



The children here are wearing garments made by their mothers in Brampton West Institute's course "Children's Clothing," conducted by Miss Eleanor Kidd of the

Women's Institute Branch. Sun suits, pyjamas, coats, little girls' dresses and little boys' suits were made in this class. The little girl at the left wants to show the crinoline under her skirt.

Extension Services for Homemakers

IN the Government's Home Economics Extension Services, the local Women's Institute has a rare opportunity to bring a specialized sort of education to the women of the community—not only to Institute members but to every woman who can be persuaded to take the courses offered.

Being the organizing agency and the liaison between the Women's Institute Branch and the people, gives the Institute a responsibility which most branches carry out very well indeed—advertising the service, providing a suitable place for the course to be given, personally inviting women to attend, by their friendliness and hospitality and interest setting the stage so that the instructor can do her best work and everyone can get the most from her teaching. At the same time, sponsoring a course that women enjoy and find helpful naturally adds to the Institute's prestige in the community, as do all its good works.

The organization or liaison work may be more important than some Institute members realize; and certainly it is appreciated by the staff from the Department. For however good an instructor may be, when she goes out to give a course if she hasn't a class and whatever she needs to work with she might as well have stayed at home. Extension work is a joint enterprise of the local Institute and the Institute Branch.

And who profits from this education for homemakers? A glance through the Extension Services bulletin shows a program of practical

and cultural interests broad enough to have something for every woman in the community.

Food and Nutrition

There is a heavy demand for courses in Food and Nutrition. In spite of all the ready-made foods and mixes on the market, women still seem to take a pride in being good cooks and in knowing how to feed their families to keep them healthy.

The course, "Let's Cook It Right" is a basic course in good cooking methods with demonstrations in preparing meat, fish, vegetables, sauces, salads, flour mixtures and desserts. We consider this course of special importance to young women, but in three afternoons of cooking demonstrations, even the very experienced cook is likely to learn some new ways and new dishes.

The "Food For the Family" course, which is new this year, specializes in nutrition and planning meals, and will be of special help to the woman whose family includes young children and adults with perhaps a hungry adolescent or two and an elderly grandparent. Every woman will be interested in the suggestions for menus and for food buying, included in the course.

Another new course this year is on "Hospitality Foods". This deals with all sorts of entertaining in the home and in community groups, from the simplest hospitality snack to very special parties. On the first afternoon there is a demonstration of a complete buffet