WILTON GROVE WOMEN'S INSTITUTE COOK BOOK

The Women's Institutes of Ontario

 \P The Institutes continue to stand for mutual helpfulness among the women of the country, with a keen desire on the part of all to assist in making brighter and better the everyday life of the home maker and those dependent upon her. The Institutes have interpreted the spirit of human helpfulness better probably than any other organization, and the beating of the heart of sisterly kindliness is brought into true fellowship and co-operation for accomplishment in our Institutes.

 \P The Women's Institutes have shown by their accomplishments that they have the initiative to do much to improve home and neighborhood conditions. We recognize in them a still greater power as a means through which most effective work can be done along many lines. Societies and Departments which have the direction of "Public Health," "Social Reform," "Itinerant Teaching," etc., will find in the Institutes a most effective medium through which to come in close contact with the best of our rural population.

 \P In our Institute work we wish to deal with realities. We must be practical if we are to be successful. I have been asked, "Will the Institute not draw the women away from their homes and cause them to become dissatisfied with their lot?" The motherly woman, and that is the kind who has been attracted by the Women's Institute, has been strengthened in those qualities which characterize ideal womanhood. Our Women's Institute members love their homes and appreciate their lot. Meeting together once a month upon a common ground for the consideration of those things of greatest interest to women, is one of the strongest forces in making for the stability of the home.

(The women are the makers and re-directors of ideals for your boys and girls and your ability to make your home more to the boys and girls than any other place on earth will have much to do in keeping the brighest and best in the country districts. The highest ideals of womanhood are finding expression in tangible action in the Women's Institutes, and we predict in the light of what has already been accomplished, that the Women's Institutes will from year to year become a greater and still greater factor in the uplift of home and country.

GEO. A. PUTNAM,

Superintendent

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