

PREFACE

This Manual is issued for the purpose of encouraging the introduction and furthering the progress of Household Science in the rural schools of this Province. There are 903 urban and 5,697 rural schools, and 45.87% of the school population is in attendance at the latter schools. The value of Household Science as an educational and practical subject has been recognized, to some extent, in the urban schools of the Province but, up to the present, little attempt has been made to give the subject a place among the activities of the rural schools.

There is a wide-spread impression that it is not possible in Household Science to give any instruction that is of value without the provision of separate rooms, elaborate equipment, and specially trained teachers. Where these conditions exist, of course, the best work can be accomplished; but, even where they cannot be realized, much may be done toward giving definite, useful instruction in the cardinal principles of home-making, which should be learned by every girl. There is certainly not a single rural school where some practical work in sewing and some valuable lessons in the care of the home may not be given. As for cookery, it is doubtful if there is a single school so small and so helpless that it is unable to use the hot noon-day lunch as a method of approach to this branch of the subject.

Students of the physical welfare of children are rapidly coming to the conclusion that a warm mid-day meal greatly increases the efficiency of the pupil and determines