

These little girls are wearing dresses made by their mothers in the Thunder Bay Women's Institute project "Sew to Save."

Photo courtesy The Times Journal

Home Economics Extension 1961-62



HOME ECONOMICS SERVICE is offering a number of new courses and local leader training schools this year.

In Food and Nutrition, the short course, "Catering for Crowds," will still be given and "When Food Makes a Difference"; but along with these there will be "Creative Cookery" and "Food Shopping in the Sixties". The Local Leader project will be "143 Pounds of Meat"—this being the amount of meat eaten by the average Canadian in one year. There have been many requests for a complete course on meat and this unit will include the place of meat in Canadian meals, inspection and grading, the identification of cuts, modern methods of cooking, organ meats, ideas for left overs, carving and serving.

The new course in Clothing will be "Belts and Buttonholes", how these can give a dress a distinctive appearance and how to make them with a "professional" look. The Millinery course and "Choosing and Using Fabrics" will be continued; and there will be two Local Leader projects: "Sew to Save Dollars and Make Sense" and "Focus on Finishes".

"What's New in Home Furnishings", another new short course, deals with some of the new floor coverings, upholstery and drapery materials. There will be time for discussion and an opportunity to examine samples. "Window Treatment" and "New Lamps for Old" will be the Local Leader projects.

"Copper Tooling" and "Advanced Leathercraft" will be the new short courses in Home Crafts. In copper tooling, thin sheets of copper are tooled and used to cover wooden boxes, planters, book ends or picture frames. The copper is fairly inexpensive, the wooden forms can be made by a handyman and the only other equipment needed is an inexpensive wooden tool. The advanced

course in leather craft is for those who have had some experience in leatherwork and will include making such articles as purses and book covers. The courses in Needlework, "Making Leather Gloves" and "Moccasin Making" will be continued. "Rug Making" will also be retained as a Local Leader project and there will be a new unit in "Block Printing", an art that may be used to give a distinctive decoration to curtains, bedspreads, place mats and other household linens as well as to blouses, children's clothes and even to Christmas cards and stationery.

A new course, "Safety Begins at Home", should be a timely and popular feature of the Health Education programme. Other courses will be "Home Care of the Sick" and "Medicine Yesterday and Today". The Local Leader project is "Hints for the Home Nurse".

Something entirely new in the programme this year is a workshop in Home Management. This will deal with choosing, using and caring for some of today's new household equipment and appliances and how to make simple repairs such as replacing electric plugs and mending cords. It will include discussions on such questions as Guarantees, Warranties, Contracts, Labels, Advertisements and standards set by Canadian Standards Association and others. Perhaps one of the most important features of the workshop will be a discussion of the management of the family's money and keeping household accounts.

The course in Cultural Interests is continued. It deals with reading in the family, beginning with story-telling and reading to very young children and including lists of books suited to children of different ages and good books for adults. There are discussions of such questions as how a woman may cultivate good reading habits in children and how to plan a reading programme