

Local leaders discuss workmanship on a blouse with Miss Dora Burke of Home Economics Service at Middlesex County's Summary Day.



work and the originality they put into their projects and the women learn a good deal through pooling experiences in their discussions. There may be an important social value in the method, too. One woman comments:

"The fellowship of working together is good for us. Each one sees she is not the only one who makes mistakes. We work together, laugh together, sometimes have lunch together and go home feeling much better."

As an illustration of how a Summary Day programme can present ideas from one group to another as well as to visitors, Grey County Home Economist gives this summing up of the county's two Summary Days on the Window Treatment project: 272 ladies received instruction on the project from 25 local leaders and assistant leaders. 170 persons attended the Summary Days. Each club had an exhibit made up of miniature samples or full-sized drapes or café curtains made by class members. Backgrounds of windows, wall paper and floor coverings, also valances and curtain hardware were shown with some curtains. One

group showed a scrap-book on window treatment: two set up miniature rooms; several gave commentaries on displays of hardware, fabrics and curtains. Three clubs presented skits, one held a general discussion, one discussed problem windows, another dealt with buymanship. There were original song parodies bearing on window treatment.

Finally the Home Economist said: "Many of the women stated that they had had difficulty making curtains in the past so they were especially pleased to have the opportunity of taking this project." Perhaps this will be true of some of the projects announced for the year ahead.

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MENTAL HEALTH TESTS

From the Canadian Mental Health Association

How do you rate as far as mental health is concerned?

The Canadian Mental Health Association has circulated the following 10 main characteristics of good mental health:

A tolerant, easy-going attitude toward yourself as well as others.

A realistic estimate of your own abilities—neither under-estimating nor over-estimating.

Self-respect.

Ability to take life's disappointments in stride.

Ability to give love and consider the interest of others.

Liking and trusting other people and expecting others to feel the same way about you.

Feeling part of a group and having a sense of responsibility to your neighbors and fellow men.

Acceptance of your responsibilities and doing something about your problems as they arise.

Ability to plan ahead, and settling of realistic goals for yourself.

Putting your best efforts into what you do and getting satisfaction out of doing it.

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At Renfrew's Summary Day on the project "New Lamps for Old," Burnstown's leader and assistant leader examine a lampshade in their Institute's exhibit.