

time well spent." Ina Morrison: "To the most experienced cooks this was a refresher course with fun and relaxation."

Mrs. C. H. Kirton comments: "As leader I benefited considerably both in learning at first hand the rules of good nutrition and also from having to pass on my knowledge to others. For young housekeepers the course would be invaluable. For myself, I now forcibly restrain myself from preparing the vegetables before I go to church."

Mrs. R. Davis reports that she had quite a number of young married women in her group and that several of them have phoned to tell her how much their families had enjoyed the new dishes they had served as a result of the project. The onion and potato soup seemed to be a general favorite.

Mrs. Stuart Shier inquired at two Institute meetings following the project and found that one member uses more cheese and tries to see that each member of the family gets the proper quota of milk; another has made the fancy sandwiches on several occasions; and two others have used **all** the recipes in the members' pamphlet and some of the dishes are now family favorites.

Miss Elizabeth Hotson found that among her members several are now having more soups—potato, carrot or other vegetable with milk as the added liquid. One had not used tuna fish before and now uses it frequently in sandwiches and salads; another uses it extensively in casseroles. The fruit crunch, especially with apples or rhubarb now frequently takes the place of pie. In one home the consumption of cheese has been "stepped up very much and even the men give top placing to lettuce wedges since they were introduced at the training school."

Mrs. C. L. Coulter sends this interesting note: "My objective was to help the members prepare nutritious, attractive meals at low cost. As there was considerable unemployment in this district the idea was timely. We

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#### A PRAYER FOR EVERY DAY

By Mary Carolyn Davies

Make me too brave to lie or be unkind,  
Make me too understanding, too, to mind  
The little hurts companions give, and friends,  
The careless hurts that no one quite intends.  
Make me too thoughtful to hurt others so.  
Help me to know  
The inmost hearts of those for whom I care,  
Their secret wishes, all the loads they bear,  
That I may add my courage to their own.  
May I make lonely folks feel less alone,  
And happy ones a little happier yet.  
May I forget  
What ought to be forgotten; and recall  
Unfailing, all  
That ought to be recalled, each kindly thing,  
Forgetting what might sting.  
To all upon my way,  
Day after day,  
Let me be joy, be hope! Let my life sing!

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never lost sight of the fact that the meal had to be well balanced and must fit in with breakfast and dinner. There are quite a number of new Canadians here so we investigated the possibilities of using national dishes. The results were very satisfactory. The report went on to tell about a meal consisting of a meatless vegetable soup, the recipe contributed by a Finnish lady, cheese and homegrown apples and a Scottish oatmeal pudding served with Canadian maple syrup. A Swedish lady gave her recipe for meat balls with macaroni and tomato sauce. The group also experimented with quick breads and quick yeast rolls. They have emphasized the use of homegrown products, foods in season, and the use of more Canadian cheese.

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In the way of suggestions that might be of help to other leaders, Mrs. Sam Sidwell says: "My only suggestion would be not to make your meetings too long and full of detail. In leading senior groups, much of the preparation can be done beforehand." Mrs. Howard Smith advises care in choosing leaders who are definitely interested in the project.

Mrs. Len Coglein makes this observation from her own experience: "As most of our members are busy farm women they did not feel they had time to come to special meetings, so we had to give the demonstrations and talks at our regular meetings and it was hard to spend enough time on the project to do it justice." Also "I would say to anyone chosen to be a local leader, not to hesitate. We are never too old to learn something."

Mrs. J. Irvine Black says: "Avoid having more than one meeting in a week for busy rural women. Allow the ladies to try new ideas while you are changing recipes or preparing to serve. One can read the directions and another do the demonstrating. And don't be afraid to be a local leader; the members are wonderful to instruct in this course."

Mrs. J. Campbell reports: "At the first meeting the leaders demonstrated and the women went over the recipes. At the next meeting everyone took part after a discussion on how the food should be prepared. Everyone seemed to enjoy the second way so we carried on in that way for the rest of the meetings."

Mrs. Charles R. Gage gives these suggestions: "We found it a good plan to have our meetings on consecutive days because this holds the members' interest. Also we shortened it to one day with food from the first and second course demonstrations served to augment the box lunches provided by the individuals. In the afternoon we demonstrated sandwiches and salads and served these with a cup of tea at the close of the session. We were pleased with the response in the group menu projects, which brought out many good ideas from members."

"I feel that the Third Meal project is one to be held in someone's kitchen instead of in