

HOME AND COUNTRY

Published quarterly by The Federated Women's Institutes of Ontario and The Women's Institute Branch Department of Agriculture Ontario

EDITORIAL COMMITTEE:

Mrs. Ernest Duke, Port Carling. Miss M. V. Powell, Whitby. Miss Mary A. Clarke, Toronto.

MEMBERS OF PROVINCIAL BOARD: 1940-41

Honorary Presidents:

Miss Mary A. Clarke, Toronto. Mrs. T. J. McDowell, Milverton.

President:

Mrs. Ernest Duke, Port Carling.

Vice-Presidents:

Mrs. W. D. Payne, R.R., Brinston. Mrs. F. O. Fell, R.R. 1, Proton Station. Mrs. Earl Haney, R.R. 4, Aylmer.

Directors on the Executive:

Mrs. G. Hamilton, R.R. 3, Pembroke. Mrs. Edom Wilson, R.R. 1, Victoria Harbour. Mrs. J. C. Thompson, R.R. 2, Beamsville. Mrs. Hugh McCrie, R.R. 3, Sarnia. Mrs. James Wright, Chiswick.

Additional Directors:

Mrs. C. W. Amey, Moscow. Mrs. C. Holmes, R.R. 3, Belleville. Mrs. Noble Perrin, R.R. 2, Cameron. Mrs. L. Reesor, Scarboro Junction. Miss Ceila Synott, R.R. 4, Rockwood. Mrs. R. Milligan, R.R. 1, Clifford. Mrs. D. Z. Gibson, Caledonia. Mrs. T. Burn, Brownsville. Mrs. J. Lothian, Monteth. Mrs. Roy VanZant, Little Current. Mrs. C. J. Russell, 251 Wolsley Street, Port Arthur. Mrs. F. Pearson, Fort Frances.

Secretary-Treasurer:

Mrs. W. B. Leatherdale, Coldwater.

Correspondence should be addressed to "HOME AND COUNTRY" The Women's Institute Branch Department of Agriculture Parliament Buildings, Toronto

This paper is distributed through the secretaries of Women's Institutes to the Women's Institute members.

EDITORIAL COMMENT

"RING IN THE NEW"

"Ring out the old, ring in the new, Ring out the want, the care, the sin, The faithless coldness of the times, Ring in the nobler modes of life With sweeter manners, purer laws, Ring out old shapes of foul disease, Ring out the thousand wars of old, Ring out the narrowing lust of gold; Ring in the thousand years of peace!"

TENNYSON: In memoriam.

This year your editorial board extends to you sincere greetings for the New Year, using the words of Lord Tennyson who in the last century prayed for "the nobler modes of life" for which we to-day are still praying, working and fighting.

In this 1941, we are at war to uphold the principles of freedom and justice which we believe will "Ring in the thousand years of peace". We are building for the future. To keep alive in our country the spirit of freedom, tolerance and understanding is no small part of the task. As homemakers we know that this spirit begins in the home. Canadians need the strength of body and mind which can be developed best in good homes. Let us resolve to make our homes more than ever "the bulwarks of the nation".

The New Year brings to every Institute member the opportunity for service for the welfare of mankind; the opportunity to work for the ideals in which we believe and the convictions which we hold dear. The demands upon us are heavy, the responsibilities great, but satisfaction will come from a difficult task well done.

THE WOMEN'S INSTITUTES FACE 1941

With the months of Canada's second year at war slipping by, the scope of Women's Institute work widens, widens and deepens. Never before in the history of the organization has deeper significance attached to the motto, "For Home and Country", than now as we face 1941. Over all and in all and through all is the thought of the war; and for Institute members the related thought of how best their membership may be turned to account in national service, and how, through the Institutes, the needs and urgencies of a nation at war may best be met.

Promote Health

What are these needs and urgencies? First, there is the matter of national health. No alert woman can remain in ignorance of the importance accorded by outstanding authorities at the present time to the subject of Nutrition. As a war measure in this past year, the Canadian Red Cross conducted nearly one hundred classes in nutrition across Canada; last year, in the city of Toronto alone, more than ten thousand women attended nutrition classes sponsored by the Health League of Canada; emergency short courses, attended by hundreds of women and girls, were held at the O. A. C., Guelph, during the summer months; and all to the end that, through a greatly increased general knowledge of foods and food values, a higher standard of national health might be attained.

It is, therefore, a most opportune time for a new and careful exploration on the part of Institute members into those avenues of education in this field offered them through their own Co-operative Programme. Thorough and adequate courses in Nutrition are available for the asking. These courses, as those sponsored by other organizations, are recognized as filling an essential wartime need.

Practise Good Nutrition

Even in ordinary times, women do not know as much about foods and food values as they should. But sadder still is the fact that a very great number do not put into daily practice that which they have learned. Most women know, for example, that they should drink at least a pint of milk daily. But do they drink it? Alas! no. They would rather pay a dollar for a box of vitamin tablets at the nearest drug store. Surely this is poor wartime economy. The essential fact is that resistance to disease is built by a careful diet. Diet for the Canadian family resolves itself into the meals that are set before that family three times a day, three hundred and sixty-five days a year. The pertinent question for the Institute member is this: "Is my knowledge and the practice of the knowledge of nutrition adequate to meet the present needs, and the possible future needs, of a country at war?"

There is, of course, no present food shortage in Canada, or indication of any immediate future one; but it is the duty of every homemaker to learn enough about foods that, in such a contingency, she may conserve drastically or make such food substitutions as abnormal conditions may dictate, without resulting impairment of the family health. It follows then that the local or district Institute that commits itself to a programme of intensive food study is rendering war service of incalculable value.

The Co-operative Programme offers a course in Health Education in line with present-day needs, paralleling, as it does in many of its phases, the courses in home nursing and first-aid put on as a war measure by the St. John Ambulance Association and the Canadian Red Cross Society. The importance of such a course need scarcely be emphasized. While it is to be hoped that Canada will never have to cope with the major disasters of air raids or poison gas attacks, there is the ever present menace of disease and epidemic, a menace which history has proven to be inseparable

from war. The ravages of the influenza epidemic which hit the world in the wake of the 1914-18 war are still remembered, and the memory should be an incentive to Canadian women toward preparedness for future emergencies.

Study To-day's Problems

Though in their own Co-operative Programme there is for Institute members a wide and, for many, a still untapped source of available assistance with problems of wartime living, opportunity does not end there. The month-to-month programme in every Institute affords a medium through which each member may acquire that which will make her more efficient as a citizen of a nation at war. There are so many, many things in this day about which women should be concerned; some of them matters introduced by the exigencies of war, some presenting problems merely intensified by the war and some which were demanding attention even before the war became a reality. The Women's Institute provides for the rural women a means of maintaining equal footing in the educational and cultural advance of her urban sister. The Institute is a medium making possible the training and preparation essential to informed, intelligent participation in any national wartime effort.

Meet Community Needs

Somewhat indirectly, another Institute objective has been emphasized by the broad shadow of the war. This is the need for increased energy in the prosecution of certain phases of community work. Whereas, in the recent past, home beautification schemes have been featured, it would now seem like good business to go one step further and feature an intensive campaign for community beautification, especially in tourist districts. This year, as last year, Europe will be barred to the American tourist, but this year, unlike last year, there will be no fear or hesitation in the mind of the tourist who would visit Canada. A tremendously increased tourist influx is almost a certainty. Tourist dollars help Canada's war effort. By doing all that ingenuity can devise to make Canadian communities clean, attractive and beautiful, more tourist dollars will be put into circulation and the way will be paved for increased sales of Canadian handicraft, Canadian home-products and Canadian and British goods. There is so much that could be done to bring order and beauty to the highways and byways, the little towns and villages and wayside stopping places; much that could be accomplished with very little actual money outlay. Surely opportunity knocks at Institute doors here!

Plan for Future

Devolving upon the Institute member is still another wartime obligation; that of keeping an ear to the ground so that each and all may be ready to undertake the promotion of any special scheme or campaign urged upon the public by the Government. Whether the campaign be related to the production, marketing or consumption of farm products or foods; whether it be in the nature of a more generous response to appeals for financial aid to Canada and the Empire; or whatever form this request may take, the earnest, loyal, whole-hearted cooperation of the Institute member can go a long way to help put it over. This may prove to have no small part in her acceptable war service.

To-day, Canada is at war, engaged in a grim and desperate struggle that demands of every Canadian citizen the utmost that can be given in the way of service and sacrifice. But tomorrow, some to-morrow, there will be victory and there will be peace. Much of the work planned and undertaken by Women's Institutes should be planned with those to-morrows of peace in view. That there will be (Continued on page 3, Col. 4).

WARTIME ACTIVITIES ONTARIO INSTITUTES

Activities reported to the Department by Institutes, May 1 to September 30, 1940, follow:

No. of Institutes in Ontario 1,359 No. of Institutes reporting (59%) 813

When the last report was compiled only 648 Institutes had reported. Now the response has increased to 813. Congratulations and thanks to all who have reported. If you have not yet returned the last form, please send it in soon. It can still be used. Can we not have 100 per cent returns when the next questionnaire is sent out?

Table with 2 columns: Category and Amount. Includes: Institutes co-operating with Red Cross (738), Institutes working only through Red Cross (568), Institutes registered under War Charities Fund (102), Money Raised (\$22,287.23), Expenditures: Sewing and knitting supplies (\$5,179.49), Central Fund, F.W.I.O. (733.72), Red Cross Society (8,789.49), Salvation Army (335.73), War Victims Fund (Telegram) (110.97), Other organizations (675.51), Blankets (1,274.14), Jam-making (1,134.98), War Savings Certificates (435.75), Soldiers' Boxes and Gifts (555.93).

Table with 2 columns: Category and Amount. Includes: Knitting: Socks (pairs) (30,020), Sweaters (4,422), Scarves (4,046), Other articles (6,122), Total (44,610).

Table with 2 columns: Category and Amount. Includes: Sewing: Pyjamas (5,556), Pneumonia jackets (1,328), Hospital gowns (2,343), Hospital shirts (737), Sheets (1,024), Pillow cases (3,528), Quilts (2,024), Handkerchiefs (10,442), Towels (3,657), Bandages (16,515), Other hospital supplies (2,062), Refugee clothing (6,317), Total (55,533).

Table with 2 columns: Category and Amount. Includes: Blankets (Red Cross) (826), Jam making—cans filled (15,719).

Special Activities Reported

To raise funds at Forest (E. Lambton) one of the high school teachers offered to give three lectures on subjects interesting to the public, for which an admission fee was charged; at North Augusta (S. Grenville) an auction sale of grain, potatoes, vegetables, furniture, fruit, chickens, butter, eggs, bread and other food was held.

Cookstown (S. Simcoe) provides volunteers to assist at the Y.W.C.A. hostess house, Camp Borden. Several Institutes, including Adelaide Hoodless (S. Wentworth), Melduf (E. Simcoe) and Willow Grove (Haldimand), have purchased War Savings Certificates or Bonds. Melduf has donated some to the school to be used as monthly prizes.

For the boys in training or on active service, Institutes have provided flashlights, pens and money bags. To the men in the Navy, Scarboro Junction (E. York), Pefferlaw (N. York) and Golden Star (Cochrane) have sent ditty bags and comforts. In S. Temiskaming several Institutes have adopted soldiers. Almonte (N. Lanark) sends the weekly paper to local boys. Kingsville (S. Essex) gave luncheon free to 130 men at the close of their training period.

Lakeview (E. York) helps keep two children who are war guests with relatives by giving \$10.00 monthly to buy milk and clothing.

These are illustrative of the many special activities by which the Institutes serve.