

Health and Safety Topics at Belmont W.I.

A Health and Safety program, convened by Mrs. William Chard, was presented at the regular meeting of the Belmont Women's Institute, held in the Township Hall on Thursday last.

Mrs. Chard gave two papers—one of Health, and one on Safety—stating that proper diets, exercise, hygiene, etc. result in good health, and how, for safety's sake, to take care of poisons, insecticides, electrical wiring, etc. She also gave humorous readings from an old treasured book.

A reading was also given by Mrs. Hazel Hartin, "As We Forgive", and several violin and harmonica selections were given by Mrs. Frank Elmhirst accompanied at the piano by Mrs. William Anderson.

Comments on the motto, "Health is wealth, do not bottle it up", were given by Miss Violet Scott.

The president, Mrs. Edward Barker, presided for the business session. The regular euchre parties will continue on Tuesday nights, and the Havelock Branch extended an invitation to join with them for the short course, "Fashion Cues for You" on March 22nd. Senior Summary Day for "Ontario Fruits" will be held on January 25th. Reports from committees were all very favourable.

A social tea hour was enjoyed with Mesdames Donald Clark,

4-H Club Meetings

BELMONT *March 1965*

The third meeting was held at the home of Mrs. Wright on Saturday, March 6. The 4-H Pledge opened our meeting. The roll call was answered by all girls present.

Joy Wright, assistant leader, demonstrated how to make lapped seams, French seam and stay-stitching. Then each girl had to make a sample of each. The collection was taken up and the Benediction brought the meeting to a close.

Lunch was then served. The next meeting will be held on Sat., March 12 at 2 p.m. at the home of Mrs. Wright.

Miss Patricia Wray will visit our Club on March 20th at 10 a.m.

The fifth meeting of the Jolly Sleepers was held on Saturday, March 6 with all members present. We opened with the 4-H Pledge. Each girl made a sample of stay-lining, and under-stitching for their Record Books. Miss Wray is coming on March 20th to meet the girls and see the work they have done.

Belmont 4-H Club News

Oct. 1965
The first meeting of the Belmont 4-H Club was held on Sept. 25th at the home of the leader, Mrs. John Minnie. The topic for this unit is "The Club Girl Stands On Guard."

There were nine girls present for the first meeting. It started with the 4-H Pledge. The election of officers was held with the following results.

President, Sally Mack; Vice-President, Heather Harris; Treasurer, Helen Reynolds; Press Reporter, Donna Wood.

Anyone else wishing to join please notify Mrs. John Minnie or Mrs. Earl Keene.

The second meeting was held on Oct. 2nd at the home of the assistant leader, Mrs. Earl Keene. The meeting started with the 4-H pledge. "The Club Girl Keeps Fit Mentally" was discussed. Demonstration was "Qualifications of a Good First Aider."

The next meeting will be held on Oct. 9 at the home of the leader, Mrs. John Minnie.

Belmont 4-H Club News

Nov. 1965
The members were invited to spend the 7th 4-H meeting with the Havelock group on Saturday at the Town Hall. The 4-H Pledge was repeated in unison to open the meeting. Miss Quinn, Peterboro County Health nurse, spoke on treating open wounds, fractures and burns. Demonstrations were given on properly applying a triangular bandage in the form of a sling, and on artificial respiration. A lovely lunch was served by the