

to a large extent the results of the afternoon's study. There are other benefits to be derived from a school lunch well prepared under proper conditions. In many communities it has been the means of bringing about a healthy and satisfactory co-operation between the school and the home, of developing a higher social life in the neighbourhood, and of introducing into the school a Household Science course, which has proved as great a benefit to the farmer's wife as to his children.

This Manual deals entirely with conditions that exist in our rural schools and outlines only such plans and schemes as can be carried out, even in adverse circumstances, by alert trustees, sympathetic inspectors, and resourceful teachers.

Permission has been obtained from the Bureau of Education, Washington, U.S.A., to make use of a recently issued bulletin—"Three Courses in Home-making for Rural Schools", and of various bulletins issued by State Agricultural Colleges. The freest use has been made of this material, and the permission to do so is hereby gratefully acknowledged.

Only such theory as can be readily assimilated has been given; and the teacher is advised for further information and help to consult the Manuals issued by the Department of Education on *Household Management* and *Sewing*. Those who wish to become thoroughly competent and to earn the highest Departmental grants should attend the Summer Schools provided by the Department of Education. Under certain conditions the expenses of teachers attending these courses are paid by the Department.

Nothing has been included or recommended that cannot be accomplished in the average rural school; and trustees, teachers, and inspectors are urged to make a be-