

Miss Anne McIntyre, of Home Economics Service, left, discusses a tossed salad with members of Riverview Institute at one of the Middlesex summary days. Riverview's casserole supper included, along with the salad, a jellied fruit dessert with whipped cream and coffee.



—Photo courtesy London Free Press

## Summary Days

IN HOME economics extension the "summary day" following a season's work in local leader groups provides the show window, the evidence of achievement, in the project or study undertaken. A summary day also provides an occasion for local leaders and members to use their own ideas in setting up exhibits, giving talks and demonstrations, putting on skits, all in the interest of entertainment as well as education.

The summary days held at the close of this year's work gave an encouraging picture of what can be accomplished through local leaders, and of what the experience in teaching local groups may do for the leader herself. For example, at Rednersville after the leader and her assistant had held some meetings with their own women on the rugmaking project, the leader was asked to give the same

Members of Markstay Institute at Sudbury district's summary day, at their buffet supper table. The menu was tomato juice, glazed ham, potato salad, jellied salad, devilled eggs, rolls and cheese cake.

—Photo courtesy Sudbury Daily Star



instruction to the older girls in the public school as part of their craft work.

### The Third Meal

"The Third Meal" was the project for Brant, Elgin, Middlesex, Perth, Waterloo, Wentworth, Wellington, Durham, Peterborough, Victoria, Cochrane, Temiskaming, Algoma, Manitoulin, Sudbury, Nipissing, Muskoka and Parry Sound.

At each summary day every group in the county or district exhibited a "third meal" which might be a luncheon or supper, a buffet meal, a TV tray, a children's party meal, a lunch box for a school child or a workman or some other third meal that an original woman could think up. In the Algoma and St. Joseph Island display there was "a meatless supper," "the Monday noon meal," "an economy supper" for days when the food budget has run low.

In the programmes of the summary days all over the province the meals ranged from an elaborate buffet for six, complete with a fancy casserole over a candle warmer and a special Valentine party, to a simple, appetizing supper of seasonable foods available on the farm—macaroni with a meat and tomato sauce, cabbage and carrot salad, whole wheat rolls, cookies and home canned fruit.

The meals were shown in proper table settings and with explanatory posters emphasizing the nutrition angle. The home economists who had conducted the leaders' training schools were especially pleased with the way the women had followed Canada's Food Rules, with the pleasing combinations of colours, textures and flavors observed in their meal planning and with the general attractiveness of both food and table settings. Frequently recipes were given, especially when there was a dish not generally well known in the exhibit. Sometimes the recipe was original—at the training schools the instructors had encouraged the women to use their imagination in varying basic recipes.