

OF INTEREST TO OFFICERS

DUTIES OF FEDERATION REPRESENTATIVES

are hesitant about paying the normal price of maternity. The increased practice of Caesarean Section as an emergency measure is not only bringing this operative procedure into disrepute but is definitely contributing to the death rate. Many of these so called "emergencies" could have been avoided by adequate pre-natal supervision.

In conclusion, might I say that it is imperative that the expectant woman should, immediately she suspects that she is pregnant, seek the advice of the physician of her choice. This is particularly true among women over 35 years of age. The fact that a previous pregnancy was not accompanied by difficulty or danger is no indication that the next one may not result in serious disability of a permanent character or even worse. This contact, once made, should be maintained until six weeks after labour has been terminated. Further, it is not only necessary that one consult the physician, but it is equally essential that the advice proffered be followed literally.

We have previously implied that unnecessary interference is responsible for a relatively large number of deaths, and have suggested that relatives and friends of the pregnant woman were responsible for much of this interference; this is too true and there should be due appreciation on the part of all those concerned, either directly or indirectly, that there is a very definite amount of pain and discomfort associated with normal labour and that any effort to speed up delivery or the adoption of surgical short-cuts increases the risk not only to the mother but to the child.

If we are to make any serious inroads into this higher-than-should-be death rate, it is necessary that there should be a Province-wide appreciation of the significance of the factors which contribute towards it, and an enthusiastic acceptance of such constructive measures as are designed to bring about what we most desire, namely, maternity one hundred per cent. safe.

HOME ECONOMICS

Provincial Convener, Miss Flora Durnin, Dungannon.

Home Economics covers so many branches of human activities, we might take the description of that perfect woman of centuries ago—"she seeketh wool and flax, and worketh willingly with her hands, she bringeth her food from afar, she giveth meat to her household, she considereth a field, and buyeth it, with the fruit of her hands she planteth a vineyard, she spinneth, she helps the needy, she doesn't fear the cold, for her household are provided for, she also has fine garments for her people, and she encourageth her husband to take a prominent place in civil life (and incidentally she must have been an Institute worker), for she openeth her mouth with wisdom and in her tongue is the law of kindness". It seems like a large order, but its a pretty good code to be following—summing it all up, she looketh well to the ways of her household. Many meetings are reported devoted exclusively to the subject of Home Economics. Perhaps one excellent example may be cited, "This meeting opened with a Roll Call, a seasonable fruit containing vitamin A, B, C, D. A question drawer. Exhibits of a named food and the best article made from 25 cents worth of goods, also a demonstration on table-setting." Other roll

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A number of enquiries have been received regarding the responsibilities of Federation Representatives. As a matter of fact, their chief responsibilities consist of meeting with the representatives from the other districts in the subdivision and choosing from among themselves a representative to act on the Provincial Board for the ensuing year. Beyond this, the representative should be prepared to take part as an official delegate throughout the Convention. To do this effectively, she should be a person who has been, and still is, actively associated with the Institute work in her own district and familiar not only with the activities in her own branch, but the work carried on by the district and, so far as possible, the other branches. Sufficient care in selecting Federation Representative is not always displayed, for often the selection is made with a view to showing honour to someone who has been prominent in the work, but who is not now very active.

The representative should make very careful notes of the proceedings at the Convention and be prepared to pass the same on, not only to her own branch, but so far as possible, other branches, and also to the district board and district annual. It is well for a representative to be one who is a member of the District Board of Directors. In many cases, the representative will be able to pass on to the branches in the district, information which will assist them in formulating a more valuable programme.

The representatives are aware, of course, that their transportation expenses are paid by the Provincial Federation and their living expenses by the district concerned. If the regularly-appointed Federation Representative cannot attend, she should notify the alternate appointed, or if no alternate has been named, then she should notify the district president, who often acts as representative for her district in case the regular representative is not in attendance. She is not, however, available for appointment unless she holds written authority from her district to act as official representative.

DO'S FOR THE INSTITUTE MEMBER

1. Pass on the good things you know from experience.
2. Warn against methods which will bring failure and disappointment.
3. See that every home is reached or influenced directly, or indirectly by the Institute.
4. When a member has done well, tell her so.
5. Do your part well and you will have little time or desire to criticize others.
6. Do your best; and remember that your best is for you just as creditable as the best of any other member.
7. Do your criticizing at the meeting and not after.
8. Follow your criticism with a constructive suggestion, if possible.
9. Join the Institute so that you may help others.
10. If you do your bit, then others will do theirs.
11. Don't imagine that slackness in the officers goes unnoticed; so do the part for which you have been appointed as well as you can.
12. Apply the above to all other members if you will, but do not fail to ask yourself if there is a lesson in them for you.

"WHAT THE COUNTRYWOMEN OF THE WORLD ARE DOING"

Since I am financially responsible for securing copies of "What the Countrywomen of the World are Doing" for the Institutes, I wish to announce that I still have on hand twenty-one copies of Volume II, 1930, price 40c, postpaid. This volume contains reports of countrywomen's organizations in twenty-eight different countries and will be found very interesting and helpful to Institute officers.

We have on hand one hundred and eleven copies of Volume III, 1932, price 50c, postpaid. This volume contains most valuable information bearing upon the general work of countrywomen's organizations as furnished by each of the twenty-eight countries concerned. Prominence is given to handicraft, demonstrations along various lines, customs in different lands, women in agriculture, music, games and recreation for the community. This volume will be found of very great interest indeed and is very elaborately illustrated.

We have only twenty-six copies of Volume IV, 1933, price 70c, postpaid, and besides containing a report of the proceedings of the third International Conferences of countrywomen's organizations, is devoted largely to recreation, pageantry, dramatics, and handicraft. This volume is well illustrated and of permanent value.

Those wishing to secure copies can do so by writing to Mr. Geo. A. Putnam, 7 Chicora Ave., Toronto, enclosing money order (not stamps) before the first of the year, for we shall return to the head office in London, England, copies not sold by February 1st, 1935.

We regret that we have no copies of Volume I on hand.

ORIGIN OF THE INSTITUTE ODE

We have had enquiries from time to time as to the origin of the Institute Ode. We have just learned from Miss H. R. Orchard, Stroud, that while the name of the author is unknown, this Ode was used by the "Sons of Temperance" Lodge in its early days of organization in Stroud, Simcoe County, in the late '70's.

It was very fortunate that what we call the "Institute Ode" set forth so splendidly the spirit displayed by the members.

The Institutes have been noted for their readiness to co-operate in all worthy undertakings and to make use of material which will be of value to them from whatever source it may come. Originality has been one of their outstanding characteristics. They have originated many worthwhile methods for co-operative effort on the part of countrywomen.

ELECTION OF STANDING COMMITTEE CHAIRMEN FOR CONVENTION AREAS

It has been suggested that nominations for Chairmen of Standing Committees be made early in the Convention, and that representation from each district be provided for so far as possible. Complaints have been made to the effect that certain districts have had no representation for two or three years on any of the Convention Committees, or the Standing Committees. It would be well for such districts to give the Convention Committee names of persons well qualified for definite lines of work.

FINANCING THE INSTITUTES

This has come to be a very important feature, especially in so far as district and Convention area financing are concerned.

I think every branch will be convinced after they read the August and following three special "practical" numbers of "Home and Country" which are to be furnished to all members free of cost, that the ten cents requested by the Provincial Federation on account of each member should be contributed, for nearly all the extra funds beyond those required to pay the transportation expenses of the members of the Board and a few other regular charges will be devoted to making "Home and Country" of added value to the members.

In some districts, we find that the branches are asked to contribute to district funds and to Convention area expenses, in addition to Federation fees. Each Convention Committee would do well to consider very carefully before asking the individual branch to contribute to Convention expenses. In the majority of districts a very small contribution from each district institute together with the grant received from the Federation enables them to carry on. This is a point which might well be discussed, especially at the Conventions in the older sections of the province.