

# HOME and COUNTRY

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## ONE PART OF OUR PART

In writing this message to you as members of Women's Institutes throughout Ontario, I want to speak to you sincerely as one woman to another. I am picturing you in your individual homes shouldering varied daily responsibilities and I am also thinking of you united in a great organization which stands for service to home and country. Home and country! What weight these two words carry during this critical period, and what bearing they have on our interests and actions today. Women of Canada realize that they have a vital part to play in the present world drama and they are playing that part with courage and determination.

### Nutrition Important

Service begins at home. In many ways the homemaker working in her kitchen can make a contribution which, if repeated in thousands of other homes, will have a tremendous beneficial effect from a national standpoint. As was pointed out in an article which was printed in the winter number of Home and Country, members of Women's Institutes have a splendid opportunity to use their home economics programme to the fullest extent at this time. I am sure that all who listened to the talks on nutrition, recently given over the air, had the fact brought right home to them that one of our duties during these days of war is to use those foods which contribute to good health and which combine to make nourishing, wholesome meals. How fortunate are persons like yourselves who have an understanding of the goodness of foods, which you can put to practical use in preparing balanced meals for yourselves and your families.

A most significant statement appears in black type in the popular booklet "Food for Health in Peace and War" prepared by the Canadian Medical Association. It reads—"the Canadian farmer produces all the foods necessary for good health. Canadian-grown vegetables such as tomatoes, turnips, cabbage and fruits in season can replace the more expensive imported fruits". At this time, should we not be thankful for the abundance and variety of foods produced on Canadian soil? Let us consider a few of them and see if we are putting our "Produced in Canada" foods to best and fullest use.

### Use Canadian Foods

Vast fields in certain parts of the country furnish highest quality wheat which finds a place on our tables usually in the form of bread, while many farms give us a large variety of breakfast cereals. It has often been said that cereals, bread and milk are together the best foundation on which to build our daily meals. It is not difficult to get milk, for it is easily procured in almost all parts of the country, not only as bottled milk but also in concentrated forms. Surveys made within the last few years show that it would be well for Canadians to give milk more consideration and the same surveys disclose the fact that, contrary to the opinion that farm folk use less milk than city folk, the reverse is the case, but it still remains that both rural and urban homemakers would be well advised to put more milk on their tables. When speaking of milk, it would be unfair to overlook cheese, the dairy product

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## MR. CHURCHILL SPEAKS

Prime Minister Winston Churchill, in his inspiring radio address on July 14, which filled us all with courage and hope, said:

"All depends now upon the whole life-strength of the British race in every part of the world, and of all our associated people, and of all our well-wishers in every land, doing their utmost night and day, giving all, daring all, enduring all to the utmost, to the end.

This is no war of chieftains or of princes, dynasties or national ambitions. It is a war of peoples and causes.

There are vast numbers, not only in this island, but in every land, who will render us faithful service in this war, but whose names will never be known, whose deeds will never be recorded. This is the war of the unknown warrior. But let us all strive without failing in faith or in duty, and the dark curse of Hitler will be lifted from our age."

The Women's Institutes of Ontario are serving. Reports of some of this service are included in this issue.

## CENTRAL FUND, F. W. I. O.

Response to the initial appeal for contributions to the Central Fund of the F. W. I. O. were very generous and encouraging. To June 30, 1940, receipts total \$1,616.24, expenditures \$527.21, leaving a balance on hand of \$1,089.03. Your Central Fund committee appeals to you for continued contributions to this Fund, so that money may be on hand for emergency appeals which may be made by our Government, by the army, or by authorized voluntary organizations. We also welcome your suggestions concerning the use of this fund. Send these to Mrs. E. Duke, Provincial resident, Port Carling, or to Mrs. W. B. Leatherdale, Provincial Secretary, Coldwater, or to your own Provincial Board member.

### Gift for Camp Borden

The largest expenditure to date has been the gift of furniture to Camp Borden, made in response to the request of Col. C. R. Hill, Auxiliary Services Officer M.D. No. 2. You would all be proud of this furniture could you see it in use at the camp where it fills a real need. Every piece is labelled "Presented by Federated Women's Institutes of Ontario". In all, it consists of 12 sets of a table and four chairs, with eight extra chairs and one chesterfield and chair set. All are solidly constructed, the tables being 34 inches by 34 inches suitable for writing, playing games or a variety of uses. The chairs are of the pull-up type with wooden frame and arms and upholstered back and seat. The wood is birch with a walnut finish. Through the courtesy of the Ontario Furniture Manufacturers' Association, we were able to secure exceptional value because of the patriotic nature of the purchase. In July, a further request from Col. Black, O.C., Camp Borden, for additional furniture amounting to \$200.00 has been accepted.

It is really necessary to see the conditions at Camp Borden to realize how much this furniture means to the men in training. If you listened to the "Carry On Canada" broadcast July 22nd, you will recall references to the need for social and recreational facilities. In this respect Col. Hill writes: "It is not generally appreciated by the public that the Army does not supply the troops with 'comfortable' furniture in the sense that is generally understood in any home.

Auxiliary Services is a department

of the Adjutant General's Branch set up to look after the welfare of the troops in many directions, including recreation. After a hard day's training any officer or soldier is entitled to relaxation. That is one of the reasons why provision has been made by Welfare Organizations such as the Y.M.C.A., Salvation Army, Knights of Columbus and Canadian Legion—all known as Auxiliary Services—to set up Recreation Huts in camps.

### Recreational Needs

Under present rapidly changing and growing mobilization conditions, it cannot be predetermined where, or how many, troops will be quartered during the fall of 1940, but it may be taken for granted that they will be in permanent buildings. Therefore, recreation buildings allocated for Officers' and Sergeants' Messes and for the general use of a unit will require a very large quantity of comfortable furniture, if the soldiers are to be provided with that relaxation for which they must principally rely on a generous public.

Such furniture need not necessarily be new but should, at least, be strong and reconditioned, preferably being upholstered to some extent. No man can relax on a kitchen chair. In addition to seating equipment such as chairs, settees and chesterfields, they need card tables, radios and pianos in good condition. Radios should be usable with current of 25 or 60 cycle, as they may be moved from camp to camp."

Incidentally, the Institutes of Simcoe county, following the leadership given by the Provincial Federation, have donated at least two additional tables and eight chairs.

### Wool Supplied

Of the \$100.00 set aside to meet requests from Institutes which are unable to finance their own war work and are not in a locality where co-operation with the Red Cross is possible, \$65.61 has been spent to supply wool and material for sewing to three Institutes. Before these requests are granted they are investigated carefully. All finished goods are sent in to the Women's Institute Branch before being delivered to the Red Cross Society.

This Fund is Your Fund. Can you not plan to support it regularly so that valuable work may be accomplished?

## WARTIME ACTIVITIES

Activities reported by Institutes, January to April, 1940, follow:

No. of Institutes in Ontario . . . 1,374  
No. of Institutes reporting . . . 648

Of these, 470 are working entirely for the Red Cross Society, 57 have established their own War Charities Fund, 11 are supporting the Salvation Army and several are supporting local patriotic organizations.

Money raised . . . . . \$11,922.10  
Expenditures

|                                 |          |
|---------------------------------|----------|
| Supplies . . . . .              | 3,992.98 |
| Red Cross Society . . . . .     | 4,182.93 |
| F.W.I.O. Central Fund . . . . . | 262.96   |
| Salvation Army . . . . .        | 411.40   |
| Other organizations . . . . .   | 407.05   |

### Knitting

|                                     |        |
|-------------------------------------|--------|
| Socks (prs.) . . . . .              | 17,188 |
| Sweaters . . . . .                  | 2,679  |
| Scarves . . . . .                   | 2,672  |
| Wristlets (prs.) . . . . .          | 2,879  |
| Helmets . . . . .                   | 447    |
| Knee Caps (prs.) . . . . .          | 290    |
| Seamen's Stockings (prs.) . . . . . | 45     |
| Gloves (prs.) . . . . .             | 16     |
| Wash cloths . . . . .               | 200    |
| Afghans . . . . .                   | 2      |

### Sewing

|                                   |       |
|-----------------------------------|-------|
| Pyjamas . . . . .                 | 3,473 |
| Hospital gowns . . . . .          | 1,786 |
| Bed jackets . . . . .             | 373   |
| Dressing gowns . . . . .          | 132   |
| Surgeons' gowns . . . . .         | 204   |
| Surgeons' caps . . . . .          | 93    |
| Pneumonia jackets . . . . .       | 1,031 |
| Masks . . . . .                   | 176   |
| Pillow cases . . . . .            | 2,783 |
| Sheets . . . . .                  | 284   |
| Quilts . . . . .                  | 528   |
| Bedding . . . . .                 | 11    |
| Mattress pads . . . . .           | 771   |
| Hampton pads . . . . .            | 137   |
| Towels . . . . .                  | 617   |
| Bed socks . . . . .               | 106   |
| Water bottle covers, etc. . . . . | 884   |
| Bedpan covers . . . . .           | 134   |
| Bandages . . . . .                | 5,171 |
| Surgical dressings . . . . .      | 400   |
| Hospital shirts . . . . .         | 127   |
| Personal property bags . . . . .  | 391   |
| Handkerchiefs . . . . .           | 2,359 |
| Wash cloths . . . . .             | 77    |
| Refugee garments . . . . .        | 1,951 |

Several Institutes report St. John Ambulance courses in First Aid; Brussels Institute gives a pen and pencil set to each local volunteer; more and more refugee sewing is being done; Londesboro Institute has sent 19 quilts to refugees; Essex district reports sending apples as a treat to camps nearby; Stamford Institute has supplied a radio for the Air Force School at St. Thomas.

### Work for Good Knitters

The last letter received from Mrs. W. R. Campbell, National Chairman, Women's War Work Committee for the Red Cross, says that thousands of pairs of gloves and mittens will be required for fall and winter; also all types of caps and helmets. She asks that good knitters concentrate on these garments. She also says, "Do not forget to have seamen's socks and stockings in hand at all times".

Congratulations to the member of the Fallbrook Institute who is over 80 years of age and has knitted four long scarves for the Navy.

N.B. It will be noted that only about 50 per cent. of the Institutes have made any report as yet. We know you are all busy and we urge you to respond to the next request for a report.