

Left to right—Miss Elaine Bye, Miss Carol Webb, members of the Painswick 4H Homemaking Club with a treasure trove of antiques from the Vespra Club at the Achievement Day at Barrie.



Malcolm Women's Institute had a demonstration on the spinning of sheep's wool into yarn. The speaker Mr. Rouser of Chesley said that one pound of raw sheep's wool makes twelve pair of socks. Mr. Rouser also makes spinning wheels.

Hillview—Mrs. James White, a vice president from North Grey District was the guest speaker at the June meeting of the Hillview Women's Institute. She chose as her theme, "Do not resent growing old. Many of us are denied the privilege."

Rainy River District Women's Institutes are investigating the possibilities of purchasing a suitable building to house a museum. A committee has been formed to meet with officers of the Historical Society with the hope of forming a Rainy River District Historical Society and the establishment of a museum.

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Never look down to test the ground before taking your next step: only he who keeps his eye fixed on the far horizon will find his right road.

Dag. Hammarskjold in "Markings"

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Miss Marjorie Lee of Stoney Creek, daughter of Mr. and Mrs. Erland Lee, founders with Mrs. Hoodless, of the Saltfleet Women's Institute at Stoney Creek, February 19, 1897.

A Safety Measure

WHEN YOUR FANCY TURNS to house cleaning, it is well to remember that cleaning compounds are often highly toxic, and should be used strictly according to directions. Wear rubber gloves as some toxic substances are absorbed through the skin. Avoid inhaling fumes.

Carbon tetrachloride is sometimes found in commercial spot removers, and some people still attempt to use it for difficult cleaning jobs. This is a most dangerous substance which should never be kept or used within the home. It is four times as poisonous as carbon monoxide, and when absorbed into the body by inhalation or absorption through the skin may cause permanent liver and kidney damage. If a person is sensitive, or has absorbed alcohol, even a small quantity could kill.

Benzene or benzol is volatile, inflammable and toxic. In the home it may be encountered in paint removers, spot removers and plastic cements. Prolonged inhalation of benzene fumes can be deadly, damaging the blood-forming system and causing anemia. Even small doses can cause fatigue, headache, dizziness and nausea.

One final word of caution might be added. Never attempt to mix dry-cleaning fluids in the home. Although the final result may not be inflammable, some of the ingredients may explode on contact with others, before they are sufficiently diluted. Also, the toxic fumes emanating from the mixture could cause serious harm to a person mixing and using these fluids. — **From Canada's Health and Welfare.**