



Local leader of Dornoch 4-H Homemaking Club, Mrs. William Davidson, member of the F.W.I.O. Board, and her daughter Shirley who is completing her fourteenth project and who spoke for her club's display on Achievement Day.



On Grey county's 4-H Homemaking Club's Achievement Day, Marilyn and Evelyn Clugston, of the Nifty New Englanders' Club presented this display of equipment they had made in their "Clothes Closets Up-to-Date" club. Their mother is club leader.



At Lincoln County's 4-H Homemaking Club's Achievement Day, a local leader, Mrs. L. E. Webster, centre, discusses with Leanne Locke and Elizabeth Webster their demonstration of five ways of serving carrots.

their own membership provide the local leaders for homemaking clubs, and then assist with this leader's expenses. Institute women come out to see the girls' work on Achievement Days; they have them put on demonstrations at Institute meetings; they encourage them in every way possible. Incidentally many annual "Reports of Meetings" name the Institute program put on by the homemaking club girls as the outstanding program of the year.

The purpose of 4-H Homemaking clubs is broader than just teaching practical skills. In Foods the girls are taught to "eat right to feel right", to plan, prepare and serve nourishing, appetizing and economical meals. In Clothing they learn not only to make clothes but how to buy wisely. In Housefurnishing they make accessories for their rooms and they also acquire a sense of orderliness. This broader educational purpose applies in all club work. And the first and foremost aim of the club program is the development of the girl herself.

All clubs in a county or district carry on the same program at the same time, choosing their project for the year at their Achievement Day. Following are the units to choose from this year:

FOOD CLUBS

The Supper Club

Choosing food for health is the basis of this project with emphasis on the planning, preparation and service of family and club suppers. Table setting and service is studied along with the preparation of supper dishes such as salads, fruits, cream soups, scalloped dishes and tea biscuits.

Dressing Up Home Grown Vegetables

The use of vegetables on all occasions—dinner, supper, school lunches and parties—is stressed. Club members are encouraged to eat and to like healthful vegetables by learning to prepare and serve them in a variety of ways.

The Milky Way

Health Via the Milk Route is studied by learning the value of milk; how to care for it; and how to use it in a variety of ways in family meals. The use of milk in the child's diet and that of the invalid is also considered.

Meat in the Menu

Identification of cuts of beef and pork makes it possible to select meat to fit the family's resources. In this project, club members study secrets of beef and pork cookery and prepare such dishes as swiss steak, beef stew, etc.

The Cereal Shelf

The preparation and service of cereal foods as breakfast cereals, whole wheat muffins, rolled oat cookies, etc., is included. The use of whole cereals is stressed with emphasis on the importance of cereals at all family meals.