

Institute Grace

was composed by Mrs. Clara Lintell of City View & Merivale Institute. The tune is Old Hundred. It was submitted to the Provincial Board by the Ottawa Area for consideration at the annual meeting November 1950. The Board recommended that this grace be used at Women's Institute functions.

Ode The origin is not ^{known}. It has been reported that it was used by the "Sons of Temperance" in Stroud, Simcoe County, in the late 70s.

For Home & Country - at a convention held at Guelph, the subject of a motto was discussed and several members were asked to submit a suitable one. Mrs. Adelaide Hoadless & Miss. Urie Wilson, Dean of MacDonalld College were chosen to be the judges. Laura Rose Stephen related that as she sat in the back of her mother's parlour ^{at 25th Glasgow St.} that evening she penned 4 words "For Home & Country". Later the judges decided that these 4 words be our motto. This was in 1902. Since then the motto has been universally adopted. Speaking at a later time Mrs. Stephen said "Do not stray too far from the first phase of our motto - For Home - and devote too much time to the second phase - Country. The first is the foundation on which the second is built."