

Wainfleet Junior Women's Institute

The District President of Welland East, Mrs. Harry Rhora, conducted the election of officers last September for the new Junior W.I. branch to be known as Wainfleet.

Mrs. Donald Vogt was elected President, Mrs. John Malowany, Secretary Treasurer, and Mrs. Terry Minor, P.R.O. During this meeting, plans were made for the remainder of the year.

A demonstration on cake decorating at the October meeting was most informative.

November — there was a display of many books on arts and crafts followed by a discussion on the wide selection of books and films available at the Wainfleet Library. Owner of a local gift shop gave tips on candlemaking and demonstrated how to make many Christmas decorations.

December — A Christmas smorgasbord, when each member brought copies of the recipe of the dish she had prepared for the meal. The recipes were sold and the money went into the treasury. Much enjoyment was derived from an exchange of gifts and baking.

The Wainfleet Branch has been asked to host the Spring meeting of the Junior Women's Institutes of Ontario. All members agreed that it would provide the opportunity to meet and talk with members of other Institutes in the Province. This meeting will be on April 27 at the Wainfleet Community Hall.

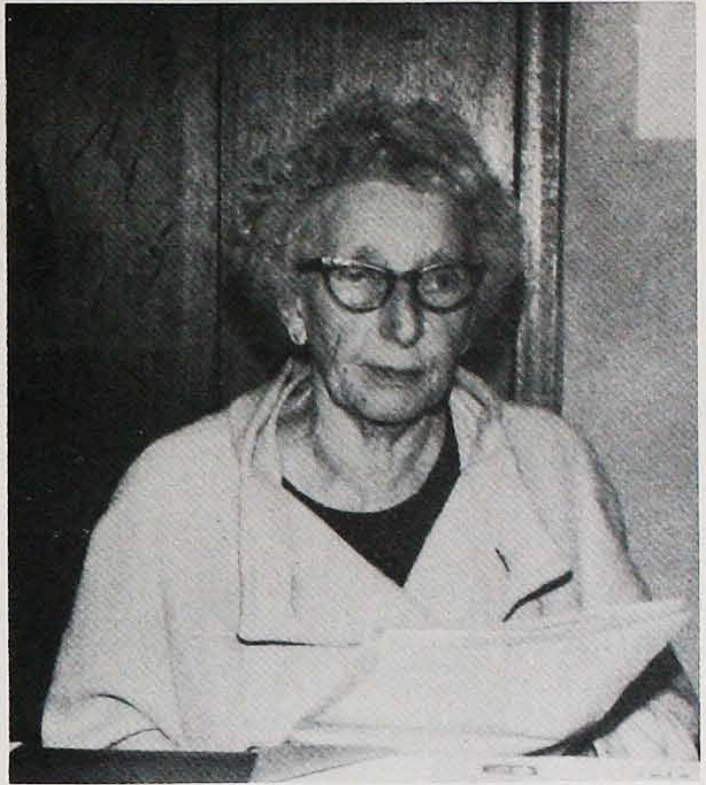
Nutrition Workshop

Dr. Ethel Chapman recently reminded us of an editorial that was written by the late Mrs. Maryn Pardy and which read in part — "The Women's Institute . . . is an organization to involve you, to stimulate you, to activate you, to provide you with opportunities for service." This statement seems especially appropriate now, when the Women's Institute organization is placing emphasis on nutrition education as one of its projects. To help develop this program, the Home Economics Branch is offering a workshop on nutrition for the year 1974-75.

The recently completed country-wide survey, Nutrition Canada, pin-pointed the nutritional problems of Canadians and indicated where the remedies may lie. The proposed workshop will use the results of this survey as a basis for discussion and will take an in-depth look at the food we eat and its effect on our health and the quality of life.

The planning for these seminars will be set up this winter by the Home Economics Branch, Foods and Nutrition staff. "Mission Nutrition," "Table Talk" (or whatever the title) will be launched in the fall of 1974 through 1975. The all-day meetings will feature a wide range of topics relating to nutrition and food habits including any special interests of individual groups. Free wheeling audience participation will be the order of the day.

We would like to see as many women in the community as possible attend the seminar. Details of how to apply will be made known at a later date.



Mrs. R. A. Miller, First District President Haldimand West, 60 year member.

West Haldimand Women's Institutes paid tribute to their first President, who was the special guest at this gathering, when she celebrated her 80th birthday as well as 60 years of membership in the Women's Institute.

Her interest in history has always been keen and she was one of a group responsible for the writing of the "History of West Haldimand Institutes."

Always interested in the community, she has played a leading role over the years in many organizations and during the presentation of a gift it was said of Mrs. Miller, "She was always a person to get things organized and make them work."



Mrs. Percy McMullen, River Valley W.I., receiving life membership from daughter Mrs. Sid Demorest.