

THE JUNIOR PROGRAM AS JUNIORS SEE IT

To give you a picture of Junior work in Ontario we have asked our own Juniors to contribute. We publish below a series of articles written by club members:

A COCHRANE CLUB MEMBER

As a member of Clute Homemaking Club, Cochrane District, I have enjoyed and benefitted from Clothing and Food Clubs.

Clothing Clubs are interesting. Before I had taken any I thought I could sew but when I think back my knowledge was definitely very limited. These clubs have taught us good posture, the making and uses of different seams, how to buy good material wisely and economically and to select suitable styles and colours and several other things. When Achievement Day comes round, members are always proud of their handiwork. Of course, there are always some flaws but we'll know better when the next garment is made.

Frankly, the Nutrition Clubs are my favourite. As I like cooking very much, preparing new dishes, salad plates or casseroles I thoroughly enjoyed the "Supper Club", "Dressing Up Home-Grown Vegetables" and "The Cereal Shelf". From these I have learned many things which have helped me. This last summer I cooked at a camp for thirty girls for one week. It was then I realized that I could thank Homemaking Clubs for assisting me in preparing attractive and nutritious meals in accord with Canada's Food Rules. At first the question of quantity had me guessing but after two or three meals it was solved. This was really a very enjoyable experience.

This September my sister Charlotte and I represented Clute Homemaking Club at the Canadian National Exhibition and took part in the clothing program. We enjoyed it and hope that some other members of our club can attend it in the years to come. It is a grand experience and an opportunity to meet girls from all over the province. Our judging competition, questions and work took place in the morning of September 30. Just as I finished my work Miss Eadie asked me to do a broadcast with Mary Carmichael of Middlesex on our morning program. I enjoyed this ever so much. We were provided with a box lunch and tickets which entitled us to a dinner on the grounds and the horse show.

We spent the afternoon taking in the sights. There was so much to see; it was really amazing. At five o'clock there was a parade of the Junior Farmers and Homemaking Club Members from different counties and districts.

I would like to say "thank you" to the Women's Institute Branch and Home Economics Service who have made these courses possible, also to Miss Petty who has been our District Home Economist in the North for many years and Miss Stewart who now assists her. They are liked very much and we always look forward to spending another day with them.

Helen Dodds, Cochrane District

A PROVINCIAL HONOUR GIRL

I have learned so much and have had such a grand time in club work it is difficult to say just what it has meant to me. It hardly seems possible I have attained Provincial Honours by completing twelve units—time has passed so quickly.

I began club work in the Garden Brigade, then followed through the second and third year program. At the conclusion of the third year I was pleasantly surprised and very proud to receive the Canadian Countryman award of twenty dollars. Now gardening is an interesting hobby of mine. Vegetables no longer are just carrots or beans, I know the names of various varieties of all vegetables.

Later I took Food Clubs which are wonderful and so helpful. I particu-

larly like these meetings, maybe because we always eat the finished product. I remember some time ago I learned to make tea-biscuits in the "Supper Club". This is an accomplishment. Frequently people say they can't make tea-biscuits successfully but I am proud to say that I have never had a failure. This past year in Oxford, we studied the "Milky Way". Never before had I realized there was so much about milk I did not know. The milk drinks we made were delightful. Learning Canada's Official Food Rules is a real boon to menu planning so you are sure your family receives all their food requirements each day. In our "Dressing Up Home-Grown Vegetable" Club, we heard much about the importance of vegetables in the daily diet. Canada's Food Rules call for at least one serving of potatoes; at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw. In the summer when there is fresh corn, tomatoes, beans, celery, lettuce, cabbage, watermelons, muskmelons and so forth right from the garden, we forget about pie, cookies and cakes, which means saving on the sugar.

Clothing Clubs, too, are wonderful. It is easy to sew and make garments when you learn the right way. A person can afford more new clothes when you make them yourself. What's more they fit, and that's more than you can say for some ready-made garments. Then, too, we learn much about suitable and becoming styles, colour, design and buymanship.

One of the most wonderful thrills in my life was my trip to Chicago; not only the trip but meeting other Ontario Club Members and the 4-H members. We compared work, exchanged ideas and made many new friends. I still correspond with many of them. Through my club work, I have been fortunate on two occasions to represent Oxford County at the Guelph Junior Farmers Conference, which I enjoyed immensely.

But getting back to our club here at Zenda, after I led one project as well as being a club member, I was appointed to teach Sunday School. Later we organized a C.G.I.T. group. All girls take the projects and go to the Achievement Day. This year at Leaders' Training School I suggested we have a pot luck picnic. The idea met with approval and for the first time the girls from the different parts of the country got together in a social way. We had a grand day. This summer during holidays, the Zenda girls painted our church fence, mowed the lawn and planted flowers. They have learned to work together and like it; not to mention how much the community appreciates their efforts. Last year one of my girls won the treasured trip to Chicago. Needless to say I was proud as only a leader can be when they reap the fruits of their labour.

Club Work has been a wonderful education. I have learned so many useful and essential things to help live a successful happy life. The Women's Institute should be proud of the advantages they make possible to rural girls. Rural girls do appreciate it. Anything is easy when you know how and Homemaking Clubs certainly take in everything.

Loreen Foster, Oxford County

IN SOUTH CAROLINA

Recently in company with three other Ontario Juniors, Mary Carmichael, Middlesex County; Allan Poole, Lanark County; and James Little of Brant County, I had the opportunity of attending a 4-H State Camp for leaders in South Carolina.

Camp Long is located in a rural section in Aiken County, S.C. and consists of 288 acres of land, most of which is in trees. Seventeen log buildings dot the hillside about the lake. These include three sleep-



GIRLS IN INTER-CLUB FOOD CONTEST, O.A.C., GUELPH
Above, a few of the girls taking part in the Inter-Club Food Competition busy at work in the modern kitchens of Macdonald Institute.



SEWING TESTS IN CLOTHING COMPETITION
Girls taking part in the Inter-Club Clothing Competition are here shown doing some practical sewing as part of their tests. These Provincial judging competitions are preliminary to the national competitions held at the Royal Winter Fair each year and are open to Homemaking Club girls throughout the province.

ing cabins and one large bathhouse for boys and similar quarters for girls. A large recreational hall is provided for assembly programs, play parties and evening programs. Located in the midst of trees, near the trail, and overlooking the lake is a large stone council circle where evening programs are held.

We were all impressed by the program carried out at the camp. It was well balanced, never crowded, and gave lots of time for visiting. Two afternoons I was glad to see demonstrations in food and clothing in girls' club work. The competitions compare to our County Achievement Days, with the winners being selected from the group to attend the National 4-H Congress in Chicago. One demonstration on "Custards" was the best demonstration I have ever seen in food. I wished more of our girls could have seen it as it was excellent and we now have custards on our provincial and national Food Contest program. One evening the girls staged a dress revue, and modelled the dresses they had made. The dresses ranged from cotton spectator sport dresses to party dresses, wool suits with accessories and evening gowns. The greatest difference in their 4-H work is that the age group is much younger and they have all paid leaders, while club work in Ontario is carried on by voluntary leadership from local leaders. Softball was one of the favourite sports, but horseshoes seemed to be a favourite of both boys and girls.

The crops grown in the section we visited are corn and cotton. Watermelons are grown by the acre, but were nearly all harvested when we were there. The meals served were quite different from our Canadian fare, but they were delicious. Iced tea was served twice a day and became a favourite drink with us Canadians. Fried chicken was served often and after struggling with a knife and fork to get the meat off the bones, we were informed that in the best of society

friend chicken was picked up in the fingers and eaten.

On the way home we spent a weekend in Washington. We took in a sightseeing tour one afternoon, and saw many points of interest. Some of the larger ones were the National Airport, the Pentagon Building which is the largest government building in the world, Arlington National Cemetery and the Tomb of the Unknown Soldier. We also went to Mt. Vernon to see George Washington's old home and were able to get a few glimpses of some of the original furniture.

This trip to South Carolina was of much value to the four of us who attended—it was both educational and interesting and also gave us a chance to exchange ideas and make new friends. The hospitality given us while visiting the camp will long be remembered.

Margaret Clement, Norfolk County.

CAMPING IN ONTARIO

Ahshunyoong—Camp Extraordinaire
The train chugged toward Lake Simcoe loaded to the doors with Junior Farmers representing almost every county of Ontario from Stormont to Thunder Bay. "Pefferlaw", the conductor shouted and there was a scramble for suitcases and blankets which had overflowed into the aisles. And then, miraculously, everyone was sitting around the tables eating dinner and getting acquainted. Life at Camp Ahshunyoong had started in earnest.

The entire camp was divided into tribes, Indian fashion, under Big Chief Norman Lindsay. The Big Feet (staff), Hurons, Algonquins, Iroquois and Mohawks, each in their own tribal blankets and headdress, gave colour and uniqueness to our first Junior Farmers' Camp.

The highlights of Camp! Almost everything was a highlight: the flag-raising ceremony at 7.30 in the morning (when the light wasn't so high), the sing-songs into which everyone