

Women's Institute Branches in the Districts of North and South Waterloo County participated in a project at Doon Pioneer Village. The Women's Institutes planned a handicraft exhibit. Examples of the quilting arts were displayed including patchwork designs, appliques and liquid embroidery. One quilt had an original Centennial theme combining all three techniques. Other hobbies such as rug-making, embroidery and knitting were featured.

Tweedsmuir Histories were displayed along with prized family heirlooms. Each week members took turns selling home baking, jams and jellies, sandwiches and coffee.

The Use of the Spoken Word

Everyone recognizes the need to choose a language which is understood by the listener but it is not always realized that the appropriate choice of words is also very important. For instance, it is of little value telling people who do not understand what a germ is, that disease is caused by "the invasion of the human body by pathogenic organisms." That may sound an extreme case; it is much more common to hear teachers telling groups about "proteins, carbohydrates and fats" when the group does not even understand why the body needs different kinds of foods.

The teacher should always remember that he is teaching people ideas which are often quite different from the present culture and beliefs. He must use simple words and simple explanations the group can understand, and any comparisons he makes must be with things the people already know.

It must also be remembered that there are limits to what speech alone can teach. For example, it is difficult to teach a mother how to mix food for a baby without her seeing it done.

Sometimes nutrition education as practised appears to be too much concerned with talking and too little with doing. People must be told new ideas and new ways of doing things, at the right time and in the right place, but the limitations of speech used by itself should always be considered.

There is an old Chinese saying:

"If I hear it, I forget,
If I see it, I remember,
If I do it, I know."

This is true. People do forget what they only hear because the human brain finds it difficult to remember all it hears. People can

learn and remember better if they can use their eyes as well as their ears. But people learn and remember best of all when, having heard and seen they are encouraged to take part.

Always remember:

Talk,
Show,
Do it together,
Do it alone.

Tale With a Twist

10 little drivers, cruising down the line; one had a heavy foot and then there were nine.

Speed limits are set for your safety.

9 little drivers, the hour was getting late; one dozed a moment, and then there were eight.

A tired driver is a dangerous driver.

8 little drivers, and the evening seemed like heaven; one showed his driving skill, and then there were seven.

Drive sensibly and sanely at all times. A car is no place for a clown.

7 little drivers, their lives were full of kicks; one bought a bottle and then there were six.

Gasoline and alcohol are a deadly mix. Don't drink when you drive.

6 little drivers, impatient to arrive; one jumped a traffic light, and then there were five.

Don't gamble years of your life to save a few seconds.

5 little drivers, wheeling near the shore; one viewed the scenery, and then there were four.

Careful driving demands alertness at all times.

4 little drivers, happy as could be; one passed upon a hill; and then there were three.

Never pass another car when your vision is obscured.

3 little drivers were busy, it is true; one neglected car repairs, and then there were two.

For safety's sake, always keep your car in top condition.

2 little drivers, and day was nearly done; one didn't dim his lights, and then there was one.

Slow down for dusk or darkness; adjust your driving to existing conditions.

Yes, 1 little driver who's still alive today; by following the safety rules, he hopes to stay that way.

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Self-understanding is a first step towards emotional maturity; and to rid oneself of childish reactions and attitudes is necessary if one is to become emotionally secure.