

STUDY OF HOMEMAKING

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and the age of the members of the family, the climate and season of the year, the necessary number of calories and the protective value of foods must be considered. Great care should be taken in the preparation and preservation of foods. Hints received and recipes exchanged at meetings all have their place. It would be difficult to estimate just how much good is done in this way. Personally I have found this very useful. It is most helpful to a new housekeeper.

Housing and Household Arts

Perhaps one of our most difficult problems to-day is keeping our homes attractive, comfortable and efficient. The materials needed are so expensive and with the wage of an expert still at the union scale, it makes it prohibitive for the average home owner to keep up repairs. The result is that buildings and interiors have deteriorated and are helping to lower standards of living. A great deal can be accomplished by initiative and judgment exercised by the homemaker.

Economics and Management of the Home

Management of the home is worthy of considerable study. There is a great lack of knowledge of psychology in homes, schools, churches, and communities. We find in many cases that the girl or boy is unhappy at home, feeling that they are not understood, when a little study of the situation is what is needed. The family income is another source of discontent. All of which is a direct challenge to the homemaker and it is worthy of her best efforts.

It would appear from the opinions expressed by those engaged in Social Welfare that the home life of the nation is at stake. We comfort ourselves that this is not true of rural homes, but we are not blinding ourselves to the truth. Are our rural families not getting their pleasure outside the home? This is a subject for our earnest consideration. We should endeavour to do something to change this state of affairs. This is a worthwhile project for each community.

Local Programmes

I have not attempted to discuss home economics or any phase of it at any great length, as each division should be made a subject for many discussions and much study. Otherwise, desirable permanent results can not be accomplished.

Some branches take a very keen interest in home management, while others are just as interested in nutrition and budgeting supplies of vegetables for winter use. This last would appear to be the result of the short courses and training schools on vegetable cookery and of the garden and canning clubs.

We are in danger of overlooking the so-called trifles, which make up our every day lives. The trifles are what touch the individual home of a large percentage of the membership, more especially those in isolated branches where the opportunities for study are limited.

A home economics programme is a direct challenge to all Women's Institute members to live in the shadow of our motto: "For Home and Country". What more is there to live for? If we have not planned our branch life and our own lives to serve this motto we have not accepted the challenge: "Better Homes, Better Communities, Fuller Lives. All to a Peaceful Happy Canada".

(Contributed by Mrs. J. K. Kelly, Almonte, Provincial Convener of Home Economics.)

News Flashes From the Branches

Forestville, Norfolk Co.—Co-operated with the Medical Health Officers and helped establish clinics for the prevention of diphtheria and small-pox.

Marburg, Norfolk Co.—Devotes a short time at each meeting to the study of Better English.

Port Rowan, Norfolk Co.—Presented seven flags and twenty framed pictures to the public school.

Colborne, Northumberland Co.—Is studying the Women's Institute Hand Book. A portion is read and discussed at each meeting.

Lakeside, Oxford Co.—Celebrated its 25th anniversary recently with an attendance of over one hundred. Women's Institute pins were presented to four charter members.

Quarries, Carleton Co.—Made a tour of the Parliament Buildings, Ottawa, and had a social hour over the tea cups before leaving the city for their homes.

Teeswater, Bruce Co.—Devoted one meeting to a demonstration on preparing and cooking an economical meat loaf. A discussion followed on the cuts of meat and how to cook them.

Chesterville, Dundas Co.—Was honoured at the April meeting by the presence of Her Excellency The Lady Tweedsmuir who spoke on Books and Reading.

Williamsburg, Dundas Co.—Has doubled its membership in the last year. One of its new interests is a choral society which has 47 members.

Antrim, Carleton Co.—Sponsored a girls' garden and canning club, a girls' sewing class and a choral class. Coronation year was commemorated by planting trees.

Dunrobin, Carleton Co.—Devoted a portion of the April meeting to a discussion on reports of various community activities.

Hawthorne, Carleton Co.—Had a timely and instructive illustrated address by an entomologist, dealing with blights and their control.

Camden East, Addington Co.—Had a debate "Resolved that trade schools and centres for adult education be established in rural centres in Ontario."

Prince, Algoma North Shore.—Featured Public Speaking in one of its regular monthly programmes. The meeting was held at the school and the programme was arranged by the local teacher. Talks on Canadian Industries, the Coronation and the Flood were presented.

Korah West, Algoma Centre.—Held a meeting on health when a physician spoke on the diseases which might affect the eye, ear, nose and throat.

Oak Hill, Brant Co.—Plans to promote the serving of hot lunches to the school children every day during the cold weather. The branch installed an electric plate in the school.

Lyn, Brockville District.—Enjoyed an instructive illustrated address on the Birds of Ontario by the Agricultural Representative. The school pupils also attended the meeting.

Chesley, Bruce Co.—Co-operated with the Board of Health in organizing a clinic for the prevention of diphtheria. Toxoid was administered to 217 school and pre-school children at cost of 50c. per child, the W. I. being financially responsible for those unable to pay the fee. Three treatments were given.

Snow Road, Lanark Co.—Made housecleaning easier by hearing three minute talks on how to launder rayon, how to wash blankets, soap making and how to wash wool sweaters. The course on "Home Utilization of Wool" has resulted in several fine quilts being made in the past few months. Some 30 pairs of gloves have also been made since the course was given.

Orono, Durham Co.—Had a talk on vegetable cookery which was accompanied by a practical demonstration. The finished products were served at the meeting.

Vernon, Carleton Co.—Held a reception for the teachers and trustees of the schools, and also the husbands

of the members. Six local teachers took part in a debate on the subject: "Resolved, that conditions in rural communities were more conducive to happiness 50 years ago than they are at the present time".

Morpeth, Kent Co.—Featured at a meeting devoted to the study of health an exhibit of health posters made by school children of 3rd and 4th grades. Awards of toothpaste, brushes and soap were given to the children.

Town Line, Kent Co.—Presented each of the two local schools with a flag in recognition of Coronation Day.

Macdonald's Corners, Lanark Co.—Had one meeting devoted to discussions on Curing Meat and Fish for Summer Months and The Cost, Care and Feeding of Chicks.

Rosedale, Lanark Co.—Had a series of debates which attracted a large number of men to the meetings. The debates were well planned and discussed.

Langford, Brant Co.—Benefited by a discussion on the origin, growth, functioning and constitution of the Women's Institutes.

Cape Croker, Bruce Co.—Purchased a supply of tomato juice for the children of one of the schools; and sent a delegate to the Indian Council to help secure more healthful conditions on the Reserve.

Lindsay, Bruce Co.—Was stimulated by the course on "Home Utilization of Wool". Members have washed and carded wool, knitted socks, pieced and quilted quilts with greater satisfaction.

Walford, Algoma East.—Held a seven days' dental clinic at which treatment was given to 66 children and included 217 fillings and 71 extractions.

Comber, Essex Co.—Has interested some of its younger members in sewing by carrying on and completing the work on the Kitchen Ensemble.

Hickson, Grenville Co.—Invited the school teachers and trustees to a regular monthly meeting. One teacher gave a demonstration on the use of the new public school speller. The superintendent of the county schools gave an address on the present educational system in Ontario and some proposed improvements.

Keward, Grey Co.—Helped a family who had lost their barn by fire by doing a large share of the baking for the meals for some 75 men who worked on the barn raising.

Kilsyth, Grey Co.—Featured sewing under the motto "A stitch in time saves nine". The roll call was a sewing help, the demonstration was on joining bias strips before cutting and the practical work was setting up and quilting a quilt.

Pine Orchard, York Co.—Had a paper on the history of Pine Orchard schools, rural routes and post offices. The publication of a history of Pine Orchard has created a live interest in local history.

Vandorf, York Co.—Had a timely and practical address from the Agricultural Representative on the subject of farm work and different soils.

Kettleby, York Co.—Profited by a helpful paper on the Uses of Waste Fats which was given by the branch convener of Home Economics.

Elmhurst Beach, York Co.—Approached their local council regarding the proposed closing of a much used road with the result that the road is being kept open and the council is having it paved.

Burnaby, Welland Co.—Is health conscious. It has an active health programme including: health items at monthly meetings; numerous subscriptions to the Health Magazine, copies of which are placed in the local schools; continual interest in replenishing first-aid kits in schools; and awards to pupils for health posters to be entered at the coming school fair.

Fonthill, Welland Co.—Had a particularly enjoyable meeting when a talk on Merry England was given and a discussion on the hand book took place.

PROGRAMME OF 1936-37

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classes with 295 pieces of furniture refinished. In two districts where training schools have been conducted and local classes completed, Summary Days have been held with an attendance of 110. The refinished furniture of the district was exhibited on this day and slides of old furniture were shown. A keen interest was taken in these exhibits and also in the story of the work given by the local leaders.

Home Conferences in Re-arrangement of Furniture were held in eight branches in one district with an attendance of 95. In each branch a living room of one of the members was used as a laboratory to find the best possible arrangement for that particular room, sometimes eliminating some of the pieces which had been in the room and at other times bringing in a piece from some other part of the house. Plans have been made to make return visits to these branches and also to conduct conferences in another district. Return visits have already been made to 11 homes in one district after the Home Conferences of the previous year with 169 women participating.

"Buymanship Related to House Furnishings" was the subject discussed at a series of four meetings held in one district with 11 branches participating and a total attendance of 77. Questions were asked from the floor as well as in private conversation. It is hoped this series has been thought-provoking and as a result more women will "buy" their housefurnishings rather than be "sold" them. Plans are completed for meetings in two other districts.

A keener interest in Housing and its problems with a greater readiness to accept opportunities for assistance in solving these problems is in evidence for the coming year.

Homecrafts

"Leather Glove Making" proved to be the most popular of the Homecrafts in which instruction was given in the past year. Seventy-seven branches sent local leaders to eight training schools in this craft. The leaders learned how to select leather, cut a pattern to fit their own hands, cut and make a well-fitting pair of gloves and also how to teach this art to others. In addition five training schools for local leaders were held in "Home Utilization of Wool" with 77 local leaders receiving instruction and three schools in "Quilts and Quilting" where 60 local leaders shared the instruction given. Not all of the classes conducted by these local leaders in their own communities have completed their work but according to the 92 reports already received 380 meetings have been held where 3,454 women have received instruction. Among the articles completed were 1,117 pairs of gloves, 35 quilts and 197 woollen articles of various kinds. In addition 95 women have carried out the process of washing wool.

In addition to the local leader training schools in "Home Utilization of Wool" seven short courses were held in the more isolated districts where the training school method was not feasible. One hundred and nineteen women were enrolled in these classes with a total attendance of 711. Short courses in "Needlecraft", 24 in number, were held with 398 women receiving instruction and one course in "Rug-making" with an enrolment of 14. The total attendance at these courses numbered 2,556.

The outlook for 1937-38 is encouraging. The Homecraft programme is gaining by leaps and bounds in popularity with the institute members. That this service is appreciated by the branches is shown by the increased number of requests. Twenty-seven branches have requested the short course in Rugmaking as compared with four last year, and 200 branches are planning on taking Leather Glove Making as compared to 77 last year.