

On Guard For Thee



Miss Louise MacInnes (centre) Home Economist with the Home Economics Branch, representing the French mothers in the pageant; Mrs. Dekkers, Miss Anne Smith; and John Dekkers, Holland; Mrs. Enlinhistle representing the English mothers. Photo courtesy Ontario Dept. of Agriculture and Food.

MISS ROSEMARY CLARK, supervisor, County and District Home Economists, Home Economics Branch was the chairman of the Wednesday evening session of the Conference. An outstanding feature of the whole Conference was the pageant "On Guard For Thee." This pageant was written by the Canadian Council of Christians and Jews and directed by Miss Lois Smith and Miss Frances Lampman, clothing specialists with the Home Economics Branch of the Ontario Department of Agriculture and Food, assisted by Mrs. Ralph Kidd of the University of Guelph. Narration was by Miss Frances Hucks also a specialist with the Home Economics Branch.

The theme of the pageant was the contribution of the pioneer mothers in the early days of settlement of Canada. Characters representing Canadian Indian, French, English, Scottish, Dutch, Scandinavian, German, Negro, Italian, Slovakian and Jewish mothers, dressed in authentic costumes were in the cast.

A new 4H Club film, "Learn to Do by Doing," completed the evening entertainment.



Miss Nina Burnham, representing the Indian mothers in the pageant. "On Guard For Thee". — Photo courtesy Ontario Dept. of Agriculture and Food.

Nutrition, Yesterday and Today

DR. JANET WARDLAW, Associate Professor of Nutrition at Macdonald Institute spoke to the Conference using the subject "Nutrition, Yesterday and Today." Using a blackboard chart Dr. Wardlaw involved the girls in her lecture by asking questions and recording the girls' answers. The way the girls responded was a tribute to their intelligence and keen thinking. From the chart it could be seen that the subject of nutrition brings together many areas of study and that the whole field of Home Economics is concerned with the environment of man and man's relation to it.

"In 1900 an orange was a Christmas treat but modern transport and modern storage has made many more foods available to us," Dr. Wardlaw said. "Modern methods of preparing and packaging should mean that diets in Canada meet all the nutritional needs. But this is not so in the developing countries."

"There is a distinct link between protein deficiency and the ability to learn. The quality of our food affects our susceptibility to disease," the speaker warned the conference.

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WORDS FROM "SONG OF PEACE"

This is my home, the country where my heart lies,
Here are my hopes, my dreams, my holy shrines,
But other hearts in other lands are beating
With hopes and dreams as true and high as mine.

My country's skies are bluer than the ocean
And sunlight beams on clover leaf and pine.
But other lands have sunlight, too, and clover
And skies are everywhere as blue as mine.

Oh, hear my song, thou God of all the nations
A song of peace for their land and for mine.

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In Memorial hall left to right—Beth Crago, Verth; Bonnie Olliffe, Peel; Dr. Janet Wardlaw, Macdonald Institute; Lois Chapman, Algoma. Photo courtesy Ontario Dept. of Agriculture and Food.