



The panel on "Choosing a Career". Left to right: Miss Carolyn Kelman, Mrs. Alan Scott, R.N., Miss Frances Lampman, Mrs. Ian McAllister, Miss Edith Shantz, Miss Irene Collins.

girl must learn to be poised and to know the rules of etiquette. Some of her suggestions were that a homemaker should not feel that she has to compete with a chef; it is better to learn to make one or two dishes well. If you can make the best beef loaf in the community don't hesitate to serve it again and again. Things as simple as beef stew can be elegant. But avoid the too casual approach—this sometimes means that things look untidy. If you are using a new recipe, try it first on the family. In entertaining have dishes that don't need a lot of last minute preparation. And if you are having a jellied salad make a note to remind you not to leave it in the refrigerator.

To make a room attractive for entertaining you may have flowers, candles or perhaps an open fire. A table centre may be a floral arrangement, a bowl of fruit or an especially interesting piece of china. If candles are used they should be lighted. When a meal is to be eaten from a plate on the lap be careful not to serve food difficult to handle in this way. If you are having a left-handed guest try to put him at the end of the table—a right-handed and a left-handed person sitting side by side at a table may joggle each other's elbows.

Try to be ready in time to welcome your guests; try to mingle with your guests and to watch out for the shy guest. At a children's or young people's party always have an adult around.

Introducing Mrs. Abrahamson, Miss Helen McKercher, Director of the Home Economics Branch reminded the girls that a new food project is being prepared for them in keeping with centennial year. It will have to do with cookery or special dishes brought to Canada from other countries.

A Girl's Sense of Values

The editor of Home and Country had an afternoon session with the girls discussing values in relation to a girl's vocational interests, her family life, her social life and in the inner interests that develop her character and shape her personality. And from the clear thinking, the sound judgment, the honesty and ethics in the girls' opinions, it would seem that we might well bring them, more often, into conference with adult groups in our community organizations.

Symposium on Careers

Members of a panel on "Choosing a Career" were the moderator, Miss Frances Lampman, Supervisor of Clothing and Textiles extension work, Home Economics Branch; Miss Carolyn Kelman, a High School Teacher; Miss Edith Shantz of Macdonald Institute Nursery School; Mrs. Alan Scott, a Registered Nurse; Mrs. Ian McAllister, a homemaker; Miss Irene Collins, a County Home Economist.

Miss Lampman suggested that one dictionary definition of "career," "a race course or a short gallop at full speed," might almost apply to a common understanding of careers today. Another definition "a profession offering opportunities for advancement" might have more meaning for us. Miss Lampman stressed the importance of keeping in mind the modern need of education.

Each member of the panel spoke on the requirements and the satisfactions of her vocation. Miss Kelman graduated in home economics from Macdonald Institute, worked as a County Home Economist with the Home Economics Branch, wanted to travel so she worked her way about the country with the Bell Telephone Company, took summer courses at the College of Education to qualify as a high school teacher, and recently ac-