

FEDERATED WOMEN'S INSTITUTES OF ONTARIO

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HOME ECONOMICS

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calls have been "an exchange of recipes," "valuable hints for home helps," "housecleaning hints," "economy wrinkles," "favorite summer beverage," "hot supper dishes," etc. These were not reported in detail which would have been of value. The branch have also studied the "Nutrition" lessons sent out by the Department.

"She taketh the best of care of what she hath". We have papers reported on the subjects of "Storing and Preserving Vegetables," "Storing of Furs and Winter Garments," "Demonstrations of Clothes Pressing and Cleaning," "Removal of Stains," "Uses of Stale Bread". Renfrew had a local hardware man give a demonstration of "home soldering", another branch had a practical demonstration of carding wool and another of (hand) painting china; other demonstrations reported have been of rug making, hooked, rag and yarn, with directions for making, and various other handicrafts. Uniondale had a demonstration on parchment cookery, and adds that a sheet of canapar was given each member present—That's good, I trust the recipients were converts to the new method, thereby boosting a new industry, and at the same time saving themselves many messy dishes, as well as preserving those elusive vitamins that might escape down the sink. I think the "perfect lady" of old would have been a pioneer in favour of this thrifty new idea. One Branch made a study of Sunday Dinners that may be prepared Saturday. That's an interesting subject. We are all anxious to know how it is done. Another reports a study of the uses of whole wheat in the diet. A good idea for the betterment of the family. One branch reports having had three good contests: 1. Best article made from 1 yard of cotton material; 2. Best sandwich filling; 3. Best layer cake, with recipe. All good, but leave us wondering what was the best article, and especially what the best sandwich filling was like. This is an unfinished story. West Northumberland district sent in very interesting reports; telling of a dress parade, with a discussion on the principles of right dressing, and a prize was given for the best work apron; a salad contest by the girls and prize for the best house-dress. A Junior branch gave a demonstration on Table Setting. They also report having had demonstrations in different homes of Waterless Cookery. One active branch had many good things at their meetings, they had nine demonstrations during the year, a paper on "Honey", they also had a three-days hand craft course, but the best of all their demonstrations was a display of over 100 articles illustrating the best use of odds and ends. This elicited a request from the Department for some of these articles for display at the C.N.E. Congratulations to this up and coming branch. The report from this district was particularly splendid, although they were all good, and I am very grateful for the whole-hearted way assistance has been given in making up the record for this area. Also, in this District, we have reported three demonstrations. They tell of an illustrated booklet entitled "Small Houses of the 18th and early 19th century for Ontario", loaned from the Department of Architecture, U. of Toronto, to the library, that was on exhibition for two weeks.

Other papers and discussions were on Butter making, Cake and Pastry making, and Methods in the Kitchen.

One Branch writes that they have had good papers and suggestions on home economics, such as "Making the best of what we have" and on food, clothing, and house planning.

At every gathering we discuss our various problems, or tell of help and suggestions received through magazine articles we have read, radio talks, bulletins, or a neighbour's experience. We are a clearing house for ideas, we give and receive in abundance. Home-making isn't a hobby, it's the very breath of our existence. In these days when the spending power is lessened, we revert to that pioneer spirit of making the best of things; we are fortunate if we have an attic and can find there some of those good old things that have been put away with the thought that they may come in handy some day. It's really surprising how popular the idea has been for bringing out old furniture of an earlier date and refinishing it in gay lacquer, or cleaning and refinishing it in the original wood. One woman made a splendid job of re-upholstering an old couch. The entire top was bared to the springs, then she commenced not with an entire kit of professional tools, just those she found in the ordinary kitchen drawer, and a perfectly satisfactory job resulted without a penny's outlay. Every branch can tell of old furniture refinished, or painted and put back into use in pretty colourful surroundings; of draperies dyed and made from cheap materials or old materials on hand, and new and original ideas of making the best of what we have at hand. A dark cupboard under the kitchen stairs was made over into an attractive cabinet for the family ablutions. After everything stored in it had been cleared out, the sides and walls were treated to several coats of enamel of a light creamy yellow and electric lights installed on both sides of a mirror—that had been removed from an old sideboard. A porcelain sink and waste pipe were fitted into an old washstand; toilet articles given a permanent home on the shelves on either side of the closet, and towels, etc., in the washstand drawers. When not in use the door of the wash-room may be closed, and what a comfort to have a place where the family may wash in peace and not in the way when a meal is in progress of being served!

Considering the very low cost of pork last season, it is unfortunate that there is no discussion recorded of various ways of utilizing this commonly used food. Our grandmothers had various ways of lending a little enchantment to pork. They blended cornmeal with ground meat to make scrapple, or liver-wort was made, head cheese, and sausage, indeed there must be many other ways of preparing pork to avoid monotony. Do the members ever can vegetables with meat, so that you have a dinner for the opening, on your emergency shelves. Have you a beef ring in your neighbourhood? Did you ever think what an advantage it would be if you had?

There is only one report of a lecture course in our district, a three-day course in "Handicraft". It has been suggested by one branch, if other branches in the country were interested, and a lecturer could go from one to another, and give one lecture a week (for that seems to be all the time we can spare),

we would be most happy to attend—but we can not have more than one day out each week. It might mean too much travelling to be practical—but we would appreciate the lecture, the information and new thoughts. Baking competition—We are all baking; like "gardenites", it's contagious. In fact, I would say all good ideas are; when someone makes an outstanding success, we all, like sheep, follow. Enthusiasm is a good leader. The thrift exhibit gives us an idea and we hustle home and search the scrap bag. A bright new cushion causes us to sit up and take notice. Our neighbour is treating her room to some new decoration and we likewise are inspired—depression talk is taboo, we really haven't time to worry about that—we are ready for home now and a new deal.

SUMMARY OF REPORTS

All the reports show an increased realization of the importance of the study and activities that may be carried on under this Department.

Many branches report roll calls, exhibits, demonstrations, contests and papers on different phases of Home Economics.

One branch made scrap books of quilt blocks, recipes and patterns. Another had an auction sale of articles made from flour sacks. Many have had short courses in Foods and Nutrition; others have studied the lessons in Nutrition sent out by the Department and have used the Family Food Selection Score contained in Lesson One, as a practical means of comparing their own food habits with what is considered standard for an average individual.

Wise buying has also been stressed as is indicated in such topics as "Saving affected by buying foodstuffs in bulk instead of in packages," and "Availability of spending for small household aids which save the time and energy of the homemaker."

The making, care and remodelling of clothing has been studied in all the branches and some suggest that more encouragement be given to Girls' Garment Making Clubs.

Home Beautification has been studied as related to the use of colour harmony and contrast in interior decoration and also in tidying and planting.

HOME ECONOMICS DIVISIONAL HEADINGS

- The Home—
 - Family relationship.
 - Care and Education of Children under—work—school—church—society—recreation—leisure.
- The House—
 - Location.
 2. Surroundings.
 3. Building.
 4. Heating.
 5. Lighting.
 6. Furnishing.
- Foods—
 1. Right Food as an essential for growth and health.
 2. Preparation—To conserve, food value and flavour.
 3. Preservation—by refrigeration, canning, drying, storing.
 4. Buying—getting the best value for your food money.
 5. Table setting and service.
- Home Management—
 1. Division of Income.
 2. Accounts.
 3. Buying.
 4. Plan of work.
 5. Equipment.
 6. Cleaning.
- Clothing—
 1. Textiles.
 2. Selection.
 3. Buying.
 4. Construction of Clothing.
 5. Cleaning.
 6. Remodelling.