

In the Fall of 1970 Kairshea Institute sent two ladies to Walkerton (Alice Ritchie & Freda MacInnes) to take the short course "The Main Dish Makes The Meal". They then returned to tell the rest of the ladies all about Meal planning, Vitamins, Protein etc. We learned to ~~make~~ Split pea soup with Corned beef, Cheese souffle and many other main dishes. Sixteen ladies took the course and many attended Summary Day in February at Walkerton. The ladies in the picture at right are; Back row-Alice Ritchie, Eva Burt, Margaret Keith, Muriel MacKenzie behind Marion MacKinnon, Mary Lavis, Doris Eadie, Hannah Hartemink (holding Monica) Marjorie Wall, Ann MacDougall, Mrs. Eldon Welsh, Front row- Marion Campbell, Margaret Collyer, Elizabeth Dickie, Stella Irwin, Mamie Roulston, and Jean Hughes. The picture was taken by Freda Mac Innes at her home.



12 ladies each holding a letter of the title Ontario Fruit sang this song at the Summary Day for Ontario Fruit, held in Teeswater on Dec. 1, 1971. The leaders for the course were Margaret Keith and Alice Ritchie. Tune- School Days

1. Fruits, fruits, fruits, fruits, good Ontario fruits.

Cherries and apples and plums and grapes,
 Berries and rhubarb, all colors and shapes.
 Picked in season, you freeze 'em.
 Can them, preserve them, make into jam.
 So good in pastry, batter or stew.
 Served in salads so good for you.

3. Peaches, peaches are a special treat
 Salads and cocktail we like to eat.
 Pie is a favorite of those we meet.
 Freeze them and can with sheer delight
 And they are truly a beautiful sight
 So rush to your market when they are
 the best
 And you will be sure of a guest.

2. Apples, apples, rosy red apples,

Peel them, and cook them or eat them raw.
 They are the greatest you ever saw.
 Puddings and pies and cobblers too,
 These are delicious for any do.
 So look for the label S.C.A.
 And buy a bushel to-day.

4. Kairshea, Kairshea, that's where we are
 from,
 Twenty-seven ladies to our meetings did
 come,
 On two different evenings to learn and
 have fun.
 Margaret and Alice our leaders did share
 Their skills at cooking dishes so fair.
 At Ontario Fruit we had a great time,
 We hope yours was just as fine.