



Miss Janet Glover, a member of the Percy White School 4H Club and recipient of the East Northumberland District Women's Institute Scholarship.



Miss Carol Ashworth, a recipient of Advanced Honours when she completed the project "Accessories For The Bedroom" at an Achievement Day, Arva, Ontario.

## *Marriage for Moderns*

In 1970, York Road W.I. in East Northumberland, undertook a challenging venture. As a community project they presented a series of five information evenings entitled *Marriage for Moderns* — How to live happily ever after (or the next thing to it!) These programs were planned directly for young couples thinking of marriage, or newly-married. "Old" married couples and teenagers were also welcome and many came. Guest speakers, displays, panel discussions and films contributed to a successful project.

The first evening, entitled "More for Your Food Dollar" included a demonstration by Mrs. Trudie Miller, a Home Economist member of the Institute, on inexpensive cuts of meat — how to cut and prepare them for different meals. Slides on "Food Buying", loaned by the Department of Health and Welfare, were presented by Mrs. Myrna Leuty, another Home Economist member. These compared costs of food servings and the best foods for the best prices. The County Home Economist, Mrs. Karen Fitzsimmons, discussed grading

and labelling. Members of the audience were invited to judge flavour and appearance of various unlabelled products. Grades and prices were discussed afterwards with some surprising conclusions. One display showed how a shopper could save \$1.75 on six items at the supermarket by buying store brands.

The second program, "Home Furnishing on a Shoestring" was directed by a young Interior Decorator living in the community and through the use of an overhead projector described and illustrated simple, inexpensive tricks to furnish an attractive home — many instances of turning something old and useless into something new and beautiful. Charles MacGregor, Farm Management Specialist with the Department of Agriculture and Food, also took part in this program, covering the topic of Credit Buying.

The third evening was entitled "How to be Happy Though Married" (or how to get along with your mother-in-law). The speaker was Rev. Lt. Col. Hedley-Smith from the Canadian Forces Base, Trenton. In his talk and the use