

These registered the girls as they arrived and assisted throughout the conference: Centre: Miss Jean Scott, Supervisor County Home Economists. Others, left to right are County Home Economists Misses Marilyn Huber, Marie Wright, Mary Lou Black, Carolyn Kelman, Florence Martineau.



sembled in Memorial Hall for an organ and piano recital by Mr. and Mrs. Kidd, a play "Arise and Shine" by members of the Bennington Junior Farmers Club, Oxford county, a solo by Miss Carol Hartsell accompanied by one of the conference girls, Elaine Lawrence;

and an address by Eddy den Haan, a Junior Farmer of Simcoe county. Mr. Haan came to Canada from Holland only a few years ago and speaks English so well that he was high man in his county's public speaking competition last year.

## Local Leaders Advise Us

### Comments on Senior Extension Projects

*Editor's Note: Because we wanted to know whether the local leader projects with the senior Institutes were having any effect on the home practices of the women taking part; and because we thought the local leaders might have some suggestions from their own experience to offer to other leaders, we sent a letter to the leaders asking for their comments.*

*The editor intended to answer every reply, but they came in such numbers that it was impossible to keep up with them, and we can only take this opportunity of thanking every leader who took the trouble to write. We would like to say, too, that even if we did not know how effective the programme had been, the originality and enthusiasm and general character of the letters would tell us that the Institutes had chosen their leaders wisely. We think every Institute woman will be interested in what they have to say.*

#### The Third Meal

SOME OF THE comments on the effects of "The Third Meal" project are: "Our meals are more colourful and balanced," "Our members serve more casserole dishes for supper," "In my own home the project has been helpful in planning meals and arranging salad plates. Sandwiches, too, are more colourful and attractive." "I have noticed that more women are serving whole wheat bread." "For our older members the classes brought back some good hot supper dishes that had been forgotten about. The whole meal sandwiches

are being used for school box lunches." "The women who took part report improvement in economy, variety and added zest in meal planning."

Over and over again leaders told of the popularity of the potato and onion soup demonstrated in this project, and the use the women are making of the recipes given in the member's manual. One leader said: "The dishes from these recipes are practical and at the same time delicious. For us on a farm a meal must sustain a hardworking man from one meal to the next. This these recipes are able to do."

Another's comment was: "Our young mothers felt the recipes were a real boon to them when time is at a premium but nourishing food is a must. It is so simple to use the tried and proven foundation recipe and vary it to suit the tastes of the family." Another says: "We have learned to have an economical meal as well as a colourful one."

"What we learned in planning meals was very evident when the groups made up menus," Mrs. George Jenkins reported: "From remarks such as 'There's not enough colour' or 'There'll be too much starch if we use that' or 'What will we have for vitamins?' it was shown that the members were really thinking out a balanced Third Meal."

Jean Culver says: "The members of our Institute are serving more attractive suppers and are using vegetables more in salads. If we can dress up vegetables and make them more attractive to men and children, it is