each; from Manitoulin eight girls paid \$11 each; and from Sudbury and Algoma four girls paid \$16 each. These girls took an active

part in the programme.

An interesting visitor at the homemaking girls' day at the C.N.E. was Jeannine Savard from Quebec, who was in Ontario on an exchange visit with Joan Marie Aikins of Creemore. Joan Marie explains this exchange visit

"Through 'Visites Interprovinciales' Jeannine Savard from Rang St. Paul, Chicoutimi, Quebec, has been visiting with me for the last month. 'Visites Interprovinciales,' a private bureau for the development of better relations between the two great races of Canada, arranges exchange visits between French and English families. Visitors gain an intimate insight into the way of life of another people and practice in a language too often known only in textbooks. The movement was begun in 1936 by J. H. Biggar, a teacher at Upper Canada College and in 1955 visits were made by 614 people. I was informed of this movement by my French teacher, Mr. F. G. Bull, Collingwood District Collegiate Institute.

"I visited Jeannine's farm home for three weeks, living with the family and trying to speak French. Jeannine is the oldest in a family of nine. She attended two 4-H Homemaking Club meetings of Cloverlea Club and South Simcoe Achievement Day in Duntroon with me as I was Garden Club Leader. She enjoyed the meeting at our place at which Miss Ruth Shaver demonstrated flower arrangement. Jeannine tried some arrangements after, using my pin holders. She enjoyed these activities but does not take part in anything similar in Quebec. Jeannine was amazed that I could go to the C.N.E. and stay at Annesley Hall gratis, because of the Club Projects which I have completed.'

Over and over again we hear reports of what her experience in club work means to a girl later on. One interesting note comes from a club girl's mother, Mrs. D. W. Martin, saying that her daughter Lucille who had just been married made her own wedding dress and her travelling suit. After completing her projects in clothing clubs this girl was not afraid to work on imported French brocade satin and to undertake to make a tailored suit. Photographs showed that the results of her work were most successful. Incidentally, Lucille married a young "farm lad" whom she met in connection with junior work at the Central Canada Exhibition a few years ago.

A dear old Quaker lady, distinguished for her youthful appearance, was asked what she used to preserve her charms. She replied sweetly, "I used for the lips, truth; for the voice, prayer; for the eyes, pity; for the hand, charity; for the figure, uprightness; and for the heart, love."

-Jerry Fleishman

Club Work in the North West

Editor's Note: Because of the distances girls in North western Ontario often have to travel to get to club meetings, and especially to get to an achievement day, this record of achievement days in Kenora, Rainy River and Thunder Bay, from the District Home Economist, Miss Elsie Irvine seems worth reporting:

WO HUNDRED and eighty-one 4-H Homemaking Club Members in North western Ontario have completed club

projects this spring.

Forty-two girls from seven clubs in Kenora District met in Oxdrift Community Hall for their annual Achievement Day. Twenty-three club members and their leaders from the Rideout, Jaffray and Mellick Clubs travelled to Oxdrift by chartered bus. Other club members and leaders attended from the Britton, Glengoland Oxdrift and Minnitaki Clubs

The project which the girls completed was "The Supper Club." Each girl exhibited her Record Book and four tea biscuits. In the morning club members judged classes of lea biscuits and family menus. They also planted supper menus for the four seasons of the year.

After a pot luck lunch, a programme of club exhibits, skits and demonstrations was presented. Topics for the exhibitors were: Ways of Serving Fruit and Tea Biscuits with

Variations.

Skits and demonstrations were presented by six clubs: Glengoland, Let's Make Tea Biscuits; Mellick, Food Makes a Difference; Oxdrift, Table Setting and Service for the Farm Family; Britton, Food Guide to Heath; Jaffray, Food Makes a Difference; Rideout, Table Setting and Service.

The annual Achievement Day of the 4 H Homemaking Clubs in Thunder Bay District, was held in the Coliseum on the Fair Grounds, Fort William. One hundred and sixteen girls from fourteen clubs completed the project "The Cereal Shelf."

During the morning the girls judged a class of Menus, a class of Muffins, and answered a Cereal Quiz. The afternoon programme featured exhibits, skits and demonstrations. The topic for all of the exhibits was "The Cereal Shelf."

The Slate River Club presented a demonstration on "Saving With Cereals." This demonstration showed the making of Muffins. Intola, South Neebing and Upsala Club Members presented skits on the topic "Around the Clock With Cereals."

Thirty-four girls received Certificates of Achievement for having completed two projects. County honors for completing six proj-

ects were presented to thirteen girls.