

may have a budding Grandma Moses in your midst.

And all you handicrafters! You can really go to town on "Contents of a hope chest." Perhaps you can combine this with your local Fair and District Women's Institute exhibits.

Some of you will perhaps prefer to plan your activities along other lines — Literature, UNESCO, Adult Education and Drama. Good luck to you in all your ventures. And

PLEASE, don't forget to send in your reports at the end of the year.

If any of you can spare a snap of any of your outstanding Cultural Activities I'd be very glad to receive them with particulars and permission to reprint if suitable.

Let us make Cultural Activities a way of life in 1956 and it will stay with us to brighten our lives and the lives of those around us for years to come.

A Letter From Norway

MANY Institute women in Ontario are corresponding with "letter friends" in other parts of the world, especially since the A.C.W.W. conference met here. Just how interesting a letter from a woman in another country can be is shown in a letter to Miss Lewis from Mrs. S. Giessing of Lorn, Norway, from which we quote below. This letter may also suggest things and ways in our country that faraway women would like to hear about. Mrs. Giessing writes:

"After a long journey via Boston and New York to Gottenburg, Sweden, I have finally arrived home on our farm, Kvamme in Lorn.

Lorn is a mountain village in the heart of Southern Norway, surrounded by the highest mountains in the country. The highest peak, 'Gallhopiggen' is only a few miles away. There is a majestic grandeur in nature here. This year it has been especially beautiful with snow on the mountain tops, green foliage around us, and sun shining every day from a crystal blue sky.

The spring work was done quickly. Although the tractor has found its way even to these isolated places, it is not always possible to make use of it. In many places it is so steep that the old-fashioned way is still the only solution. The horse is absolutely necessary to the mountain farmer.

The potatoes are set, and the grain sown, mostly barley for animal consumption. (The letter was written in early summer.) For household use we import flour from Canada, but during the war we also cultivated wheat and rye. During the fine weather the animals are allowed to graze in the fields, but as summer approaches the cows, sheep and goats are sent to the mountains, where there are large areas of rich grass.

Most of the farms in this region have a stable and little cottage in the mountains, for use during the summer. Now we have cars everywhere, which collect the milk every day and deliver it to the dairy—but before the roads were built the people on these 'seters' made cheese and butter, which required both skill and diligence.

When the outside work is temporarily finished the housewife likes to employ this time in cleaning the house and making it cozy. All

the winter clothes are aired and laid away in chests and closets. Airy, white curtains are hung up. Doors and windows can be open day and night. Flowers from the fields are gathered and placed in vases and jugs. The nights are so light and beautiful that one scarcely likes to spend time in sleeping. These light evenings are favourable for getting a great deal of work done in the garden. The vegetable garden has to be weeded and even though there is not much time, we find it almost a necessity to have a flower garden. The rock garden is our favourite, where we are always planting new types that we find on our mountain trips.

However, the most important thing on a mountain farm is getting water to the fields and gardens. This is done mostly by the aid of pipes and sprayers. Lorn is one of Norway's driest places, so it is necessary to have some kind of a watering system. There are numerous mountain brooks, which are unfailingly fed by the glaciers and from these the water is conducted to the chosen spots. The latest sprayers which swing automatically, sending out cascades of water, have to be moved every three hours, day and night.

It is not so long ago that we got electric power here in the valley. In 1942 the first power lines were set up. Gradually machines have made their appearance on the mountain farms. Running water and milking machines have been an enormous help in the barn, even if the building itself is old and impractical. Tractors can be rented. This year we are trying out a new chemical against weeds in the potato and grain fields.

Modern improvements have made a big difference in the house. The most appreciated conveniences are no doubt the washing machine and refrigerator. The electric stove is more or less common now. A thermostat iron is also an improvement, especially if one has a practical ironing board, which can be let down from a cupboard in the wall.

Summer is a pleasant time. Winter presents other problems for us. The climate in the neighborhood of these snow-covered mountains is very severe, and we have many storms, which often cause damage to the power lines, thereby suddenly cutting us off for several days. This is almost a catastrophe in homes