

Home Economics Extension Services

HOME ECONOMICS courses for the Ontario Women's Institutes—1954-55 will be continued as announced in the bulletin "Extension Services for the Homemaker 1953-54."

In the Food and Nutrition field, the course "Let's Cook It Right" runs for three afternoons and covers basic cookery methods with demonstrations on meat, fish, vegetables, sauces, salads, flour mixtures and desserts—an all-round course for inexperienced or experienced cooks. Courses of two afternoons each are "Supper Dishes," "Oven Meals," "Your Money's Worth in Food," "Your Children's Food." Naturally, "Your Children's Food" is of special interest to young mothers, and many Institutes have made a special canvass to bring in the young mothers of the community whether they are Institute members or not. Shorter courses of one afternoon or evening are "Your Food and Your Figure"—this has been very popular, "Cooking Short Cuts," "Canning Ontario's Foods" and "Frozen Foods."

Fundamental in the Clothing courses is "Dressmaking I" where each class member learns right sewing procedures in making a cotton dress, a blouse or a skirt. "Dressmaking II" is a more advanced course for those who have taken "Dressmaking I." These are four-and-a-half day courses running from Monday noon through to Friday. There is a course in making Lingerie—a course where members learn to adjust a commercial pattern and cut, assemble, fit and finish a slip, nightgown, bed jacket or pyjamas. (Many women have taken this course especially to learn to make pyjamas for men and children.) This course runs for five afternoons. Another five afternoon course is "Children's Clothing." This is another course worth dollars to a young mother, or perhaps to a good many grandmothers. "Make It Right" is a one-and-a-half day course in alterations; "Something to Wear," a half day session on choosing the most becoming and generally satisfactory clothes for the individual. And the newest courses dealing with some of the shopping problems of the times are "Choosing and

Part of the North Perth's Women's Institute display at Mornington Fall Fair, illustrating Women's Institute Branch Extension Services taken by various Institutes and Homemaking Clubs in the district. From left to right are shown Millbank's course "Home Care of the Sick"; Millbank and Gravelridge Garden Clubs' vegetable exhibits; Monckton's course "Canning Ontario's Foods"; Gravelridge's course "Brighten Your Home with Color"

— a miniature bedroom set-up; Gadshill Homemaking Club's unit "Milk in the Menu"; and Britton Club's "Milk on the Invalid's Tray". On the other side of the exhibit were Elma Centre's course "Your Food and Your Figure"; and Donegal's course in "Frozen Foods". Directors Mrs. Howard Mayberry, District President, and Mrs. Martin Mogk, shown in the picture, were in charge of the exhibit.

