

meal; on the second afternoon a showing of a variety of ideas for entertaining, also guides for quantity cookery for church suppers and other catering for crowds.

Our nutritionists have found that a great many women want to know more about how to make salads, so we have added a course in "Salads" with demonstrations of side salads, salad bowls, whole meal salads and salad accompaniments. Another new course is "Sandwiches for All Occasions", from the school

lunch-box to the fancy party sandwich, with something about hot sandwiches and the sandwich that makes a whole meal.

"Your Food and Your Figure" is still available and still popular after a run of several years. And we still have the courses in food preservation—"Canning Ontario's Foods" and "Make the Most of Your Home Freezer". Because so many women are continually learning, from their own experience, new and better ways of using their home freezer, the open discussion adds a great deal to the interest of the course.

As there is no individual instruction to be given in these courses, there is no limit to the number you may have in a class, as long as you have a class room large enough to accommodate them. If you are having a Foods course you have something to offer to every woman in the community.

Clothing and Textiles

When a woman has the responsibility of buying clothing for herself and her family and other textiles for her home, she feels more and more the need of knowing something about the new fabrics in ready-to-wear clothes, yard goods and household "linens". We have two courses dealing with this problem. "Choosing and Using Fabrics", dealing with the new finishes, fibres and blends, and "Household 'Linens'"—a course showing why some sheets, pillow cases, towels and other household textiles wear out quickly while others last for years.

Women like to be well dressed, with clothes that are attractive and right for the occasion on which they are worn. The course "Something To Wear" offers suggestions for planning a satisfactory wardrobe and choosing styles, colors and accessories becoming to the individual and suited to her needs. Part of the appeal of this course is that every woman likes to feel that she knows how to choose clothes to suit her own personality.

"Fix and Fit" is a course in alterations. Members bring to the class dresses or other garments that don't look right or feel right, and the teacher tries to show how to correct the faults. Demonstrations are given on sewing techniques such as setting in a zipper and doing hems. Anyone who has ever bought—or made—a dress and then found that it wasn't just right in some way will appreciate the value of this course.

There are four courses featuring the actual teaching of sewing: One course is in "Lingerie". Each class member makes a slip, nightgown, bed jacket or pyjamas. The course is recommended for beginners as well as for experienced sewers. Another course is in "Children's Clothing" and each member makes a garment for either a boy or a girl. This course could be the means of saving a lot of money for a mother of young children, and some Institutes with only a few young mothers in their membership have made a special canvass of the community inviting in



A Home Crafts Workshop conducted by Mrs. Isabel Leslie at Stroud.

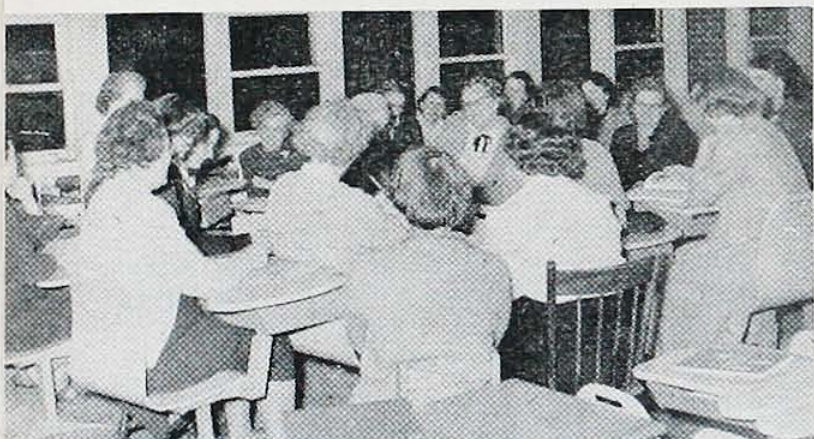


Photo taken at one of the ten meetings at Edencrest Institute's study-discussion group on "Parenthood in a Free Nation." Miss Irene McBride, Psychologist, Women's Institute Branch, is acting as Supervising Leader. Edencrest, Blackstock and Vandorf Institutes sponsored this study project last fall.

BELOW:

Home Crafts was a popular course at the Winter Short Courses held at Macdonald Institute in January. The instructors, Miss Audrey Spencer of the Women's Institute Branch and Mr. Gordon Couling of Macdonald Institute are here helping the students create individual designs for needlepoint. Needlepoint and original designs for it are featured in the Women's Institute Needlecraft Course.

