

HOME AND COUNTRY

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

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"HOME and COUNTRY"
The Women's Institute Branch
Department of Agriculture
Parliament Buildings, Toronto

This paper is distributed through the secre-
taries of Women's Institutes to the Women's
Institute members.

EDITORIAL COMMENT

INSTITUTE HOUSECLEANING

Spring is in the air, bringing with it the usual strange medley of thoughts and feelings, its message of hope, of new life, of growth, of beauty, of freedom,—and of housecleaning. Spring housecleaning is symbolic of the desire within us all to make a fresh start. It should not stop with the house itself.

Now is the time for mental housecleaning. Now is the time to sort and classify the half-formed ideas and thoughts which have been lying stagnant, in order that those which merit it may be followed through and put into action. Now is the time to think clearly about the problems of living that we may meet them honestly and bravely with a clear vision.

Now is the time for Institute housecleaning. The annual meetings bring opportunities to review the past year's work, to re-examine objectives and to make plans for the coming year.

Every member has obligations to her Institute. One of these is the election of officers and conveners of committees. Does your Institute make the best use of the talents of the members by nominating and electing those most capable and willing to serve? Does your Institute nominate its well-qualified members for district offices so that they may have the opportunity to serve in this larger area?

Every Institute has obligations to its district. We hope that each Institute plans to send its full quota of delegates, and as many others as possible, to the district annual meeting so that every institute may have a voice in all matters of policy and of programme-planning. It is here that each Institute will feel itself an important integral part of a large and powerful organization and here it should bear its share of responsibility for the guidance of that organization. Co-operation of every member, of every Institute and of every district is the only key to success.

BUSY FARM GIRLS ATTENDED
HOME ECONOMICS SCHOOLS

Busy farm girls attended 29 one-month Home Economics schools during the past December, January and February. These schools were held in conjunction with Agricultural schools for boys. Parents from old Ontario farm homes and new Canadian homes, alike, willingly assumed extra home and farm duties in order that sons and daughters might return to school for four short weeks. All schools conducted courses in Foods and Nutrition, with optional courses in Clothing or Health Education, with Knitting. Occasionally the girls felt impelled to leave the Home Economics classes to hear about co-operatives, the farm poultry flock or vegetable gardens, while the boys stole precious minutes from Agriculture for first-aid, a timely lecture on nutrition, "Food Makes a Difference", or a discussion on "This Way, Please", a few rules of etiquette.

Food For Health a National Duty

Food for health became a national duty as Junior Homemakers considered Dr. Tisdall's challenging statement, "The first duty of every man, woman and child in Canada during the war is to eat correct food for good nutrition and normal health". When food for health was interpreted in terms of essential foods, such as milk, eggs, vegetables, fruit, cereals and meats, members realized that Ontario farms have an abundance of most food necessary for good health. How to assure an adequate supply of these foods, how to prepare them to preserve food value, and how to overcome food dislikes, were some of the practical problems various groups attacked. Vegetables to meet the family's vegetable requirement led to surveys of vegetables grown in home garden, storage facilities and canning ability. Definite plans were made to improve existing conditions, with a vegetable garden on every farm, a greater variety of vegetables in the home garden and improved storage and canning methods. After vegetable cookery demonstrations with home assignments in preparing vegetables, members concluded that vegetables cooked "just enough" and not "too much", and attractively served in a variety of ways, will do much to overcome vegetable dislikes.

Resourceful teachers and questioning students sought ways and means of increasing milk consumption in accord with individual requirements of 1 pint for each adult and 1½ pints for each child. They found the answer in family menus with more and more delicious milk desserts, milk soups and refreshing milk drinks.

Family meals were planned, prepared and served. Fortunate the visitor who was invited to dine with the selected family group. Youthful host and hostess with family members vied with each other to make this a most happy party. Conversation was interesting and enlightening, ranging from tales of home duties, to impressions on an aeroplane flight, or to international questions.

Health a National Defence

With Health a National Defence in Peace or War, the Health Education courses, emphasizing prevention of illness and conservation of health, enlisted the interest and enthusiastic response of class members. For them, knowing about health was important, but day-by-day health practices were vital. Daily health charts were checked; doctors, oculists and dentists

were visited. Toxoid clinics were considered and home water supply analyzed. Demonstrations in first aid were followed by thorough surveys of sources of accidents in the home and removal of causes. While time was spent at all schools on home care of the sick, the importance of prevention of illness, improvement of health and buoyant health were stressed at all times.

Being Well Dressed and Well Groomed

Clothing classes delved into that ever-important problem of "Being well dressed and well groomed". Cleanliness was stressed as most essential in grooming. Grooming charts set up goals of achievement for those who would look their best. Beauty clinics helped girls with shampoos, manicures, and becoming hair-dos. Over ninety percent of material purchased for garments showed wise choice of textiles of good quality, becoming in colour and design. Girls worked in groups for cutting, fitting and construction. They thus acquired experience in interpreting and adjusting different patterns, in fitting, and in various types of finishes. As one watched them happily helping each other, persevering over some new technique, independently or together puzzling out some construction detail, one could visualize many of them making more garments at home—making more difficult garments with improved workmanship. Undoubtedly these girls gained information, acquired skills and techniques, developed judging ability and established clothing and grooming standards which will help them to be well dressed and well groomed.

Time for Play

Not wishing to risk making Jack a dull boy by all work and no play, these ambitious yet fun-loving boys and girls found time for play. Skating parties, class parties with evening of games, afternoon teas and banquets topped off days already crowded with classes and home duties. Girls delighted in playing hostess at afternoon teas, for mothers, members of local Women's Institutes or the agricultural class. New Canadian mothers became better acquainted with Anglo-Saxon mothers over a cup of tea, viewing exhibits and discussing the course which their sons and daughters had attended. Banquets, with class members in charge of programme, showed these young folks' ability to think and express themselves on questions related to the home, farm and community.

School Days Over

School days are over for the present for these boys and girls, but studying, learning, seeking self-improvement and better ways of doing things on the farm and in the home will go on and on. With an increased sense of personal responsibility in attaining desired goals and standards, they have returned to their work inspired to greater effort and resolved to greater efficiency. Already short course girls are organizing Home-making Clubs through which to continue home economics studies.

Thanks go from the Department of Agriculture and from these young people to the Municipalities' Service Clubs and Women's Institutes who assisted in so many ways in organizing, providing accommodation, and making these schools possible.

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

GIRLS' CONFERENCE AT KEMPTVILLE

The Annual Girls' Conference for Eastern Ontario will be held at the Agricultural School at Kemptville on April 23, 24, 25. Registration will take place at the girls' residence on the afternoon of April 22 from 4:00 to 9:30 p.m., daylight saving time. The fee for room and board from the afternoon of April 22 until the morning of April 26, inclusive, will be Three Dollars (\$3.00).

COMMUNITY ACTIVITIES
AND RELIEF

At the beginning of one of the most momentous years in the history of our nation, it behooves us as members of the Women's Institute to stop to centre our attention on ways and means of making our organization felt throughout the length and breadth of this fair province, and of making our standing committees function better than ever.

The Standing Committee on Community Activities and Relief has a large field to cover and, as convener, the honour of suggesting a programme is no mean one. Such a programme entails careful study and much devising of methods for carrying on the terrific amount of work which we shall be called upon to do. In ordinary times, our duties in keeping the aims and objects of our organization ever before the members and others in the community was a full-time job. Now that so many more duties devolve upon us, we must meet them and measure-up. In the midst of all our war work, may we never let fail the torch thrown to us by the pioneers in Institute work. It is more than ever necessary to carry on our Institutes when the need of encouragement and social contacts is so vital to the keeping up of our morale. Let no one say, "We are dropping our Institute because we are doing so much war work that we haven't time". The war work can be carried on more effectively with the help and backing of the Women's Institute.

Just now we are faced with the problem of raising money with which to carry on this war work, and to help our government do its share. Besides our own local needs, which must not be neglected, we must give of our time and money to Red Cross, Salvation Army and other organizations. Let us in these givings practise more self-denial; that, instead of spending more to give less, we sacrifice to carry on the activities imposed upon us by the conditions under which we now live.

Women all over the world have a challenge thrown to them to-day by our failure to hold the peace which we had after the last war. We must not make the same mistake again. We must prepare for the peace that will come by living, working and praying for peace. We must make up our minds what kind of peace we want and go after that, ever keeping before us the need for reconstruction. Let us prepare our community activities for that time. We must clean up the wreckage of our mistakes and build a new structure which shall be better because we will have profited by our mistakes.

This reconstruction can be started in our own homes and families. Our programme of community activities in the Institute can foster this and spread the gospel of peace. We must teach all our children the true meaning of aggression; to stand up for their rights but always to respect the rights of others; to have self-respect and to respect the law, whether it be of home, school or state.

They must be taught to make the proper use of leisure. This should be such as to profit them in the years to come, "When we are grown and take our place as men and women with our race". Keep them occupied head, heart and hand. Encourage them in their sports (a big field for community activities) and help them develop their interests. Here, hobbies are important. Every child profits by a hobby. No boy or girl rightly directed is likely to stray far into paths that are empty or evil.

The youth of to-day have never had their rightful chance. This will not be said of the youth of tomorrow if the Women's Institutes live up to their ideals.

(Contributed by Mrs. E. Hewitt, Hawkestone Provincial Convener).