

Carry-Over from Club Work

How Experience in 4-H Homemaking Clubs Helps In Homemaking

TWO YEARS AGO at the Central Ontario Women's Institute convention, two young married women who had had several years in 4-H Homemaking Club work told how their training in club work had helped them as homemakers and mothers. And it seemed to us that it might be interesting to leaders who are giving their services to this work, to Women's Institutes that are supporting it, and to club members themselves, to know more about what an experience in club work may mean to a girl when she takes on the responsibilities of a home of her own. So we asked a number of married women who had been active in homemaking clubs to tell us whether their club work had helped them as homemakers and in what ways it had helped. Here are some of their replies:

Help in Homemaking Skills

Mrs. D. W. MacGregor, who completed ten club units before she was married and continued to take Provincial Honours afterwards, says: "Club training certainly puts a girl on the right track when it comes time to take her place as a homemaker and a mother . . . It is through my club experience that I am able to sew many things for my home and family. I feel confident when I select materials, patterns or clothing and just knowing how to care for clothing is a wonderful penny-saver . . . The cook book I started in the unit 'The Club Girl Entertains' is a prized possession. Of course it has had many additions but the basic things learned in the club are still the old faithfuls . . . My notes on Home Decoration and Social Etiquette, I have transferred to a scrap book and adding to this book has become a hobby. It is used not only by myself but also by my friends when they are looking for something for their parties or special meetings . . . The first aid kit compiled in 'The Club Girl Stands On Guard' unit is right in my kitchen cupboard and very useful in case of accidents both large and small."

Planning meals is one of the club subjects especially appreciated by Mrs. Catherine Keys. Mrs. Keys says: "It is both interesting and worth while to plan your meals one or two weeks ahead. In doing this you can determine what foods you will need to balance your family's diet and what you will have to buy. It isn't until you are on your own and haven't your mother to ask 'What should we have for dinner?' that you realize how important this training has been. This idea of planning ahead was one very important thing learned in club work."

Mrs. Ray Le Palm makes a special point of the thrift value of the food clubs and garden clubs. She says: "I still use the garden club directions for cooking and canning vegetables. I have been married eight and a half years and have yet to

buy my first jar of pickles and have bought only one jar of marmalade. This year I put up over four hundred jars of fruit, vegetables, meat and jam. I have found the 'Meat In the Menu' a profitable, economical unit as meat seems to be the most expensive part of the meal. And when a member of the family had to have a special diet for four months following an illness, I don't know what I would have done without the training I had in 'The Milky Way.' Mrs. Le Palm has three children, and because of the start she got in sewing in her club work she makes all their clothes as well as her own.

Mrs. R. B. Johnson stresses the importance of the nutrition learned in food clubs, the understanding that deficiencies in diet can cause serious complications, and having a practical knowledge of how to plan nutritious meals. Also, she says: "When company comes to our house I have no qualms about my food service. Through club training I know what is correct so I can relax and enjoy myself." About the club training in clothing, Mrs. Johnson says: "Clothing a family these days can be a real problem if all clothes must be bought ready made. I have been grateful, times unending, that I was taught to sew. Incidentally, after twenty years in club work, first as a member, then as a leader, I am still learning 'new tricks of an old trade'—new ways of construction, simplified methods that really save time. It gives one a feeling of pride to have a school-age boy say, 'Mom, make my shirts. I like them better.'"

Mrs. Marie Burrows, who has completed sixteen units, in two of which she acted as leader, says: "Having been a homemaker for two years I can really appreciate the basic knowledge learned through club work. A foundation in almost every aspect of homemaking can be had in one or another club unit. I feel that homemaking club work, if taken seriously, should result in the abolition of new bride's sobs as well as hubby's indigestion."

With rather special appreciation of the food clubs, Mrs. Irene Wellman feels that the two most important units are "The Milky Way" and "The Cereal Shelf" as milk and cereals are the foods most likely to be overlooked in meal planning. A graduate of garden clubs, Mrs. Wellman never worries about having a variety of vegetables. She says: "All through the summer they come fresh from the garden and during the winter, from the cellar. The garden clubs are mainly responsible for my willingness to try new vegetables and flowers and for my interest in landscaping ideas." This mother of two children finds that she eases the family budget considerably by making such things as dresses, pleated skirts, trousers, coats, jackets, all the family's sleeping garments and some of her own clothes. She finds that the sewing she learned in clothing clubs give her courage to venture into more difficult lines. Mrs. Wellman