

Some of the discussions reported were: "Quality production in agriculture is a must", "Tax assessments", "Potatoes Are Not Fattening—they make you strong and slim and lengthen your life", "Preventing accidents on the farm", "A rule for safety in the home", "An electrical hazard on the farm. Safety Quiz; "A trip to Russia—their farm methods in use today".

Much was learned about Canadian industries by touring industrial plants and seeing them in operation. Tours of many of Ontario's beauty spots were arranged.

Roll Calls included: "An inducement to keep young people on the farm", "Name the flower emblem of each of the provinces", "Something I enjoyed at the Fall Fair", "Why I am interested in Canadian Industries", "Name a Canadian import and an export", "How I store my winter vegetables", "Make a hat of garden vegetables and wear it".

Mottoes which, Mrs. Newhouse said, bring new thoughts and inspiration to a meeting were: "If you plant a seed of character in the home it will bloom in the community", "One is never rich enough to be without neighbours", "Buried seeds grow—buried talents, never", "Be a live wire and you won't be stepped on", "The farm is the food factory of the nation—let's keep the assembly line rolling", "No one's heart will ever harden planting seeds in friendship's garden", "Honest labour disgraces no man"; and "Grumbling spoils more meals than poor cooks."

There were papers on Tobacco Farming; The pine cone industry; The damage and expense rats cause; The family farm in Canada; Grading and marketing of potatoes; Rolled oats, from harvesting to the breakfast table; and the story of paper-making at Fort Frances.

As F.W.I.O. representative to the Ontario Conservation Council, Mrs. Newhouse reported much progress being made in the Council's work of reforestation. Great concern is felt about the many fruit farms in the Niagara district being sold, the land to be used for in-

dustrial purposes, she said and she spoke about the popular recreation spots, parks and picnic areas being developed by the Department of Lands and Forests.

### Home Economics and Health

Reporting on Home Economics and Health, the Convener, Mrs. Norman Smith, said that all Areas reported the sponsoring of 4-H Homemaking Clubs, a most satisfying part of Women's Institute interests. "These girls are an important part of our country's future," said Mrs. Smith. "Anything we can do to help them become better homemakers is following through with our motto, 'For Home and Country.'" It was suggested that the study of the "Eat to Live" project be continued as health plays such an important part in our lives. Realizing the value of the many services offered by the Extension Branch, most branches avail themselves of the Short Courses and Local Leaders' Training Schools.

Roll Calls included: "What health rule would you emphasize to your children?" "Mending hints", "Name a food containing vitamin A", "A recipe using a dairy product", "How to cope with moths", "Where I get my vitamin C", "One of Canada's food rules".

Mottoes: "Good health and good food are two of life's greatest blessings", "Homemaking is not a hobby, it is the very breath of our existence", "Man builds the house while woman builds the home", "The health of our nation tomorrow depends on the health of the children today."

Papers and Talks: "What's behind Home Economics?", "Prevention of the spread of germs in Home Nursing", "Modern ways of teaching health in schools."

517 branches report membership in the Canadian Association of Consumers. Many branches report the value of bulletins received from C.A.C. Reviewing the accomplishments of the organization, Mrs. Smith urged branches to continue their membership, as the consumer

Mrs. W. G. Clark, an F.W.I.O. Board Director presents the Dufferin County Women's Institute \$2,000 scholarship to F.W.I.O. Left to right: Hon. W. A. Stewart, Ontario Minister of Agriculture, Mrs. Clark, Mrs. Holder, Sec.-Treas. F.W.I.O., Mrs. Lymburner, President.

