

Meetings are usually held once a month, in the afternoons, either in a hall or in the home of a member, with an occasional evening meeting, the regular programme of meetings being also diversified with entertainments. The subjects have a very wide range, two papers being usually read or demonstrations given in one afternoon, followed by a reading or a discussion of current topics and a general conversation.

A plan has been adopted in Ontario of sending instructors to give lessons on food-values in cooking and on sewing to members at several points concurrently, spending one or two days a week at each place until the course (consisting usually of ten lessons) had been completed. In other cases the classes have occupied four or five days in a week. The institute was required to thoroughly advertise the courses, and provide a suitable hall and the necessary supplies. The lessons were free to any woman or girl in the district whether an institute member or not. The course included twenty-six lessons in domestic science—sixteen morning lessons, planned especially for girls, and ten afternoon lessons, for the same girls as well as for experienced housekeepers. The last six afternoons were given up to lectures from special instructors in dairying, poultry-raising, and gardening. The afternoon programme was as follows:—

1. Fruit: Typical methods of cooking; combinations; different ways of serving fresh fruit.
2. Vegetables: Fresh, starchy, and dry.
3. Milk: Soups, puddings, and combinations, with especial relation to infant, children, and invalid diet.
4. Cereals and cheese: Various methods of cooking; their high food-value compared with more expensive foods.
5. Eggs: Correct methods of cooking; variations in methods; storage.
6. Meat: Roasting and boiling; braised dishes; stews and soups; uses of the different cuts, and food-value compared with other foods.
7. Baking-powder bread, yeast bread, and fancy breads.
8. Cake and little cakes.
9. Puddings and desserts.
10. Salads.

The morning lessons were arranged in correlation with these, going a little more fully into elementary principles, and including such additional subjects as invalid cookery, meat-substitutes, made-over dishes, hot-supper dishes, pastry, croquettes, table setting and serving.

A new feature in short-course work was introduced in the form of a written examination for those who had taken the complete series of lectures. The questions were—

1. Explain the uses of proteids, carbohydrates, fats, mineral matter, and water in the human system, and name some of our common foodstuffs in which each of these principals is found largely.
2. Give the recipe and explain definitely your method of making any two of the following—(a) Tea biscuits, (b) plain pastry and puff pastry, (c) cheese croquettes.
3. Make out suitable menus for the three meals a day for one week in July (1) for a farm family where there is access to a good kitchen-garden, a dairy, eggs, and a fresh-meat supply, or (2) for a family of five in town where £80 a year can be spent for the food-supply.
4. Explain, with reasons for your method in each case, (a) how you would pan-broil a steak; (b) how you would make a beef-stew.
5. Of what special medicinal or nutritive value is each of the following: (a) A salad of green vegetables; (b) the same salad with nuts added; (c) beef-tea; (d) coarse vegetables like spinach or cabbage; (e) a macaroni and cheese dish.
6. Give definite directions for making—(a) Any two light desserts; (b) any two hot-supper dishes. Give five salad combinations.
7. What are the characteristics of a good waitress? Give five general rules to remember in table-serving.

The results of this examination were gratifying, showing that there had been a thorough grasp of the lessons. It is proposed to extend this feature of education among women, and demonstrations by local women, not only to institute members but to classes of young girls, are being encouraged by the institutes. It is believed that the day is not far distant in Canada when there will be a systematic instruction for mothers in rural districts in the care and feeding of children. The institutes are already a factor in a few centres for bringing technical education to the rural districts not only for the boys and girls, but for the men and women as well. The requirement on the part of the Department that a local organization should be formed and do a certain amount of work on its own account before the locality can depend upon regular assistance from the Department is a strong factor towards effectiveness in the work. In addition to the ordinary educative and social work of the institutes, annual conventions are held at one or two centres, and they have been very highly appreciated, each session bringing with it a number of educative addresses on a great variety of subjects.

Farm Animals in the United States and Canada.

Horses.—In the United States the Percheron amongst draughts is well to the front, but there are indications that the Clydesdale and Shire breeds will assume the premier position as heavy draught horses. It is claimed that they are hardier and better workers than the Percheron. The Belgian horse is also popular. It acclimates splendidly, is strong, large, and massive, and is said to be well adapted for the large American farm implements. In Canada the Clydesdales and Shires are most favoured.