

## Nutrition continued

nificant number of school classes attended the over 100 workshops held throughout the province from Kenora to Cornwall, Cochrane to Cottam. Press coverage and co-operation was almost in every instance, exceptional.

At this time, I would like to thank all of those countless people who helped with the workshops, whether their contribution was big or small, for it takes many to accomplish this kind of successful undertaking. And we do feel that on the whole this programme was successful. We wanted to create an awareness about nutrition and have people look at their food habits and know what to do, should there be shortcomings. The results indicate success. Thank you for all your help.

All of these comments are just some of the highlights which you might be interested in reading about. If you have questions or would like further information please write me.



*Silk's Ruth Sayre WI 25th Anniversary. L — r back row Mrs. Doug Brayford, Mrs. Harry Lyons, Mrs. Chas. Firth, Mrs. Trueman Thompson. Seated l — r Mrs. Raw Lyon, Mrs. Margaret Silk. All received life memberships.*

### SILKS' RUTH SAYRE ANNIVERSARY

Approximately 60 guests were welcomed by the President, Mrs. Doug Brayford, to the 25th Anniversary celebration. A special thanks to Mrs. Henry Smith for a beautifully decorated cake, which was flanked with candles and Spring flowers to carry out the Institute colours.

Special guests, FWIO Board Director Mrs. Gerald Holder; Mrs. Irwin Maltby, Past President Central Area; Mrs. Walter Braiden, Dufferin South President; Mrs. Eldon Orr, President; and Mrs. Howard Gallaughter, Past President, both from Dufferin North.

Organizers of the Branch in 1950, Mrs. Maurice Jones and Mrs. Delmar Stewart, both expressed pleasure and offered good wishes.

A highly amusing skit with Mrs. Chas. Firth as commentator and the charter members as participants depicted how the idea for the Institute originated. All the members joined in for the second act to play out the first meeting.

**BLUEVALE WI** — Conservation was the theme used by Mr. Ian Deslauriers of the Maitland Valley Conservation Authority. He explained the work of the Authority and showed slides depicting the various goals and projects that were in view.

## THE TRAVELS OF A WI COOKBOOK

A cookbook of treasured recipes travels half way around the world? It happened recently. The promoter of the Norwood Women's Institute cookbook Rose Heffernan of Norwood was overwhelmed when she heard that one of these books had reached a Fuzefeld Women's Institute member, Mrs. F. G. Dixon of Hertfordshire, England.

At a recent meeting of Norwood Women's Institute, Mrs. Heffernan presented a letter from Mrs. Dixon telling how Mrs. Dixon's daughter, Mrs. Malsch of Peterborough had sent a clipping from the newspaper which told about Mrs. Heffernan and Mrs. Rodden of Norwood compiling the volume of home tested recipes.

Mrs. Dixon tried to get in touch with Mrs. Heffernan. Using the information gained from the newspaper clipping the letter arrived at the newspaper office and someone forwarded the letter to the Norwood correspondent (Annie Deen) who immediately called Mrs. Heffernan. The Norwood branch passed a motion to send a complimentary copy to Mrs. Dixon.



*Reception at the home of Mrs. W. Stolys for Australian visitor. L — r Mrs. Walter Green, PRO; Mrs. C. Birney, President; with guest Mrs. Evelyn Chapman.*

### AUSTRALIAN VISITOR

The Caistorville Women's Institute had Mrs. Evelyn Chapman, a craft director of the Women's Association of Australia, as a guest in August.

Mrs. Walter Green and Mrs. Lawrence of Caistorville WI have for some years corresponded with a member of the Waiaa Group in Victoria, Australia and this served as a connecting link. Mrs. V. Dutkosh provided transportation including a trip to the Erland Lee Home. Mrs. W. Green entertained Mrs. Chapman at luncheon and Mrs. W. Stolys was hostess for a reception and tea at her home for W.I. members and friends at which Mrs. Chapman spoke on Australia and showed pictures.

Our guest took time for a brief visit to see Mrs. Lawrence, our most senior member of 92 who was confined to hospital, after which she was entertained to dinner at Stoney Creek before leaving for Toronto.

**MANOTICK WI** — visited the Turkish Embassy and met the Ambassador and his wife. Much was learned about Turkish women and their families and life styles. Each member was presented with a copy of "Women in Turkey" and "The Reforms of Ataturk". Ataturk is recognized as the Father of Turkey since 1923.