

Mrs. Thompson said, and she stressed that just being willing to visit old people is not enough—we must learn **how** to visit an old person. She gave these points for our guidance: We must discipline ourselves to learn to listen rather than to talk. We must be serene because that is how we want to leave the old person we visit. We should try to give the old person something to laugh about, because most old people don't laugh much. We must be leisurely — it doesn't help the old people in a Home much to have a visitor hurrying in and out as if she had little time for them. Try to organize a visiting service that will be regular.

Mrs. Thompson announced that the Red Cross has people who will go to a locality and give a training course in friendly visiting. There is also printed material "Sketches on Friendly Visiting" which anyone may have by writing to the Senior Citizens Committee, Ontario Division Canadian Red Cross Society, Wellesley St., Toronto.

Adventures In Service

The conference theme "Adventure in Service" was the topic of a talk by the editor of Home and Country. Some adventures suggested in line with the work of the standing committees were: In health work, as a means of saving lives, to organize more baby clinics and to co-operate in the safety survey. When a safety programme is formulated Institutes might do good educational work in their radio and television programmes. In home economics to venture into a study of how best to use the family income. Something along this line might be done by working with Miss Moyle, director of Consumer Information with Home Economics Service; and it was suggested that Institutes might give some study to the book "The Hidden Persuaders" by Vance Packard. Conservation was recommended as a timely study in agriculture and the women were urged to do what they could to promote and develop farm woodlots. The 4-H Club in Forestry would be a practical way of getting young people interested in this. Under the committee on Education and Citizenship it was suggested that the Institutes might substitute some of their study of other countries and peoples for a consideration of the Canadian Eskimos and that we might try to do more neighboring with our Canadian Indian Women's Homemakers' Clubs. Also that Institutes do an important piece of educational work when they promote high-class entertainment — variety shows, drama and choirs by local people; and that our changing rural social life indicates the need of more fun and friendliness which should be a concern of Women's Institutes. The speaker felt that the Institutes carry through some of their greatest adventures in service in the things they do for people in their own communities.

If we are to do much adventuring we must have people with an exploring type of mind who aren't afraid to think for themselves and to try to do what has never been done before. One way to develop such independent thinkers is to have free discussion in the Institute, encouraging every member "to speak her own mind."

Suggestions From Discussion Groups

As usual the session given to discussion groups was one of the popular features of the conference.

As this conference was for District Directors, the discussions were related especially to district directors' responsibilities and interests. From the summary of the findings of the individual groups, compiled and given by the over-all chairman, Mrs. R. J. Penney, we have the following suggestions. We regret that we have not space for the full report.

In the beginning Mrs. Penney emphasized the importance of the district director in promoting the best interests of both branch and district. Then she quoted some of the groups' suggestions for financing the district. These included "variety" entertainments with each branch contributing a number to the programme; district teas with each branch having charge of a part of the arrangements; serving tea at fairs, the branches assisting and the funds going to the district; a district auction sale; a sale of aprons made from flour bags at the district annual—in one district each branch is either contributing \$5 to the district funds or bringing to the district annual five articles to be sold at \$1 each. One branch raised funds by publishing and selling a cook book of members' recipes.

Some recommendations for district annual meetings were: to keep reports to their allotted time, using a bell to warn speakers and to let them know when they had reached their time limit; to be careful not to overcrowd the programme, limiting it to Institute business with only enough entertainment to vary and enliven the programme—original skits by members were highly recommended. Most of the delegates seemed to favor having another organization cater for the noon meal so that the hostess branch members could attend all the sessions; others suggested pot luck luncheons and buffet luncheons. When a district competition was held it was recommended that the judging should be done previous to the district annual meeting.

Among the projects sponsored by districts throughout the province the delegates reported: maintaining rooms in hospitals and "adopting"

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HOW TO BE HAPPY

Are you almost disgusted with life, little man?
I'll tell you a wonderful trick
That will bring you contentment, if anything can,
Do something for somebody, quick!

Are you awfully tired with play, little girl?
Wearied, discouraged, and sick—
I'll tell you the loveliest game in the world,
Do something for somebody, quick!

Though it rains, like the rain of the flood, little man,
And the clouds are forbidding and thick,
You can make the sun shine in your soul, little man,
Do something for somebody, quick!

Though the stars are like brass overhead, little girl,
And the walks like a well-heated brick,
And our earthly affairs in a terrible whirl,
Do something for somebody, quick!

Author unknown.

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