

Under the leadership of the District president, Mrs. Ivor Bath, most of the twelve Institutes were represented. The itinerary included dinner at the Lincoln Motel, a tour of North Bay calling at the Bomarc Missile Base and the Airport there; entertainment at Trout Mills arranged by the Nipissing members and sight-seeing at Callander—the home of the Dionne Quintuplets. On the way home a visit in the Algonquin Park and the Museum was enjoyed.

The Individual's Centennial Plans

By Ethel M. Demaine

BE A PARTICIPANT RATHER than an on-looker in Centennial Year. You'll be the happier for it and Canada will be the better because of it.

There must be something special which every Canadian man, woman and child can contribute, even though it may seem insignificant to the contributor. "Greatly begin though but a line, Low aim not failure is the crime."

Take the bull by the horns—don't be afraid to stir up that latent talent within you. You may surprise yourself and your friends with what you come up with—if you but make the effort.

Attempt a novel work of art; invent a useful gadget; design a new creation, or a new design; refurbish an old relic; trace your family tree, or history, and so on and on—but *you* take it from here, keeping in mind that your personal centennial project should have a distinctly Canadian flavor.

If you are a really up-and-coming Canadian, try to absorb a little basic English or French, whichever the need may be, or Indian, or some other language.

Perhaps you may never leave your footprints in the sands of time, but you could leave them imprinted on that new cement patio or sidewalk; better still, imprint a beaver, a maple leaf design, or just "Expo 67". It would delight the heart of your grandchild or great grandchild should he discover your traditional work of art while playing at the old homestead some distant day.

A Canadian floral emblem quilt, rug, a maple leaf or a trillium designed cushion handed down to posterity by mother, aunt or grandmother would be a worthy project to commemorate Canada's 100th Birthday.

Use any other Canadian design of your choosing for that precious heirloom, but do it now.

Here is a little contribution of mine, good,



At a meeting of Newport Institute the roll call was to be answered by modelling an apron. The president suggested that someone might design an Institute apron and Mrs. Joseph Waller appeared wearing the apron, shown above. It is made of white organdie with the Institute crest design in blue and gold. Mrs. Waller has been a 4-H Homemaking Club leader for 13 years.

bad but *not* indifferent. The title is "CREATE" rather than "Vegetate."

Oh! the ecstasy of Creativity
It lends lustre to life and longevity;
A literary gem or a sculptured piece,
A failed-endeavour or a masterpiece.
There is always something new under the
sun

To invent or undertake to be done.
Kindle and re-ignite the fire of desire
To create and re-create; quench not the fire
Aspire to Creator-patterned perfection —
Express the soul's inner compelling passion.

Oh! the ecstasy of creativity —
It lends living to life and longevity.

★ ★ ★
BLUE HOMESPUN

By Frank Oliver Call

Beyond the doorway of the tiny room
The yellow autumn sunshine died away
Into the shadows of the waning day;
Wrapped in the twilight stood old Marie's loom,
A shapeless mass of timbers in the gloom;
But one small window cast a golden ray
Upon a bench where sky-blue homespun lay,
Lighting the dusk-like sheaves of chicory bloom.

Above the loom the Holy Virgin hung,
Blue-robed and smiling down and old Marie,
After the evening angelus had rung,
Arose and touched the picture lovingly
With rough brown hand, then turned and looked
once more
Upon her sky-blue cloth, and closed the door.