

THIRTEEN CONVENTIONS PLAN PROGRAMMES FOR AUTUMN

Thirteen Women's Institute Conventions will be held in Ontario this fall. The places of meeting, dates and areas served by the conventions are shown in the chart on page 4 of this issue. The officers listed in this chart and their committees are largely responsible for the convention programme.

The Conveners of Standing Committees for the Convention areas are also listed on the chart. If a district convener has not already sent a report of her district to the convention convener of her particular committee, she should do so immediately. This is necessary, if accurate reports are to be given at the conventions.

MANY FUNCTIONS ENTERTAIN THE DELEGATES OF A. C. W. W.

While the foreign delegates of the Associated Country Women of the World were visiting Ontario, two functions were held to which all Women's Institute members were invited—a luncheon and afternoon meeting at the Ontario Agricultural College, Guelph, and a luncheon at the Royal York Hotel, Toronto.

Over 6,000 women accepted the invitation to Guelph on June 18. The day was perfect and every one was thrilled to be a member of the large assembly gathered under the maples on the college campus. Women's Institute members came from as far west as Essex County and as far east as Ontario County.

Senator Fallis was the main Canadian speaker at the luncheon in Toronto on June 19. A number of foreign delegates also spoke and Barness Schroeder sang German folk songs in a most delightful manner.

Entertainment for Delegates

Welland, Lincoln and Halimand Counties were the hostesses at a reception given in Niagara Park on the afternoon of June 16. In the evening of that day The Niagara Parks Commission gave a dinner for the foreign delegates, with the Honourable T. B. McQueston, Minister of Public Works and Highways, giving the address of welcome.

On the following day, the Stoney Creek Women's Institute gave a reception for the delegates at the Battlefield House. Everyone was anxious to see the first minute book of the first Women's Institute. On the evening of June 17, the delegates were the guests of the Department of Agriculture at the Ontario Agricultural College. There they received the official welcome of Honourable Duncan Marshall, Minister of Agriculture. His Honour, the Lieutenant-Governor, Dr. Bruce and Mrs. Bruce, entertained the visitors on the afternoon of June 19 at a reception at Government House.

While the delegates were at the college they inspected the live stock and visited the many departments of the college. In so doing, they gained an idea of the ideals of Canadian agriculture and some sense of its functioning. A number of the delegates visited farms in York County on the last day of their visit in Ontario.

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In such a case, sufficient time should be provided on the programme of the regular meetings. The local leader should have time to address the group, give demonstrations, set up exhibits and lead discussions. Last year, many of the leaders were allotted a 15 minute period on an already too full programme and had little opportunity to develop their work. If the local institute is to profit, special time for the project work must be provided by the officers in charge.

Remember, the branch programme is affected by the character of the district programme.

MARY WRIGHT OUTLINES HER AMBITIONS AS SECRETARY

More conversation than cherry pitting was being accomplished by Mary Wright and her old school friend, Agnes, as they sat lazily under the maple trees at the side of Mary's comfortable farm house.

"Yes," said Mary, "I did something this spring I couldn't explain to a soul but you. My husband thought I was crazy and my nephew, Donald, thought I was almost dishonest!"

"This sounds as if you need me," laughed Agnes.

"How I wish you could have been here!" replied Mary. "You know I have always tried to avoid office in an organization, but, like every good woman, I have changed my mind. I realize now if we are going to grow we must do so through varied activity. And I decided not to leave the course of events entirely to chance."

"Mary, this almost sounds like politics," said Agnes very much amused. "Not a bit of politics, just applied psychology," explained Mary. "I appraised my abilities and aptitudes and was convinced I could qualify for secretary of the Institute. In fact, there are many possible perfections of that office I should like to work out."

"But how did you get yourself elected? You could hardly offer your services," interposed Agnes.

"Our secretary who had been active for several years was moving away and a new one had to be appointed," responded Mary. "I knew if I were nominated, I would be elected. The nomination was the problem."

"Sounds like deep-laid plans," laughed Agnes.

"Mabel Smithers called one cold afternoon last spring," Mary explained. "You remember for some reason she never liked me. We talked about the Institute and I said there was one office I never wanted and that was the secretaryship. I didn't see Mabel again until the annual meeting. Well, it worked. She nominated me for the secretary-treasurer. I hesitated a little about allowing my name to be submitted. I had to do that you know to save my face with Mabel. No one else was nominated. I was elected."

"Now you will have to do some work," said Agnes.

New Plans

"That is what will make it fun and satisfactory," replied Mary. "But I am not going to do much this summer. Our Institute doesn't have many activities in the hot weather. Our Institute already has the best set of minutes I have ever seen in any organization. I shall try to do as well."

"But just to carry on isn't very constructive. You must develop and advance the work," was the quick response of Agnes.

"And already I have started," interjected Mary. "I have a large envelope marked 'Next Meeting' that I keep with my minute book. In it I collect all the material that should be brought up at the next meeting—communications from the Department, notices, bills, etc. After these matters have been taken care of at the regular meeting, I immediately file them in our Institute file-box. I leave in the envelope only the materials concerning pending transactions. The envelope is then ready to gather materials for the next meeting."

"Well, that is good detailed administration," commended Agnes.

"That is just why I like being secretary; I can handle details. When the July 'Home and Country' comes I am going to distribute it in the manner worked out by Mrs. J. B. Dingwall of Clarkson-Lorne Park Branch."

"How is that?" asked Agnes (who belongs to an Institute, too).

"As soon as the bundle of copies arrives, she takes her list of members and writes the name of a member on each copy. She then places them in

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News Flashes From the Branches

Kentvale, St. Joseph Island Dist.—Marked the 30th Anniversary by a banquet which was attended by eight or more charter members of the branch. The important activities of the branch include: a library established and books purchased annually, a new hall erected replacing a fire loss, a piano purchased, pure water supply secured for the schools, Red Cross and Memorial work, and numerous study courses carried on in co-operation with the Department. This branch has pioneered in the promotion of dental and toxoid clinics in Northern Ontario.

South Grey District—Has its work in historical research well organized under the leadership of the district convener. Each branch in the district holds one meeting annually devoted to this subject. Many, including the convener, are preserving facts in scrap books. She offers the suggestion that each branch convener be given the privilege of an open Historical Day at their respective Public Libraries, with a speaker especially qualified to present some definite feature.

St. Augustine, Huron Co.—Keeps the weeds cut on the country roads as its contribution to beautification and better farming.

Port Colborne, Welland Co.—Co-operates with other branches in sale of Christmas seals for the Sanitarium, thus providing funds for two public health nurses who do preventative work in tuberculosis.

Colpoys Bay, Bruce Co.—Earned sufficient money at a bazaar to pay the interest and make a payment on the principal of the mortgage on their community hall. The Institute is also helping to finance cases in need of special medical attention.

Lamash Juniors, Grey Co.—Has a book review each month.

FOOD HABITS APPRAISED AT COURSES IN NUTRITION

Sixty-two out of every hundred women and girls attending the Short Courses on "Planning and Preparing Meals" given last year were not having an adequate diet to promote and maintain a high standard of health. This was discovered by each member checking her food habits on a score card which rewarded her for every good food habit and penalized her for each unhealthful one. Any one with excellent food habits could obtain one hundred per cent. A score below eighty-five per cent. was considered an inadequate diet.

In almost every class, the members were somewhat shocked to find that in a land of plentiful food so many were not well fed. One class in one week raised their score fourteen per cent. They did this easily and, at the same time, had most tasty and attractive meals.

One hundred and eighty women were given the necessary information to relieve constipation by special diet. They received the written material describing the recommended practices, which is supplied by the Department. As a result one reported, "I feel better in every way. I have no headache, my appetite is better and I do not tire so easily."

Some members of the classes were concerned about their weights; some wished to increase weight while others longed for a great reduction. They learned the part food plays in regulating weight and many have made wise changes.

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alphabetical order and on the day of the meeting distributes them to all members who are present. On the copies of the absent members she adds the address and a one cent stamp and sends them by mail. In this way, each member of the branch gets her copy.

"Well, for hot weather like this you are doing well to get two good habits started," concluded Agnes.

Mt. Brydges, Middlesex Co.—Had a roll call requiring the response of "a magazine in good condition". The magazine was given to the hospital.

Alexander, Wentworth Co.—Has been successful in its campaign for better attendance and punctuality. The two vice-presidents have acted as leaders.

Shetland, Lambton Co.—Devoted one meeting to programme planning and organized classes under local tutors in sewing, knitting and needlework. These classes are conducted on regular meeting days for one hour preceding the regular meeting.

Corunna, Lambton Co.—Is concentrating on the purchase of a Foamite Fire Engine and already has about one-third of the purchase price of \$300.00 on hand.

New Dundee, Waterloo Co.—Has been studying new things, including interesting facts about famous people and places.

Oak Hill, Brant Co.—Uses monthly slogans. Members names are drawn and the members give brief talk on the subject of the slogan.

Princeton, Brant Co.—Makes quilts to order to provide funds for community relief and other work.

Friendship Circle, Cochrane Dist.—Made a quilt of flour bags at the suggestion of the Home Economics Committee and filled it with home grown, washed, and carded wool. The funds from its sale provided a Christmas tree and a gift for a cripple.

Fenwick, Welland Co.—Carries on a well-baby clinic every two weeks during the summer. Three members with cars provide transportation for mothers and babies who have no other means.

Montrose, Welland Co.—Had an educational tour and visited Shredded Wheat factory and Niagara Falls greenhouses.

Brockville District—Was honoured by Her Excellency, The Lady Tweedsmuir, who attended the district annual. During the noon hour, Her Excellency graciously unveiled a Memorial Cairn as one of the features of the Silver Anniversary of the Athens Branch which was the hostess branch for the annual meeting. One thousand persons attended the unveiling ceremonies.

Otterville, Oxford Co.—Has found that a nominating committee has been a satisfactory way of presenting candidates for election of officers at the annual meeting.

Summersville, Oxford Co.—Arranged social events to offer special hospitality to strangers in the community.

Lucknow, Bruce Co.—Furnished the funds to erect a drinking fountain in the main street of town.

Teeswater, Bruce Co.—Profited from addresses by two local doctors on communicable diseases and their prevention, and the care of the pre-school child.

Udney, Ontario Co.—Held a party to celebrate its fifth birthday. A programme of readings, music and dancing was enjoyed, all those taking part being dressed in fancy costume to harmonize with the number presented. The candles on the birthday cake were extinguished by five wee girls.

Queenston, Lincoln Co.—Had a "Peach Day" when a paper was given on Peach Growing and the history of the peach orchard over a 60-year period. This was followed by an address from the dietitian of a large canning plant, whose topic was "Cans and Their Products." Peaches were served as a part of the refreshments.

Hespeler, Waterloo Co.—Collected nearly five tons of paper in October and gave the proceeds of the sale to the district Nursing Association. A rummage sale in November netted the branch over \$40.00.

New Dublin, Brockville Dist.—Co-operated with two other branches and held a diphtheria toxoid clinic where 103 persons were treated. Two nurses, members of the branch, helped with the clinic.