

"I know that many of the younger girls who are taking a Club for the first, second or third time are thinking, as I once did, 'Is it really worth all the hours of attending meetings and working on Record Books, or am I wasting my time?' In six or eight years, and maybe less, when they overhear their new husband remarking proudly to someone, 'My wife is such a good cook and housekeeper', then they will agree with me, as I finish my last project, that it was really worth it!"

From an entirely different angle there is

Immunization Reminder

THIS IS the 21st consecutive year in which National Immunization Week has been observed in Canada sponsored by the Health League of Canada in cooperation with provincial Departments of Health. The fight against the epidemic diseases never ends. Fortunately we have vaccines against several of the one-time killers such as diphtheria, smallpox, whooping cough, tetanus and poliomyelitis. National Immunization Week which begins September 22nd affords a timely reminder that unless we use these vaccines the diseases could become rampant again.

Smallpox. Canada's record in connection with this disease is on the whole very good. For example, there had not been a case of smallpox in Canada since 1946. Last summer we had a case of smallpox develop in a boy who was in transit from South America. Fortunately this case was diagnosed early and there were no contacts. Too many Canadians are not vaccinated or a time lapse has occurred since their vaccination.

Diphtheria. In 1959 there was not a single death from diphtheria in Canada, for the first time in history. But there can be no let-up in our vigilance as last year (1962) there were 71 cases and 9 deaths from diphtheria.

Poliomyelitis. Polio, with the advent of the Salk vaccine, has shown a rapid decline, but nevertheless there were 909 cases in Canada in 1960 with 83 deaths. Last year the number was reduced to 89 cases and 7 deaths. As we go to press, we hear that there are 28 cases in Montreal and this might mean an outbreak this year.

Together Salk and Sabin vaccines offer hope of complete eradication of polio from our country. Too few adults have availed themselves of the protection.

Adult Protection. Adults need protection for some of these diseases—tetanus, smallpox and poliomyelitis. Few adults, except those who have served in the armed forces or worked in

this note from a letter written by a club member to her County Home Economist:

"Since I was only a youngster when I came to Canada, my parents still have their European ideas, methods and customs. We live now in a great, wonderful country where we have to learn new ideas, methods and customs. I've learned more of these through 4-H Homemaking Club work than anywhere else. My mother has taught me the Dutch way of life and now I teach her the Canadian way of life. Through this relationship, we share a mixture of customs . . . Thanks to 4-H for this."

special industry, have had tetanus toxoid. Booster shots, for adults, are needed about every five years to maintain immunity against tetanus, smallpox and poliomyelitis.

The Health League of Canada takes this opportunity of reminding us during Immunization Week that this is an opportunity for each of us to consider whether we have done our share in protecting our children, ourselves, our neighbours and our community from these dread diseases.

★ ★ ★
THE BOUQUETS . . .

Ruth E. Lancaster

It was a wonderful bouquet! He said,
"Happy Birthday, Mother" and gave it to her arms
to hold.

It was heavy with the giant marigold
That crowded perfect roses, white and red,
Tall, splendid gladioli, slim larkspur,
Proud, wax-faced lilies, and some were stranger-
blooms —

Delicate, tender, nursed in hothouse rooms;
He told their long, bewildering names for her.
She sighed, "How lovely!" and she fixed them in
a vase . . .

"Now I must run — I'm glad they've pleased you
so" —

She dropped her cheeks' pink roses. He must go —
His were important, hurried, business-days . . .

There was a day he'd stayed: he was pride-
flushed —

He'd had a birthday gift for her. His small,
brown fist

Held ragged buttercups that were sun-kissed,
And, in the centre, one red clover crushed.

He'd said, "Don't look until I fix 'em nice!"
And in a jelly-glass they'd sprawled, and short
ones drowned —

And then they'd passed the birthday cake
around —

And laughed — and had two plates of cherry-ice!

It was a wonderful bouquet, but wasted price he'd
paid! —

She looked right through it, seeing one red clover,
Warm, clenched buttercups, one small, homed
rover —

Who washed his hands for cake — and stayed and
stayed!

★ ★ ★