

RURAL GIRLS ATTEND WINTER SHORT COURSES

Some 1,267 girls were enrolled at 30 one-month and 5 three-months schools in Home Economics during December, January, February and March of the past winter. These schools were conducted in 33 counties and districts by the Women's Institute Branch in co-operation with the Agricultural Representatives Branch. According to registration reports the average age of the girls was 20 years; 42.7 percent had not attended high school, 34 percent had attended two years or less, and 5.7 percent had attended more than two years. Approximately 9.3 percent had had the advantage of special training in nursing, commercial and normal schools and universities. Many girls travelled from 6 to 10 miles daily to school. The average distance was three miles.

The course of study for three-months schools included Foods and Nutrition, Household Management and Laundering, House Furnishing, Health Education and Home Care of the Sick, and Clothing. For one-month schools it included Foods and Nutrition, Household Management and Laundering, with optional courses in Health Education and Home Care of the Sick, or Clothing.

Special one-week and two-weeks courses were organized in nine centres to meet particular needs in communities concerned. These schools included courses on four Indian Reserves. Some 258 girls and women were registered at these special schools.

Statistics—One Measure of Accomplishment

Statistics relating to change of practice reported during the course may be used as one measuring stick of short course accomplishments. The following figures are the immediate indication of progress and will be greatly increased as the pupils have an opportunity to apply their new knowledge in their daily work at home.

Food Practices—As a result of work in Foods and Nutrition, 157 class members adopted recommendations for such corrective feeding as increasing or reducing weight, overcoming constipation, etc. Over 200 homes introduced better methods for care of milk which included pasteurization, better storage and general care of utensils, and 570 practices were established to increase consumption of milk, fruits, vegetables and whole cereals. Approximately 450 homes improved their standards of cookery and 360 their standards of serving food.

Health Habits—At least 188 girls improved posture habits, while practically all became more posture conscious. At least 50 girls visited their doctor for medical examination and 125 girls were immunized in respect to typhoid, diphtheria or smallpox. Over 80 homes adopted better nursing procedures and 400 homes had their drinking water analyzed.

Clothing Problems—The girls made 719 garments which included 361 dresses, 17 blouses, 55 slips, 201 aprons and 85 other articles. Special consideration was given to the selection of clothing in respect to colour, design, durability and appropriateness, to personal grooming and to care and repair of clothing.

Tangible and Intangible Results

Records indicating tangible and intangible results, such as improvement of standards, development of discriminating judgments, stimulation of ideals, change of attitude and development of leadership give further evidence of the value of the courses.

Conservation of Time, Energy and Money became a highly desirable goal as equipment was arranged and checked for convenience and members became more and more aware of the importance of good working habits and intelligent planning in efficient home management. Possibilities of increasing family purchasing power

(Continued on Col. 4, this page).

News Flashes From the Institutes

South Brant District—Had an attractive method of studying Agriculture and Industries. Busses were chartered to carry the members to Niagara via Dunnville, where a stop was made to visit the Monarch Knit Company plant and enjoy an appetizing lunch. On the way to the Falls a peach orchard at St. Catharines furnished one phase of agriculture and a tour through the Shredded Wheat Plant at the Falls gave opportunity to combine the interests of agriculture and industry.

Standing Committee work became more interesting when featured at the local fair. The plan followed called for four articles on the work of each of the Standing Committees selected.

An amateur night with each Institute contributing to the programme has proved an excellent method of promoting friendliness and sociability throughout the district and demonstrating a co-operative spirit.

Oxford South District—Dealt with education under the heading of Parent Education. With only two or three exceptions this was studied in the same month by all Institutes, and was confined to two lines of thought. This especially aroused the interest of young mothers. The district included in the same period a study of Rural Life in Denmark.

Glengarry and Stormont Districts—Co-operated in staging an educational exhibit in connection with the Health Institute held in Cornwall. The Institutes stressed Nutrition and Child Welfare as studied in short courses, training schools and through convenerships. This proved a very satisfactory venture and strengthened district interests.

Greenbush, Wellington Co.—Used nomination committee method for elections and realized a saving of time. Less confusion resulted and more thought was given to the selection of leaders.

New Dundee, Waterloo Co.—Plans the monthly programme so that each meeting presents one cultural topic (art or music), one practical subject on the work of a standing committee, and a recreational period. Wood carving, pottery making and soap carving have been included in the study of art.

New Hamburg, Waterloo Co.—Enjoyed a study of musical appreciation. This included the story of the development of instruments, piano construction and the history of well-known compositions.

Rockley, Temiskaming District—Studied the pamphlet on Weed Control for three consecutive meetings, following the convention report. A brief reading and study of sections of the Hand Book is also a part of the programme.

Bloomfield, Prince Edward Co.—Studied Buymanship in Clothing under the local leader. The subject was discussed under three headings, (1) Women as consumers, (2) The source, manufacture and characteristics of fabrics, tests for identification and adulteration, (3) General buying. The pupils of the public school entrance class attended when the second topic was discussed. The local leader presented the work to the Home and School Club of Picton last month.

South Glenelg, Grey Co.—Featured legislation in a particularly interest-

ing manner. An address on Municipal Government prepared the way for an address by the township clerk, in which he discussed the responsibility of different offices. He exhibited the minute book of the council in 1860 and the ballot box used by the council the same date. The difference in the method of voting then and now was explained by the clerk.

Victoria Harbour, Simcoe Co.—Had practical application of the study of Meat Cookery for the school under the local leader. First taking the better cuts of meat, she reviewed her work, after which these meats were used as the main part of a dinner for which members supplied the accompanying foods. This proved so successful that a second dinner was put on making use of the cheaper cuts of meat for the main course. Interest was created by having the reeve and members of the public school staff as guests. This second event was even more satisfactory than the first lesson.

Moorefield, Wellington Co.—Celebrated its thirty-fifth anniversary on February 19. The occasion was marked by a banquet by the women's association of a local church, and served by the Canadian Girls in Training, which evidenced fine co-operation and community spirit. The guest speaker was the local member of Provincial Legislature. Two charter members spoke of accomplishments of the Institute and how the first Institute was formed. Seventeen presidents had directed the Institute activities during that period.

Navan, Russell Co.—Listened to an enlightening address on child psychology given by a specialist in this subject.

Russell, Russell Co.—Had a special speaker present an illustrated address on the British Isles. This Institute extended hospitality to three visiting Institutes for this meeting. This lecture created a better understanding of the life in the British Isles and the educational value of travel.

Goodwood, Ontario Co.—Started a public library, utilizing the town hall for housing. Books and funds have been donated and library is open one evening each week.

Shillington, Cochrane District—Concentrates on the welfare of school children and has supplied first aid kits; also nourishing food for lunch during the winter months. The Institute furnishes dish towels to the school and members of the Institute keep these freshly laundered. A flag has also been given the school.

Harstone, Thunder Bay District—Linked agriculture with industry in a practical way through an address on poultry. The study included a demonstration on killing and preparing chickens for market. This was given by the local school teacher.

Upsala, Thunder Bay District—Is doing active work in helping to eradicate noxious weeds. A general discussion on the subject of weed destruction was supported by the members and a portion of each meeting will be devoted to the study of one noxious weed and how to eradicate it.

Big Lake, Manitoulin Island—Had a talk on different grades of wool and their uses. As a result of this, a goodly number of persons have made wool batts for comforters.

PAMPHLETS PREPARED ON COMMON PROBLEMS

Word has been received that the Department of Agriculture of the Dominion Government has had printed for distribution the two pamphlets,—"The Control of Some Common Species of Household Insects" and "Household Storage of Fruits and Vegetables". Each Institute in Canada will receive copies of these pamphlets which have been prepared at the request of the Federated Women's Institutes of Canada in the interest of improved rural sanitation.

THE SCOTTISH INSTITUTE MEMBERS

About 60 members are expected to book passage for the trip to Canada. Miss Wrench, who is planning the tour, has suggested the following books to the party for preparatory reading—"Canada To-day; a Study of Her National Interests and National Policy" by F. R. Scott; "The Shadow on the Rock," by Willa Cather; "The Seats of the Mighty," by Sir Gilbert Parker; Kenneth Roberts' books and Mazo de la Roche's books.

NEWS ITEMS FROM BOARD MEETING

Mrs. T. J. McDowell was honoured by the Provincial Board, at the annual meeting, when she was re-elected President of the Federated Women's Institutes of Ontario for a fourth year. The precedent was created when the members voted unanimously to waive the ruling of a three-year term, considering it to be inadvisable for a president and a superintendent to be new to office at the same time.

The good wishes of the Ontario Women's Institutes were extended by the Board to Mrs. Skinner, formerly Miss Bess McDermand, on the occasion of her marriage following her resignation from the post of Superintendent of Women's Institutes in Ontario. Mrs. Skinner was presented with a silver coffee service. A motion was recorded and a letter was sent, assuring her of the Institutes' pride in the outstanding work accomplished through her fine qualities of personality, education and experience, and in the high standard of Home Economics training established for the Ontario Institutes.

A welcome was bespoken for the new Superintendent, Miss Mary A. Clarke, and assurance given of the loyal support which the Federation is ready and willing to give the Department at all times in advancing the Co-operative Programme for rural homemakers throughout Ontario.

Institute Colours

Attention was drawn to the Institute Colours—Blue and Gold—symbol of loyalty and royalty, respectively, which had been used from the Institute's early inception. The dark blue of the corn flower is considered the nearest shade in blue.

Mary Stewart's Collect, often called the Institute Creed, was defined at the Board and its use commended to Institutes in opening exercises.

Home Beautification (inside and out) and Weed Control were recommended to Institutes as projects for province-wide activities. The Department was commended for bulletins issued on Weed Control of five noxious weeds in Ontario. These are available for use and study on application.

The members enjoyed a trip to The Royal Winter Fair through the kindness of the Department and the courtesy of The Royal Agricultural Winter Fair Association. They were greatly impressed by the high grade of exhibits and the many educational and entertaining features, which are making such a valuable contribution toward creating a deeper sense of appreciation for Agriculture and raising its standards.

(Contributed by Mrs. W. B. Leatherdale, Coldwater, Provincial Sec'y.)

(Continued from Col. 1.)

through careful planning, wise use of consumer education and economical practices in buying, were considered. Discussions led to appraisal of the authenticity, value and helpfulness of some radio and current magazine advertisements.

Rural Sociology was popular at two three-months schools. Every girl and boy was interested in hearing the opinion of someone else on every-day personal problems, and communities were awakened to a new interest in, and outlook on, rural life. Such subjects as the advantage and disadvantage of rural and city life, every-day relationships with others, understanding ourselves and others, were discussed under the guidance of a special instructor. These subjects were discussed again at supper tables, community gatherings and any place where two or three class girls or boys, their parents or friends, were gathered.

Spontaneous discussion, keenness of interest throughout gave evidence of an earnest desire on the part of these young people to achieve successful living and enrichment of home and community life.

(Contributed by Miss Florence P. Eadie, Women's Institute Branch.)