

HOME AND COUNTRY

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This paper is distributed through the secretaries of Branch Women's Institutes to the Women's Institute members.

EDITORIAL COMMENT

ASSOCIATED COUNTRY WOMEN

The Institutes of Ontario are most happy that over 60 foreign delegates who attended the Washington Conference of the Associated Country Women of the World visited Ontario on their return trip to Europe. This visit has made for many Ontario Women's Institute members both a larger and a smaller world. Larger, in the sense of giving a comprehension of wider horizons and smaller, in the fact of a closer sympathy made possible by the more intimate knowledge of what other people are experiencing.

The delegates stayed in Ontario for several days and, at the various functions given in their honour, representatives from twelve countries told the stories of achievement in their own lands. The principal elements in these stories were so alike and so like those of Ontario that Ontario members realized the same structural lines of activities were world-wide with differences only in subtle colourings and shadings.

With the sense of the support and endorsement received from the Country Women of the World, the Women's Institutes of Ontario can not help but build more confidently on the structure first conceived in Stoney Creek in 1897.

FOOD AND HEALTH

The English Women's Institute members as well as their Canadian sisters are becoming more and more concerned with their responsibility of feeding the family. In fact the entire thinking world is beginning to realize the close relationship between good health and the consumption of foods supplying the essentials to promote growth and maintain a high standard of physical health.

At the recent annual meeting of the English Women's Institutes held in Albert Hall, London, Sir John Orr emphasized the responsibility homemakers must take in building the health of their family. To the 7,000 women assembled he said, "Unless the housewives of the country know the conclusions of the scientists who have been studying the problems of nutrition, it is impossible to expect that standards of nutrition will really improve. The scientists have empha-

sized the need of more milk, eggs, fruits and vegetables in the daily diet. They confidently predict that, if more of these commodities are consumed many diseases prevalent among children and adults will disappear."

The service offered by the Women's Institute Branch in the foods programme aims to function as Sir John Orr recommends—that is, to keep homemakers in touch with scientific research and give to them the facts useful in helping them to provide a healthful diet for their family.

Constantly truths are being found out about ourselves and the food we eat. Information of this sort is given at training schools in Foods and Nutrition to local leaders that they may carry it back to their Institutes and let their communities profit. If a sufficient registration can be obtained, short courses are also a way of obtaining this information. Not only is knowledge concerning nutritive needs given, but the preparation of attractive and appetizing food is demonstrated. To pack sufficient milk, fruits, vegetables and eggs in delectable meals means a wide knowledge of cookery and an understanding of its chemistry. Healthful food means high standards of preparation as well as good selection.

Every Women's Institute member should read page 15 of the Co-operative Programme in Home Economics 1936-37, and know the facilities her province offers to keep her in step with the progress made possible by wise food habits.

LOCAL

LEADER'S RESPONSIBILITY

A large number of Women's Institute districts are planning a district programme which will include training for local leaders appointed by the branch institutes within the district.

Each branch Institute should examine the outline of the qualifications for local leaders given on pages 7 and 8 of the announcement of the Co-operative Programme in Home Economics. This should help the branch when it appoints its local leader for the particular project which is to be carried on in the district.

This leader is not appointed to bring back to her branch reports of the training school she attends, but she is appointed to lead a certain project or study in her local institute. The district training school is one of the instruments which helps her to do this. At this training school the leader also acquires the literature furnished by the Department and gains the support and personal interest of the Department Instructor or Specialist who is in charge of the particular project for which the leader assumes responsibility. The training school is designed to help the leader plan her work with her local institute, as well as give her information to carry to them.

A branch Institute participating in a project carried on by a local leader basis plans its programme so that time will be allowed for the local leader to take charge of discussions and teach lessons in the particular field of subject matter the district has chosen to emphasize for the year.

Certain projects require the members who are taking the work to acquire new skills. This is true of such projects as Refinishing Old Furniture and Glove-making. Indubitably, all the members will not be interested in doing this. Therefore, the branch Institute should arrange for separate meetings, aside from their regular meetings, where the interested members may carry on the work. Only the women who do the actual work may be admitted to such classes. In other words, to learn glove-making, one must make a pair of gloves.

If the district is studying such a subject as "Buymanship in Clothing", the information involved is useful to everyone and the local leader should give the work at the regular monthly meetings of the Institute.

(Continued on Page 3, Col. 1)

THIRTY COUNTIES REPRESENTED AT GIRLS' CONFERENCE

Some 570 girls representing 30 counties and districts registered at the eleventh annual Girls' Conference at the Ontario Agricultural College and Macdonald Institute on May 6, 7 and 8. These girls enjoyed the programme of tours, demonstrations and addresses planned through the co-operation of the College staff and Women's Institute Branch. While the majority of girls were delegates from Western Ontario, some came from Capreol, Parry Sound and as far east as Lennox and Addington.

From the group games on Tuesday night to the closing banquet on Friday night, with the Honourable Duncan Marshall as guest speaker, every minute was crowded with something to see, to hear and to do. The girls visited the various departments of their Provincial Agricultural College, received special information, reviewed some of the splendid livestock and heard why they were splendid and learned something of the college services available to Ontario farms and farm homes. Practical suggestions for club programmes and homemakers were gleaned from exhibits in Macdonald Institute of popular vegetables, versatile tea biscuits, selection of household accessories, child study and dress accessories.

Helpful Instruction

Facts, information, new ideas, inspiration and leadership were given by speakers on various topics, including Posture and Pep, Let's Live, Our Future, Responsibilities of Canadian Homemakers, Teeth Health and Beauty, Safeguards against Tuberculosis, Farm Water Supply, Junior Institute and Junior Homemaking Clubs. Members of Homemaking Clubs explained and demonstrated club programmes, one group telling their story by an amusing and clever skit written by members. A highlight at each session was the community singing directed by Professor Blackwood. All the girls contributed to this part of the programme and during their short college term delighted their leader with their ready response and improvement.

What teen age girls are not interested in college life! Since living in the boys' residence and adhering to a few rules was not enough, the Mac girls' invitation to visit the girls' residences was readily accepted and every nook and corner investigated. Entrance requirements and college courses were checked by many girls hoping some day to enrol at Macdonald Institute.

The 570 girls made new friends and contacts. They returned home with a greater understanding of their possibilities and responsibilities as girls, homemakers and rural citizens and a conception of some of the ways and means of preparing to assume these responsibilities.

NEW HAND BOOKS HELP INSTITUTE MEMBERS

Two hand books have been sent to each Institute by the Women's Institute Branch of the Ontario Department of Agriculture. These copies are the property of the local organization and, although they are very important to the officers and necessarily must be largely used by them, one, at least, should be circulated among the membership.

If your secretary has not arranged a system of circulating the five copies of the announcement of the Co-operative Programme in Home Economics for 1936-37 among your membership, ask her to do so. These copies were sent to the Institutes the first week of April. Everyone who reads the announcement cannot help but understand the educational services available from the Department of Agriculture.

Any member may obtain a Women's Institute Hand Book for her own property from Mrs. W. B. Leatherdale, Coldwater, for 25 cents.

LADY TWEEDSMUIR RECEIVED DELEGATES IN QUEBEC

"Nothing makes a country woman happier than to meet other country women" was one of the greetings of Her Excellency The Lady Tweedsmuir when she entertained the delegates of the Associated Country Women of the World at her summer residence, The Citadel, Quebec, the latter part of June.

Many of the visitors were former associates of Her Excellency in the promotion of Women's Institute work in England, and the tea at the Citadel will be one of the most delightful memories the delegates will have of Canada. A number of prominent members of the Quebec Women's Institutes were also guests at the Citadel.

EMILY J. GUEST

Ontario Institute members have learned with very deep regret of the death of their friend Miss Emily J. Guest. During the many years of her connection with the Women's Institute Branch of the Ontario Department of Agriculture, she visited practically every Institute District in the province. Through her courage, wit and common sense she left each community more competent to carry good plans to completion.

Miss Guest was born on a farm in Middlesex Co. and was a graduate of Toronto University. She studied also at Columbia and Oxford Universities. She was one of the chief organizers of the Institutes of Great Britain during the time of their inception. In both Canada and England she will be held in grateful and happy remembrance.

Among Miss Guest's books, her sister, Mrs. Earl Grose, found a notebook which Miss Guest had used shortly before her death. In it was a message to the Women's Institutes.

"Good-bye to the Women's Institutes who have done so much for a beautiful Canada. It was a privilege to be one of those grand women and girls; especially to live and see the second generation under our new Superintendent carry on so well.

"I leave them, myself joyous and confident, and shall hope to see them come with the same feeling."

NEW SONG SHEETS MAY BE OBTAINED

The Federated Women's Institutes of Ontario have published a new Song Sheet with the words of 51 songs selected for assembly singing.

These sheets will be sent free of charge to each newly organized branch. All other branches may obtain these sheets from Mrs. W. B. Leatherdale, Coldwater, for half a cent each.

Music for all the songs, with the exception of one, may be found in the music book called "Canada Sings". This book may be purchased at any music store for 35 cents, or direct from the Dominion Music Supply, Hermant Building, 21 Dundas Square, Toronto. Institutes ordering this book from Toronto should send their order direct to the above named store.

The officers of convention areas should write direct to Mrs. Leatherdale concerning the limited supply of song sheets available for use at the meetings of their convention.