

Saturday, January 16th, a workshop is being held in Middlesex for the Junior Institutes of that County.

One outstanding feature of these Schools is that an opportunity is provided for the members from various parts of the county to become acquainted. It is through the Boards of Directors understanding well the objectives and administration of our Junior Institute programme that this organization can strive ahead for "Home and Country" and for the purpose of the juniors, "Self-Help and Community Betterment."

New Health Film

The Ontario Department of Health has available for use of Women's Institutes a new film—"BETWEEN THE LINES"—the story of public health in the Province.

Produced for the Department during the summer, the film tells the story of a newspaper reporter sent out by his city editor to obtain facts for a story concerning the health of the Province. After some preliminary work, the reporter starts to dig "between the lines" and really finds out what is going on in the field of public health in Ontario.

The film, equally entertaining and informative, is 30 minutes in length, 16 mm., color and sound. It can be obtained by individual Institutes from—Publicity Division, Room 5434, Department of Health, Parliament Buildings, Toronto, Ontario.

Cookery Around the World

IRISH FARM BROTH (Northern Ireland)

2 lb. beef	2 leeks
2½ quarts of water	1 carrot
1 teacupful barley	1 small turnip
1 teacupful split peas	1 small head of cabbage
	pepper and salt

Soak the peas overnight. With the meat put the water, barley and peas and cook slowly. Wash and chop the leeks, cabbage, carrot and turnip, and after adding them, boil the broth for about three hours.

Served country-fashion, the meat is removed and cut small. Each person breaks into his plate of meat and broth 3 or 4 plain boiled potatoes which should be in readiness. This makes it a substantial meal.

—From "Cookery Around the World," a Cook Book published by the Associated Country Women of the World, 167 Kensington High Street, London W.8, England.

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We must search behind the popular discontent to find its cause.

—Oliver Wendell Holmes.

The true way to mourn the dead is to take care of the living who belong to them.

—Edmund Burke.

Tweedsmuir Competitions 1953-1955

The Tweedsmuir Competitions are held biennially for three cups given by Lady Tweedsmuir, wife of a former Governor-General of Canada, in 1945. The competitions are for the best history of a community, a cultural project and a handicraft. The Federated Women's Institute of Canada Board of Directors determine the nature of the competition at each biennial meeting and name a committee to be in charge. Each Provincial Women's Institute, the Saskatchewan Homemakers and the Newfoundland Jubilee Guilds may submit two entries for each cup. This necessitates elimination at the provincial level.

When an Institute has won the Tweedsmuir Cup for its Village History such History may not be entered in the National Competition until two biennial terms have elapsed and there must be included a statement to the effect that additional information has been added.

TWEEDSMUIR HISTORY

The rules for the Tweedsmuir Histories are the same as they have been for other years.

CULTURAL PROJECT

Oil Painting

An oil painting has been chosen as the project of competition along cultural lines. Naturally this competition must be closed to all professional and College-trained artists.

As a painting must necessarily be an individual endeavour, entries are accepted only from members of the Women's Institutes, Saskatchewan Homemakers and Newfoundland Jubilee Guilds.

Rules for the Art Competition are as follows:
Entry must be

1. An original painting, using oils as a medium.
2. Size—14 x 16 in. canvas, without frame.
3. Subject—A Canadian Landscape.
4. Open to amateurs only.
5. Open only to members of Women's Institutes, Homemakers Clubs or Jubilee Guilds.

Judging will be done by a recognized professional artist. The method of judging must be left to the discretion of the judge but the score will recognize originality, concept, composition, color, draftsmanship and technique.

HANDICRAFT

Outfit for a Six-Year-Old Girl

The outfit must be made by a group of members of Institutes, Homemakers' Clubs or Jubilee Guilds. It must be a summer outfit of cotton material with the exception of coat, hat, socks and sweater. The complete outfit will consist of dress, slip, coat, hat, socks, sweater, playsuit, pyjamas, housecoat and bedroom slippers or scuffies—knitted, crocheted wool or felt.