

# Information for Consumers

By Ruth Moyle

AS THE ARTICLE, "Conservation in the Kitchen" explains, Miss McKercher and I spent three days at the University of Michigan, with Mrs. Ruth Kettunen and other staff members. We wanted to learn something of the Extension programme they have developed to simplify and lighten some of the unnecessarily time and energy consuming routine household tasks. (I'd like to underline that word *unnecessarily*.)

Many such time and energy conserving projects are in operation today. The idea behind them is twofold. Some homemakers must follow such a programme of necessity because of ill health or physical disability—heart disease or arthritis, to mention only two. Other housewives are beginning to realize it's the sensible thing to do. Any time and energy that can be saved from routine tasks means that much more to spend on the family, on volunteer or community services, on creative work. One woman assured us that such activities have proved the answer to her lament of the boredom of housekeeping!

The basic philosophy behind this "conservation" programme is a simple one. "The way you do a job is more important than the demands of the job itself."

For those who are interested, here are six basic rules which are worth considering seriously. How do you rate?

(1) Don't worry about those things *you can't change*; save your energy for those you can.

(2) Allow enough time for a job so there is no need to rush.

(3) Keep your weight normal.

(4) Plan ahead as much as possible—this does much to help you avoid pushing yourself to the point of exhaustion or over-fatigue.

(5) Avoid lifting, pushing or carrying heavy things.

(6) Don't run upstairs—it isn't the steepness of the stairs, it's the speed with which we go up and down that does the harm.

In the next issue we will go into the kitchen.

## Summary Days

WHY ARE summary days a part of Women's Institutes' home economics extension projects? Miss Flora Durnin, Home Economist for Grey and Dufferin counties gives this explanation:

"We need Summary Days as a dead line for the completion of a project and to provide an opportunity for each group to test their own ability, to be creative, to receive a response from others, to learn from criticism and observation. When we started the senior local leader projects, the general opinion seemed to be that the women's work couldn't be carried on like the girls', that women wouldn't want to put on skits and demonstrations and that they might resent criticism. I have found that they want to present a programme and that they would like to know where they succeed and where they fail."

Here are a few comments that have come to us from a few of this year's summary days:

There were three summary days in Grey county, where the project was "The Third Meal." At Markdale every group contributed to the programme with a skit, reading or comments. There was just one demonstration. And as an example of how such a programme can bring out latent ability, the woman who gave the demonstration had never even seen a demonstration other than those put on by 4-H Homemaking Clubs at Institute conventions. A teacher from Home Economics Service reports that the demonstrator was efficient, at ease, and that she kept up an ex-

cellent "running patter" throughout.

Meaford's summary day took the form of a buffet luncheon. Each of the six groups provided enough food for their own group and one extra person. The food included hot and cold "third meal" main dishes and desserts with homemade rolls and biscuits.

Grimsby Beach club in Lincoln county put on a birthday party skit with a table set with doll's dishes.

Another skit that provided both entertainment and information came in Peel county's Summary Day on the "Hints for the Home Nurse" project. This was a demonstration on body mechanics. The women arranged themselves in two rows and while those in the back row sang a parody on "Comin' Through the Rye," telling the wrong way to do things, those in the front row demonstrated the correct way. Some of the skits in Dundas county were "Do's and Dont's for the Sick Room", "How to Furnish a Sick Room", "Taking Pulse and Temperature", "A Mustard Plaster."

Summary days showed that the Rugmaking project has stirred up a lot of interest. In Welland county, eight Institutes exhibited seventy-three rugs; in Thunder Bay ten groups produced ninety rugs. We haven't heard the record from other counties. In Welland an old lady of eighty-four had worked along with her nurse. A Fonthill member hooked a chair seat cover to give the women an idea for the Tweedsmuir competition in handicraft. Young women took part in good