

3,500 Students Enrolled At Winter Short Course Schools

At the One Month and Three Month Schools conducted throughout the Province by the Women's Institutes Branch and the Agricultural Representatives Branch during December, January and February, 1,782 girls and 1,718 boys were registered.

One Month Courses report 1,454 girls enrolled with ages ranging from 13 to 75 and an average age of 22. 31% had not attended high school; 29% had attended two years or less; 4% were teachers; 2% nurses and 3% business girls.

Three Month Courses report 329 girls enrolled with ages ranging from 13 to 35 and an average of 19. 28% had not attended high school; 30% had attended two years or less; 2% were teachers; 9% nurses and 2% business girls. A large number over and above those registered attended lectures as visitors.

Some of the girls boarded, but the majority walked, drove horse or car, travelled by train or bus daily from their homes. Many walked four to six miles and others drove from eight to fifteen miles over slippery and snowy roads in sub-zero weather.

Accommodations

Classes were held in school rooms with home economics equipment, in church basements, community, township or lodge halls and in houses. Equipment and accommodation ranged from ideal to most inadequate and unsatisfactory, but the earnestness of the students and the adaptability and wise leadership of the staff helped to overcome many rather serious handicaps in this respect. Enterprising Women's Institutes, local organizations, township and municipal councils, appreciative of the possibilities of well-organized courses, gave necessary and valuable assistance in respect to publicity, finances (for such local expenses as halls, fuel, caretaking) and interest throughout the course. Realizing that short courses are available but once to the same group of young people, that only a nominal fee is charged each student for class room supplies, that the Department furnishes the staff and makes the course possible, the majority of communities considered it their responsibility and privilege to provide suitable accommodation so that the school hours might be utilized to the best advantage and under the most satisfactory conditions.

What did the girls get from the course and what are they going to do with it?

Food for Health

Girls who enrolled at classes hoping to get recipes were soon impressed with the fact that the task of feeding the family does not consist in merely giving them food. If the family food is to contribute to the health, happiness and efficiency of the members as the newer knowledge of nutrition makes possible, care must be taken in the selection, preparation, and serving of that food. A good meal is one that is enjoyed, it is made up of foods that one likes; at the same time, it must furnish materials that the body needs for growth, maintenance and protection from those infections that are always looking for victims. By keeping food selection scores, the girls discovered that their diets were often inadequate in milk, eggs, fruits and vegetables, —those foods which are easily available to farm folk. Being wide-awake, intelligent girls, they at once proceeded to increase their consumption of these foods and to secure information regarding serving them attractively and preparing them in a variety of ways according to approved methods to conserve food value. "Food for Health" is the family's right and each homemaker must assume responsibility to see that the family's

rights in respect to "Food for Health" are maintained.

The Work of the House.

Farm women wish information and guidance to assist them in carrying on the daily home tasks according to approved practices and economically in respect to time, labour, effort and material used, so that they may have time and strength to do all the interesting things they wish to do and should do. As one found girls working in groups cleaning metals and woods according to approved and economical methods, refinishing old cupboards, planning simple means of making class room kitchen more efficient and attractive wherever possible, caring for demonstration equipment, studying home kitchens and discussing improvements that would make for time and labour saving practices, efficiency and attractiveness, and planning a daily and weekly schedule of work for homemakers, one felt that practical direction was being given these girls regarding household management—the planning and doing of the work of the house.

Health for All

Every girl wants to be beautiful and charming, handsome and attractive, and successful. The girls learned that a few simple facts applied to the choice of food, to selection and care of clothes and to establishing and practicing health habits will help make the most of those physical and possibly of those mental attributes with which nature endowed them. In the health education, home nursing and first aid classes, through lectures, demonstrations and discussions on individual, family and community health and participation in health projects, the girls were made health conscious. They became more aware of the value of health, that it is worthwhile, must be worked for and practiced, that it makes for happiness, efficiency and success, that it is a real achievement and that each individual must assume a definite responsibility for her own health. Health habits were checked and more consistently adhered to and new practices adopted resulting in evidences of better health on the part of some students. Some courses report a survey of local conditions and needs regarding toxoid, safe milk, vaccination and other preventive measures.

Good Dressing

In the clothing, the girls found that as with eating, good dressing is not a matter of accident, impulse or whim, but must be guided by intelligence as to certain clothing principles. To be well dressed, a girl must be well groomed, appropriately dressed, careful in the way she puts on and wears her clothes and must carry herself well. After demonstrations on line, design and colour, a study of textiles, girls were prepared to select wisely the material and style for the garment they were to make in class. Tall, thin girls found they had previously selected patterns which made them appear taller and thinner; while short, stout girls found that they need not appear so short and stout. As the girls appeared at clothing exhibits in completed garments, knowing why they had chosen the particular materials and styles for the garments, how to make them, how to care for them, how to wear them and where and when to wear them, it was evident that future clothing problems for these girls would not be solved by accident, whim or impulse.

Special Features

At the Three Months Courses where special instruction was given in house furnishing and household textiles and accessories, the girls gained an appreciation of what may be done in

PROVINCIAL TREASURY NEEDS ANNUAL FEES

Federated Board Use Funds Efficiently

"In order to keep the finances of the Provincial Federated Women's Institutes in the present admirable and healthy condition, every Branch Secretary should send to her District Secretary the ten cents for each member due the Federation out of the annual twenty-five cent membership fee before or at the time of the District Annual Meeting," advises Mrs. R. B. Colloton, President of the Federated Women's Institutes of Ontario.

In explanation, Mrs. Colloton continued "No doubt, the first thought of some members on seeing the financial statement in the January 'Home and Country' was 'Why such a large balance?' However, the keen observer would note that the year's receipts of \$3,488.07 and expenditures of \$3,374.31 were very close, leaving only a small balance on the right side of the ledger.

"The balance of approximately \$5,000 has been accumulated during the past several years by a rigorous restriction of expenditure in order to provide a sinking fund to take care of contingencies as such may arise.

"With this object accomplished, the Federated Board felt free last year to give substantial assistance to the publishing of 'Home and Country,' a venture which has been of splendid value and is capable of greater contribution as time and experience progress.

"In addition, this year will see the subdivisions of Kenora and Rainy River placed on the same basis as all other subdivisions in the province regarding District Annuals, a privilege which has been denied them heretofore on account of expense. This means that the representative on the Federated Board will attend all the District Annual meetings in her territory. Her travelling expenses will be paid by the Federated Board and the district visited will be responsible for her living expenses."

When the District Secretaries receive the fees from the branches, they should forward them promptly to the Secretary-Treasurer of the Federated Board, Mrs. W. B. Leatherdale, Coldwater, Ontario.

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housing and a greater knowledge of the principles of house furnishing.

Joint classes with boys and girls were held for special lectures in poultry, gardening, care of milk, horticulture, home beautification and forestry, and for literatures. The literatures included programmes of debates, addresses, skits, mock parliaments, music, public speaking, current events, civics, and local history. They gave the class members an opportunity to conduct meetings in a business-like way, to improve their ability to speak and to think, and encouraged them to further reading and study. At a number of courses, instruction was given in music. Many students found joy in really singing for the first time and no doubt many a farm lad and lass will be heard singing "I'm a Vag-vag-vagabond" or some old Folk Song with great joy and satisfaction as they merrily put into practice some of the short course instruction.

Of course, it wasn't all work—class parties, teas, banquets and all kinds of good, wholesome fun were in order. Teas gave the girls an opportunity to entertain their mothers and interested seniors. They prepared the food in class, exhibited their work, demonstrated special phases of class instruction and took great pride in playing hostess with poise, dignity, and in a most commendable manner. When the boys' class were guests to tea on such occasions, they enjoyed it and took great delight in showing the girls they knew what should be done at a tea quite as well as their hostesses.

MANITOULIN HOSPITAL APPRECIATES AID

Letter to Mrs. R. B. Colloton, Provincial President

Appreciation of the generosity of the Women's Institutes in contributing to the Manitoulin Hospital is shown by the following letter sent to Mrs. R. B. Colloton by Mr. A. J. Wagg, Secretary-Treasurer of the Manitoulin Hospital Association.

"On behalf of the Manitoulin Hospital Board, and the 22 branches of the Women's Institutes on Manitoulin Island, I wish, through the columns of 'Home and Country,' to thank the various Institute branches throughout Ontario who have so generously come to our aid in raising funds to retain the Manitoulin Hospital as a public institution.

"While we have not yet reached our objective, we have received in cash donations over three-quarters of the amount which we require and we feel confident that, by early summer, there will be enough donations come in to enable us to secure the deed of the property. We also hope that we will have enough extra funds to provide ample accommodation in the hospital for taking care of all maternity cases.

"Those Institute branches that have donated to our funds will be interested in knowing that the Red Cross Society took charge of this hospital last November and are carrying on in their usual efficient manner. We also have an X-ray installed capable of doing all X-ray work. We also have a doctor located near the hospital who is an experienced surgeon and one who has had many years' experience with the X-ray.

"Any donations, however small, from any of the branches of the Women's Institutes who may yet wish to help will be gratefully received and acknowledged.

"We hear considerable these days about the various 'Brotherhoods' and the work that they are doing, but the Women's Institute organization is a large 'Sisterhood' doing a work second to none of the other organizations and one which has not been sufficiently well recognized."

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Interest Continues

Seniors in short course districts feel that their young folk have had special opportunities and advantages through these classes. They already report that girls are taking a greater interest in the work in the home, have gained a better understanding and conception of that work and are assuming more responsibility.

The girls have something to say for themselves. This is a typical comment, "We cannot realize yet all the benefits of our course. Not for some time will we really fully appreciate in many ways all the help we have received and the knowledge gained. It is only as we apply this in our every day living that we really benefit by it."

Junior Institutes have been organized at the conclusion of 16 short courses. These new Juniors are desirous of making their organization a means through which they may continue their short course studies, so are planning to carry on Home Economics projects in connection with their meetings.

If the girls have left these courses with a conception of the greatness of simple, common tasks well done, with a desire to know the how and why of doing these daily tasks well and willingness to work, with a consciousness of their own power and responsibility in making a success of their job of Being A Girl, a homemaker, and rural citizen, the 1935 short courses have indeed been worthwhile. (Contributed by Miss F. Eadie Institutes Branch.)