

For Your Information

Here Comes the Sun



The Sun, Your Baby and You, a new publication from Health and Welfare Canada, explores some common myths and misunderstandings about

suntanning, and offers such practical advice as how to dress babies and young children to protect them from the sun, and how to choose and use sunscreen. Copies of this eight-page booklet are available free from Publications Distribution Unit, Communications Branch, Health and Welfare Canada, Ottawa, K1A 0K9, (613)952-9191.

A Good Laugh!

Do you recall the account or anecdote associated with your most memorable laugh? Joyce Hibbert, a freelance writer from Kingston, would like to hear from you about this lighter and fun aspect of female life. She hopes to get a cross-Canada representation. Correspondents whose letters are used will receive acknowledgement. Send your - amusing to hilarious - tales to Joyce Hibbert, 867 Pembroke Cres., Kingston, Ontario, K7M 6B5.

Preserving Ontario's Harvest



"Preserving Ontario's Harvest" is the Ministry of Agriculture and Food's newest book on making jams, jellies and preserves, and canning Ontario fruit and vegetables. It offers step-by-step procedures - and great recipes - for preparing

the products that are in season now for you to enjoy all year round. For your free copy write to the Ontario Ministry of Agriculture and Food, Information Centre, 801 Bay Street, 1st Floor, Toronto, Ontario, M7A 2B2.

Pen-Friends Wanted



Branches of the South Australian Country Women's Association are seeking Canadian Pen-Friends. Establish a link with one of these

Branches and learn how women in another part of the world live. And share your thoughts and ideas on all aspects of life in Ontario. Any interested Women's Institute Branch in Ontario please contact Doreen Winton, Wilson Road, Mylor, South Australia 5153.

Pick Your Own

For your free copy of the 1993 *Pick Your Own Guide* contact the OMAF Information Centre, 801 Bay Street, 1st Floor, Toronto, Ontario, M7A 2B2, (416)326-3400, or the Ministry of Tourism & Recreation at 1-800-Ontario (314-0944 in Metro Toronto).

In Good Taste

To commemorate their anniversary, the Ontario Greenhouse Vegetable Producers' Marketing Board (OGVPMB) has produced a cookbook - the *"25th Anniversary Collection."* The collection includes a combination of Foodland Ontario's "home-tested," recipes as well as those developed by the OGVPMB, and storage and handling tips for cucumbers and tomatoes. The cookbook is free from the OMAF Information Centre, 801 Bay Street, 1st Floor, Toronto, Ontario, M7A 2B2.

Part-time Position

A part-time, volunteer position to assist the Federated Women's Institutes of Ontario Executive Secretary is available. It may lead to paid employment. The applicant must be available two or three days a week, have their own transportation, have good communication skills - both written and verbal, be self-motivated and a good time manager. Computer knowledge would be beneficial. Contact Anna Jackson, Executive Secretary, FWIO, Box 1030, Guelph, Ontario, N1H 6N1, (519)767-3510.

Unclaimed Table Runner

A crocheted table runner that has gone unclaimed since the last Quilt Fest is at the FWIO office in Guelph. Does it belong to you?

FWIO Supplies Price List

FWIO Badge (Oval)	\$9.00
ACWW Badge (Green)	\$4.50
Year Pins	
(10, 20, 30, 40).....	\$2.50
Year Pins	
(25, 50, 60).....	\$5.50
Coffee Spoon	
(Silver Plate, crest)	\$6.00
Rubber Stamp	
with WI Crest	\$11.00
Embossed Blue & Gold	
Gum Crests (100)	\$2.75
Centennial Gum	
Crests (100)	\$3.95
District Minute Book	\$17.00
Membership Cards	No Charge
FWIO Brochures	\$2.00
Calling All Women	\$0.20
Posters	\$2.25
- Postage up to 10	\$2.25
- Artist Signed Posters	\$5.50
WI Hasti-Notes	
(Pkg. of 10).....	\$3.00
Bicentennial Hasti-Notes	
(Pkg. of 6).....	\$1.25
Pattern of WI Crest	
(3-piece set).....	\$2.25
Mary Stewart Collect	\$1.00
Portrait of Adelaide	
Hoodless	\$3.00
Portrait of Erland Lee	\$3.00
FWIC Cookbook	\$13.00
- Postage up to 9 books	\$2.00
- Postage of 10 or more	\$3.00
Placemats (100).....	\$10.00
Tweedsmuir Manual	\$2.25
Resolutions Manual	\$3.00
Handbook	\$5.00
- Postage of 1 book	\$1.25
- Postage of 2 or more	\$3.00

The above FWIO supplies can be obtained from the FWIO Office, P.O. Box 1030, Guelph, Ontario, N1H 6N1. Please write your name, Branch, District, Area and phone number on your cheque when ordering. GST is included in all prices listed.