



Past Presidents of the Little Britain Women's Institute attending their sixty-fifth Anniversary celebration standing, left to right, Mrs. Lenton, Mrs. Garrill, Mrs. Prouse, Mrs. Malcolm Emerson, Mrs. McMullen, Mrs. Jewel, Mrs. Rodman. Front — left, Mrs. Healy president, and Mrs. Jones.

## Home Economics and Health

**Fort Covington** — A program featured an address on the Ambulance Act and a demonstration of techniques used by a Rescue Squad.

**Burgessville** — A speaker from Ontario Hydro showing the film "Play It Safe" gave the members of this branch instruction on safe use of appliances etc. in the home.

**Ostrander** — Using the topics Shopping, Sales, Being a Wise Shopper, Discount Shopping and Second Hand Stores, a speaker presented up to date information at a branch meeting.

**Boggartown** — A display and a talk on Irish handicraft in Canada were interesting features of a meeting.

**Kettleby** — The members enjoyed a demonstration of wool dyeing, carding and weaving, and pottery-making at a branch meeting.

**Nobleton** — A talk on and a display of old dishes were of interest to members of this branch.

**Pine Orchard** — The mothers of two handicapped teenagers gave the members of this branch interesting information on the problems of such handicapped children.

**Seymour West** — Appetites were whetted at a branch meeting by a demonstration of cooking and baking hot biscuits.

**Streetsville** — "Rice" — Ontario Rice Products are Promising, The Story of Rice — was the theme of a meeting by the Convener of Home Economics and Health. Lunch featured rice cooked in various ways and cook books with recipes for using rice were given out.

**Union Street** — A paper — posing the question "How Important Are Crafts?" initiated a lively discussion for a meeting of this branch.

**Pine Grove** — A feature of a meeting was an open discussion with the subject "Benefits From Consumer Shopping Experience."

**Wooler** — Members of the Wooler Branch enjoyed an exhibition of the work done by the Girls' Homemaking Clubs. They saw garments made and modelled by the girls and attractive runners, wall hangings and other embroidered articles. Embroidery stitches were demonstrated and talks given on colour harmony and its use in planning and choosing items for the home.

**Dublin** — A recording of an address on Mental Health by a noted American psychiatrist, Mr. Murray Banks, was a program feature at a meeting under the convenership of Home Economics and Health.

**Rocklyn** — Roll Call — "How rejection affects a child, an elderly person or a person of a different colour, race, or creed."

**Ruskview** — The motto, "Dare to Make Mistakes," served as an introduction to a talk on our attitude toward the making of mistakes. The speaker said, "Without an intelligent use of mistakes we would never go on to master any skill."

**Beeton** — Motto — "Education is not something to prepare you for life. It is a continuous part of life." The Roll Call, "Should an 18 year old vote?" was the introduction to a discussion on this subject.

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### A PRAYER FOR TODAY

This is the beginning of a new day.  
I can waste it or use it for good.  
What I do today is important because  
I am exchanging a day of my life for it.  
When tomorrow comes, this day will be gone  
forever,  
Leaving in its place something I have traded for it.  
I want it to be gain, not loss, not evil, success not  
failure  
In order that I shall not regret the price that I  
paid for today.

Author Unknown.

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The hardest lesson we learn in life (if we ever do learn it) is simply to leave other people alone, to stop bugging them and trying to change them. The only person in this life you can ever change — and it's hard work at that — is yourself.

Richard J. Needham,  
Columnist Toronto Globe and Mail

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