

### IMPORTANT GENERAL NOTICE

A copy of this issue has been placed in the hands of those who were members for the year 1933-34, new members for the current year, and a number of prospective members. Those who wish to get the three additional copies of a similar nature, composed largely of practical information of value to homemakers, to be published between now and the end of April, will require to become members before the middle of October. No further payment beyond the twenty-five cent membership fee is required for either Federation or the four copies of "Home and Country". The Federation is paying over two hundred dollars towards the publication of this issue and the Department of Agriculture is assuming the balance of the cost of publication as well as paying for the postage. Beyond the four *practical* numbers of "Home and Country" additional issues will be published for the use of the officers only, from time to time throughout the year, as occasion may require. Four copies of each of these additional issues will be sent to each branch, with one additional copy for each ten members beyond forty. Copies will also be sent to district, provincial, and convention area officers, as well as prominent Institute officers and officials in other provinces and countries.

### SPECIAL NOTICES

#### THE INSTITUTE ODE

We have had several inquiries during the past year as to who wrote the Institute Ode. Does any person know? If so, let us hear from you.

#### Used Books

We have been getting requests from outlying Institutes to arrange for them to secure used books for their local library, or for circulation among the members of an Institute. Any community which has books of no further use to them and which could be appreciated in any community, will be glad to receive a list and give instructions as to where the books should be sent. Arrangements will be made for the recipient to pay transportation charges.

#### Notice

Institute members desiring to purchase Dr. Helen MacMurchy's recent publication on "Sterilization", should send their orders direct to the MacMillan Company of Canada, Limited, Toronto. Money must accompany the order and the applicant must indicate the Branch Institute to which she belongs. A special price of \$1.25 has been made for Institute members.

#### Overseas Partnerships

During the past few weeks many requests have reached us from various parts of the old land for Canadian "link up" through correspondence. Any branches wishing to establish an overseas correspondence, with England, Scotland, New Zealand, or other country, kindly communicate with the Institutes Branch and we shall arrange for partners as far as possible.

#### Co-operation

Through the co-operation established between the Institutes Branch and the Provincial Board, a more extended service in the publication and distribution of the "Home and Country" is made possible, the Federated Women's Institutes of Ontario having made generous financial contribution toward the cost of publication.

### To District Officers

While the annual meetings for 1934 are now over, it is well to remind the officers that when sending reports or other material to the department suitable stationery should be provided from the district funds, and books provided by the department should not be mutilated for any purpose.

The forms supplied by the department are for a specific purpose, and it is desired that they be reserved for their intended use.

The Department does not now furnish district secretaries with books for recording membership, but ordinary note or scribbling books may be used by those who wish to keep such lists.

Annual statements should be signed by district secretaries, even in cases where there are treasurers as well as secretaries.

District officers have now much less responsibility than formerly, and their duties are lighter than for some years past, the additional work having been transferred to other sources.

### "GOOD NEWS"

The Superintendent's hosts of friends, both in and outside of Institute ranks, will be pleased to learn that at the time of going to press, Mr. Putnam is convalescing after his recent illness and making splendid and steady recovery toward complete restoration to health and activity, with renewed interest and enthusiasm in the work of the Women's Institutes of Ontario.

### The Institute Objective— Are We Working Toward It?

"The Women's Institute is an organization of Women under the direction of the Department of Agriculture, the object of which is to help the housekeeper to make her home attractive, healthful and beautiful; to promote social intercourse; to learn how to better care for the sick and to give the best education to the growing child; to encourage the young people on the farm to study those subjects which are most useful to country life; to study the selection and preparation of food from an

economical and nutritive standpoint; to economize labor; and all of which goes to help the mother and daughters to live the healthiest and fullest lives possible under the conditions which surround them."

### Loan Papers

The Institutes Branch is pleased to assist interested members of branches in preparing papers for regular meetings, as far as possible, through our loan service. We have on file loan material dealing with many topics in which the women are interested, such as the lines of work under Standing Committees. Home Economics is divided under Foods and Nutrition, Clothing and Housing, Education includes compiled reports on Institute activities along educational lines, the Child, Parent, Teacher, Home, School and allied subjects: Programs, literature and other topics. Under Canadian Women, short articles dealing with the life and work of outstanding individual women. Other lines of work are divided under suitable headings.

The object of the loan collection is to assist those who are responsible for an address, talk or paper on some definite subject, and who may not have ready access to sources of information, or for the overbusy housewife to whom the task may loom large, to secure helpful points or definite facts of interest and value to present to her branch.

We again ask users of this service to make their requests at least *ten days* in advance of the date upon which material is to be presented, as we cannot undertake to send helps by return of mail. Two papers may be borrowed by users at one time, when these have been returned two others may be borrowed if desired, but a number of papers cannot be furnished any one person at one time.

When returning loan material, packages should be unsealed or sufficient postage attached to insure their return. Please use the envelope in which papers are sent to you, crossing out your own address.

Loan papers should be returned in good condition promptly inside of two weeks from the time received.

We hope the members will utilize this available service. Although a complete list of topics cannot be furnished the members, there are upwards of 3,000 papers on file in this collection, and every effort is made to provide acceptable helps.

Material is gathered from libraries, bulletins, magazines and other recognized sources.

### Successful Summer Series

While all reports have not yet reached us regarding the summer meetings, we have very definite assurance from the many reports already received that these gatherings have been most interesting and helpful to the members in general. The speakers generally report splendid enthusiasm and continued interest in the work, with possibly the largest attendance for some years. Well planned programs, capable officers and excellent co-operation of the members have been contributing features. Many helpful suggestions and new ideas were interchanged, such as methods of presenting topics, ideas for special feature meetings, program methods, and ways of raising funds. Some of these sugges-

tions will be passed on to the branches in the near future through "Home and Country" or some other effective way.

### INTERESTING QUESTIONNAIRE

A questionnaire was recently submitted to members of the Provincial Board, answers to which have brought us interesting and valuable helps and suggestions which doubtless will be of practical service to Institute members generally.

The first question was bearing upon the constantly discussed subject of recipes and brought out some excellent ones. The question was, "What tried recipe received through the Institutes do you prize most?"

Question 2: "What household wrinkle do you consider of greatest practical value?"—elicited information for the bread maker—when the loaves have been put into the pans to rise set them in the wash boiler as this keeps it from all drafts. Coal oil is found of much value for cleansing suites and bathroom equipment.

Saving of hours of time and much labour by omitting the bluing of clothes when washing.

To prevent mildew on cheese wrap in a cloth moistened in vinegar. Also a wet vinegar cloth rubbed over bacon that has become mildewed will instantly remove this growth.

When paring potatoes or putting up fruits, rub vaseline well into the hands and under the nails just before handling fruit and stains will not affect them. After work is done thoroughly wash hands in warm water and all grime is removed.

A teaspoon of salt to one quart of water in which checked eggs are boiled prevents whites from boiling out.

Use of old newspapers to save cleaning.

Question 3: "The most prized advantage derived through the Institute?"—was unanimously stated to be the meeting with people from all ranks of life, of making friendly contacts with an ever widening circle of women who are interested in a better community and national life and in the companionships which are a mental stimulus opening up new channels of activity and increased zest in the joy of living.

### Prized advantage through W.I.

Contacts and broadening interests for better community and national life.

Opportunity of meeting all types of women in common interests.

Practical education and opportunity for constructive work.

Friendly contacts and helpful experiences.

Meeting other women not available through other means.

### Demonstration Lecture Courses.

Contacts with friends and neighbours for community constructive help.

Companionship and mental stimulus giving increased joy to life.

Community leaders developed. Educational work especially along business and parliamentary lines.

Contacts for making community uplift.

Social Contacts—A great sister-hood.

Knowledge gained of community conditions.

Question 4: The three chief essentials for success in a branch officer given, placed executive ability and ability to

develop talents of others as the first essential, then tact, punctuality, broadmindedness, co-operation, time energy, personality, vision, and humour, were each accorded a place, summing up the need of a sincere love for and a keen interest in the work of helping others to help themselves.

Question 5: "The labour saving equipment or utensil of greatest value"—varied with the locality and conveniences available to homemakers, and included electric or other washing machines, waterless cooking utensils, household water system, built in ironing board, vacuum cleaner, gas range and attachments, good range, dustless mop, sweeper, dish mop for cleaning coil springs and other labour savers.

### Here Are Some of the Recipes

#### Bran Bread:

Ingredients:

- 1 cup bran,
- 2 cupfuls flour,
- ½ teaspoon baking soda,
- 1 teaspoon salt,
- 2 level teaspoon baking powder.

Method: Sift dry ingredients together, add buttermilk to make a batter which will drop from the spoon easily (not too stiff). Bake 40 minutes in a slow oven.

#### Rhubarb Sponge:

- 2 tablespoons granulated gelatine,
- ¼ cup cold water,
- 1 cup milk, ½ cup sugar,
- 1 cup rhubarb sauce (sweetened),
- 2 egg whites.

Method: Soak gelatine in cold water. Scald milk and dissolve sugar in it. Pour hot milk over the gelatine and stir until dissolved. Set mixture in a cold place until it begins to thicken, then beat with egg beater. Add rhubarb and fold in stiffly beaten whites, and pour in a mould to set.

Serve with a custard sauce made with egg yolks.

Canning corn and peas as given in the bulletin No. 252, Preservation of Foods.

#### Hot Water Pastry:

- ¾ cup lard,
- ½ cup boiling water,
- 1 t. baking power,
- 1 t. salt,
- 3 c. flour.

Method: Put fat into mixing bowl and pour on boiling water. Add the salt and stir until the fat is melted and has an oily appearance. Add the baking powder and flour all at once and stir vigorously until the mixture forms a smooth large ball on the spoon and leaves the bowl clean. Cool until sufficiently firm to roll out.

Make at 425° F. for 10 minutes for tarts—15 minutes for shells, and 35 to 45 minutes for one and two crust pies, depending on the filling. This amount makes two, two-crust pies, 9 inches across.

#### Boiled Salad Dressing:

- 3 T. flour,
- 3 T. granulated sugar,
- ½ c. vinegar,
- 1 egg or two egg yolks,
- 2 T. butter,
- 1 c. boiling water or milk,
- 1½ t. salt,
- 2 t. mustard,
- spk. cayenne.

Method: Mix dry ingredients and add to beaten egg. Then add milk, butter and cook in double boiler. When it begins to thicken, add vinegar slowly. Cook until thick.