

CHANGES IN CONVENTION ANNOUNCEMENTS

In the March-April issue of "Home and Country" information was given with regard to convention dates, officers and conveners of Standing Committees. We find, however, that some changes have been made which are indicated herein:

MANITOULIN CONVENTION

Place and Date of Convention—Mindemoya, Oct. 5, 1934.
Convention Chairman—Mrs. W. J. Cooper, Mindemoya.
Convention Secretary—Mrs. Stan Wyman, Mindemoya.

Chairmen of Standing Committees

Canadian Industries —Mrs. Fred Leeson, South Baymouth.
Home Economics —Mrs. Roy Vansant, Little Current.
Legislation —Mrs. H. Wilkins, Little Current.

(These are in addition to the Committees named in the former issue).

STRATFORD CONVENTION

Place and Date of Convention—Stratford, Oct. 16-17, 1934.
Convention Chairman—Mrs. T. J. McDowell, Milverton.
Secretary—Mrs. Earl O. Vernor, R.R. No. 5, Stratford.
Recording Secretary—Mrs. Malcolm McBeth, Milverton.

Chairmen of Standing Committees

Home Economics —Miss Mildred Hainstock, Fordwich.
Legislation —Mrs. Russell Grice, Clifford.
Community Activities —Mrs. Russell White, Ripley.
Historical Research —Mrs. Jas. Henderson, Listowel.
Canadian Industries —Mrs. Gordon Bissett, Goderich.
Publicity —Miss L. Dempsey, 108 Erie St., Stratford.

OTTAWA CONVENTION

Historical Research —Mrs. D. L. McLeod, McCrimmon.

LONDON CONVENTION

Convention Area—Elgin, Essex, South Huron, Kent, Lambton, Middlesex, South Oxford, Waterloo, South Perth.

Chairmen of Standing Committees

Health and Child Welfare—Mrs. W. Rawson, Petrolia, R.R. No. 3.
Canadianization —Mrs. W. T. Meade, Blenheim.
Community Activities —Mrs. W. J. Anderson, R.R. No. 3, London.
Historical Research —Mrs. Peter McArthur, R.R. No. 4, Appin.

TORONTO CONVENTION

Chairmen of Standing Committees

Health —Mrs. E. F. Parsons, Port Credit.
Home Economics —Mrs. Wm. Eades, Cobocok.
Legislation —Mrs. W. L. Lang, 55 Woodlawn Avenue West, Toronto.
Community Activities —Mrs. A. Agar, Solina.
Resolutions —Mrs. T. Meek, Alton.

The other conveners are retained as stated in the former issue. We trust members who are especially active in these lines of work will note to whom their reports should eventually be sent.

PREPARATION FOR CONVENTIONS

This is to remind the chairmen of standing committees for the various districts, and the district secretaries, that the reports presented at the district annuals bearing upon the work of the various standing committees should be sent to the convention area chairmen for the various lines if this has not already been done. In those districts where chairmen have not prepared reports, the district secretary should forward to the convention area chairmen such information gleaned from the reports in her possession as she thinks will be of value in enabling them to prepare reports to be presented at the convention. It will be quite in order for any branch or district officer to send to the convention area chairmen any information which they think will be of general interest.

The convention area chairmen of standing committees will be asked to give particulars as to how the valuable lines of work have been planned and successfully carried on, or have some of the delegates to the convention do so. The leaders in the branches are more in need of specific information along this line rather than tabulated statements of activities without particulars as to how to carry on.

The large attendance at the district annuals, the splendid reports presented, and the optimism of the members in general as to the future of the Institutes, insures most interesting and profitable conventions. The Department, the Federation officers, and the convention committees, are taking steps at once to complete plans for the conventions to be held in the Fall; and it is to be hoped that every branch will have at least one representative in attendance. A special communication will, of course, be sent to each branch president and secretary regarding plans for the convention for the area in which they are included. The notices appearing as to dates and places for conventions in the March and April number of "Home and Country" will be sufficient notice in the meantime.

"Home and Country" will not only enable the officers to plan effectively for the branch programme but will place in the hands of each member much valuable practical information from time to time throughout the year. The prospects are that 1934-35 will be the most successful year in the history of Ontario Institutes. This success will depend more than ever, however, upon the responsibility shouldered by the branch and district officers and the interest taken by the individual member in the activities of the branch and the literature provided.

Report of Mount Hamilton W.I., 1934

The Mount Hamilton branch has just closed another year of good work in their community, with an average attendance of thirty-five. Ten regular meetings were held during the year which were cultural, educational and social in their interests.

Members as well as outside speakers contributed valuable material in the way of papers and addresses in addition to other features.

An excellent talk on the care of plants and flowers was given by one of the members which gave pleasure and profit to her hearers, and lent an added pleasure to growing things.

A most interesting talk and demonstration on the different qualities of Baking Powder was an instructive feature presented by an outside man speaker.

Addresses were given by several candidates for city office, on the affairs of the city. These speakers included the Mayor and other prominent citizens.

Variation was given to the programs from month to month. An instructive talk and demonstration was given on "How to make a good dinner for six people for twenty-five cents". While the life of John Milton was presented by one of the resident clergy. Other subjects were Education, Past, Present and Future; readings, music and demonstrations added to the enjoyment of the meetings and utilized the local talent very acceptably.

Some of the demonstrations were "Cheese and Potato Dish"; "Scotch Scones and Pancakes". These were later sold and returns added to the treasury.

A picnic for the members and their families was an enjoyed social event, combined with which was an exhibit of home grown flowers, fruits, vegetables, homemade jams, jellies and pickles for which prizes were given.

At the Christmas season members brought gifts not exceedingly twenty-five cents, the sale of which provided funds for Christmas baskets, fifteen of which were provided and a number of gift parcels, and given to elderly women and needy in the community.

The branch observed the annual "Burns" night which proved a decided success. Much good work has been done and financial assistance given, also beside care. The sick committee has been active in distributing cheer and delicacies of plants, fruit, eggs and other gifts.

The aged have been remembered, the branch have taken three concerts to the various homes for aged, utilizing home talent. Treats of candy, fruits and other dainties were provided.

At one meeting a small article was put into a match box by each member and later sold, adding funds to the treasury.

An apron parade brought out some splendid work and attractive styles. A spring flower show was another interesting feature, showing the result of winter growing of bulbs.

School interests were recognized also, the winner in the school singing contest being presented with a medal by the branch.

Members generally have contributed generously to the programs which have been enjoyable and instructive to all.

HEALTH EXERCISES FOR EVERY DAY

By Dr. Annie Ross, Macdonald Institute, Guelph

1. When the shoulders become bowed with their burdens and the back becomes weary with its bending, stimulate the spinal nerves, counteract a tendency to round shoulders and prevent fat from accumulating under the chin by—
Folding your arms behind you, let your head slowly fall backward.

Shorten the distance between the head and the arms as much as you can by contracting the muscles of the back. Repeat seven times.

2. Breathe deeply and make the lungs buoyant. She lives most who breathes most air.

Stand in a doorway and lift your arms slowly—at the same time breathing in—see how high you can reach with the very finger tips while standing on tip-toe. Bring the hands down and heels down, at the same time breathing out. Repeat this exercise a dozen times in the fresh morning air and then you may join with Henry Van Dyke when he sings—

"For the long breath, the deep breath, the breath of the heart without care—
I will give thanks and adore thee, God of the open air!"

It is a good thing to laugh, to breathe deeply, to stretch the muscles and to store energy.

3. Stand on one foot and freely swing the other forward and back half a dozen times. It is a simple exercise but it makes the blood pulsate and it gives flexibility to the hip muscles that are prone to become stodgy in the middle age.

4. Sit upright on your chair, hands hanging relaxed by the side. Lift the left leg until the heel is level with the hip and the knee straight. Now swing the right arm around, in a circle until you touch the toe of the left foot (that is the uplifted toe). At the same time the body will bend somewhat forward from the hips. Repeat this fifteen or twenty times and then change to the other foot and the left hand.

You may think that you are only wasting time in foolishness, but what you are doing is inviting good temper, cool judgment, and good circulation and the joy of life to come and dwell with you.

5. Relax when you are worried to death by the stress and strain. Lean lazily back in your chair, with your head supported, and completely let go. Loosen for a moment every kink and knot in the nerves and muscles and brain. Let go. Just for one minute let everything go. He who made you what you are, let Him say to you:

"I know the anguish and the helplessness.
I know the fears that toss you to and fro,
The hosts of little cares that pull
About your heart and tear it so. I know."

In quietness and confidence shall be your strength.

CLOTHING FOR CHILDREN

Many mothers find there is an economy in providing three types of clothing for each child. One for church and social affairs. One for school and another distinctly for play or home wear. If the time and place to wear each type is respected, there should be a definite saving in the clothes budget.

Where a mother enjoys sewing and can produce satisfactory results there is considerable economy in making garments.

Select good quality, durable and colour-fast materials even if the initial cost is greater.

Choose patterns which require minimum amounts of material and that cut to good advantage. Sizes which allow for rapid growth should be selected.

Cheap, ready-made garments are rarely an economy, and the happy alternative of a "made over" often saves the price of a new garment.

In clothing with a definite regard for health the following points are important:

1. Clothes should be loose enough to permit of plenty of activity which gives the body an unrestricted opportunity to grow.
2. There should be complete and uniform covering of the body.
3. Provision should be made for adequate warm clothing for winter, to ensure protection from the cold.
4. In warm weather select clothing which will allow the sunlight to reach the skin directly.
5. No garment should be selected for a young child unless it can be laundered or cleaned readily. Wash materials are most hygienic and satisfactory.
6. An adequate number of garments in the wardrobe means that frequent changes can be made. Children gain self-respect and poise when kept clean.

Children's clothes exert such a decided influence upon health and happiness that they have the most thoughtful attention. The individual garments must be suited to the best development of the body, mind and character. Too often style and fashion are followed rather than commonsense.

Children should be clothed so that they are absolutely unconscious of their clothing. This means that the garments must be simple, comfortable and of material that is not easily spoiled. An over-dressed child is extravagant. Elaborate clothing has the effect of developing snobbery and affectation; one who is oddly or unattractively dressed is self-conscious; one dressed in soiled or ragged clothing is slovenly, and will not have self-respect. Adequate, attractive, clean and comfortable clothes will help to keep the child from being self-conscious, to improve the disposition, to cultivate genuineness and to establish ideals.