

Programs for Adults

... Presented by the Home Economics Branch

Did you hear about our new programs—at your branch meeting or the district annual? Beginning this summer, programs from the Home Economics Branch have a difference. Yes, the Local Leaders' Training Schools are still available and the WI Procedures Workshops. But the Short Programs, covering several different topics, are new!

Local Leaders' Training Schools

The Home Economics Branch provides:

- a 1½ or 2 day workshop
- an instructor for the course
- instructional manuals and teaching ideas
- the meeting place

You provide:

- 2 volunteer leaders from your Institute or your community who attend the workshop
- a group of interested members and friends who take the course from your leaders at a series of special meetings in your community.

Need more information?

- contact your county or district home economist for topics, dates and locations of Training Schools.
- look for an announcement from your home economist at your branch meeting.
- read the attractive, new posters from the Home Economics Branch. They will be displayed throughout the county or district in the coming months.

What projects are available?

SPOTLIGHT ON BREAD

Basic and more advanced techniques in preparing yeast products are featured, and the introduction of some metric recipes. The great variety of breads that can be produced will be a source of pride and satisfaction for the busy homemaker.

CONTEMPORARY TAILORING

Tailoring a jacket is not a difficult project anymore! Why not learn the quick and easy ways to obtain that professional look? The emphasis is on fusible interfacing and machine stitching to replace time-consuming hand stitching. You'll enjoy the new tricks for bound buttonholes, patch pockets and other tailoring details.

NEEDLEPOINT FOR BEGINNERS

Learn the basics of needlepoint. As well as five different stitches, you are taught some of the aspects of needlepoint: working from graphs, kits, patterned stitches and original designs.

QUILTS

Experience the joy of this centuries-old art. The Quilts course takes you from making a template right up to quilting a block. It includes modern techniques along with design, color coordination and traditional quilting patterns.

Short Programs

The Home Economics Branch provides:

- courses scheduled so the topic and the time suit YOU.

— an instructor to present the information through discussions, slides and demonstrations.

— programs that are an evening, a half day, a day or even a series of sessions, depending on the subject and its depth.

— the meeting place.

You provide:

— interest: be sure to tell your home economist which topics would benefit you, your Institute and your community.

— a good attendance: remind your branch members about the program and inform neighbouring WI's, other organizations and community members. Don't forget men will be interested in some of these topics too!

Need more information?

- contact your county or district home economist
- look for announcements about up-coming programs at your branch meeting or on the new Home Economics Branch posters. Your home economist will be putting them up around the county or district.

What topics are available?

FOOD PRESERVATION

The topic includes separate sessions on freezing, canning, pickling and the preparation of jams and jellies in accordance with newer and safer methods of preservation. Some recipes are included and canning equipment demonstrated.

COMMON SENSE NUTRITION (FOR THE MATURE CITIZEN)

The importance of nutrition and its relation to health is stressed. Advice on budgeting, economical shopping and menu planning are included as well as a demonstration on recipes for one or two.

ENERGY CONSERVATION

Are you aware of your energy consumption habits—in the clothing you buy, the appliances you use, the furnishings you select? As each individual makes a small adaptation in her life style, the energy of the nation will improve without undue hardship to any single family or individual.

PORTABLE APPLIANCES

This program outlines the factors to consider when buying portable appliances, use and care as well as a shopping guide for features to look for in each appliance.

FASHION FOCUS

Do you have a well-planned wardrobe? This slide presentation illustrates a wardrobe built around a tailored jacket, with suggestions for fabrics and styles for different figures.

BUDGET DECORATING

Create an attractive interior for your home. The effect of color, space, lighting, and other factors are discussed along with selection, use and care of interior design materials.

WI PROCEDURES WORKSHOPS

The District:

- contacts county and district home economists for a one day Workshop
- selects the meeting place
- invites all branch members to participate

The Home Economics Branch provides:

- an instructor to present the information through discussions and open forums.