



Miss June Aileen Elliot, sponsored by Cainsville Women's Institute, winner of the North and South Brant Women's Institute Bursary for 1962. Miss Elliot is now taking the Degree Course at Macdonald Institute.

**Slate River** branch, at the close of a report of excellent Institute work, comments: "Our Institute had a most successful year, financially, socially and from all reports making a good community even better. We seem to have one hundred per cent support for any of our undertakings."

**New Hamburg:** "One thing we strongly recommend is our telephone committee. Four members call all members a few days previous to each meeting and it does help the attendance."

**Whitechurch:** "We would recommend that every district make plans to finance sending a delegate to the National Convention in 1964, and when she returns have a meeting to hear her report of the convention with slides. Working together on a project like this unites branches and arouses interest."

**Rosemont:** "We hold six evening summer meetings so that young mothers can come without their children for a change. Our older members prefer afternoon meetings, so we have six winter afternoon meetings."

**Campania:** "Our younger members are more interested in homemaking than in having so much on procedure."

**Calton:** "Instead of having speakers from outside, our members have taken an active part in the program at each meeting. This has given them confidence and during the ten years we have been organized there has been a marked change in our group."

This comes from **Kingsmill-Mapleton:** "A member who was to have received her Life Membership at the fifty-fifth anniversary meeting had the money sent to the School for Retarded Children instead of having it provide a Life Membership for her."

## Dental Health Guide

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This infection, if not eliminated, not only affects the teeth and jaws, but also, eventually, may be carried to other parts of the body such as the heart, eyes, kidneys and joints. To prevent this, even small defects in the teeth should be immediately corrected.

### Nutrition and Dental Health

Teeth in the formative stages are sensitive to the many conditions that affect growth and health. An adequate diet is needed at all ages, and particularly during the growing and developing years.

Some foods are more nearly adequate than others for protecting health and promoting growth. They are called the "protective foods" and they should form the basis of meal planning. These foods include milk and milk products, vegetables and fruits, whole grain cereals and breads, eggs and lean meat, poultry and fish. In some sections of the country, iodized salt and, in most areas, fish liver oils may well be added to these foods.

An adequate diet will contain a sufficient amount of foods rich in carbohydrates, without the addition of large amounts in concentrated form, such as would be found in candies, jams and jellies.

In the dental field, many research workers agree that there is a relationship between eating candy or excessive amounts of sugar and dental caries. By restricting the use of sugar in diet, it has been possible to partially control dental caries.

Special effort should be made every day to include raw or crisp foods requiring chewing, such as head lettuce, celery, raw fruits, raw carrots, raw cabbage, hard toast and bread crusts.

### Dental Defects May Lead To

Pain.

Irritability.

Loss of teeth.

Loss of chewing surface.

The omission from the diet of foods which require chewing.

Bad breath.

Loss of good-looking natural expression.

Self-consciousness and an inferiority complex.

An unsightly condition of the teeth and malformation of the jaw.

Lowered physical resistance and impairment of general health.

Great expenditures for correction.