

15. Prepare for a safe work day by getting enough rest, dressing properly, working at a pace within your physical abilities, and postponing machine operation if you are sick, taking strong medicines or are emotionally upset.
16. Wear comfortable, close-fitting clothing which has no loose ends to catch in machinery and which provides adequate protection from strong sun, dampness or cold.
17. In hot weather, drink plenty of water and take extra salt to make up for perspiration losses.
18. Obey traffic rules and regulations when moving farm equipment or hauling produce on public roads. Stop before entering roads to check traffic and clearly signal intentions in plenty of time before turning off into roadways or fields, mark equipment being operated on public roads in accordance with provincial regulations and use the SLOW MOVING VEHICLE EMBLEM.
19. Avoid rush or hurry. This is a major cause of accidents. Operate tractors and farm machinery only as recommended by the manufacturers. When transporting or towing, use speeds appropriate to weather or operating conditions.

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HAPPINESS IS . . .

This catch-phrase has "caught on" with our family. Our favourite is about our spaniel who leaps, bounds, wiggles and shivers with delight when he realizes we're starting off on a stroll down the lane —

Happiness is a walk!

Our family Sunday breakfast is a weekly highlight. Recently our hungry first born came tearing down the stairs with

"Happiness is food!"

When you think these out, they are so simple — to be free, to be well fed. How lucky we are. We spend so much time and energy worrying and fretting about our problems — the mortgage, college expenses, new equipment purchases (that actually can only be solved by time and steady effort) — that we forget to pause occasionally and enjoy the little happinesses on the way. Which brings to mind the old maxim: Happiness is a journey, not a destination.

Recall what have been your happiest times. Aren't they made up of spontaneous moments of delight?

from the Bethany Women's Institute

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Left — Mrs. Russell Millar, Board Director, presenting Provincial Honours Certificates to Jane Goulding, Karen Woolgar and Donna Kennedy at an Achievement Day in Burk's Falls.

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When sorrow reaches its climax, joy is not far away.—Yugoslav Proverb

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MRS. HAGGERTY

It was with sincere sorrow that Women's Institute members in Ontario, in the other provinces, and the North West Territories learned of the death of the beloved Annie Haggerty.

Mrs. Haggerty was a dedicated member of the Women's Institute starting as a member of the Napanee Junior Women's Institute and then going into the Senior organization. In her own County and Area she served in many capacities and was elected F.W.I.O. President in 1956. In 1961 she was elected President of the Federated Women's Institutes of Canada.

For many years she was a 4-H Homemaking Club Leader and still found time to be active in her church and its organizations. She was active in promoting the Lennox County Historical Museum.

In 1963 Mrs. Haggerty was chosen by the Napanee Business and Professional Women's Club for her outstanding leadership. She was presented to Queen Elizabeth II and Prince Philip in 1967 and was the recipient of a Centennial Medal.

Mrs. Haggerty died on April 19, 1972 and is buried in the Haggerty Family plot in the Napanee Cemetery.
