

Introducing Food Forums

THE FOODS AND NUTRITION Section of the Ontario Department of Agriculture Home Economics Extension Service is working on a new project for 1963-64 in an effort to extend the service to all women, particularly young homemakers who may not belong to organizations. There are a great many of these young women who are anxious to learn more about foods — meal planning, shopping, food preparation, time-and-money-saving ideas, and so on. And the Women's Institutes are the groups who can best put this new service across and so bring to the young women of the community — whether they belong to the Institute or not — a service that may be of very practical value.

During the past few months the County or District Home Economists in a half-dozen centres have arranged meetings to discuss local needs with Advisory Committees of women and a representative from head office. These meetings have been very useful and some excellent suggestions have been offered. The idea is that the Foods and Nutrition Section will prepare special topics, as far as time and staff permit, and open meetings will be arranged on the subject agreed upon by the local committee.

A test Food Forum was held in Brockville in April on the topic "Tricks With a Mix."

★ ★ ★

JUNE

By James Russell Lowell

What is so rare as a day in June?
Then, if ever, come perfect days;
Then Heaven tries earth if it be in tune,
And over it softly her warm ear lays;
Whether we look, or whether we listen,
We hear life murmur, or see it glisten;
Every clod feels a stir of might,
An instinct within it that reaches and towers,
And, groping blindly above it for light,
Climbs to a soul in grass and flowers;
The flush of life may well be seen
Thrilling back over hills and valleys;
The cowslip startles in meadows green,
The buttercup catches the sun in its chalice,
And there's never a leaf nor a blade too mean
To be some happy creature's palace;
The little bird sits at his door in the sun,
Atilt like a blossom among the leaves,
And lets his illumined being o'errun
With the deluge of summer it receives;
His mate feels the eggs beneath her wings,
And the heart in her dumb breast flutters and sings;
He sings to the wide world and she to her nest —
In the nice ear of Nature, which song is the best?

★ ★ ★

★ ★ ★
PORTRAIT OF MY MOTHER

Margaret E. Bruner

My mother was not one who cared for flowers
As many did — she chose the hardy kind;
Perennials that stayed . . . but many hours
She tended vegetables, nor did she mind
The toil, for these meant sustenance to feed
The hungry mouths; these homely plants arrayed
In rows, to her, were beauty — were a creed
Of usefulness, a pledge that she had made.

Always she liked the elemental things —
The quaint old ways of doing work by hand;
She liked the fields — the song a wild bird sings,
Theirs was a language she could understand . . .
She liked the tunes — the poems learned in youth,
And all her long life through she revered truth.

★ ★ ★

The instructors made the mix and encouraged the women to make their own at home. Then, working together the County Home Economist, with a Foods and Nutrition specialist from headquarters, and the Foods and Nutrition supervisor speeding things up in the kitchen, turned out an array of dishes such as the women had never seen at a demonstration before. There were tea biscuits of course — plain and in a dozen variations; and scones and coffee cake and fruited yeast rolls and such biscuit dough desserts as an apricot rolly polly and steamed pudding. There was a Pizza Pie, Onion Biscuit Squares to serve with roast beef, Meat Turnovers and Salmon Pie and pancakes — plain savoury and dessert varieties. Surprisingly perhaps, in all of these the home economists found a basis for nutrition teaching as they went along.

The demonstration was held in the evening. A press report says "Our demonstrators prepared nine dishes in the two-hour demonstration but they had worked all day preparing for their show and making other dishes for exhibition. At the close of the program the food was turned over to the women for sampling — and from comments that have been coming in ever since, they found it good."

Nearly one hundred women from all over Leeds county attended — some from Women's Institutes, some from other organizations, probably some who belong to no organization at all; for the Ontario Department of Agriculture's home economics extension service is for all women.

Forums are organized through the County or District Home Economist. There are topics other than Mixes to choose from. The response to this introductory forum in Leeds was so good that forums will be held in other areas during the year. Any group interested should get in touch with its County or District Home Economist.