

apartments do their own domestic chores, perhaps with the help of a weekly cleaning woman, as do the mothers of large families in every walk of life. Visitors from other countries are often surprised to find that the wives of many cabinet ministers, top civil servants and highly-paid executives do their own housework. In some cases, women wishing to entertain rely on persons paid by the hour to cook and serve a meal or cater for a reception.

The "baby sitter" has taken the place of the nursemaid of the past. High-school and college students of both sexes, older women or housewives, who want to earn a few dollars a week without being tied down, will visit a house to stay with the children when their parents go out. Many "baby sitters" are only willing to sit in the livingroom reading, doing lessons or watching television. Others, for an extra wage, will wash dishes, mend and sometimes cook and take over for a week-end. In most cities, a home-maker's service is available in case of illness, and visiting nurses will also come to the house when necessary.

The housewife's job has also been made easier by the "shopping centre". Even quite new suburban communities are now being served by specially built centres that usually include a self-service food store, a bank, a hairdressing salon, a dry-cleaning business, a drugstore, and often a branch of a big department store. Such centres usually have large parking lots, which means that many housewives need rarely go into the heart of the city.

The shopping centre has become a social meeting place, rather like the village well in Asia or the back fence in small towns, at which busy women talk together for a few minutes. This is particularly true of the cash-and-carry chain store, where the shoppers themselves select the merchandise they want to buy. A large variety of food is carefully packaged and displayed on convenient shelves in these "super-markets". Wire express wagons, often with a seat for a baby, are supplied at the door. Women wheel them round as they help themselves to cereals, canned goods, frozen fish and vegetables, milk, cheese, and a great variety of cake and biscuit mixes. Large meat-counters hold all cuts of meat already weighed and wrapped in cellophane, but butchers are also in attendance to supply special demands. Improved storage and transportation methods make it possible for Canadian housewives to have a supply of fresh vegetables and fruits throughout the year.

### Voluntary Organizations

Canadian women are making a great contribution to the life of the country through membership in voluntary organizations. Many farm women belong to the Women's Institutes, which are affiliated with the Associated Country Women of the World. The Women's Institutes were started in Canada by Mrs. Adelaide Hoodless, of Stoney Creek, Ontario, who felt that farm women could help themselves to be more efficient wives and mothers by getting together to study nutrition, hygiene and home economics. For many months, she travelled about the country lecturing to small groups of women. The idea caught on and spread not only to every part of Canada but to 40 other countries. In 1967, there were 3,200 Women's Institutes in Canada with a membership of 62,000 women.