

POLONIUS' ADVICE TO LAERTES

There, my blessing with thee!
And these few precepts in thy memory.
Look thou character. Give thy thought no tongue,
Nor any unproportioned thought his act
Be thou familiar, but by no means vulgar;
The friends thou hast, and their adoption tried
Grapple them to thy soul with hoops of steel;
But do not dull thy palm with entertainment
Of each new-hatch'd, unfleg'd comrade. Beware

Of entrance to a quarrel, but, being in,
Bear't that th' opposed may beware of thee.
Give every man thine ear, but few thy voice;
Take each man's censure, but reserve thy judgment.
Costly thy habit as thy purse can buy,
But not express'd in fancy; rich, not gaudy;
For the apparel oft proclaims the man,
And they in France of the best rank and station
Are most select and generous, chief in that.
Neither a borrower, nor a lender be;
For loan oft loses both itself and friend,
And borrowing dulls the edge of husbandry.
This above all: to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man."

William Shakespeare from "Hamlet"

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Board members again passed a motion to hold a meeting with their district officers on F.W.I.O. Board producers.

Kits on "Knives", "Pots and Pans", etc. essential to good housekeeping, available to Junior and Senior Institutes on application to Home Economics Branch, 20 Spadina Road, Toronto 4.

Mrs. Bradbury, F.W.I.O.'s representative on United Nations Committee of A.C.W.W. reported by letter.

All money directed to N.C.W.I., Unesco Coupon #390, Hoodless Homestead, Pennies for Friendship, etc. should be forwarded through the provincial office at 20 Spadina Rd.

Spring Board Meeting will be held at the University of Guelph April 22-26, 1968.

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SILVER

Walter De La Mare

Slowly, silently, now the moon
Walks the night in her silver shoon;
This way, and that, she peers, and sees
Silver fruit upon silver trees;
One by one the casements catch
Her beams beneath the silvery thatch;
Couched in his kennel, like a log,
With paws of silver sleeps the dog;
From their shadowy cote the white breasts peep
Of doves in a silver feathered sleep;
A harvest mouse goes scampering by,
With silver claws and silver eye;
And maneless fish in the water gleam,
By silver reeds in a silver stream.

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DR. W. C. WINEGARD, President of the University of Guelph has announced that Dr. Janet Wardlaw has been appointed Associate Dean and Dean Designate of Macdonald Institute.

Dr. Wardlaw was born and educated in Toronto and holds a B.A. in Household Economics from the University of Toronto. From the Universities of Tennessee and Pennsylvania she holds a Master of Science degree and a Ph. D. For the past year she has been a Professor of Nutrition at the University of Guelph.

Dr. Wardlaw has been an active member of Toronto, Ontario and Canadian committees involved in the promotion of nutrition education for the public, as well as for the profession, those who are in charge of food services in hospitals and other institutions feeding people.

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WINTER BREAK

Archibald Lampman

All day between high-curved clouds the sun
Shone down like summer on the steaming planks.
The long bright icicles in div dwindling ranks
Dripped from the murmuring eaves till one by one
They fell. As if the spring had now begun,
The quilted snow, sun softened to the core,
Loosened and shunted with a sudden roar
From downward roofs. Not even with day done
Had ceased the sound of waters, but all night
I heard it. In my dreams forgetfully bright
Methought I wandered in the April woods,
Where many a silver-piping sparrow was,
By gurgling brooks and spouting solitudes
And stooped, and laughed, and plucked hepaticas.

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