

CONCENTRATE EFFORTS ON SPECIAL HEALTH PROGRAMME

Mrs. F. J. Nickle, provincial convener of Health and Child Welfare recommends that the Women's Institutes might well concentrate their efforts on a particular phase of the very important subject of 'Health and Child Welfare'. In her outline of a suggested programme for 1938-39, Mrs. Nickle says:

"Medical science and public health are making such rapid progress that we need never lack new topics or new projects. Please remember that each institute must study its own needs. For example—if your community is open to the plagues of scarlet fever and diphtheria, and if your school children are not given a physical examination every year, you have dropped behind the standards set by our progressive institutes. Health insurance and state medicine are being studied by many institutes.

The factors which have governed my recommendations are—

1. Careful review of all reports submitted by area conveners.

2. A need for co-operation with the Provincial Department of Health through the study of their latest advancements in public health.

Your provincial committee on Health and Child Welfare urges united effort on:

1. Pasteurization of milk and tubercular and blood testing of herds. These are necessary for public health.

2. Social Legislation — Maternal Welfare, Mental Hygiene Clinics, Annual Health Examinations, Venereal Disease Clinics, Health Examinations before Marriage.

3. Child Welfare—The study of Child Psychology and how best to teach children the facts of sex.

TRAVELLING LIBRARIES AVAILABLE TO ONTARIO WOMEN'S INSTITUTES

The regulations concerning the Travelling Libraries Service have been slightly changed. The following information should be clipped and pasted in the Women's Institute Hand Book on page 28 in place of the information that is now given on that page.

"The object of these Travelling Libraries is to supplement the available book stock of smaller public libraries as well as to serve Women's Institutes, Farmers' Clubs, Study Clubs and Schools in communities, rural and urban, where public library service is not accessible. Requests for special titles or special types of literature will always be filled so far as possible; for example, agriculture, household science, travel, biography, economics, boys' and girls' books. A case holds from 40 to 50 volumes.

Occasionally requests are made for cases entirely of fiction. Such applications cannot be granted, since the libraries are chiefly for educational purposes.

For practical reasons, no catalogue is published. New books are being purchased every month, worn-out volumes are being withdrawn, and much of the collection is always in circulation throughout the Province.

Cost — None, excepting carriage charges. The borrowing community is asked to pay the charges on arrival; the Department will pay for the return.

Period of Loan — The regular period for a loan is four months, though cases may be returned at any time.

The Department prefers to lend through an organized association of some kind. The books must be available without charge to the entire community and not only to members of an association, club or church. Arrangements must be made for a suitable custodian."

Local Leaders at Work—Grey County, 1938



Mrs. John Arnott of Springmont Institute, Miss Margaret McKein of Annan and Leath Institute and Mrs. Harold French of Salem Institute learn how to make gloves and teach glovemaking at the Glovemaking Training School, instructed by Miss Lillian Howell of the Women's Institute Branch, Department of Agriculture.

DISTRICT ANNUALS DEMONSTRATE EFFICIENCY

(Continued from page 1, col. 3)

The delegates at the West York District were well prepared with their choice of project, because the Co-operative Programme had been well discussed by the institutes previous to the district annual meeting. The district secretary plans to have an informal meeting of local institute secretaries at her home where they will discuss the duties of a secretary and better co-operation in the district.

Brockville and South Waterloo were two districts where the institutes had studied the Co-operative Programme and were ready with their decision at the district annuals.

At the North Wentworth District Annual a lunch served in cafeteria style successfully took care of over 300 delegates in less than an hour.

Reports at the South Simcoe District Annual showed that 400 pairs of leather gloves had been made in the district since the training school held in April.

The fact that many institute members keep in touch with institute activities throughout the province was shown when a resolution was brought up at the South Waterloo District Annual favouring South Waterloo joining the Guelph convention area, should such an area be organized.

Outstanding reports of standing committees were given at the North Perth District Annual. Each report was followed by a discussion period showing an excellent understanding of the functions of Women's Institutes. This district annual demonstrated the fact that the institutes in the district are alive to current issues and aware of opportunities where they can give constructive service.

The North and South Brant Districts celebrated their fortieth anniversary. Four members were present who were at the first meeting.

In Centre Wellington District, a small prize is given to the convener who has presented the best report and received reports from the greatest number of local institutes. This system has resulted in excellent reports at the district annual.

The morning session of the district annual of East York was almost perfect. One of the features that helped make the meeting run smoothly was that each person who had a part in the programme sat on the platform.

The delegates at the district annuals held in West Elgin and Brockville were treated at lunch with delectable, fresh asparagus, nicely cooked and served hot.

The districts of North and South Norfolk made arrangements to conduct seal sales on a district basis in order to help finance tuberculosis clinics.

At the Carleton County District Annual the final step was taken for dividing the county into two institute districts. During the past year, the officers did splendid preparatory work. They made out a feasible plan and submitted it to each institute for consideration before the district annual.

In Haldimand, a district with many institutes, official representatives from the institutes meet with the speaker from the Department some time previous to the district annual to discuss and decide upon the district co-operative programme in home economics for the coming year. A half day is devoted to this procedure. Other district matters entailing lengthy discussions are also considered at this meeting.

North Middlesex reports were concise and business-like. In the important work of Health and Child Welfare, this district gave attention to the mental and physical health of children, mental diseases and water supply.

At East Kent, the girls gave a practical demonstration of the work carried on by Homemaking Clubs. This was followed by a discussion when helpful ways of assisting the girls were outlined.

Algoma North Shore had the Inspector of Public Schools give a talk on the new programme of studies for grades I to VI for public and separate schools. His address followed the report on Education and concluded with discussion. Each institute in this district has had a case of books from the Travelling Libraries Branch of the Department of Education.

South Renfrew marked 25 years of district leadership with a birthday celebration. Valuable historical data were collected for the event.

Sudbury District sponsors a baby clinic. Representatives from the district are on the committee for the Institute for the Blind and, through this contact, the district has been able to recommend two elderly women for the pension.

East Manitoulin contributes generously to hospital work, both in time and funds.

Picturesque St. Joseph's Island is interested in the preservation and re-

(Continued on page 4, col. 2)

SUMMARY DAYS ON VEGETABLE COOKERY WELL ATTENDED

Fifteen summary days were held during the spring and early summer to conclude the projects on Vegetable Cookery which had been organized and carried on in 15 different districts, ranging from Temiskaming in the north to Essex in the west and Northumberland in the east.

The summary days followed the local leader training schools in Vegetable Cookery, which were given several months earlier in all the districts concerned. In the intervening time, the local leaders who had attended the district training schools gave the work to their own institutes. Each institute in a district with this project on its programme had the privilege of sending two leaders to the training school.

The summary days were planned with two sessions, the attendance at the morning session being limited to local leaders, district officers and a few interested members, while the afternoon session was open to the public.

Local leaders from 93 institutes attended the district summary meetings and over 700 persons attended the afternoons sessions. A district president or a member of the provincial board of the Federated Women's Institutes presided at each meeting.

The afternoon sessions included community singing; a discussion on good standards of well-prepared vegetables by Miss Gertrude Gray, Specialist in Foods and Nutrition; two original dramatic skits prepared by local institutes out of their experience in the project; and an address on "The Home Vegetable Garden" by Mr. Rush, Vegetable Specialist with the Department of Agriculture.

The skits given by local institutes varied greatly, but in all cases were original and interesting. At one meeting an entire class of 14 women took part in a true and false test conducted as a radio broadcast—thus giving a humorous, but accurate resume of their work in Vegetable Cookery. Another institute had little girls dressed as vegetables and they told in rhyme the story of the value of vegetables in the diet.

Mr. Rush discussed the fertility of various soils and how to deal with certain conditions of the soil, desirable varieties of vegetables to grow, and the control of insects. He had a pleasant way of emphasizing the health, pleasure and financial gain to be derived from a vegetable garden and made one seem essential to every home.

Each institute participating in the project brought an exhibit to the summary day. The exhibits consisted of cooked vegetables, salads and successfully stored winter vegetables. An explanation of these exhibits helped to set standards for well-prepared vegetables and to show how good methods of storage may ensure a sufficient supply of vegetables during the nonproductive months.

The local leaders reported: Definite improvements in the methods of cooking vegetables; more varieties of vegetables being grown and used in the homes of many class members; and better health as a result of using "two servings of vegetables a day in addition to potatoes, and a green or raw vegetable four or five times weekly." At the morning sessions, a number of the local leaders reported that they had not been given sufficient time by their local institute to present the work satisfactorily. Many leaders had been given ample time and in a few cases special meetings had been arranged. Some of the local leaders reported that they had prepared a meal consisting largely of vegetable dishes to conclude the study in their institute.