

## Chairmen Women's Institute Conventions, 1937



Mrs. R. M. Black, Elmvalle  
CHAIRMAN BARRIE  
CONVENTION



Mrs. C. Holmes, R.R. 3, Belleville  
CHAIRMAN BELLEVILLE  
CONVENTION



Mrs. N. Boyce, Colebrook  
CHAIRMAN KINGSTON  
CONVENTION



Mrs. R. Boyter, Little Current  
CHAIRMAN LITTLE CURRENT  
CONVENTION



Mrs. J. M. Coghill, Elk Lake  
CHAIRMAN ELK LAKE  
CONVENTION

## PROGRAMME OF 1936-37 SHOWS INCREASE IN EDUCATIONAL ACTIVITIES

Excerpts from the Annual Report of the Women's Institute Branch April 1936-March 1937

The Women's Institute Branch is responsible for an educational programme to help homemakers acquire sound and improved practices for greater home efficiency. If this service is to be made available throughout the province the co-operation of branch and district institutes is required. Therefore, this educational service is rightly called the Co-operative Programme in Home Economics.

In 1936-37, this programme was planned to meet the most urgent demands and needs of the majority of homemakers in the province. It had to recognize the possibilities and difficulties of establishing sound educational procedures by taking into account: limited funds; the diversity of social and economic conditions in the province; and the varying mental and physical abilities of homemakers; the widely differing demands and limitations set up by ideals and beliefs; varying climatic conditions and occupations; and the tradition of previous programmes. Because home economics is so comprehensive it was classified into several different lines of study and work in the following divisions was planned in the 1936-37 programme: Clothing and Textiles, Foods and Nutrition, Health Education, Housing and Homecrafts. An endeavour was made to make the programme flexible and elastic and at the same time have a simple fundamental organization.

The services were classified thus:

1. *Service Requiring Co-operation of Branch Institute only*—This service included only ten different one week short courses. Any branch might apply for one short course. The service was offered on the assumption that not more than one branch of every ten would make application.

2. *Services Requiring Co-operation of District Institute and Support of the Branches*—Each district was expected to establish one of the following services for the benefit of the branches within its confines.

(1) *Speaker Service*—The district selected approximately one-half of the branches as centres for a trained worker to visit in order that she might speak to the membership and encourage educational work along some definite line. Twenty-five different subjects were listed to be introduced in this manner.

(2) *District Training School for Local Leaders*—Each branch was encouraged to appoint a local leader to attend a training school and learn how

to carry on a definite study or activity in their own branch. These training schools had both morning and afternoon sessions and were from two to eight days duration. Twelve different projects were listed to be taken up in this manner.

(3) *Home Conferences*—This service allowed the trained specialist to visit each branch in the district wishing to co-operate. The members of an institute met in the actual situation of the problem and analyzed it with the guidance of the instructor. The organization of the work provided a means for the group to gain further experience and make corrections. One project was announced under this method.

3. *Service Requiring Co-operation of District Institute*—All districts had the privilege of applying to the Department for an instructor to take charge of an Officers' Rally for the purpose of training in administrative leadership. Both morning and afternoon sessions were required. Topics for profitable discussion were outlined in the announcement of the programme.

### Programme Planning

An effort was made to bring the responsibility of programme planning to the attention of the Women's Institutes through articles in "Home and Country" and discussions at conventions and district annual meetings. In all their contacts the staff of the Department has tried to encourage the institute branches to analyze their own needs and be conscious of their interests because this process is necessary before a successful programme can be determined. A better system of determining local programmes, both vocational and avocational, needs to be developed and organized. During the past year there was evidence of progress among the members in that they realized the problem and understood that they must help to plan the activities they wish to carry out successfully.

### Clothing and Textiles

The work done during 1936-37 followed the same procedure as the methods used during the previous year, with local leader training schools, short courses and speaker service. The course of instruction dealt with the selection, construction and care of clothing, with a definite purpose of developing a standard in clothing selection which would contribute to the health, comfort and efficiency of the family and give a feeling of ease and assurance in their social relationships.

Training schools in Buymanship were conducted in 17 districts with 257 leaders and 52 assistants receiving instruction of value to the consumer. These leaders have not only presented the information to their own branches but several have accepted invitations to address other organizations and have given assistance to school teachers in special study groups.

The "Kitchen Ensemble" project was the choice of six districts, with 34 leaders in attendance. There were 185 enrolled of whom 107 were inexperienced sewers. At the conclusion of this work three summary days were held with an attendance of 246. There were 141 dresses and aprons exhibited and the leaders report that there is great enthusiasm for further work in garment construction.

"Care of Clothing" which includes laundering, mending, spot and stain removal, clothes-closets and storage methods was the choice for special study in five districts where 28 leaders are carrying through a course of study with their local branches at the regular monthly meetings.

Exactly 17 short courses were held in "The Use of Commercial Patterns" with a total attendance of 1,463 and 235 different women benefiting. Short courses on "Garment Finishes and Remodelling" were carried on in ten communities with 155 members enrolled and a total attendance of 949.

Eight meetings to discuss "The Becoming Costume" were held in two districts with an attendance of 282 different women. Seven meetings in one district, when the subject discussed was "The Social and Economic Aspects of Clothing", were attended by 278 women.

### Foods and Nutrition

In the past year two factors in particular marked progress in the Foods and Nutrition programme: the increasing co-operation of the local institutes with the Department and more practical assistance from other branches of the Department of Agriculture. The co-operation of the Agricultural and Horticultural Societies Branch makes it possible to have the specialist on vegetable culture give instruction at the Summary Day which follows the project on "Vegetables: Their Preparation and Place in the Diet". During the year covered by this report 34 leaders and assistants from 17 institute branches attended training schools in this project.

Exactly 27 short courses in "Food Selection and Meal Planning" were held in 22 districts with a total attendance of 2,294. Eight districts asked for speaker service on "Canning of Fruits, Vegetables and Meats" and "Feeding the Family for Health".

Charts and slides were used to illustrate the lectures. In response to these requests 29 meetings have been held with a total attendance of 1,198. Plans have been made for a series of meetings on "Table Setting and Home Service". Illustrative material including table linens, dishes and silver will make the work of practical value.

Help was given with individual problems of health and diet by means of home demonstrations in "Gaining Weight" and in "Relieving Constipation". Three hundred and thirty copies of the information for carrying on such demonstrations were asked for and distributed. Report forms to be filled in weekly for six weeks and returned to this office are part of this programme. Those already returned with such statements as "no more headache", "feel better in every way", "have gained six pounds" indicate that these home demonstrations have been effective in improving health habits.

Plans are under way for seven local leader training schools in "The Uses of Whole Wheat" to be given in Manitoulin, East Algoma and Thunder Bay Districts. By increasing the consumption of whole wheat products it is hoped to make good certain dietary deficiencies resulting from a lack of vegetables and fruits during the winter months.

The Foods and Nutrition programme for the new year has been enlarged to provide for local leader training schools in "Meat Cookery" which will include the consideration of hanging meat, killed and distributed locally. Present indications point to increased interest and participation in Foods and Nutrition work. It is apparent that people are becoming increasingly conscious of the relation between food and health.

### Health Education

In the past year 25 short courses in "Health Education" were organized. These were conducted under the direction of graduate nurses who have had special training in public health work. Some 549 women received instruction in these classes with a total attendance of 2,362. In addition to the short courses 41 communities profited from the services of a speaker in Health Education who endeavoured to help the local institutes plan a simple programme in some field of Health Education for the ensuing year. The attendance at these meetings totalled 1,478.

### Housing

Local leader training schools in "Refinishing of Furniture" were conducted in 12 districts with 108 local leaders in attendance. Of these 39 leaders have reported completed

(Continued on page 4, Col. 4)