

tario girl would like to correspond with the writer of the letter we will supply the address.—Ed.)

### Self-Help

The Home Economist for Peel and Halton counties, Mrs. Mabel Borgstrom, reports that two junior groups in Peel, Alton and Caledon have decided to concentrate this year on the theme "Self-Help". They have worked out a series of meetings with topics such as "Help Yourself to Better Health", to "Better Appearance", "Better Manners", "Better Speech", "Better Character", to "More Fun" and so on. For some of the meetings the boys' and the girls' groups will deal with the subject separately and for others, such as Speech, Manners, Character, they will have joint meetings. Some of the topics will be dealt with by special speakers, but others the members will handle themselves, probably calling on the Agricultural and Home Economics office for resource material. The Home Economist and the Agricultural Representative may each take one meeting.

*(It does seem that this study of "self-help" is most important for a young people's group, and that they are making a good beginning in Peel by undertaking to put on most of their programmes themselves. The topics offer good possibilities for discussion, too—and practice in taking part in a discussion is possibly more needed in adult education than even training in public speaking or debating.—Ed.)*

### Junior-Senior Relationship

By Mrs. Kenneth Spence

*(Editor's Note: Mrs. Spence is a member of Owen Sound Junior Institute and First Vice-President of the North Grey Women's Institute District.)*

The Junior Institute is a branch Institute, which is organized primarily to assist young women in personal, home, family and community living. These young women are given an opportunity to plan and work with others

Members of Coldwater Junior and Senior Institutes as they appeared in a skit of an Institute meeting sixty years ago.



Miss Florence Eadie, right, discusses Junior Extension programmes with members of a Country Girls' Club in Hamilton, New Zealand.

in activities for community betterment and intelligent citizenship. The Junior Farmer motto is "Self-help and community betterment", so the objectives of the Junior Institute are similar to the Junior Farmer motto.

The Junior Institute co-operates with the Home Economics Service of the Department of Agriculture, the Federated Women's Institutes of Ontario and the Ontario Junior Farmers Association. Junior Institutes have membership in the District and also the Convention Area. Two Juniors are elected at the annual meeting of the Junior Farmer Association to the Provincial Board of F.W.I.O. In the past our Junior Institute has been represented by one of our members serving on this board.

In North Grey there is only one Junior Institute—Owen Sound, so we have a Junior Activities Convener in our branch. She gives an annual report at the District Annual and sends copies of this report to the Convention Area Convener, also the District Secretary.

Junior Institutes discover and stimulate leadership among young women. Our executive officers are president, one or more vice-presidents, secretary-treasurer and district director. The board of directors are the executive officers and three other directors. The past-president is a member of the executive. We also elect two auditors, not members of the board of directors, but preferably members of the Institute. Junior Institutes are not expected to have standing committee conveners, although when we first organized we had these conveners. Our district director attends the board meetings of the district and is a liaison between the Junior branch and the district.

Our Junior Institute has enjoyed an excellent understanding and friendship with the Senior Institutes. Twice in the past year we have been asked to provide programmes at Senior Institute meetings. At one meeting they asked us to explain our activities and our relationship to them and to the Junior Farmer Association. During the past years we have been also urged to participate in the district