

Comforts and Christmas presents had been sent to the soldiers and a prize given for school exhibits at the fair. An honorary member, 83 years of age, had knitted seven pairs of socks.

White Lake gave \$75 to Red Cross; engaged a trained nurse for a needy sick person.

Bromley contributed to Red Cross and conducted a skating rink. Bonnechere Valley (Mrs. G. F. Cardiff, president; Miss A. Jamieson, secretary) netted 389 at a social. taxed the members for prisoners of war, had a sale of pins and flags, contributed " to Children's Shelter, support of a nurse, charitable purposes, children's prizes, foot-bridge over Bonnechere and sent flowers to the sick.

Goshen (Mrs. M. D. McLaren, president; Mrs. W. Miller, secretary;) held regular meetings at which seven papers were read and contributed to Red I Cross and other causes. Burnstown (Miss Agnes McLachlan. president; Miss JI. j. Forrest, secretary;) had a good year financially, but small attendance at meetings. A social added (75 to the funds. Expenditures were for Bed Cross, school prizes. flowers for sick. North Horton (Mrs. J. C. Cole president; Miss Lizzie Cole, secretary;) membership has doubled from its beginning. A dilapidated hall was removed, realizing \$32,00, and the school were cleaned as a beginning to beautify their district; large quantity of jam sent to the soldiers. Glasgow (Mrs. Johnston, president; Mrs. Hamilton, secretary) reported progress and a spirit of harmony. A very successful science class had been held, food and clothing sent to the shelter and an autograph quilt sold.

Pine Grove (Mrs. Alex. McNab, president, Miss Alice Fraser, secretary gave a prize for jams which were afterwards sent to the soldiers, contributed to the hospital ship. After refreshments for lunch, Mrs. ~~\_\_\_\_\_unclear\_\_\_\_\_~~ complimenting the branches on the work reported gave a short talk on the benefits of Institute work, the broadening of the minds, the bringing together of the members and its social effects. We had not had to sacrifice in this land of plenty, but if doing what we can are helping, just as much as those at the front. The kind of country we have depends on the kind of homes we have and the motto "For God and Home and Native Land" should ever be before us. Then her talk on "Health Culture" was proceeded with. The rejection of so many of our soldiers as physically unfit was due to wrong food. We need to know food values to build up a foundation for good health. We need food values to build up a foundation for good health

Children often get the food of adults, food too heavy to digest. The breakfast of pioneer days—porridge and good milk —was a splendid building food. They had none of the luxuries of today. The best was taken out in the flour of today. Graham flour should form part of an everyday diet.

Many were selling the cream and eggs to city people to save a few dollars and paying for medicine instead of using lots of these things to keep the machinery of their ordinary vegetables, spinach, cress, lettuce, onions, dandelions, asparagus, we had all the medicine we need. Prizes should be given for children's vegetables. Carrots were one of the best blood purifiers, lettuce a cure for insomnia, tomatoes acted on the liver, turnips a laxative onions contain salts, potash, albumen. Overwork was another cause of ill-health. If we overwork we are doing it for others who will soon take our places. Rest should be taken each day. Deep-breathing, frequent bathing, were also necessary, as well as good ventilation.