



From left — Mrs. Wes Black, District President Victoria West, who presented Advanced Honours certificates to Miss Marion Lloyd and Mrs. Margaret Bruce. Mrs. Earl Thurston received the 5-year Leadership Award from Miss Christine Hoffman (not pictured), Home Economist for Victoria and Peterborough Counties.

Ed. Note — Once again I want to express to the Public Relations Officers, the Secretaries, and many members my sincere appreciation for the wonderful response to my appeal for press clippings, stories and black and white pictures for use in Home and Country. It once again proves that Women's Institute members are the most helpful people in the world.

I am sorry though that I have to make an apology to many of you. This has been a momentous year in Women's Institute History. Every branch, almost every member, the Districts, Subdivisions and Areas are celebrating this year and so many stories and excellent pictures have come to me that for this issue I cannot possibly use them all. If I haven't yet acknowledged your letters please be patient and I'll get to it as soon as I can. I will be using your news and pictures as soon as I can. Please continue to send me your press clippings and stories. All of your contributions help me to give you a better picture of the Women's Institute activities in all parts of Ontario.

★ ★ ★

"I never really look for anything. What God throws my way comes. I wake up in the morning and whatever way God turns my feet, I go."
—Pearl Bailey

★ ★ ★

"You cannot be everything; why not be what you are?"
—Santayana

★ ★ ★

"Some people pursue unhappiness, because happiness is too mild a sensation. Unhappiness is more dramatic — or, rather, melodramatic — and they see themselves at the centre of the stage."
—Coco Chanel

★ ★ ★

General Suggestions for the Prevention of Farm Accidents

1. Lift and handle heavy objects in a way to avoid strain or possible back injury or hernia. Bend the knees not the back.
2. Protect hands — wear leather gloves.
3. Protect eyes from dust and chaff — wear safety goggles.
4. Protect feet — wear safety boots or shoes.
5. Protect head — wear a safety hat where there is danger of bumping your head, being struck by falling or flying objects or a fall or slip.
6. Wear a dust mask when working in heavy dust or chaff.
7. Protect skin and head from hot sun, and don't work too long a time in a hot, confined place.
8. Ensure that nightfall does not catch you on the road without adequate safety lighting.
9. Take an occasional break with refreshments. This will keep energy up and accident-producing fatigue down.
10. When working with machinery be constantly alert.
11. Pay attention to safety precautions marked on equipment.
12. Only the operator should be around power machinery.
13. Give serious thought to safety features when buying equipment.
14. Read and be familiar with instruction manuals.

★ ★ ★

He has achieved success who has lived well, laughed often, and loved much.

★ ★ ★



Some members of the Highland Park Women's Institute celebrating the 75th Anniversary. Back row — from left — Mrs. C. McGregor, Mrs. J. Dunne, Mrs. R. Brunet, Mrs. W. Webb, Mrs. H. Johnstone. Front row — Mrs. J. Bennett, Mrs. J. Kelly, Mrs. R. Archibald, Mrs. J. LeClaire and Mrs. P. Dohon.