

## HOME AND COUNTRY

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Women's Institute members.

## EDITORIAL COMMENT

## IN MEMORY

In memory of our beloved sove-  
reign, His Majesty King George V,  
the Federated Women's Institutes of  
Canada have advised all Institute  
members to wear a royal mourning  
badge with the Institute pin until  
July. The badge should be of purple  
ribbon one inch wide.

## HOSPITALITY

The Women's Institutes of Ontario  
are delighted to have the opportunity  
of offering hospitality to the dele-  
gates of the Associated Country  
Women of the World. The schedule  
for their entertainment cannot be  
completed until Miss Zimmern, execu-  
tive secretary of the A.C.W.W., ar-  
rives from England the latter part of  
April. The present plans include a  
reception at Niagara Falls by the  
Parks Commission and the district  
executives of Welland, Haldimand  
and Lincoln counties on June 16. The  
delegates will be shown the beauties  
of the Falls and surrounding district.  
Stoney Creek, the first Women's In-  
stitute in Ontario, will give a recep-  
tion at the historic battlefield house,  
after which the delegates will go to  
O.A.C., Guelph, where they will stay  
for a day or more.

Before the delegates proceed to  
Quebec they will stop in Toronto and  
may have the time to go to Ottawa.

Women's Institute members in On-  
tario will have the opportunity of  
meeting the guests on the afternoon  
of June 18 at O.A.C., Guelph. A num-  
ber of prominent women from over-  
seas will likely speak at this meet-  
ing, and altogether the occasion will  
be most enjoyable. The campus of  
the college will be very lovely in  
June. The luncheon to be held at the  
Royal York on Friday, June 19, is also  
open to any Women's Institute mem-  
ber who wishes to attend. Informa-  
tion about these two occasions is  
given elsewhere in this paper.

Ontario is located on the main high-  
way of convenient travel for the  
delegates, and this good fortune  
brings to the Ontario Institute mem-  
bers the privilege of meeting country  
women from many lands. From them  
we may gain a better understanding  
of conditions in other parts of the

world, and be able to follow inter-  
national events more intelligently.  
To hear first hand the ideals and  
actualities of rural life of many dif-  
ferent countries cannot help but make  
us see our own more clearly.

## DISTRICT ANNUALS

May and June are the months of  
the year for district annual meetings.  
Already most of the dates have been  
set, and in the majority of cases they  
are a little earlier than last year.  
This is good planning because the  
district annuals make decisions which  
are important in building the branch  
programmes which should be quite  
definitely organized by early summer.

The district annual is essentially a  
working meeting. Reports are given  
on the work of the past year. They  
should be thoroughly discussed and  
evaluated in order that the experi-  
ence of the past may be utilized in  
setting up a better programme for  
the future. Discussion on reports  
should be kept to the point in ques-  
tion, and be concluded only when  
there is a definite outlook on the ob-  
jective of the activity with which the  
report is concerned. After all the re-  
ports have been discussed and ac-  
cepted the president may give a sum-  
mary showing the present status of  
the district, and pointing out general  
possibilities. This leads naturally  
into planning the programme for the  
coming year. This function of the  
annual meeting again demands discus-  
sion. The programme of the dis-  
trict will be the result of the needs  
and interests of the majority and  
the district annual furnishes an oc-  
casion where they may be voiced.

All the delegates should go to the  
district annual ready to voice the  
branch's point of view, but if neces-  
sary adjust its plans for a district  
programme in order to keep in line  
with the majority of the branches in  
the districts. Every delegate should  
understand the co-operative program-  
me in home economics made available  
by the Department before she attends  
the annual meeting; otherwise, she  
cannot represent her branch intelli-  
gently.

Each branch should keep in mind  
the importance of nominations for  
the various executive officers of the  
district.

If a district annual furnishes an  
opportunity for summarization of ac-  
complishments and making new plans,  
there is little time left for entertain-  
ment, demonstrations and lectures on  
a miscellaneous number of subjects.  
Musical numbers furnish a pleasing  
variety. Assembly singing two or  
three times during the day will make  
every one feel better.

Both morning and afternoon ses-  
sions should be planned. The district  
directors should hold a meeting to  
plan for the district annual at least  
two months before the date of the  
meeting.

## FEDERATION REPRESENTATIVES

In the hand book published in 1930  
provision was made for the appoint-  
ment of two federation representa-  
tives in districts having more than 15  
branches if such received the sanction  
of the Provincial Board and the De-  
partment. Five districts in the pro-  
vince were allowed this privilege, but  
since the time this was granted, the  
districts and subdivisions for the  
election of the Provincial Board have  
been re-distributed. This re-distribu-  
tion has taken care of the problem  
more adequately than the appoint-  
ment of the two federation represen-  
tatives, as this appointment of two  
representatives only doubled voting  
power and did not entitle the district  
concerned with the right to any more  
frequent representation on the pro-  
vincial board. In view of this, the  
regulations in the new hand book will  
only provide for one federation repre-  
sentative from each district. At each  
district annual a federation repre-  
sentative and an alternate should be  
elected.

Local Leader Training School in Refinishing  
of Furniture

Local Leaders of South Wentworth met with Miss Esther Slicter on March 19.

ONE MONTH COURSES  
IN HOME ECONOMICS  
ARE POPULAR

During December, January, Feb-  
ruary and March, 35 One-Month and  
4 Two-Weeks Courses in Agriculture  
and Home Economics were conducted  
in 33 counties and districts in the  
Province by the Women's Institute  
Branch and the Agricultural Repre-  
sentatives Branch. The courses re-  
port 1,496 girls enrolled with ages  
ranging from 12 to 78 with an aver-  
age of 22; 22.4% had not attended  
high school; 21.1% had attended two  
years or less; 46.5% had attended  
more than two years. About eight  
per cent had had the advantage of  
special training in nursing, commer-  
cial and normal schools and univer-  
sity. Instruction was given in foods  
and cookery, household management  
and laundry at all the courses, health  
education and home care of the sick  
being also given at 10 and clothing  
at 29.

Statistics on the changes of prac-  
tice may be used as one measuring  
stick of short course accomplish-  
ments. However, these figures are  
merely an indication of progress and  
will be greatly increased as the  
pupils have an opportunity to use  
their newly acquired knowledge.

## Food Practices

395 individuals adopted recom-  
mendations for such corrective feed-  
ing as increasing or reducing weight,  
overcoming constipation, etc. 228  
homes followed recommendations for  
care of milk which included pasteuriz-  
ation or sterilization, better storage  
and general care of utensils. 48 homes  
had their drinking water analyzed.  
253 homes increased their consump-  
tion of milk. 211 used more whole  
cereals, while 248 homes increased  
their consumption of vegetables and  
219 their consumption of fruits. 507  
homes improved their standards of  
cookery and 497 homes improved  
standards of serving foods.

## Health Habits

At least 300 individuals improved  
posture habits while practically all  
became more posture conscious. 27  
individuals had a medical examina-  
tion and 38 individuals were immu-  
nized in respect to typhoid, diphtheria,  
or smallpox. Forty homes adopted  
better nursing procedures.

## Clothing Problems

In all, the girls made 972 garments  
which included 550 dresses, 48 blouses,  
74 slips, 140 aprons and 160 other  
articles. Special consideration was  
given to the selection of clothing in  
respect to colour, design, durability  
and appropriateness, to personal  
grooming and to care and repair of  
clothing.

## Follow-Up Programmes

Twelve Junior Institutes were or-  
ganized at the conclusion of the short  
courses.

LOCAL LEADERS  
RENEW OLD FURNITURE  
AT SCHOOLS

Refinishing of furniture started  
with fear and trembling by local  
leaders of three districts has devel-  
oped many enthusiastic working  
groups in each of the districts. No  
longer are the leaders or their stu-  
dents afraid they will harm their fur-  
niture. They are refinishing the best  
pieces of furniture in their possession  
and adding to their beauty and last-  
ing qualities.

Scraping, rubbing and polishing  
require a generous supply of patience,  
persistence and elbow grease, but,  
when they are done with the right  
tools in the right manner and in con-  
junction with the right finish re-  
movers, oils, shellacs and waxes, a  
fine result is achieved. Picture and  
mirror frames, clocks, chairs, tables,  
bowls, footstools and boxes have been  
refinished at the local leader training  
schools. In addition to this experi-  
ence the leaders have received infor-  
mation on different kinds of wood  
and definite information on steps of  
the refinishing process.

By the time this issue reaches the  
branches six districts, Carleton, East  
Middlesex, South Wentworth, Haldi-  
mand, East Elgin and West Lambton,  
will be carrying on refinishing work  
under the guidance of Miss Esther  
Slicter of the Women's Institute Staff,  
Department of Agriculture.

CONVENER OF HEALTH  
URGES ATTENTION ON  
CHILD WELFARE

Mrs. A. D. Whiddon of Devlin, Pro-  
vincial Convener of Health and Child  
Welfare, has recommended the fol-  
lowing plan of work for her com-  
mittees:

1. To secure publications on the  
promotion and care of health from  
the Ontario Public Health Depart-  
ment and distribute same.
2. To set aside at least one meet-  
ing during the year for a discussion  
of health problems by a local physi-  
cian, a registered nurse, a local health  
officer, or a lecturer from the De-  
partment of Health or a nationally  
recognized health association.
3. To aid in establishing clinics of  
various kinds—diphtheria prevention,  
early diagnosis (cancer), chest, den-  
tal hygiene or mental hygiene.
4. To find out what is actually  
being done in the province for the  
promotion of health.
5. To find out something of the  
work being accomplished in child wel-  
fare in the county in regard to care  
of children in public institutions,  
Children's Aid Societies, Juvenile  
Court, Mother's Pensions, etc.
6. To report outstanding activities  
being carried on for the promotion  
of health, especially where the Wom-  
en's Institute participates in the  
work.