- the original Objectives have been updated to meet current needs and are:-
 - (a) to help women acquire sound and approved homemaking skills;
 - (b) to help discover, stimulate and develop leadership:
 - (c) to help identify and resolve needs and problems in the community;
 - (d) to help promote the use of available resource materials; and
 - (e) to help develop better informed, happier and more useful citizens.
- Junior Women's Institutes, open to young women 14 years of age and over, are organized to assist in personal growth, leadership, responsibility and better homemaking practices?
- the Federated Women's Institutes of Ontario promote the courses provided by the Home Economics Branch, Ontario Ministry of Agriculture & Food, on Nutrition, Clothing, Home Crafts and House Furnishings to which women of the Community are invited?

- the Women's Institute has provided leadership for thousands of 4-H Homemaking Clubs & Senior Training School programmes?
- programmes for monthly meetings are planned by members and are based on a wide range of topics under Standing Committee Convenerships of Agriculture and Canadian Industries, Citizenship and World Affairs, Education and Cultural Activities, Family and Consumer Affairs and Resolutions?
- the Federated Women's Institutes of Ontario has an on-going Scholarship programme providing assistance for further education at local Universities and in countries needing assistance?
- the International Scholarship Fund of \$50,000,00 was set up to commemorate the 65th Anniversary of the first Women's Institute; with the interest from this Fund young women from various Asian countries were sent to Mysore, India, to study nutrition and food preservation, a young girl from Turkey was trained in midwifery, and leadership training and fresh water supplies have been provided in Malaysia, Zambia, & other parts of Africa?

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