

Besides the demonstrations there is always an "Individual Event," open to all Women's Institute members. This year a loaf of white homemade bread was decided on but each year the topic changes. This year there were 27 entries. Members also find time to exhibit entries in other classes.

From this one can see that the first week of August draws to a conclusion a year of busy activities at the Lakehead exhibition for some members, while others still find time to put entries in the rural fall fairs that take place later on in the season. This takes considerable planning by the participating members but proves to be a valuable educational link for Public Relations.

### Program Exchange With New Zealand

**B**LOOMINGDALE WOMEN'S INSTITUTE has held an exchange program with the Cambridge Country Girls' Club, Cambridge, North Island, New Zealand.

Posters displaying New Zealand plants and birds along with a variety of scenic pictures of mountains, streams, etc. were arranged around the room to create a New Zealand atmosphere.

A Panel was conducted in the form of questions and answers on the history of New Zealand, describing the founding of the Island, its picturesque mountains, streams, vegetation, atmospheric temperatures, farming and industry, etc. And a story was given of the plants and birds.

A tape recording running about 45 minutes carried the voices of officers, advisers and some of the members of the Girls' Club, telling about themselves and their activities. It concluded with music by a Maori College Girls' Choir, and the last number is familiar to Canadians as "Now is the Hour".

Recipes forwarded by the Girls' Club were on display, and the following were made in our own kitchens and sampled—Anzac Biscuits, Maori Kisses, Banana Cream.

Palova Cake—an essential feature of most important meals in New Zealand was served for lunch. It is a type of meringue with a topping of passion fruit and whipped cream. Strawberries were substituted for the passion fruit.

We learned that our Mary Stewart Collect is the same creed that is used by the Girls' Club.

The Bloomingdale Institute sent the New Zealand Club an outline for a complete program, as well as Kitchener and Waterloo Chambers of Commerce folders, a history of Bloomingdale and recipes peculiar to Waterloo County.

This program has been given at several of the Branches in the District of North Waterloo.

## Nipissing District Bus Trip

By Gertrude Devolin

**F**OR THE SECOND TIME the women of Nipissing District enjoyed a chartered bus trip. Forty women, members and friends of branches in the District, left North Bay early Saturday morning for Ottawa and Upper Canada Village. As we drove down Highway 17 and neared the City of Ottawa, enthusiasm grew, as for many it was the first visit to Canada's Capital. During the afternoon we visited the Parliament Buildings, Museum and other points of interest and after supper we continued on to Vernon, Ontario. Here we were met and entertained by the women of Carleton East. We were welcomed by the District officers as well as the president of the Vernon Branch. Sunday morning the Vernon Branch members were again our hostesses when they served us breakfast. Everyone felt the sincere friendship of this group of women and we thoroughly enjoyed our visit with them. From Vernon we motored on to Upper Canada Village where until early afternoon we revelled in the early history of our province and its people.

The return trip was made through the picturesque Upper Ottawa Valley to Napanee, Eganville and Pembroke, then to North Bay.

Everyone agreed that this was a very rewarding trip. We gained friends as well as knowledge and plans are being made for another similar trip next year.

### A Fashion Parade

*Editor's Note: This account of a very interesting fashion parade at a convention was prepared, on request, by the commentators, Mrs. Hugh MacKay and Mrs. Robert Matheson.*

**O**NE OF THE HIGHLIGHTS at the London Area Convention this year was a Fashion Parade sponsored by the Women's Institutes of Oxford County. The costumes were fashioned as the result of the Training School for leaders held in Woodstock on the project "Focus on Finishes". The Fashion Parade was first presented at the District Annual and was then invited to the Area Convention.

Materials for the costumes consisted of cottons, lace, velvets, double knits and silks in many beautiful fall colors. The styles ranged from housedresses and housecoats to sheaths, shirtwaists, jumpers and dinner dresses. Many of the models created hats to complete their