



The first prize Manitoulin East quilt, Sheguiandah Institute, features the thistle, shamrock, rose, maple leaf and the Manitoulin orchid.

We, in the rural homes of Canada, are so fortunate. Through our open windows wafts the smell of new-mown hay not tainted by factory smoke and automobile exhaust. Around us at night is the soft, clean air, free from the jangle and clatter of traffic. Within our picket fences children play safely with their pets for companions. Our roots are sunk deep in the good earth, planted with the golden wheat and green grass.

Yes, that woman in her log cabin and homespun gown created for us a glorious heritage. For when she lighted a fire on her open hearth, she also kindled a flame in the hearts of millions of women who came after her—a flame of pride and devotion to duty, a flame that burns brightly "for home and country."

*Mrs. W. J. Knapp,
RR No. 2, Galt, Ont.*

Country Kitchen

A country kitchen is the hub around which we live and work. Hence we've tried to make it attractive as well as efficient. Light green painted walls, natural wood trim, a small patterned linoleum and plastic curtains in green and yellow make it easy to keep clean as well as pleasing to the eye.

I still like the wood stove. Its heat makes the house comfortable for us all these cool mornings. It is fine for bread making; and oven meals, especially in winter, are a must on our menus. The pressure cooker, too, gives me those extra minutes I need to finish an important task.

However, there's a small electric range next to the built-in refrigerator and the house need not be heated on warm summer days by the wood stove. The electric washing machine must still be in our kitchen, but when its plas-

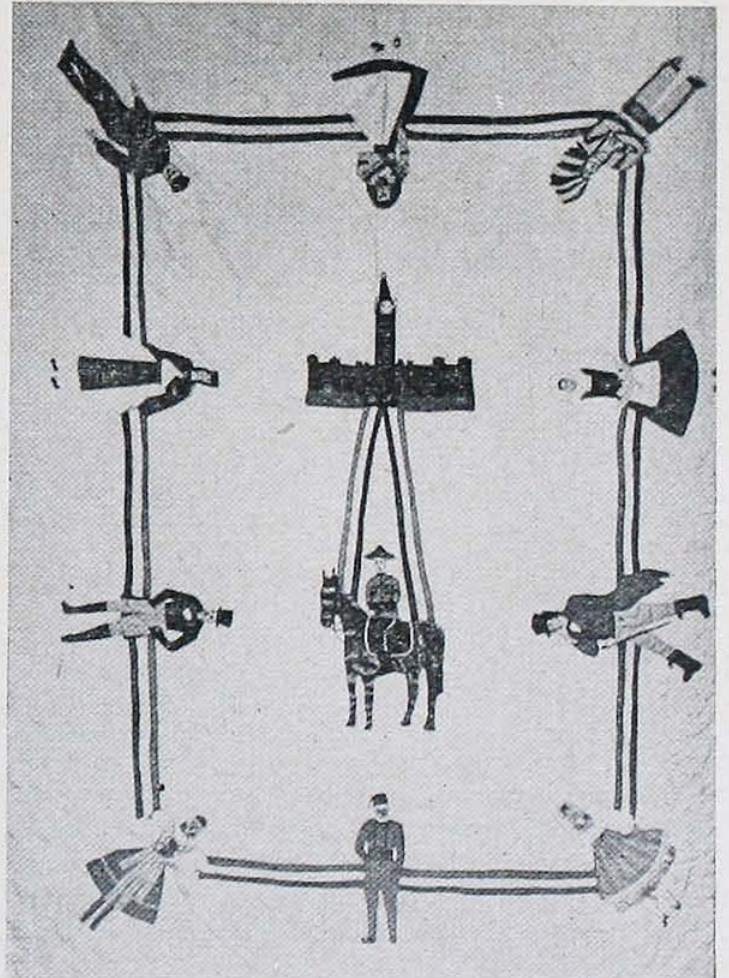
tic cover is removed and it is pulled near the sink, it does an efficient job.

On one wall in the kitchen there is a map of Canada, on another a chart of wild flowers that we use a lot in this household as we wander afield. The bulletin board of wallboard set in a large picture frame answers many purposes. Just now there's a school drawing by the elder boy, a cut-out the younger contributed, a favourite poem and a series of bird pictures.

*Mrs. Max Shaw,
Union Institute.*

How Modern Conveniences Help

We talk about the advances in Science in the last thirty years, but when I recall the long kitchen in the old house, with sink at one end and wood stove and pantry at the other, I regret the miles of wasted steps I took to do my work. I look around my kitchen with cupboards and sink in one, hot and cold water on tap, and electric range. I decide nothing short of magic could have accomplished so much economy in time and energy, and that magic is Hydro-Electric Power. The laundry with machine and tubs is just off the kitchen. My cream painted walls, natural woodwork, arborite sink top and table are in sharp contrast to the dingy, rough, tongue-and-groove lumber on the walls and ceiling of the old house.



Massey Institute, Algoma East named their quilt design "Canada, the Harmony of Nations." Note the Peace Tower, the Mountie and the double border linking together Canadians of varied national origin.