

Women's Institute offers home-made household goods

Waste management and the environment are important themes in the late 1980s, and particularly so for the Federated Women's Institutes of Ontario.

The group's focus in 1988-89 was Waste Management — Recycling, and this year it's Women and the Environment.

The belief is that everyone can make a difference in cleaning up the environment, in areas as basic as household cleaning.

In a recent release, the provincial body offers the following, easy-to-prepare household products. Not only are they more gentle on the environment, they're usually cheaper than their commercial counterparts.

ALL-PURPOSE CLEANER

- 1/2 cup ammonia
- 1/2 cup vinegar
- 1/4 cup baking soda
- 1/2 gallon water

FURNITURE POLISH

- 1 tsp. lemon oil
- 1 pint mineral oil

Apply with rag.

FABRIC SOFTENER

- 1/2 to 1 cup vinegar added to the rinse water

PESTICIDE

Rhubarb spray — for aphids, June bugs, black spot and rust: steep 6 rhubarb leaves in 2 to 3 quarts of boiling water. Strain and spray.

Garlic spray — for chewing and sucking insects, as well as fungicide for mildew, leaf spot and spore diseases: 3 cloves garlic, 1 tsp. very hot pepper and 1 quart water. Blend and steep for 10 minutes. Strain, then mix with water in a 1 to 4 ratio.

DRAIN DELOGGER

Toss 2 handfuls of bicarbonate of soda into drain, followed by 1/2

cup vinegar. Let set for 1 hour, then run water through.

AIR FRESHENER

Leave an unopened box of baking soda or a dish of vinegar in the room.

OTHER HINTS

Add a little vinegar to the dish water to cut grease on dirty dishes.

If a thermometer is broken, push the mercury droplets together into a glass bottle. Drop it off at the dentist's office. He or she usually recycles mercury.

BAKING SODA

This information comes from the Arm and Hammer baking soda company; baking soda is a very versatile household cleaner.

To clean and remove onion, garlic and other food odors from wood and other porous surfaces, just sprinkle dry baking soda on a damp sponge and rub. Rinse with clear water.

To remove lingering odors from plastic, soak overnight in a baking soda solution.

For hand-dishwashing, add 1/2 cup of baking soda to your dish water along with your liquid detergent to help in cutting grease and food on dishes, pots and pans.

To keep your septic system working smoothly and to avoid clogging, back-ups, corrosion and septic odors, just pour 1 cup of baking soda down a toilet every week. It creates a favorable pH environment for better sewage digestion of household solid wastes.

But remember that many household wastes such as plastic are non-biodegradable, so the tank should be pumped out every three years or so to allow it to function smoothly.



The Bruce South District Women's Institute annual meeting was held in Whitechurch on May 15. Jean McGuire (left) of the Whitechurch Institute hands over the gavel to the incoming president Joan Murray of the Holyrood Institute. (Pat Livingston photo)



Members of the Bruce South District Women's Institute held their annual meeting in Whitechurch on May 15. The incoming officers for the next year include, back row, left to right, Eleanor Conway, Tiverton, first vice president; Lorraine MacPherson, Holyrood, assistant secretary; Margaret Harkness, Bervie, PRO; Marion Lowry, Reid's Corners, program coordinator. Front, left to right, Doreen MacAdam, Belmore, secretary-treasurer; Jean McGuire, Whitechurch, immediate past president and Joan Murray, Holyrood, president. (Pat Livingston photo)



Enjoying a cup of tea at the Ripley Women's Institute's annual bake sale were, from left: Pearl Sutton of Teeswater, Margaret McInnes of Teeswater, and Frances Nugent of Ripley. The sale helped raise money for the Kincardine and District General Hospital.

Environment is theme of FWIO

Women and the Environment

Your environment, my environment, everyone's environment. We are concerned and we are acting, not just asking the governments for money. The 1989-90 theme for Federated Women's Institutes of Ontario is Women and the Environment.

It is the concern of the Women's Institutes that the condition of the air, water, land, plants, wildlife and natural resources which influence the environment of living things - be safe, productive and enjoyable.

Participation of individuals in a responsible environmental way will provide a sustainable future. This can be attained through education, participation, communication and networking through conservation, stewardship, and commitment to preserving environmental quality.

The Women's Institute are acting in their own communities, whether it is planting trees, cleaning the beaches in a Provincial Park, acting as resource people on township councils, helping with the recycling programs in local communities, joining local groups helping to stop viable farm land becoming land fill-sites, having displays on recyclable and recycled items, donating money to local fairs for environmental competitions, providing speakers, organizing workshops, presenting resolutions to the appropriate levels

of government, presenting briefs to local township councils the list goes on and on. The influence of over 20,000 farm and rural women will be

felt throughout the province.

As an organization we have seen the need in the farming and rural communities and we are acting.