

Indian Institutes Sponsor Homemakers' Convention

WOMEN'S INSTITUTES on the Six Nations Reserve acted as hostesses to the Southern Ontario Regional Indian Homemakers' Clubs' Annual Convention this summer, providing a meeting place in Ohsweken Community Hall, hospitality for visiting delegates and home-prepared food for luncheons and banquets.

The Homemakers' three-day program emphasized child welfare and education, with addresses by a school superintendent and a principal and group discussions on the educational roles of the school, the church and the home; and why high schools have so many pupils dropping out before graduation. Mrs. Ethel Brant Monture stressed the need of more adult education to help Indians to be more self sufficient; and urged the homemakers to preserve their native cultures, not to forget that they are Indians but to be a part of the life of Canada, too. Miss Helen McKercher, Director Home Economics Extension Service of the Ontario Department of Agriculture outlined the home economics courses available to women in food, clothing, handicraft, home furnishing, health and cultural interests and explained that this service is for all rural women's groups. Mrs. Elliot Moses spoke on the training of pre-school children and there was a panel discussion: "Homes are Greenhouses Where the Seeds of Citizenship are Sown." Individual clubs reported young Indian men and women from their communities who are successful in the professions, trades or business.

Other features of the convention program show that Homemakers' Clubs like Women's Institutes are interested in crafts, homemaking



Sour Springs 4-H Homemaking Club girls at the annual regional Indian Homemakers' Convention held on the Six Nations Reserve, modelling cotton dresses they had made as a club project.

skills, health, community improvement and citizenship. The clubs also, like the Institutes, make contacts with various officials and authorities in the community. The Six Nations Chief Councillor, officers of the Indian Agency, the Public Health Nurse and clergymen of all denominations on the Reserve had a part in proceedings and both provincial and federal members of parliament spoke at the closing banquet.

Another "Eat to Live" Project

By Mary Lennox

Editor's Note: This article was compiled from a routine report by Mrs. Mary Lennox of Phelps Women's Institute.

THE FOLLOWING work has been done and projects set up by Phelps Women's Institute as a result of the "Eat to Live" workshop: Mrs. W. T. Phillips, F.W.I.O. Board member is the leader.

A talk on general nutrition based on Canada's Food Rules was given to a Girl Guide Company mostly "teenagers". It was felt this would fill a dual purpose — educate the girls on good nutrition and prepare the way for their badge work. The girls are keeping score sheets for each day's meals which will be assessed later.

The teachers of Phelps Central School are co-operating by putting special emphasis on Canada's Food Rules as part of their Health Study. Leaflets on the Food Rules were provided for every child. Competitions have been arranged in an essay on "Good Nutrition" and a poster on food values as taught by a study of Canada's Food Rules. Two National Film Board films were provided and shown in the school to assist the children in their competitions — "Freddy and His Food" and "Stanley Takes a Trip". In Grades VI, VII and VIII score sheets are being kept for each day's meals; these will be assessed later.

At a joint meeting of Phelps Women's Institute and Home and School Association, a talk was given on the "Eat to Live" project and two National Film Board films were shown: "Why Tommy Won't Eat" and "Mystery in the Kitchen". The women discussed the merits and demerits of these films. A quiz was enjoyed and discussed. Books for home study were distributed. These were Good Food for Everybody, Good Food for Older Persons, How to Plan Meals for Your Family, Make Every Day Vitamin Day, The Noon Meal, Vegetables for your Family. Score sheets and Canada's Food Rules were distributed.

Future plans are a pre-natal and a pre-school clinic as soon as the nurse's services are available, when it is planned to have special emphasis put on nutrition. Our township is unorganized and there is no regular public health