

mon for salmon loaf to serve on Friday, 2 doz. eggs, 1 pkg. cheese slices for sandwiches, 2 large bottles Javex for dishwashing and cleaning, 8 cans cranberries, 1 box waxed paper, 4 boxes wide tin foil, 1 bottle soap for dishes, 1 case peas, 1 case corn, 11 pkg. frozen peas, 13 pkgs. frozen peas and carrots, 5 pkgs. frozen mixed vegetables, 12 qts. Multi Milk, 135 pies 9-inch size, 100 doz. rolls, 8 doz. Mary Anns, 9 doz. donuts, tarts, muffins, etc., 15 loaves bread (mainly for sandwiches), 10 loaves bread (for stuffing turkeys), 10 bags bread stuffing for turkeys, 6 rolls banquet paper (for tables), 750 serviettes, 1 box sandwich bags.

Here are a few miscellaneous items that we ran across in our search for information. There might be something that would help other organizations in estimating quantities to order.

To serve 100 people:

6 gals. milk
 50 lbs. potatoes
 15 No. 2 cans peas
 3 lbs. butter
 6 loaves bread
 15 lbs. boiled boneless ham
 20 lbs. smoked ham
 2½ gal. ice cream
 8 average size cakes
 18 average size pies
 50 spring chickens (½ per person)
 Order 1½ rolls per person

As far as our enterprise was concerned it was a lot of hard work, a lot of fun and a very rewarding experience. If the opportunity arises again I'm sure we will wholeheartedly take on the task.

Recommendations on Aging

From F.W.I.C. Office

THE FEDERATED WOMEN'S INSTITUTES OF CANADA, organized in the country areas of Canada, are in a position to recognize the needs of the aged in rural population. Recommendations have been submitted to the Special Senate Committee on Aging, dealing with various aspects of conditions in most rural communities, which they feel are important and should be given attention.

Introducing these recommendations, the F.W.I.C. states: "We wish to encourage in our people the idea that families should feel responsible and should be encouraged to provide for old age within the limits of their capacity; there is still scope for thrift and private provision." It is recommended that where families are willing to provide accommodation for parents or other elderly relations in, or near, their homes (a small, self-contained apartment as part of the home, or a small home on the homestead), a Federal Loan be available to such families.

The F.W.I.C. also asks that Municipal Councils be responsible for making information available on welfare services to elderly citizens so they are aware of what is available to them, and how and where to apply. They should also be informed of any changes that may be made in Federal, Provincial or Municipal laws that pertain to the aged. Elderly people should be exempt from school tax, the statement goes on to say. Consideration should be given to those with those over 70 who own

property. If this drain on their finances were removed they would be able to stay longer in their own homes and thus prolong the time when they could be independent.

A visiting service is needed in the rural communities, as well as the urban. It was recommended that some training be provided to make this service more effective, and stress was laid on the fact that able older people should be encouraged to take part, one ministering to the other, an important factor.

Other recommendations include: Strict enforcement of licensing and supervision of Homes for the Aged and Nursing Homes in larger as well as smaller communities; programs for continuing education as retirement age decreases and the work week is shortened; Placement Bureaus for those with special skills; the legal profession to cooperate in a form of counselling and protective service for the aging; assistance with cost of drugs, hearing aids, eye glasses and other medicinal necessities. The Contributory Pension Plan was commended, this to include farm and rural population. The F.W.I.C. also approves a National Contributory Health Insurance to cover all segments of the people.

"Our older folk should be encouraged to do as much as possible for themselves," concludes the statement. "It should be our concern to provide what is needed so they may have the opportunity to be a dignified and happy section of our society."