) of the seventy-six million pounds of butter fat delivered to Ontario creameries last year was paid for as "second grade." If this cream had been properly cared for and classed as "first" or "special" grade, the additional profits to the producer would have been at least Three Hundred and Eighty Thousand Dollars (\$380,000.00). Is this not worth striving for?

FOOD FADS AND FALLACIES

By Miss Gertrude A. Gray, Field Assistant in Nutrition

People, in general, are becoming food conscious. This is partly due to an increased recognition of the importance of food in the growth and maintenance of the body, and to a lesser extent to the methods of advertising used by the manufacturers of food products and of cooking equipment.

Modern advertisers have been quick to sense a changed attitude on the part of the public. As a result, advertisements speak of such things as vitamins and mineral matter (with regard to the special product advertised) which makes it difficult for one not versed in such things to estimate the value of the statements in their relation to the whole problem of nutrition.

Frequently the homemaker is urged to buy this or that food product as the main source of some essential of the diet. Or, she is told that if she does not use certain utensils for cooking foods, much of their food value will be lost. In reality, if one is familiar with the composition of foods and knows how each class is affected by heat, food constituents can be conserved when using ordinary equipment.

Another person will assure her that a diet of orange juice for some weeks, or at intervals, is the best cure for a long list of ills, from deafness and failing eyesight to fever and tumour on the brain. Still another will tell her that most ills from which the human family suffer can be overcome by not taking starches and proteins at the same meal. The fact that our daily bread and potatoes are each a protein-starch mixture of about the same proportions as in many a well-assorted diet is wholly ignored. Any benefit derived from such a diet (protein and starch separated) by an adult, is because it is one of which he cannot overeat and because it contains a lot of fruits and vegetables. For a child, its low caloric value is insufficient.

The same purveyor of misinformation says, "The heavy user of sugar, if he combines these with either acid fruits or meat or eggs, can get up a very sizable jag from the alcohol generated in stomach and intestine."

But again, the fact that protein combines chemically with acid so that it is no longer free, and that the digestion of starch can proceed in a medium practically neutral is ignored.

Facts are too hampering. The same man, who writes M.D. after his name, says that "if we allowed each acute illness to run its course unmolested, we would find that spontaneous recoveries are the rule, not the exception, and that to recover from any disease is but to cease causing it." Just how to do that appears less simple when we are told that all disease is made up of deficiencies and plethoras, and we may at once and the same time be suffering from too much and not enough.

Yet this man, who is a director of a much advertised sanitarium, has written a book full of quackery which has been widely read by many people. It is surprising that his mis-statements and contradictions are not apparent to the readers who are familiar with this law-abiding world as revealed by science.

The late David Stair Jordan had a name for this sort of quackery. He called it "Sciosophy", and describes it as systematized ignorance, the most delightful science in the world, because it is acquired without labour or pains and keeps the mind from melancholy.

Very often statements are made without taking into consideration all the facts of the case. As for example, some special cereal preparation may be given the credit for a child's gain in weight when it was the extra calories, probably plus extra milk, added to the diet which already included vegetables, fruits, meats and cold liver oil, that was responsible for the gain.

It is so much easier to believe that a food possesses some special magic than to study its value in relation to the diet as a whole.

Again scientific findings are often used to serve the purpose of the manufacturer of a product. We are told of the wonderful energy value of syrups, sugar and candy, but no further explanation is given that these things, being straight fuel foods, do not furnish any building material for bone or tissue or contain any growth-promoting and protective vitamins. And because of their attractive flavour as compared with the bland one of bread, vegetables and milk, may crowd out these foods that contain indispensable elements for growth. Professor Sherman in an article on "The Problem of Sweets for Children" says, "In general, the proper place of sugar in the food supplies and eating habits of children is not in such concentrated forms as candy, nor in the indiscriminate and excessive sweetening of all kinds of foods, but rather as a preservative and flavour to facilitate the introduction into the child's dietary of larger amounts of fruit and milk, the importance of which to child health has been increasingly emphasized with each year's progress in our knowledge of nutrition."

Again, among the would-be prophets are those who warn us of the danger of eating meat, eggs and bread because of the acids formed. Yet Professor Sherman, who is one of the best known food chemists on the continent, says, "In my opinion, it is still an open question whether the acid-base balance of the mineral elements of the diet is or is not of practical significance in human nutrition."

The benefit to health which so generally results from the use of diets consisting largely of fruits, vegetables and milk (that leave an alkaline residue) may be attributed in part to the fact that these foods yield alkaline residues when used in the body, but also there are several other ways in which the eating of liberal amounts of these foods is apt to be beneficial, notably by enriching the diet in calcium, phosphorous, iron and vitamins, and by improving intestinal conditions.

In view of the uncertainty, and abundance of advertising material, how is one to steer a safe course, and know what is best?

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brief outline of what this subject covers would be of value, following this a study of the different divisions, that of home being divided into two sections, care and education of children, and family relationship, these sub-divided under school, church, society, recreation and leisure work and county; or household management under the headings of equipment, plan of work, division of income, accounts, buying, cleaning, etc.

From the many requests received recently one may well express the opinion that the women are seeking up-to-date information on problems of citizenship and various features of civics and legislation, which will doubtless assure us of a larger and more intelligent exercise of the rights of franchise by our members and others.

We endeavour to secure from all available sources such as departments of Governments, teachers, bankers, libraries, magazines, text books and individuals the most authoritative and accurate information on the various subjects listed.

May we remind users of this service that the most satisfactory aid can be forthcoming only when a second and third choice is given when making application, and this should be made at least ten days or two weeks in advance of the date upon which material is to be presented. It is well also for members to do as much of their own research as possible, as after all the greatest benefit is derived from doing one's own digging.

It is our desire to serve the members by supplementing or supplying material from which they may gather inspiration or facts of definite value to the general membership. The Department is continuously adding to this loan collection and hopes it may continue to be of still greater educational value to the Institute, and would welcome suggestions as to how this may be accomplished.

Solving the Officer Problem

Some branches which have difficulty in securing officers, especially that of President and Vice-President, have a different member take the chair at each meeting. Two are named to become responsible for the entire program apart from the usual business procedure. Conveners of committees have been appointed for some of the more important phases of the work and each phase is stressed at one meeting. The chairmen find out in this way they can face an audience and do as well as the others.

For example, in January, the Convener of Education took the chair. Short addresses were given on "Education" and "Women's Part in Canadian Progress." The teacher allowed her pupils, boys and girls, to contribute demonstrations on the Health work of Red Cross Juniors, also musical numbers. Questions followed, with a valuable discussion on health topics by the adults. At least half a dozen mothers were present who rarely, if ever, attended.

The committees on Home Economics, Agriculture, Canadian Industries and other departments had equally good programs. This plan makes the president's task much less difficult besides bringing out general talent. The members enjoy taking an active part in this way and each has her own individual and often unique ideas to contribute.