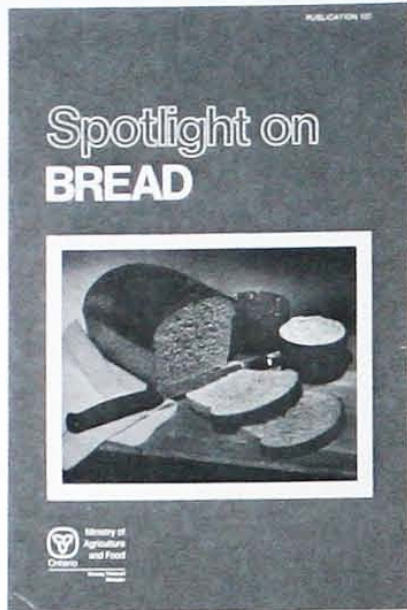


Bread cookbook doesn't cost a lot of dough



CONSUMER UPDATE



Protect Yourself

The August 1985 edition of **Protect Yourself** contains a special supplement for senior citizens.

The seniors' handbook includes useful information on laws, health services, housing, travel opportunities, organizations, consumer rights and the functions of the government.

To obtain a copy, write **Protect Yourself**, Seniors' Handbook, 5199 Sherbrooke St. E., Suite 2580, Montreal, Quebec H1T 3X1.

If you're looking for an attractive, useful Christmas gift for someone special — but can't afford to spend a lot of "dough" — the Ministry of Agriculture and Food may have just the thing to help you "rise" to the occasion.

Spotlight on Bread is a cookbook prepared by OMAF Foods and Nutrition Specialists, which contains everything you ever wanted to know about your daily bread. The contents include how to bake, store and freeze breads and rolls, an examination of common problems and their causes, nutritional information, and even a section on whole grain and diet breads.

Best of all, the 60-page book (which features a color photograph on the cover) costs just \$2.50 per copy.

To obtain your copy or copies, just clip the handy coupon on this page and mail it with your cheque or money order to the Treasurer of Ontario, 801 Bay Street, Toronto, Ontario M7A 2B2.

Please send me _____ copies of Publication #137 "Spotlight on Bread" at \$2.50 per copy. Enclosed is a cheque or money order payable to "The Treasurer of Ontario" 801 Bay Street, Toronto, M7A 2B2, for the amount of \$ _____.

NAME _____

ADDRESS _____

POSTAL CODE _____

TELEPHONE (Business) _____

(Residence) _____

A receipt will be sent with your order.

Reader wants magazines delivered on time

Being an active Womens' Institute member, I look forward to receiving my copies of Home & Country.

It is most frustrating however, to receive the Fall '84 issue in April and the Winter '85 in June! By receiving the copies so late, the news is outdated and the publicized events have happened long ago.

This seems to be a regular problem with issues coming one season, and often two seasons late. Why are we not receiving the issues promptly?

There are many people asking this same question and perhaps you could indicate to us why this is happening and suggest some solutions to the problem that we could address to

solve this and speed up the delivery of these magazines.

One of the criticisms often heard regarding Women's Institutes is that it takes too long for anything to be done, and I feel we need to address this criticism and rectify it. I know that when I wrote to Ms. Johnson concerning problems we had promoting Women's Institute locally, her response was vague and did not address the real problems we faced. A copy of that letter did not appear in Home & Country until a full year later.

Resolutions also take a full year to be acted upon and it is for this very reason that women are forming new organizations such as Concerned

Farm Women and Women for the Survival of Agriculture. It is about time we ask ourselves why our organization is dragging its feet and tying itself up in too many rules and regulations. Womens' Institute is a great organization with a potentially powerful lobbying force. Let's use it to our advantage.

Bonnie Popov

P.R.O. Ruscom Women's Institute

Editor's Note: At the November 1984 FWIO Board Meeting, a complete explanation of the distribution problems of Home & Country was given. As of the Summer 1985 issue, I believe these problems have been corrected.