

Our Cover Story

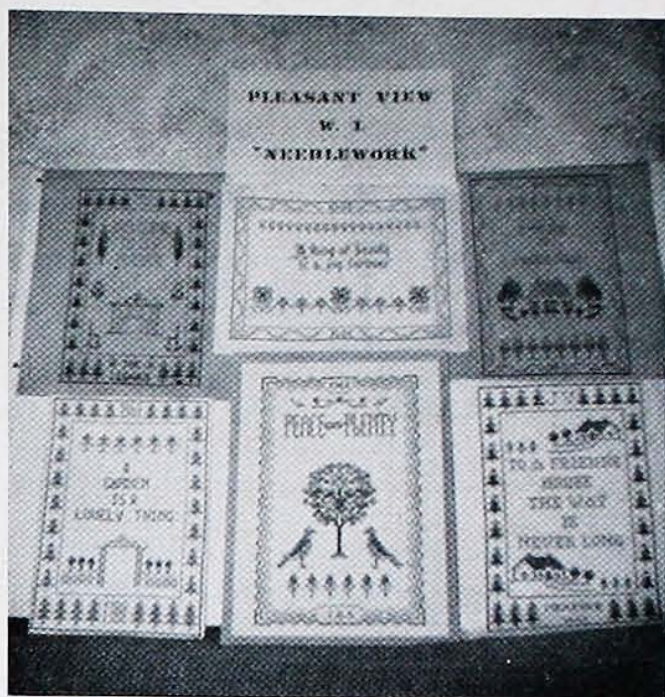
THE SAMPLER DESIGN on the cover of this issue illustrates the special areas of home economics extension service offered to Women's Institutes and other groups—food, clothing, health, home crafts, home furnishing, management, books and reading. The same general fields are studied in 4-H Homemaking Clubs for girls—a rather broad curriculum of practical home economics.

The food and nutrition program includes courses and local leader training schools on general nutrition in the family and the community—When Food Makes a Difference, Creative Cookery, Food Shopping, Catering for Crowds; training schools on Desserts and Meat—grading, selection of cuts, the organ meats, modern methods of cooking. The 4-H Homemaking Clubs have a project, Meat in the Menu, others on milk, vegetables, fruit and cereals. In the Supper Clubs they learn about table setting and serving, and the Hospitality Clubs continue with this, moving into the whole subject of entertaining.

In clothing and textiles there are training schools for leaders of women's groups on "finishes" in dressmaking to avoid "the home-made look" and a "Sew to Save" project teaching special techniques for economy of material, time and effort. Short courses are given in Millinery, Belts and Buttonholes and Choosing and Using Fabrics. Clothing is especially popular with girls and young women. They have 4-H Homemaking Clubs in being well dressed and well groomed, choosing a wardrobe, making a cotton dress and "separates for summer" with emphasis on smartness as well as wearability, a unit on sleeping garments and one on working with wool.

Training schools and courses in home furnishings for women include the making of curtains and draperies, making lampshades and the general subject of home lighting; as well as a course on what is new in home furnishings. The girls learn to plan and to make bedroom accessories—bedspreads, dresser scarfs, chair pads and cushions; also how to bring clothes-closets up to date with better storage facilities, garment covers, hat standards, shoe packs and laundry bags.

The extension services in homecrafts are in block printing, hooked rugs, needlecraft, leathercraft and copper tooling. For the girls, home gardening is something between an industry and a hobby. The garden club projects



Samplers made by members of Pleasant View Women's Institute, following a Home Economics Extension course in Needlecraft.

include growing flowers as well as vegetables and extend to beautifying home surroundings, storing, canning and freezing vegetables and their use in family meals.

Health education specializes in protection against accidents in the home and elsewhere and emergency measures when accidents do occur. There are also training schools on simple procedures in home nursing. The 4-H Homemaking Clubs have a project, "The Club Girls Stands on Guard" planned to promote physical and mental fitness and an interest in family and community health.

Services are also offered in home management, including consumer buying and the use and care of modern home appliances.

The following comments in the Women's Institute secretaries' reports for the year give some indication of the value of Home Economics Extension Services for homemakers:

"We planned our Easter tea and bazaar to come just after our Millinery course so we could show off our hats." (!) And "Since our Millinery course we would rather make a hat than buy one."

"Our members are continuing with copper tooling, block printing and hat remodelling." "The leaders who took the training school in Copper Tooling taught not only our Institute members but a group of their church women."

"When our local leader was ready to pass on to us what she had learned at the training school about buying and cooking meat, thirty-two women showed up, many of them not Institute members . . . There has been a booming sale of meat thermometers." "Women were eager for recipes using the cheaper cuts—meat is such an important item in the budget today." "We are all cooking meat better now as a result of our course."