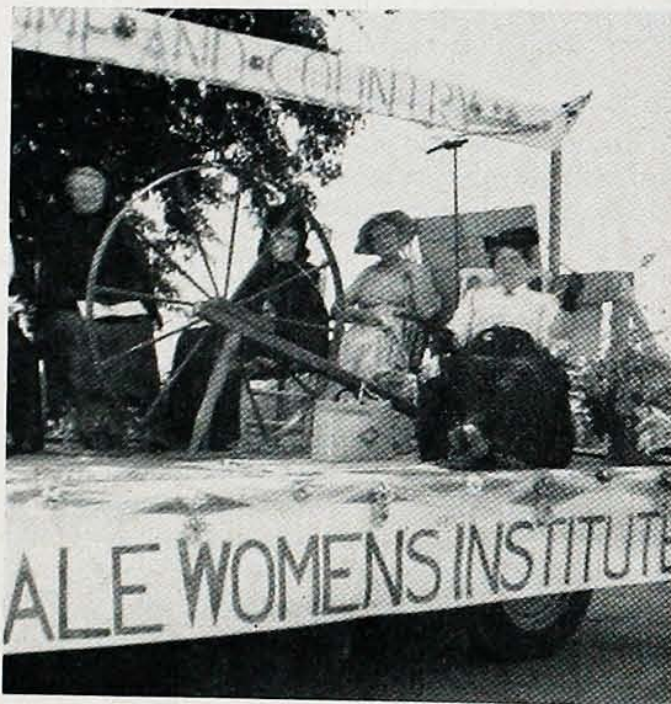




Eleanor Jennett, left, and Margaret Carr of Thornton 4-H Homemaking Club who have just received Provincial Honours and silver cream and sugar sets with trays suitably engraved as gifts from Thornton Women's Institute. This Institute also gives \$5 to every club girl achieving provincial Honours — that is having completed twelve 4-H Homemaking Club units.



Cloverdale Institute's float at a Centennial Parade, featuring women's costumes and household articles of one hundred years ago and commemorating the work of Parkhill Institute at the turn of the century.

East Simcoe's class at their school for Secretary-Treasurers. It has been found that this annual school or conference is of special help to secretaries in making their reports.



ting good eating habits to insure a healthy generation to come. "You determine how you feel throughout each day by the type of Breakfast you eat. You can produce inefficiency in yourself by eating too little food or too much of the wrong kind of food," Mrs. Brassingthwaite said.

A poster obtained from the Ontario Department of Health "Start your day with a good breakfast," helped the fourth member, Mrs. Gelt Hofman, to explain what you should eat for breakfast so that your body can produce energy for the day. Special attention was given to the importance of children and teenagers eating adequate breakfasts.

The last committee member, Mrs. Allan Wilson, explained that there are two other opportunities during the day, at lunch and dinner, to consume the rest of the foods outlined in Canada's Food Rules, to give the nutrients needed to finish the day full of pep and energy.

The quiz prepared by Home Economics Service was filled in by the ladies present.

During the program a film "Mystery in the Kitchen" was presented to remind the average housewife that it is of no use to be aware of modern food facts if she does not apply them in daily buying and food preparation.

During the course of the evening two solos and a game were enjoyed. For added interest prizes of food high in nutritional value were given at intervals during the evening. A basket of fruit and vegetables was given for a door prize. The committee also distributed pamphlets obtained from Home Economics Service, from the Dairy Farmers of Canada and the Ontario Department of Health. Following the program refreshments were served: buttered fruit bread with cheese wedges, radish roses, carrot sticks, celery and a cup of tea.

After receiving permission from the Area School Board and the teachers, a film strip entitled "What Breakfast did for Emily" was taken by committee members to the five public schools in the community, to remind the children of the importance of eating an adequate breakfast to give them pep and energy for the day's work.

With the help of the poster "5", Canada's Food Rules were reviewed and the importance of following them stressed.

Colorful pictures clipped from magazines and sheets of construction paper were available for each child to make a poster of what he or she should eat for breakfast.

A score sheet was given to each child to score his or her breakfast for a week with a possible score of 700 points for the week. The score sheets are now being collected by members of the committee. They will be commented on and returned to the child along with a book mark to keep reminding him to eat an adequate breakfast and follow Canada's Food Rules.

The children took a great interest in this project, especially in keeping their score sheets. The teachers co-operated exceptionally well and are stressing in their teaching the importance of following Canada's Food Rules.