

Charter and life members of Altona Institute. One has been a member for the entire fifty years since the Institute was organized.

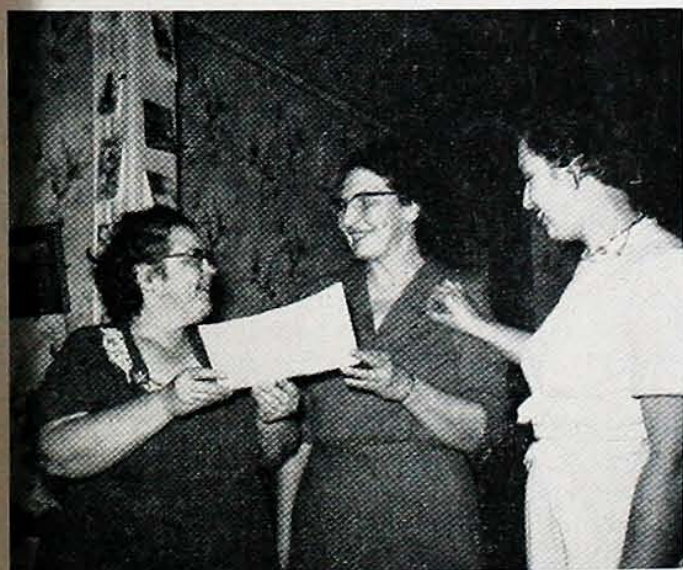


cash prizes, first and second, as our Women's Institute, for home-sewn dresses, the winners here not eligible for the other "25 years and under" class.

We believe that our Calico Ball is one of the happiest social events of the year. It is a most friendly gathering where people of all ages mingle together and have a good time. And the Institute appreciates the warm response of the public. A Committee of ten ladies, their names taken from the roll call about four months in advance, take complete charge of the evening. They set the date, secure hall and orchestra and look after all advertising. The date is announced first in the local weekly so all may plan what the Calico Ball gown will be like, many weeks in advance. A day or two before the event it is announced on radio and television.

Our lunch counter is a feature of the evening to which members have donated delicious home-made pies. Together with the aroma of good coffee and the sandwiches which the committee have made at the hall in the afternoon, business is brisk around the midnight hour. With such a large crowd there is continuous dancing and this relieves congestion of traffic at the lunch counter.

The husbands of committee members also share in the work of the evening, selling the admission



Mrs. Gordon MacPhatter, centre, is presented with a North Grey District Women's Institute Life Membership certificate by Mrs. Roy Shields, Secretary of the District. The District President, Mrs. Kenneth Spence on the right, has just presented the Life Membership Badge.

tickets, taking the tickets upstairs at the auditorium door and putting the mark of the Kairshea W.I. stamper on each hand. The stamper was donated by a member, and is put to use on song books, and other items. The committee are always last out of the hall at night, tired and happy at the success of another Calico Ball.

Two dances are our special money making projects. In the fall we have a St. Andrew's Ball. This features Scottish piping and Scottish dances. We are most fortunate to have this talent in our own Institute and community. It is an evening that no true Scotsman wants to miss.

"EAT TO LIVE" EDUCATION

By Mrs. Carl Marritt

Following the workshop "Eat to Live" held in North Grey District, the Annan Women's Institute held an evening's program in the hall to remind and educate the members of the community in the nutritional needs of to-day's population and to stress the importance of knowing and following Canada's Food Rules.

The colourful posters pertaining to various health needs displayed at the front of the hall, caught the attention of the 45 visitors as they assembled. These posters were obtained from The Home Economics Service, Dept. of Agriculture, Toronto, The Ontario Department of Health and The Milk Foundations Association. Others were made by the five committee members. These were larger copies of the posters sent in the "Eat to Live" Packet.

The first committee member, Mrs. Ken Spence, with the aid of colorful pictures, reviewed and explained Canada's five Food Rules and stressed the importance of each homemaker knowing and following these rules prepared by the Canadian Council on Nutrition.

With the use of a large train poster, copied from the small poster "Stay on the Track" sent by the Home Economics Service, the second member, Mrs. Robt. Hewitson, explained the nutrients obtained from the foods named in Canada's Food Rules and the part they play in keeping us healthy.

Mrs. V. Brassingthwaite, the third committee member, used an enlarged poster "The Spotlight on the Teen-age Girl" and stressed the importance of the teen-age girl in the family prac-