

APPENDIX

ANNOUNCEMENT OF DEMONSTRATION-LECTURE COURSES, 1917-18.

The Women's Institutes of Ontario are deeply engrossed in patriotic work, chiefly the making of supplies and raising of money for the Canadian Red Cross Society, and their activities will no doubt be confined almost entirely to such effort so long as the war lasts.

Those who have worked so faithfully and well in the interests of patriotism are, we think, entitled to the services of an instructor, and many who have not assisted in patriotic work will no doubt be drawn to the Institutes through the holding of classes for instruction and will, at the conclusion of the course, join with the Institute members in renewed efforts along patriotic lines.

Greater efficiency in the choice and preparation of foods, the choice and making of clothes, and in the care of the sick and wounded are of importance at all times, and especially when the nation is engaged in war. The instructors sent out will make the courses as practical as possible and will always keep before the members of the class the importance of the greatest efficiency at a minimum of outlay.

Courses will be given as follows, beginning as early as the Institutes can organize classes this fall and continuing throughout the winter. Each course will consist of ten lectures, accompanied by demonstrations: (a) Domestic Science (Food Values and Cooking); (b) Home Nursing and First Aid; and (c) Sewing.

The members of the Institute are to be given first chance to join the classes, then the privilege may be extended to others in the community.

In arranging for and holding classes the Institutes will be required,—

- (a) To make application to the Superintendent of Institutes for the course desired on application forms to be secured by writing to Institutes Branch, Parliament Buildings, Toronto.
- (b) To provide a well-lighted, clean, properly heated and ventilated hall suited to the work undertaken.
- (c) To guarantee classes of the following numbers:—
 1. "*Domestic Science*"—and
 2. "*Home Nursing and First Aid*"—Minimum of 20, and the class may be as large as the hall will accommodate.
 3. *Sewing*—15 to 18. Not more than 18 will be instructed at the one time.
- (d) To provide supplies as follows:—
 1. *Domestic Science*—Table, stove (gas or coal oil).
 2. *Home Nursing and First Aid*—The necessary bandages, etc., will be provided by the instructor.