



Charter members of the Woodford Women's Institute in Grey County North celebrate a fortieth anniversary. Left-right—Mrs. Alexis Duncan, Mrs. Perry Keeling, Mrs. Peter Morrison, Mrs. Elmore Woods, Mrs. Colin Spence, Mrs. George Best, Mrs. John Morris and Mrs. Robert Carr.

A member of a Constituent Society in Norway saw the item and wrote to the ACWW office for the address of the Federated Women's Institutes of Canada. Her letter has now reached that office. In it the writer tells of her interest in the story and goes on to say. "I would like to know the technique. My husband hunts elk in the Autumn and I am wondering if I could use their hair in the same way. May I please have the address of the Fort Providence W.I. as I would like to know how this embroidery is done".

It will be interesting to hear the result. Will an ancient Canadian craft be transplanted to another Northern Country? We hope to hear if the experiment is successful.

From the Sarawak Federation of Women's Institutes comes the news of the successful completion of their headquarters building. In the newsletter received at the office of the Federated Women's Institutes of Canada, Ottawa, from the Administrative Secretary, Che Rugayah Majid, she tells of the visit to the Centre of Her Majesty, the Raga Permaisuri Agong, and her royal party. The place was gaily decorated and a special exhibition of handicrafts arranged for the occasion. After touring the building and admiring the display, coffee was served and a gracious message given by Her Majesty. Through the kindness of the Ministry of Welfare, representatives from the various Divisions of the Federation could be present for this event.

In the newsletter, Che Rugayah also tells of courses held at their State Council Annual Meeting. A talk on "How to Plan Your Meals", was given by a lecturer from the Teacher's Training College. This was well illustrated with posters and pictures. Following this members were asked to plan their own

menu for lunch, with a given amount of food, and then to cook the dishes. "Each group turned out dishes which were very interesting as well as delicious", writes Che Rugayah, "and better still, it showed the members that they could plan a simple meal quite cheaply which contained a balanced diet".

The Sarawak Red Cross and the Kuching Fire Brigade also gave talks and demonstrations on first aid and safety, and how to use various fire fighting equipment.

This Federation is composed of five Divisions. Eleven new Institutes have been formed since July 1968, a total now of 158 groups, one of the newer Federations but one that is growing rapidly.

Many FWIC members will recall meeting Che Rugayah at the 1964 National Convention in Wolfville, when she and her husband were touring in Canada. She has been the Administrative Secretary for some time and this W.I. owes much to her energy and enthusiasm.

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CONTENTMENT

By Rosalie Garrett Peters

Cozy little house, open fire a-glowing,
Father with his pipe, mother with her sewing,
Sister doing problems 'neath the hanging lamp,
Bill and Ned still talking 'bout their summer camp.

I just lay a-thinking, like a boy will do,
Munching on an apple, tapping with my shoe,
Nice to have a fam'ly on a frosty night,
Makes me feel important and ev'rything just right.

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