

## HOME AND COUNTRY

Published quarterly by  
The Federated Women's Institutes  
of Ontario

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 secretaries of Women's Institutes to the Women's Institute members.

## EDITORIAL COMMENT

## SUPPORT LOCAL LEADERS

Local leader training schools are being held in forty-three districts. Of these, twenty-eight are in Nutrition, eleven in Clothing, four in Emergency Knitting and one in Glove Making.

Leaders are sent to these schools at the expense of the Institutes in the district. The leaders willingly give their time and effort to attend the schools and now it is their responsibility to bring the information to their Institute members.

The success of the classes conducted by these leaders depends not only on the leaders, but on every Institute member. Have you planned to give your leader plenty of time to carry out her work? Has the best possible time been chosen? And, above all, have you given the leader the assurance that every member is interested in the theme of her lesson and is anxious to support her either as an interested member of the audience or as an assistant, if one is needed?

Following these classes, work is to be done. It may be remodelling a coat, making whole wheat bread, canning fruit or further study and practical application in meal planning of the principles of good nutrition or wise buying. Both the leader and the Department will appreciate your co-operation in this, knowing that the benefits which you will reap from wholehearted participation will be in direct proportion to the effort which you make.

Plans will then be made for Summary Days. These will be open to all members and to the general public. Here you will have the opportunity to display the results of your work, to discuss the problems which have arisen to perplex you, to hear the Department instructor and to "follow through" to the completion of your project.

Your support is needed to make the project which you have undertaken this year the "best ever".

HOME ECONOMICS  
CHALLENGES WOMEN

Keeping the family well fed and the household budget within bounds requires a great deal of thought on the part of the homemaker. We, in Ontario, have been very fortunate in not having to worry over food shortage. No doubt this is why it has taken us longer to realize the necessity for conserving food and substituting for such commodities as pork, eggs, cheese, etc.

We are now becoming more "food conscious". Housewives have conserved and preserved fruits and canned vegetables in season. They are now turning their energies to foods that can be winter stored. All homes should arrange for a cold storage space for vegetables.

Now that the food supply has been taken care of, our thoughts turn to "Nutrition". In planning meals to include the necessary protective foods, many points must be taken into consideration. When substituting, we must make sure that the substitute has the same food value as the original food. It is difficult to change the food habits of adults. If this problem were approached from the patriotic point of view, it might become easier. The men and boys engaged in strenuous labor must have more of the high calorie foods, to provide for the strain which their work entails. The weekly budget mentioned in the booklet "Food in Peace and War" is a splendid guide. It is the minimum amount necessary to good health. Any additions to this budget will enhance the food value.

Make your Home Economics programmes for the coming year of value to your family and the community. We must make full use of our knowledge to enable us to keep physically fit for the extra work we are called upon to perform at this time and to withstand the nervous strain. Miss Lillian Shaben, of Cornell University, speaking at the A.C.W.W. Conference in Ottawa, said we should translate our nutritional knowledge into daily living. Are we doing this? I doubt if there is an Institute that has not had a "Leader's Training School" in Foods. Are we using the knowledge gained at these classes? If not, do you feel that we are assisting the War effort as we should? Miss Shaben remarked that many women have not changed their cooking habits in forty years. Also, that the nutritive value of food is too often ruined by improper cooking. This is so true I often wonder if Institute members are doing all they can to correct this waste.

While we have not had rationing of food in Canada, we have been asked to refrain from buying the foods needed for overseas. Our consumption of pork products should be cut in half. Although we are not a cheese eating people, we have always thought of cheese dishes, with eggs and milk, as the best substitute for meat. We do not want to advocate any increase in its use as it is one of the most needed foods for Britain. Fish is one of the most valuable substitutes we have for meat.

Encourage the substitution of whole wheat products for those made of white flour. Whole wheat is rich in Vitamin B, the vitamin so necessary to the nervous system.

The rural homemaker can be a leader in winning the War by encouraging the family in the production of milk, eggs, bacon, etc. She can advocate the use of surplus foods and the use of whole wheat flour. She can conserve on her baking, allowing more of the farm products to be placed on the market. It is the rural housewife, with these essentials at hand, who can make the largest contribution by her thrift in substituting or cutting down on the consumption of luxuries. All housewives can play their part by wise buying of food, clothing and house furnishings.

(Contributed by Mrs. J. K. Kelly, Provincial Convener).

CLOTHING COURSES IN  
WARTIME

This year the Women's Institute Branch has been requested to conduct eleven training schools in 'Renovation of Clothing' and twenty-six short courses, of which sixteen are in 'Garment Making with Commercial Patterns' and ten in 'Remodelling'. Two districts have asked for speaker service in 'The Wartime Wardrobe'.

The classes are meeting with a good response because Women's Institute members realize the value of acquiring skill in clothing construction, both that their own families may be well clothed and that they may make attractive and durable garments for the British air victims.

Miss Edith Collins, Women's Institute Branch, who is conducting some of these courses, reports:

"In so many homes there are articles of clothing which in their present form serve no useful purpose but, with some alteration or complete reconstruction, may again become valuable additions to someone's wardrobe.

Clothing for children offers the easiest solution in making over garments, as less material is necessary to make little dresses, coats, jumpers, blouses, bathrobes, housecoats, shirts, trousers, overcoats, snow-suits and coat, leggings and hat ensembles.

The accompanying picture shows Mrs. M. Wheeler of Bourkes, Temiscaming district, wearing a brown worsted suit which was remodelled from a suit which her husband could discard on joining the Veteran Guard. A trim, five-gored skirt was made from the trousers and a very feminine type of tailored coat was achieved by adjusting the shoulder seams, shortening sleeve and coat length, and adding patch pockets which were placed to cover the original pockets.

I saw a news item from London, England, which said, as so many men were in service uniform, some of the tailoring firms have developed a flourishing alteration department and are transforming formal, business and sports clothes into smart tailored clothes for women. So you see we are in good company and giving a much needed service."

One phase of the clothing problem to which Women's Institute members would be well-advised to give more attention is 'Buymanship'. Purchasing has become a challenging problem because women are asked to reduce consumer buying and, therefore, must spend every dollar to better advantage than ever before, and because of the rapidly changing supply of goods on the market which makes difficult the selection of durable articles which will give full value for money expended.

Has your district ever seriously considered this as a district project? If not, you may feel that it would provide worthwhile study for next year. The Co-operative Programme outlines the subject in more detail.



Mrs. Wheeler wearing the remodelled suit.

## SUGGESTIONS WHICH WORK

Can you use any of the following suggestions to help make your Institute more interesting in wartime? These, among others, were made by members at the Kingston Convention in a discussion period.

1. Let us stress that Women's Institutes keep up their educational programmes, district projects, local leader training schools and monthly meetings.
2. Start and close on time.
3. Keep your minds busy as well as your hands.
4. Visit the conventions and annual meetings. Bring members and non-members with you.
5. Do not overemphasize money-making.
6. Study democracy, pick out the faults and try to work for improvement.
7. Give each member something to do, and try to have her do the thing she does well.
8. Be a committee of one to hand out compliments.
9. What about organizing public health service in your community.
10. Promote agriculture.
11. Raise the morale of the community. Neighbourliness, the flower of country life, has kept up the morale of country people.
12. Have varied programmes and do not forget the social side. Keep in touch with your neighbouring Institute.
13. Could something be done to budget our time more successfully?
14. Be enthusiastic as leaders or workers. Before criticizing, let us ask ourselves what we would do under similar circumstances.
15. Reach out for new members, especially among the younger married women.
16. Make rural life attractive for youth.
17. We may need a real old-fashioned revival, every member searching her conscience and making heartfelt resolutions to be more active in both her Institute and war work.
18. We marvel at the people of England carrying on as they do under the strain. If they can do this in the face of their difficulties, so can we.

## REGIONAL CONFERENCE

(From page 1, col. 3)

No one will have all of these, but leaders will develop their own talents for the benefit of others.

Social events were not emphasized but hospitality was extended to all present on several occasions. On the eve of the conference, Ontario and Quebec Women's Institute members joined in providing an informal reception for the guests. The Aylmer East (Quebec) Women's Institute entertained at tea on Sunday afternoon and Mrs. J. Pritchard, District President, East Carleton, invited those in attendance at the Conference to tea at their farm at Manotick. Tea at the American Embassy, drives around the city and other entertainments brought pleasure between more serious sessions.

Unfortunately, I was unable to remain for the closing sessions of the Conference, but we hope to receive a report later from which the highlights may be gleaned.

Mrs. Watt undertook this conference "that women from the United States and Canada might meet from a real conviction that a period of timely discussion with the high purpose of service to our two countries, cannot fail to stimulate and illuminate our present efforts and bring about co-operation in human causes and focus our attention on our common problems of the future".

While we could have wished for a larger attendance, the objective outlined above was attained. May it be the forerunner of future international conferences between the country women of Canada and the United States. (Contributed by Mary A. Clarke, Superintendent).