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THE OLD SAMPLER  
By Wilhelmina Stetch

Dear little girl of Long Ago, so sweetly docile, quiet and prim, making, laboriously and slow, your silken prayer to Him — did your child-heart beat eager wings beneath the bones of your stiff dress, like some caged bird that sweetly sings, longing for freedom's happiness? It must have been a day in June when with a gleaming, scarlet thread, you worked the livelong afternoon, "Give us this day our daily bread." For look! Just where a line begins your needle strayed a square too high; quite crooked are the words "our sins." Oh! were you gazing at the sky? Or did the daisies on your lawn begin to wink and blink at you? Perhaps you spied a leprechaun just where your mother's roses grew? I think God smiled at that mistake, dear little girl so fair and prim, and blessed those hands that failed to make — a perfect gift for Him.

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created a design from the flowers grown in her own garden.

At one course a member couldn't think of an idea for her sampler design and the instructor told her to look around her and see if she couldn't find something to spark an idea. Hanging on the wall of the classroom was a photograph of the Queen wearing a white satin evening gown appliquéd with a rose of lace and

brilliant. The woman took the rose as her motif and worked out a very attractive design.

A sampler sometimes becomes quite a family record. One woman wrote: "I tried to put the history of our farm into my sampler. We live on a 275 acre farm which has a strip of virgin pine on the highest side of it. The pines I put in the border along with a rail fence. The name of the farm is Locust Cottage Farm, which I put in the picture, also the house with its cottage roof and locust trees. It was the first brick house built in the township which makes it over 145 years old." The family names — parents and children — are there too.

Another woman has entitled her sampler "The Cabin in the Pines." She says: "My grandfather had a severe case of asthma and his doctor advised him to live among the pines; so he moved north and built a house on a pine ridge. I still remember the lovely sounds and smells among the pines when we went back there to see him. So, as my work began to take shape last night, I thought I would try to reproduce something of that memory and call my design 'The Cabin in the Pines.' I am afraid my picture will never be anything wonderful; but I would not have missed this opportunity to make an effort for anything."

## *Immunization for the Family*

This is the message to be spread throughout Canada during National Immunization Week — September 20 to 26, 1964. This is the twenty-second consecutive year in which National Immunization Week has been observed in Canada. The fight against the epidemic disease never ends. Fortunately we have vaccines against several of the one-time killers such as diphtheria, smallpox, whooping cough, tetanus and poliomyelitis.

**Smallpox** — There is no natural immunity against smallpox. Anyone who has not been vaccinated may catch it. It attacks people of every age. Vaccination is the only protection we have against it. Every child should be vaccinated before he is six months of age. Vaccination should be repeated every seven years, or during an epidemic, and for international travel every three years.

**Diphtheria** — is a killing disease, though at times it is deceitful by its very mildness. It attacks all ages and even when apparently mild it may leave serious heart and nerve complications. Diphtheria can be wiped out if Diphtheria Toxoid is used. It is best given beginning at the third month. A "booster" or "reinforcing" dose should be given about one year later and again just before or on starting school. 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 (1963) there were seven deaths from diphtheria.

**Poliomyelitis** — 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 of death reached 16. Together, Salk and Sabin vaccines offer hope of complete eradication of polio from our country. *Too few adults availed themselves of the protection.*

**Adult Protection** — Adults need protection from tetanus, smallpox and poliomyelitis. Few adults, except those who have served in armed forces or worked in special industry have had tetanus toxoid. Booster shots for adults are needed about every five years to maintain immunity against tetanus, smallpox and polio.

**Quadruple (4-in-1) Protection** — There is available a preparation which combines poliomyelitis and whooping cough vaccines, and diphtheria and tetanus toxoids. This means that immunization against polio, whooping cough, diphtheria and tetanus can be carried on with the same injections.

We are slowly winning the battle of the communicable diseases, but we must never let down our effort to educate our fellowmen of these immunizing agents and their value in preventing and eradicating communicable diseases.

—Health League of Canada.