

8. The Administrations of Food and Medicine.
9. Baby Hygiene.
10. Review and General Discussion.

The instructor and members of the class may substitute other subjects for two or three of the lessons announced.

If the Institute members so desire, the instructor will give a few special talks or lessons to the older girls in the school as well as other young girls of the neighborhood.

SEWING.

The Sewing Course will consist of ten lectures, as follows:—

Two lessons on Plain and Fancy Stitches, including Button-holes and Eyelet.

Two lessons on Tailored Skirt.

One lesson on Drafting and Cutting.

Three lessons on One-piece Dress—Fancy.

Two lessons on One-piece Dress—Plain.

The above course may be changed by arrangement with the instructor concerned.

Each pupil must supply the following:—

Notebook.

One 12-inch rule.

One spool white cotton, 60.

One spool white cotton, 40.

One paper needles No. 7, long, sharp.

Small pincushion well filled with pins, scissors, thimble.

It is essential that the room provided for the class be well heated and lighted, and contain sufficient space for a class of fifteen to eighteen, to which number the class will be limited. Very few private homes are suited for class purposes. Preference will be given to those places which can provide suitable hall. Sunday school rooms are quite suitable and the long tables used for tea meetings serve very well for the use of the class.

Much appreciation has been expressed of the excellent results obtained in Demonstration-Lecture courses in Sewing. The simple methods employed in cutting, fitting and making the garments enable those who have had no experience in dressmaking to accomplish the work.

It is most essential that all members of the class be present at the first lesson, for if they miss even one session full benefit cannot be derived from the course. Additional pupils will not be admitted after the work is once begun, unless at the discretion of the instructor. Those taking the course are strongly urged to be guided by the advice of the instructor in selecting style of garment to be made. Although we give no guarantee to the members of the class, they need have no hesitation in bringing the best materials, as the garments are carefully planned and fitted. During the course each pupil will receive many valuable hints in dressmaking and sewing.

In many of the counties, where District Representatives of the Department of Agriculture are located, arrangements will be made for the holding of Short