

mothers who are not members to make up the number required for the course. Two courses in Dressmaking are offered. In the first course the members each make a cotton dress or blouse or skirt and in doing this they learn the elementary principles and techniques of good dressmaking. The second course is more advanced and may be taken only by those who have completed the first course. The newest approved methods are taught and the size of the class is limited so that the instructor can give individual attention to every member. The woman who would like to learn to do her own dressmaking has an opportunity in these courses that would cost a considerable sum if she had to take them from a commercial source.

"Millinery" is a new course this year, provided because so many women asked for it, following the classes at the Institute Holiday at Guelph last summer. The course runs for three days; each member of the class makes a hat—sometimes more than one. Once an Institute decides to take this course there seems to be no difficulty in getting the maximum attendance.

### Health Education

Our health education program begins with "An Ounce of Prevention", a very practical course on how to avoid or prevent accidents in the home, how to get rid of some of the common hazards that seem to invite trouble. A discussion by class members adds to the interest, and the conference includes some first-aid demonstration.

There are courses dealing with simple nursing skills and techniques important to every homemaker, since sickness comes to most homes at one time or another. The course, "Hints for the Home Nurse", includes some very practical improvisations of sick room equipment and the reading of a clinical thermometer. "Home Care of the Sick" is a course in general nursing methods and includes demonstrations in bed-making and bathing a bed patient. In the last two courses the attendance is limited to not more than eighteen, so that everyone may have a chance to practice the nursing techniques under the nurse's supervision.

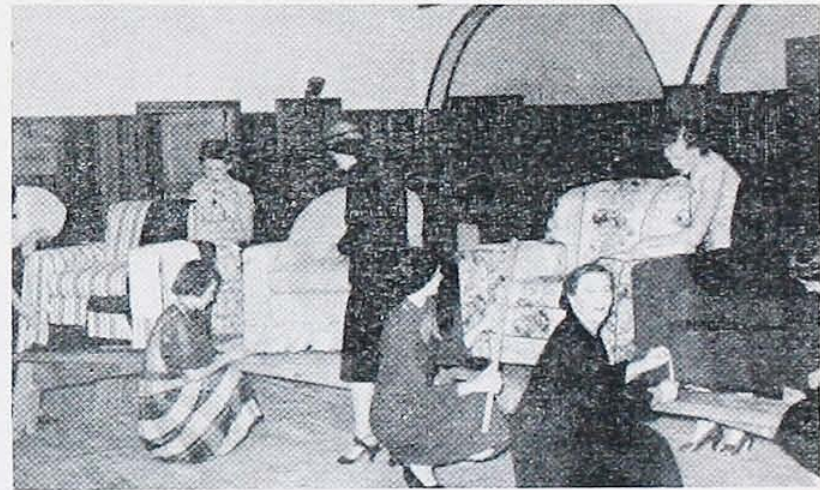
In the way of general health information there are two courses: "Medicine-Yesterday and Today" and "You and Your Family's Health", a session on public health and preventive medicine. There is no limit to the size of the class for these two courses, and we feel it is important that every woman in the community should be invited. The information given is important to the health of the whole community as well as to the individual. Numbers of women have reported that after the course on "You and Your Family's Health" they felt they should see their doctor about some symptom of their own and that a serious ailment was treated while it was still curable.



4-H Homemaking Club Leaders' Training School, Leeds county. Miss Ina Lindsay, back row, left, Home Economist for Renfrew and Lanark counties, instructs the class in the project "Cottons May Be Smart."



At Smithville Institute's course in "Your Money's Worth In Food," Miss Mary Porteous, Women's Institute Branch, left, discusses a casserole dish with the president and secretary. This class of forty-seven included a girls' class from the school where the course was given.



Class at work in the course on Slip Covers at Island Falls. Miss Nora Creyke of the Institute Branch is at the right, pulling a cover into place and securing it with dome fasteners. Chairs of varying types were slip-covered in fabrics ranging from the inexpensive denim — a practical, durable cover, to corduroy and floral drapery fabric.

### Home Furnishings

In Home Furnishings, "Brighten Your Home With Colour" is a very popular course, since it deals with something that every woman can put to use. It is a practical course, too, with