DOMESTIC SCIENCE.

(Food Values and Cooking.)

Lesson.

Programme.

- No. 1. Vegetables—Fresh, starchy and dried. Special food functions and methods of cooking.
 - " 2. Fruit—Typical methods of cooking; combinations making the best use of home-grown fruits.
 - 3. Canning of Vegetables, Fruits and Meats.
 - " 4. Milk—Soups, puddings and combinations, with special relation to infant. children's and invalid diet.
- " 5. Cereals and Cheese—Various methods of cooking; their high food value compared with other more expensive foods.
- "6. Meat—Rossting and broiling; braised dishes, stews and soups; uses of the different cuts, and food value compared with other foods. Menus planned to save Beef and Bacon.
 - " 7. Meat Substitutes, Fish, Eggs, Legumes.
 - " 8. War Breads, Biscuits, etc.
 - " 9. Simple Desserts.
 - " 10. Salads.

The instructor may substitute other lines of work for one or two of the lessons announced if thought desirable.

The Institute must provide a helper to assist the demonstrator in preparing for the classes and in cleaning up after the demonstration. It will usually be necessary to pay such helper for her services. In some Institutes volunteers assist from week to week.

HOME NURSING AND FIRST AID.

The object of this course is to enable women to easily obtain a knowledge of how to care for the sick in the home, what to do in an emergency and how to do it: how to render at all times the best possible assistance to the doctor or to the nurse, when her services are necessary, although very often that expense can be saved because of the ability of the woman of the home to handle the situation.

Throughout the course the pupils have practical work in reading the clinical thermometer, counting pulse and respirations. The keeping of a chart is also taken up; this consists in keeping a simple exact record of the various things mentioned thereon.

List of Demonstration-Lectures in Home Nursing:-

- 1. Sick Room-Sanitation, Ventilation, Care, etc.
- 2. Bed-making for Various Forms of Sickness.
- 3. The Bath.
- 4. Emergencies.
- 5. Hot and Cold Applications.
- 6. Bandaging.
- 7. Disinfectants and Observations of Symptoms.