

# Ontario Department of Agriculture

WOMEN'S INSTITUTES

BULLETIN 254

---

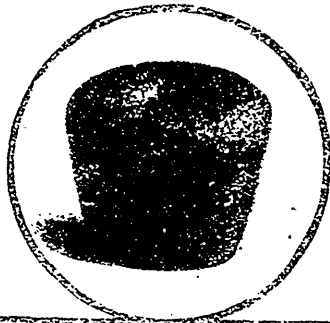
---

## WAR BREADS

---

How the Housekeeper May Help to Save the Country's  
Wheat Supply

By ETHEL M. CHAPMAN



---

---

TORONTO, ONTARIO, AUGUST, 1917.



# Ontario Department of Agriculture

## WOMEN'S INSTITUTES

### WAR BREADS

#### HOW THE HOUSEKEEPER MAY HELP TO SAVE THE COUNTRY'S WHEAT SUPPLY.

One of the lessons that Canadians have to learn from Europe is that white bread is not the bread for war-time; that when the supply of wheat is low, bread must be made of other grains than wheat; also that in the milling of the wheat the manufacturer must put a greater proportion of the grain into flour and less into cattle-feed. By including a higher percentage of the whole grain in the part manufactured into flour, in the process of milling, as the Government of Great Britain has required, and may soon be the regulation in Canada, we would save from one-eighth to one-ninth of a barrel of wheat flour per capita in the year. A further saving may be effected by the addition of some rye or corn flour to this wheat flour. Every pound of flour saved means more bread for the army.

But until the system comes into general use, or until the supply of white flour already manufactured is used up, every woman in her own home can do some patriotic saving by supplementing her supply of white bread with breads, biscuits, etc., made from the flour or meal of other grains, or from the whole wheat or graham flour or bran. The constant use of these coarser breads might not agree with some people, but as a rule they will be found more healthful than the finer white bread. The recipes given in this bulletin, together with general instructions for bread-making in the home, suggest a variety of ways of saving the nation's wheat supply.

#### RAISED BREADS.

##### RAISED BROWN BREAD.

2 cups corn meal.	1 teaspoon salt.
$\frac{1}{4}$ yeast cake.	$\frac{1}{8}$ teaspoon soda.
2 cups rye flour.	$\frac{1}{4}$ cup lukewarm water.
$\frac{1}{2}$ cup molasses.	2 cups boiling water.

Pour the boiling water on the corn meal. When lukewarm, add dissolved yeast cake and remaining ingredients. Beat well, let it rise over-night, beat again and pour into greased bread pans. Bake in a moderate oven from one and one-half to two hours.

##### ROLLED OATS BREAD.

2 cups boiling water.	$\frac{1}{2}$ yeast cake dissolved in
$\frac{1}{2}$ cup molasses.	$\frac{1}{2}$ cup lukewarm water.
$\frac{1}{2}$ tablespoon salt.	1 cup rolled oats or oatmeal.
1 tablespoon butter.	$4\frac{1}{2}$ cups flour.

Add boiling water to oats and let stand one hour. Add molasses, salt, butter, dissolved yeast cake and flour. Let rise, beat thoroughly, turn into buttered bread pans, let rise again and bake.

### RYE BREAD, No. I.

2 cups scalded milk.	2 teaspoons salt.
2 tablespoons butter.	$\frac{1}{2}$ yeast cake dissolved in
1 tablespoon sugar.	$\frac{3}{4}$ cup lukewarm water.
3 cups flour.	3 cups rye flour.

Put butter, sugar and salt in mixing bowl; add scalding milk, and when lukewarm, add dissolved yeast cake and white flour. Let rise to a spongy consistency, add rye flour and knead. Let rise again; and shape into loaves or rolls. Place in greased pans, let rise until double in bulk, and bake.

### RYE BREAD No. II.

1 cup scalded milk.	$1\frac{1}{2}$ teaspoons salt.
1 cup boiling water.	$\frac{1}{4}$ yeast cake dissolved in
1 teaspoon lard.	$\frac{1}{4}$ cup lukewarm water.
1 tablespoon butter.	3 cups white flour.
$\frac{1}{3}$ cup brown sugar.	Rye meal to make stiff dough.

To milk and water add lard, butter, sugar and salt. When lukewarm add dissolved yeast cake and flour, beat thoroughly, cover, and let rise until light. Add rye meal until dough is stiff enough to knead. Knead thoroughly, let rise to double its bulk, shape in loaves, place in greased pans, let rise until double in bulk, and bake.

### ENTIRE WHEAT BREAD.

2 cups scalded milk.	$1\frac{1}{2}$ teaspoons salt.
$\frac{1}{3}$ cup sugar or $\frac{1}{2}$ cup molasses.	5 cups sifted entire wheat flour.
$\frac{1}{4}$ yeast cake dissolved in $\frac{1}{4}$ cup lukewarm water.	

Mix milk, sugar, or molasses, and salt. When lukewarm add yeast cake dissolved in warm water, and flour. Beat well, let rise until nearly double its bulk. Beat, turn into greased bread pans, let rise until nearly double its bulk, and bake for about one hour in a moderately hot oven.

### GRAHAM BREAD WITH WHITE FLOUR, No. I.

2 cups scalded milk.	$\frac{1}{4}$ cup lukewarm water.
$\frac{1}{3}$ cup molasses.	2 cups white flour.
2 teaspoons salt.	4 cups graham flour.
$\frac{1}{4}$ yeast cake.	

Mix milk, molasses and salt. When lukewarm add dissolved yeast cake and both white and graham flour, sifted. Beat well. Let rise until almost double its bulk, beat again, place in greased bread pans or shape as biscuits. Let rise until nearly double in bulk and bake in an oven which is a little cooler than for white bread. Allow about one and a quarter hours for loaves and thirty minutes for biscuits.

### GRAHAM BREAD WITH WHITE FLOUR, No. II.

$2\frac{1}{2}$ cups hot water or milk.	$\frac{1}{4}$ yeast cake dissolved in
$\frac{1}{3}$ cup molasses.	$\frac{1}{4}$ cup lukewarm water.
$1\frac{1}{2}$ teaspoons salt.	3 cups white flour.
	3 cups graham flour.

Add sweetening and salt to hot liquid; cool, and when lukewarm add dissolved yeast cake and flour. Beat well, cover and let rise to double its bulk. Beat again and turn into greased bread pans. Let rise to nearly double its bulk and bake.

#### BRAN BREAD.

2 yeast cakes.	7 cups flour.
2 cups milk, scalded and cooled.	5 cups bran.
1 cup lukewarm water.	4 tablespoons lard or butter.
$\frac{1}{2}$ cup molasses.	2 teaspoons salt.

Dissolve the yeast in the lukewarm water and milk. Add molasses and four cups sifted flour. Beat well. Add the bran, lard or butter, salt, and the balance of the flour, or enough to make a dough that can be handled. Knead well, cover, and let rise until double in bulk. Divide into loaves and place in greased pans. Let rise until double in bulk and bake in a moderate oven.

#### CORN, RYE AND WHITE FLOUR BREAD.

2 cups lukewarm water.	1 cup rye flour.
1 yeast cake.	1 cup corn meal.
$\frac{1}{2}$ tablespoon salt.	3 cups white flour.
$\frac{1}{2}$ cup molasses.	

Dissolve yeast cake in water, add remaining ingredients, and mix thoroughly. Let rise to double its bulk, knead and shape into loaves; let rise again to double in bulk, and bake.

#### QUICK BREADS.

##### BOSTON BROWN BREAD.

1 cup rye meal.	1 teaspoon salt.
1 cup granulated corn meal.	$\frac{3}{4}$ cup molasses.
1 cup graham flour.	2 cups sour milk or $1\frac{3}{4}$ cups sweet milk or water.
$1\frac{1}{2}$ teaspoons soda.	

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a greased mould (a one-pound baking-powder can makes an attractive shaped loaf) and steam three and a half hours. The cover should be buttered before being placed on mould, and then tied down with string; otherwise the bread in rising might force off the cover. The mould should never be filled more than two-thirds full. For steaming, place mould on a trivet or saucer in a kettle of boiling water, allowing the water to come half-way up around mould. Cover closely and steam, adding more boiling water as needed.

##### SWEET MILK BROWN BREAD.

1 cup white flour.	$1\frac{1}{2}$ teaspoons salt.
2 cups graham flour.	$\frac{3}{4}$ cup molasses.
$\frac{3}{4}$ teaspoon soda.	$1\frac{3}{4}$ cups sweet milk.

Sift the soda and salt with the flour, add the molasses and milk, and beat well. Pour into a greased mould and steam three hours.

## NEW ENGLAND BROWN BREAD.

1½ cups stale bread.	1½ cups rye meal.
3¼ cups cold water.	1½ cups corn meal.
¾ cup molasses.	1½ cups graham flour.
1½ teaspoons salt.	3 teaspoons soda.

Soak bread in two cups of water. Rub through a collander, add molasses, dry ingredients mixed and sifted and remaining water. Stir until well mixed, fill buttered one-pound baking-powder tins two-thirds full, cover and steam two hours.

## HEALTH BREAD.

3 cups bran.	¾ cup molasses.
1½ cups graham flour.	1 teaspoon baking powder.
1 cup white flour.	2 cups milk.

Sift together the dry ingredients. Beat in the milk and molasses, pour into greased pans, and let stand in the pans for about one-half hour before baking. Bake about one and one-quarter hours in a slow oven.

## BRAN BREAD.

2 cups bran.	1 cup sour milk.
2 cups white flour.	1 teaspoon soda.
1 cup brown sugar.	1 teaspoon salt.

Sift the salt and soda with the white flour. Add the bran and sift again. Add sugar and beat in sour milk. Bake in greased pans.

## POTATO BREAD.

3 pounds potatoes.	3 tablespoons sugar.
1 cup lukewarm water.	2 cakes compressed or dry yeast,
5 to 6 cups whole wheat flour.	softened in ½ cup luke-
1½ tablespoons salt.	warm water.

Boil the potatoes in their skins until very soft. Pour off the water, and peel and mash the potatoes while they are still hot. When the potatoes are lukewarm add the dissolved yeast cake, then the other cupfuls of water and the salt and sugar. Mix into this one scant cupful of flour, and allow the sponge to rise for about two hours. Add the remainder of the flour and knead thoroughly until the dough is smooth and elastic. Let rise until nearly double in volume, then knead and shape into loaves. Let these rise to double their volume and bake.

## RICE BREAD.

¾ cup lukewarm milk and water.	1 tablespoon butter, lard or drip-
¾ cup uncooked rice.	ping (if desired).
2 teaspoons salt.	1 cake compressed or dry yeast.
1 tablespoon sugar.	6 to 8 cups whole wheat flour.

Cook rice until tender in boiling water to which one teaspoonful of salt has been added. Put the sugar, salt and fat (if used) into the mixing bowl and pour over them a half cupful of the liquid. Add the yeast cake softened, in one-quarter

cup of the lukewarm water. Add two cupfuls of flour and the boiled rice which has been cooled until lukewarm. Allow this sponge to rise until very light, then add the rest of the flour. This dough is so stiff that some pressure is necessary to work in the last of the flour. Allow the dough to rise until double in bulk, knead and shape into loaves; let these rise until double in bulk, and bake.

### JOHNNY CAKE.

1 cup yellow corn meal.	$\frac{1}{2}$ teaspoon soda.
1 cup bread flour.	$\frac{1}{2}$ teaspoon baking powder.
$\frac{1}{3}$ cup sugar.	1 teaspoon salt.
$1\frac{1}{2}$ cups sour milk.	

Mix and sift the dry ingredients twice, and gradually add the sour milk. Beat well, and bake in a shallow greased pan, in a moderate oven.

### VIRGINIA CORN BREAD.

1 cup corn meal.	1 teaspoon baking powder.
$\frac{1}{2}$ cup boiling water.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup bread flour.	$\frac{1}{3}$ cup grated cheese (optional).
1 egg.	

Stir the boiling water into the corn meal, add the beaten egg and stir in flour, salt and baking powder, sifted together. Stir in the grated cheese. Mix quickly, and drop by tablespoonsful in a hot frying-pan greased with bacon fat.

---

### BISCUITS, GEMS AND MUFFINS.

#### WHOLE WHEAT, BRAN OR RYE BISCUITS. No. I.

(With sour milk or buttermilk.)

1 cup white flour.	1 teaspoon baking powder.
1 cup bran, rye or whole wheat flour.	1 teaspoon salt.
$\frac{1}{2}$ teaspoon baking soda.	2 tablespoons butter, lard or dripping.
About $\frac{3}{4}$ cup sour milk or buttermilk.	

Sift together the dry ingredients two or three times, and lightly rub in the shortening. Gradually work in the milk, using a broad-bladed knife. Toss lightly on a floured board and roll out to about one-half inch in thickness. Cut or shape into biscuits and bake immediately in a quick oven.

#### WHOLE WHEAT, BRAN OR RYE BISCUITS, No. II.

(With sour cream.)

1 cup white flour.	1 teaspoon baking powder.
$\frac{1}{2}$ cup bran, rye or whole wheat flour.	1 teaspoon salt.
$\frac{1}{2}$ teaspoon soda.	1 cup thick sour cream.

Mix and bake the same as in Recipe No. I.

### WHOLE WHEAT, BRAN OR RYE BISCUITS, No. III.

(With sweet milk, skim milk or water.)

- |                                       |  |
|---------------------------------------|--|
| 1 cup white flour.                    | 2 tablespoons butter, lard or dripping.        |
| 1 cup bran, rye or whole wheat flour. | About $\frac{3}{4}$ cup sweet milk, skim milk, |
| 3 teaspoons baking powder.            | or water.                                      |
| 1 teaspoon salt.                      |  |

Mix and bake as in Recipe No. I.

### POTATO BISCUIT.

- |                           |  |
|---------------------------|--|
| $\frac{1}{2}$ yeast cake. | $\frac{1}{2}$ tablespoon granulated sugar. |
| 1 cup milk.               | 2 cups mashed potatoes.                    |
| 2 cups flour.             | $\frac{1}{2}$ teaspoon salt.               |
| 1 egg.                    | 1 level tablespoon butter.                 |

Bake and mash three or four large potatoes, enough to make one quart. Place in bowl, add salt, sugar and butter. Take a cupful of the milk, heat till lukewarm, dissolve yeast cake in it, and add enough flour to make a sponge—about half a cup. Set sponge aside in warm place, free from draught, to rise. Bring the balance of the milk to boiling point and then add it to the potatoes, salt, sugar and butter. When sponge has risen and dropped back add it to the potato mixture. Then add the egg well beaten, the remainder of the flour, and mix all together thoroughly. Let rise in a warm place. Butter a baking dish and drop the mixture in spoonfuls, as the dough should not be handled. Let rise again and bake from fifteen to twenty minutes.

### GRAHAM MUFFINS, No. I.

- |                                   |                              |
|-----------------------------------|------------------------------|
| $1\frac{1}{4}$ cups graham flour. | $\frac{1}{3}$ cup molasses.  |
| 1 cup white flour.                | $\frac{3}{4}$ teaspoon soda. |
| 1 cup sour milk.                  | 1 teaspoon salt.             |

Mix and sift dry ingredients; add milk to molasses; combine mixtures and bake.

### GRAHAM MUFFINS, No. II.

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 1 cup graham or entire wheat flour. | 1 teaspoon salt.            |
| 1 cup white flour.                  | 1 cup milk.                 |
| 4 teaspoons baking powder.          | 1 egg.                      |
| $\frac{1}{4}$ cup sugar.            | 1 tablespoon melted butter. |

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted butter. Bake in hot oven in buttered gem pans for about twenty minutes.

### WHOLE WHEAT MUFFINS.

- |                            |                      |
|----------------------------|----------------------|
| 2 cups whole wheat flour.  | 2 tablespoons sugar. |
| 2 teaspoons baking powder. | 1 cup milk.          |
| 1 teaspoon salt.           | 1 egg.               |
| 2 tablespoons shortening.  |                      |

Mix and sift flour, baking powder and salt; add sugar, milk, egg well beaten and melted shortening. Bake in greased gem pans in a hot oven.



## BRAN GEMS.

1 cup bran.	4 teaspoons baking powder.
1 cup white flour.	1 cup milk.
$\frac{1}{4}$ cup sugar.	1 egg.
1 teaspoon salt.	1 tablespoon melted butter.

Mix and bake the same as Whole Wheat Muffins.

## CORN MEAL GEMS.

$\frac{1}{2}$ cup corn meal.	1 tablespoon melted butter.
1 cup flour.	$\frac{1}{2}$ teaspoon salt.
3 teaspoons baking powder.	$\frac{3}{4}$ cup milk.
1 tablespoon sugar.	1 egg.

Mix and bake the same as Whole Wheat Muffins.

## OATMEAL MUFFINS.

1 cup cooked oatmeal.	$\frac{1}{2}$ teaspoon salt.
$1\frac{1}{2}$ cups flour.	$\frac{1}{2}$ cup milk.
4 teaspoons baking powder.	1 egg.
2 tablespoons sugar.	2 tablespoons melted butter.

Mix and sift flour, sugar, salt and baking powder. Add half the milk and the egg well beaten. Mix the remainder of the milk with the cooked oatmeal and add to the dry ingredients. Beat thoroughly, then add melted butter. Bake in greased gem pans.

## RICE MUFFINS.

$2\frac{1}{4}$ cups flour.	1 cup milk.
$\frac{3}{4}$ cup hot cooked rice.	1 egg.
5 teaspoons baking powder.	2 tablespoons melted butter.
2 tablespoons sugar.	$\frac{1}{2}$ teaspoon salt.

Mix and sift flour, sugar, salt and baking powder. Add half the milk, egg well beaten, the remainder of the milk mixed with the rice, and beat thoroughly. Add the melted butter. Bake in greased gem pans.

## BUCKWHEAT GEMS.

$\frac{1}{2}$ cup sugar.	1 cup buckwheat flour.
1 egg.	$\frac{3}{4}$ cup white flour.
3 tablespoons butter.	2 teaspoons baking powder.
1 cup milk.	$\frac{1}{2}$ teaspoon salt.

Beat the sugar into the egg and add the melted butter. Add alternately the milk and buckwheat flour, then the white flour into which the baking powder and salt have been sifted. Bake in greased gem pans.

## METHODS OF MAKING BREAD IN THE HOME.

(From Bulletin 245—Food Values, by Prof. R. Harcourt, O.A.C.)

How much more economical home-made bread may be depends upon many conditions which we will not attempt to discuss here. But without allowing anything for labor, and presuming that the fuel used in baking the bread would be burned anyway for cooking, heating, etc., there is sufficient margin to warrant the economical housekeeper to seriously consider the matter. For the convenience of those who wish to try making bread the following long and short methods are given :

## LONG FERMENTATION METHOD.

1 dry yeast cake.	2 tablespoons sugar.
2 quarts liquid.	2 tablespoons lard.
2 tablespoons salt.	Flour.

Note.—All measurements are level.

*Preparation of Ferment.*—Put a pint of water at a temperature of about 90 degrees F., into a bowl, drop the dry yeast cake into it and soak for half an hour; then stir in enough flour to make a thin batter, add one tablespoon sugar, and beat with a dover beater until well mixed and full of bubbles. Stand in a warm place (about 70 to 80 degrees F.) until light, which will take from four to five hours.

*Preparation of Sponge.*—When the ferment is ready put the rest of the sugar, salt and lard into a bread-pan, bring the rest of the liquid to 90 degrees F., and add it to the ingredients in the pan. Add enough strong flour to make a batter that will beat without spattering; add the ferment and beat until it looks smooth and elastic. This will probably take fifteen to twenty minutes. Cover closely and keep at a temperature of 70 degrees F., until light and spongy. This will take from nine to ten hours.

*Preparation of Dough.*—When the sponge is ready stir in strong flour until too stiff to use the spoon; then mix in more with a stiff-bladed knife or the hand until the dough no longer sticks to the fingers. Turn the dough out on the moulding-board to knead, leaving the pan quite clean. The dough should knead without flour being put on the board or hands; if it proves sticky return it to the pan and mix in more flour. Remember that while too slack a dough makes coarse-textured bread, too stiff a dough makes slow-rising bread which will dry out quickly. Knead lightly until the mass is elastic and velvety, the surface covered with a film of tiny bubbles, and a cut with a sharp knife shows the inside full of fine even bubbles and free from lumps or unmixed portions. Grease the bread-pan lightly with sweet dripping, warm both pan and cover if they are cold, put in the dough, cover closely, and keep in a warm place (about 80 degrees F.) until rather more than doubled in volume, or until a gentle slap with the tips of the fingers causes it to fall in. This will take from two to three hours.

Knead lightly in the pan for a minute to get rid of the larger bubbles and return it to rise a second time until double in volume. This will take from one to two hours.

Divide into loaves that will half fill the bread tins. Knead each piece only enough to get rid of large bubbles and smooth the surface and put it into a greased tin. Keep in a warm place (about 70 or 80 degrees F.) until doubled in volume, when they should have a bold, nicely-rounded appearance.

Bake an hour in a moderate oven. When done, the loaves should give a hollow sound when tapped on the bottom.

When baked remove at once from the pan and stand on edge or across the top of the pans that the air may get to all parts and cool it quickly.

#### SHORT FERMENTATION METHOD.

2 cups scalded milk.	2 cups water.
2 tablespoons sugar.	2 tablespoons shortening (butter or lard).
4 teaspoons salt.	1 compressed yeast cake.

Dissolve yeast and sugar in half a cup of lukewarm water. To the rest of the lukewarm liquid (90 degrees F.) add sufficient warm flour to make a batter that can be beaten without spattering, add yeast mixture and beat until smooth and silky. Cover and put in a warm place free from draughts for from one and one-half to two hours. When light add lard, salt and enough flour to make a dough that will not stick to the hands or board. Knead until smooth and elastic. Place in warmed and greased dish to rise again until double in bulk, about two hours; shape to half fill well-greased bread pans. Cover, let rise till double in bulk and bake in moderate oven for about one hour.

The above calls for strong spring wheat flour. Soft fall wheat flour may be used for the dough stage, but must be kneaded down before it has quite doubled in volume each time. It is not advisable to use soft flour for the ferment and sponge stages, as it does not stand the long fermentation.

Home-made yeast may be used instead of the dry yeast. Use one cup home-made yeast and only three and one-half pints of liquid.

The liquid may be part milk (scalded) and part water. The latter may be potato water, *i.e.*, water in which two or three potatoes have been boiled, removed and finely mashed and returned to the liquid.

The potato water may form the liquid for the ferment stage, and the mashed potatoes added when the sponge is made. Potatoes give that silkiness of texture so much desired by breadmakers.

If the dough is kept covered while rising it will not form a crust. If it seems inclined to form a crust moisten with warm milk and water. A crust is to be avoided, as it makes a streak through the loaf if kneaded in at the early stages and an unsightly crust on the baked loaf if allowed to form in the last stages.

The second rising of the dough may be omitted, although the extra rising makes the loaf a rather finer texture.

The bread-mixer may be used to knead the dough after it is known exactly how much flour the liquid will need to make dough of the right stiffness.

## APPENDIX

### ANNOUNCEMENT OF DEMONSTRATION-LECTURE COURSES, 1917-18.

The Women's Institutes of Ontario are deeply engrossed in patriotic work, chiefly the making of supplies and raising of money for the Canadian Red Cross Society, and their activities will no doubt be confined almost entirely to such effort so long as the war lasts.

Those who have worked so faithfully and well in the interests of patriotism are, we think, entitled to the services of an instructor, and many who have not assisted in patriotic work will no doubt be drawn to the Institutes through the holding of classes for instruction and will, at the conclusion of the course, join with the Institute members in renewed efforts along patriotic lines.

Greater efficiency in the choice and preparation of foods, the choice and making of clothes, and in the care of the sick and wounded are of importance at all times, and especially when the nation is engaged in war. The instructors sent out will make the courses as practical as possible and will always keep before the members of the class the importance of the greatest efficiency at a minimum of outlay.

Courses will be given as follows, beginning as early as the Institutes can organize classes this fall and continuing throughout the winter. Each course will consist of ten lectures, accompanied by demonstrations: (a) Domestic Science (Food Values and Cooking); (b) Home Nursing and First Aid; and (c) Sewing.

The members of the Institute are to be given first chance to join the classes, then the privilege may be extended to others in the community.

In arranging for and holding classes the Institutes will be required,—

- (a) To make application to the Superintendent of Institutes for the course desired on application forms to be secured by writing to Institutes Branch, Parliament Buildings, Toronto.
- (b) To provide a well-lighted, clean, properly heated and ventilated hall suited to the work undertaken.
- (c) To guarantee classes of the following numbers:—
  1. "Domestic Science"—and
  2. "Home Nursing and First Aid"—Minimum of 20, and the class may be as large as the hall will accommodate.
  3. Sewing—15 to 18. Not more than 18 will be instructed at the one time.
- (d) To provide supplies as follows:—
  1. Domestic Science—Table, stove (gas or coal oil).
  2. Home Nursing and First Aid—The necessary bandages, etc., will be provided by the instructor.

3. *Sewing*—A considerable amount of table space is required, three feet wide and about two feet deep for each person. Three or four sewing machines. These, in most cases, will be loaned by the members of the Institute, or possibly a local agent will be glad to furnish them.

(e) Collect fees as follows:—

25c. from each member of the Institute and 50c. from non-members. The money thus collected will be used to defray expenses in connection with the course, such as rent of hall, heating, lighting, assistance for demonstrator, etc.

In all cases the money on hand from this fund at the conclusion of the course shall be placed in the Institute treasury. The 25c. extra charge to non-members entitles them to membership in the Institute for the current Institute year.

The regular Institute moneys are not to be used to pay expenses in connection with these courses. If the fee announced above is not sufficient to cover local expense, then the members of the class must make up the amount.

In the Sewing Course \$1.00 *extra* will be charged each member of the class, this amount to be collected by the instructor and mailed to the Superintendent of Institutes at the time second lesson is given.

(f) Appoint a committee to secure hall, see that it is properly cleaned, heated and ventilated, and to secure the necessary supplies. The secretary of the committee shall collect fees, keep an exact account of expenses, and present a financial statement to the members of the class at the conclusion of the course. The secretary shall also be required to keep a record of attendance at each of the lessons. At the conclusion of the course she shall furnish a report upon attendance, finances, etc., to the Superintendent of the Institutes Branch. The secretary may be paid for her services in connection with the class in accordance with the wishes of the members.

The rule will be for instruction to be given in the afternoon, beginning at 1.30, 2.00 or 2.30 o'clock. In exceptional cases, where it is agreeable to both instructor and classes, two lessons may be given a day—morning and afternoon. Where additional classes are formed for the girls in "Domestic Science" or "Home Nursing and First Aid," instruction will be given in the morning, or, where more convenient, in the late afternoon.

Instruction will be given from day to day, five days a week for two weeks at each centre, except in those districts where the Institutes conveniently located can make arrangements for the carrying on of the work at two or more points concurrently.



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

Courses in Domestic Science at the same time and place as courses in Agriculture are being given to the men and boys. Full particulars regarding the same will be sent to the Women's Institute at or near the place chosen for the holding of the Short Course in Agriculture. These joint courses proved of great value and interest last winter and have been followed at many centres by aggressive work along patriotic and community improvement lines, and we strongly urge the Institutes so fortunate as to be located in or near a centre chosen for a Short Course in Agriculture to form classes in Domestic Science. Most of these courses will continue for only two weeks, but if the Institutes so desire, arrangements will be made for an extension of the time for another week, especially if a large number of girls promise to take advantage of the same.

Instruction in any of the courses announced herein will be given as soon as classes can be formed, and satisfactory arrangements made. We would advise the Institutes desiring to take instruction to make application at once, and if it is thought well an instructor will be sent two or three weeks in advance to assist in organizing the class and to complete arrangements.

If you wish one of the courses outlined for your centre, ask your secretary to make application.

GEO. A. PUTNAM,  
*Superintendent.*

Toronto, August 25th, 1917.

---