

HOMEMAKING CLUBS CONTRIBUTE TO NATIONAL DEFENCE



GIRLS FROM FIVE COUNTIES EXHIBIT SKIRTS AND SWEATERS MADE FOR THE CHILDREN OF BRITAIN

From left to right—Irene Crauter, Grey county; Marion Wallbridge, Prince Edward county; Esther Saunders, Perth county; Doris Cook, York county; Dorothy Shaw, Peel county.

Homemaking Clubs during 1940-41 contributed to National Defence when some 2,000 club members carried on programmes in Nutrition, Clothing, Home Defence, Garden and Canning, and Housing. Club studies led to improved nutrition and health habits, made for greater efficiency in daily tasks and developed traits of dependability and co-operation. Members everywhere became increasingly conscious of the importance of their personal contribution in healthful living, efficiency and intelligent citizenship and showed a readiness to prepare themselves for their responsibilities.

"Food for Health"

"Food for Health and Victory" aroused members to cultivate actively good food habits. Healthful meals were planned, prepared and served at club meetings and at home. Daily food selection scores were carefully checked and improvement sought. Food prejudices and dislikes were overcome amazingly readily as members became skilful in preparing nutritious dishes in new and attractive form and accepted their national duty to "eat correct food for good nutrition and normal health". This usually called for an increased consumption of whole cereal, vegetables and milk in order to get that required daily quota,—2 servings of whole grain cereal, 2 vegetables besides potatoes and 1 pint of milk. In planning and serving low-cost menus, members realized that healthful meals need not be expensive meals. They concluded that healthful food could be available for themselves and their families if greater wisdom and thriftiness were applied in purchasing needful food and more essential foods were consistently produced at home. Club Girl Stands on Guard members in surveying "Our National Pantry Shelf" found an amazing store of healthful foods available from our own gardens and farms. On Achievement Days one heard much from these members regarding the importance of utilizing our own food products and the surplus foods which in normal times would be exported. They pointed out that, by curtailing the purchase of imported foods, we would be saving exchange, thus reserving more money for the purchase of special war needs. They did not fail to caution us to restrict the consumption of exportable pork and cheese and those foods required for Britain.

Healthful Living

Healthful living with its reward in growth and development, increased

working efficiency, buoyant health,—that feeling of fitness plus happiness and well-being—challenged members to careful consideration of personal, family and community health. Club members found keeping fit every hour required fresh air, exercise, nutritious food, personal cleanliness, good posture, adequate rest and cheerfulness. While emphasizing the tremendous importance of the individual's daily adherence to good health habits, they recognized the necessity for preventive measures in achieving personal, family and community health.

Ways and means of establishing adequate sanitation in the home and community to assure safe water, safe milk, satisfactory sewage disposal and freedom from flies were carefully investigated and improved practices adopted. Samples of drinking water were tested by the Department of Bacteriology, Ontario Agricultural College, and recommendations acted upon. The importance of healthy cows, cleanliness in handling milk, scrupulously clean utensils, pasteurization and proper storage was stressed to make milk safe.

With accidents in Ontario ranking first as a cause of death for ages from one to nineteen, members felt that there indeed was a task for them—making their homes safe. There was much searching for hazards by earnest members resolved to make homes safe. Medicine bottles were labelled and stored out of reach of children, garden implements properly placed, matches kept in tin containers, coal oil cans labelled and safely stored, adequate climbing apparatus arranged for, and all kinds of safety devices resorted to. While ever mindful of accident prevention, members gave some time to First Aid. Demonstrations on First Aid in the Home at county days showed that members had acquired valuable information and developed considerable skill in bandaging and caring for the injured. Local public health services were investigated and some particularly enterprising clubs were instrumental in having school children and club members vaccinated and immunized against diphtheria.

Yes, members became health conscious; more aware of the factors involved in building health and inspired to do something about it. All this will make for more healthful living.

Commendable Achievement

Most commendable work was evidenced at club meetings, county and intercounty days. Extremely busy

leaders and members made personal sacrifices in order that club work might be maintained. This year many of these leaders and members made a big contribution in farm labour on the home farm. Proudly and happily they milked cows, cut grain, took charge of the poultry and the garden and undertook all kinds of farm jobs. Willingly they shouldered the job at hand, knowing that farm products, as well as men and weapons, are national necessities. Frequently, some special task kept the farm daughter at home from the County Achievement Day but invariably her exhibit was on hand to show that she had carried on a fine piece of work. Always in such cases Home Economics Coaches gave every recognition in certificates and special county honours to the faithful club member.

Individual and club exhibits and demonstrations told a story of members' personal progress and achievement. Dresses and slips were made for the first time by girls with little sewing experience. Good grooming habits became daily habits for those who would be well dressed and well groomed. Colourful and attractive cotton bed-room accessories showed skilful and painstaking workmanship and pleasing combination of colour and design. Personal and Home Defence charts recorded members' defence status from the standpoint of physical and mental health, nutrition, sanitation, and personality traits, and pointed to goals still to be achieved. Members of Garden and Canning Clubs, acclaiming Vegetables for Health and Victory, exhibited vegetables from their gardens and told of vegetables for the family stored for winter use. Youthful demonstrators passed on to achievement day audiences practical suggestions and valuable information as they demonstrated on such timely topics as Standing up to Health, Making the Most of our Meat Money, The Well-equipped Clothes Closet, Play Safe with Milk and Cottons May Be Smart.

In spite of demanding club studies and extra home duties, members contributed to various war needs. They raised money, assisted local Women's Institutes and Red Cross organizations and, as their own special project, purchased material and made garments and sweaters for British Children.

Provincial Honours

County Achievement Days were specially happy days for thirty-one Homemaking Club members who this year achieved Provincial Honours and were awarded Provincial Honour certificates and pins. Club members throughout the province extend to these outstanding girls in various parts of the Province congratulations on having completed twelve Homemaking Club units. After six or seven years in club work, they are enthusiastic over Homemaking Clubs and urge rural girls everywhere to take advantage of them.

In their homes and communities, their work and play, in their appearance and in what they say and do, they show in many ways the benefits of club training. In accepting Provincial Honours they accept their responsibility to continue to learn to adopt approved practices and to demonstrate "the best" in club work. To future Homemaking Club members they pass on a high standard of club achievement for them to maintain and to hand on to others.

Now for 1941-1942

Leaders and members are on an "all out" for more healthful living and increased efficiency for 1941-42. Our Juniors know that here is something they need, which they really want and for which are willing to work. May every encouragement be given them to persevere in achieving their goal!

(Contributed by Florence P. Eadie, W. I. Branch).



MEMBERS OF HOMEMAKING CLUBS AT WESTERN FAIR EXAMINING THE PAISLEY GARDEN AND CANNING CLUB EXHIBIT.

From left to right—Alice Green, Embro; Marion McCorquada, Ludora Gloin, Yarmouth Centre.

BALANCED LIVING

In these days of stress and scarcity, it is inevitable and right that the practical activities of country women—fruit preservation, vegetable growing, knitting and thrift crafts, to name only a few—should take first place, but we feel that it would be a mistake to allow these to occupy attention to the exclusion of all those cultural activities which go to make up "balanced living". The Women's Institutes are well aware of this and, with the Greek conception of education—the building of the whole man—ever in mind, are doing a great deal of work on the cultural side, as well as concentrating on the real need for all that is "useful and necessary". There is a growing sense of the importance of members getting, through their monthly meeting, the "balanced ration" which is essential if they are to bring sane, unprejudiced minds to the solution of post-war problems.

(Nancy Tennant in "The Countrywoman", October 1941.)