

*Oct. 1955*  
**Grandmothers Sing  
Old-Time Melodies**

**DENTAL HEALTH  
WAS W.I. TOPIC**

"The Dental Health of Children" was the subject discussed by Dr. Jas. E. Little at the Mothers' meeting of Lucknow W.I. in the Recreation Centre. He emphasized the fact that prevention of dental diseases was much more important than repair work. He pointed out that abnormalities during the first year often affect the health through life and that the health of the permanent set of teeth depends on the care of the primary set. He condemned the consumption of too much sweets as candy, cookies and soft drinks for dental decay and also for causing lack of appetite for more nourishing foods as milk and fruits. The importance of brushing the teeth and rinsing the mouth immediately after a meal should be early instilled as bacteria become active twenty minutes after eating.

LUCKNOW — Grandmother's Day was observed at a meeting of Lucknow Women's Institute held in the Recreation Centre with Mrs. C. Cook presiding. Grandmothers were presented with corsages and welcomed by Mrs. V. Mowbray. With Mrs. G. MacDiarmid at the piano they were led in a grand march by two majorettes, Nancy Forester and Patricia Thompson.

A group competition for the grandmothers in singing old-time songs was enjoyed with Miss Margaret Rae as judge. The prizes were won by Mrs. J. Joint, Mrs. P. Stewart, Mrs. E. Roach and Mrs. P. McCall. The prize for the oldest grandmother present went to Mrs. W. MacKinnon, Toronto, a guest of Miss J. Lyons. A former Lucknow resident, she is 90 years old.

Dr. J. Little, accompanied by Mrs. MacDiarmid, entertained with violin music and Mrs. M. Webster on the auto harp and Mrs. A. Havens on the harmonica, accompanied by Mrs. W. Kilpatrick, gave several numbers.

Roll call was answered by "The oldest thing I own" and some interesting items were displayed. Mrs. A. McNay gave the motto, "Old age is when we lose the desire to accomplish something," and Mrs. A. Sutherland read a poem.

Highlight of the meeting was a debate, "Resolved that women of 50 years ago were happier than women today." Miss Mary MacLeod and Mrs. G. Kennedy supported the affirmative and Mrs. N. MacKenzie and Mrs. Jessie Allan the negative. The judges, Mrs. M. Henderson, Mrs. H. Treleaven and Mrs. S. Stuthers, gave their decision in favor of the negative.

**INTERESTING CHRISTMAS  
MEETING HELD BY W.I.**

*Nov 23*  
A large crowd assembled in the Recreation Centre on Friday afternoon for the Christmas meeting of Lucknow W.I. Mrs. C. Cook presided for the business session and Mrs. A. Havens read the correspondence and gave the financial standing. Mrs. W. Joynt and Mrs. A. MacNay gave reports of the committee in charge of the painting of the south wing of the Centre which was financed by the W.I. and which greatly added to the attractiveness of the room. The roll call was answered by donations for the Christmas cheer boxes for shut-ins.

Mrs. A. Struthers presided for the program and carols were sung with Mrs. G. MacDiarmid at the piano. The nativity story from scripture was read by Mrs. Edna Robinson. Mrs. E. Taylor read a fine article on Christmas

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observance stressing the need for keeping in mind the real significance of the day. Mrs. G. Meiklejohn played a piano solo and Mrs. O. Jones and Miss Margaret Rae sang a duet.

Mrs. W. Welsh gave a delightful description of how Christmas is celebrated in Bonnie Scotland where there is much genuine gladness and no lonely ones are forgotten. The topic, "Every privilege carries a responsibility", was discussed by Miss Dean MacLeod who spoke of it as being a very suitable subject for this festive season. Jane Joynt and Karen Mowbray sang a duet accompanied by Mrs. W. Joynt. Mrs. A. Struthers conducted a contest. The hostesses for the meeting, Mrs. A. Struthers, Mrs. E. Johnston, Mrs. S. Collyer, Mrs. E. Robinson and Mrs. W. McGill served a tasty lunch and candy.

**LUCKNOW W. I. WAS HOST  
TO NEIGHBORING BRANCHES**

*1956*  
The Lucknow Branch of the Women's Institute entertained the St. Helen's, Whitechurch, Holyrood and Kairshea Institutes on Friday. Mrs. C. Cooke presided and the meeting was opened with the Ode, the Lord's prayer and the Mary Stewart Collect. The roll call was answered by "What form of politeness I admire most in others".

Mrs. R. Shiells of Amberley was guest speaker and chose for her topic the theme, "There is more hunger for love and ap-

preciation in the world today than there is hunger for bread". She gave a very splendid talk and a vote of thanks was extended by Mrs. George Kennedy.

An interesting program included the following numbers: solo, Mrs. Steer; piano instrumental, Mrs. Taylor; duet, Mrs. McKee and Mrs. G. Fisher; reading, Mrs. Purves; solo, Mrs. Gaunt; piano solo, Mrs. G. Farrier; vocal solo, Jackie Johnson; reading, Mrs. J. Boyle; piano duet, Mrs. Jessie Allin and Mary; piano duet, Joyce and Elaine McNay.

At the close of the meeting a penny auction was held and lunch served.

**TAKE BUS TRIP TO  
BRUCE MUSEUM**

*1955*  
Forty-three persons from this community enjoyed a bus trip to the Bruce County Museum at Southampton on Friday, July 27. The trip, sponsored by the Paramount Women's Institute, was made in Allan Reed's bus. Lunch was enjoyed at Port Elgin.

Those taking the trip were: Mrs. Wellington Webster, Jimmy and Jeany, Mrs. Emile MacLennan and Margaret, Mr. and Mrs. Dan Wylds, Mr. and Mrs. Walter Dexter, Mrs. J. Elphick, Mrs. H. Brooks, Mrs. F. Martin, Mrs. J. Ketchabaw, Mr. and Mrs. O. Richards, Mr. D. Nicholson, Mrs. Al Irwin and Nancy, Mr. and Mrs. Kingsbury, Mrs. R. Reid, Marlene Stanley, Mrs. W. Douglas, Mrs. F. Overend, Marguerite MacKenzie, Mary Allin, Shirley Irwin, Mrs. Agar, Mrs. R. J. Salchlie & Mazli, Mrs. G. Kennedy, Miss Mary McLeod, Mrs. N. MacCallum, Mrs. B. Roach, Mrs. S. Reid, Miss Annie McLeod, Mrs. T. Robinson, Mrs. W. McGill, Mrs. E. Johnston, Mrs. J. Gardner, Mrs. G. Kirkland, Mrs. Jewett.

The next meeting of Paramount Institute will be held the evening of Tuesday, August 21st at the home of Mrs. D. Nicholson. The roll call will be answered by "A resolution I wish my husband would make". Husbands and families are invited to this meeting. The program and lunch committee is Mrs. R. Reid, Mrs. Al Irwin, Mrs. J. Elphick and Mrs. D. Richards.

**RECEIVES W.I.  
LIFE MEMBERSHIP**

*Dec 5/6*  
It was Grandmother's Day at the Lucknow W.I. meeting in the Recreation Centre. The address of welcome was given by Mrs. G. MacDiarmid who congratulated the many grandmothers present on their achievements, the progress they had made possible and the community efforts they helped to build. The roll call was a rhyme from an old school reader.

Mrs. R. Thompson discussed the motto, "How long we live, not age but actions tell". She said that nobody grows old by merely living a number of years. People grow old by deserting their ideals. Years wrinkle the skin but to give up enthusiasm wrinkles the soul. You are as young as your faith, as old as your doubts. Mrs. W. Joynt sang "Love's Old Sweet Song". Miss Mary MacLeod gave an account of the recent Extension course in Millinery which was sponsored by the W.I. This was followed by a parade of the ladies who took the course wearing the hats they had made and together they sang "Put on Your Old Grey Bonnet", accompanied by Mrs. MacDiarmid.

Mrs. Rowe of Kincardine, South Bruce District president, brought greetings and spoke briefly. Enumerating the different bones of the organization as the wish bone, the funny bone, the jaw bone, the dry bone, the

tail bone and the back bone, she urged all members to strive to be of the backbone variety. The program was adjourned for the photographing of the group outdoors by Donald Thompson.

Mrs. C. Cook presided for the business and reports were given of the activities of the W.I. in catering for a recent wedding and conducting booths at the Fall Fair. It was decided to give a larger donation than that of last year to the Agricultural Soc-

iety. Mrs. P. Stewart reported on the Wingham Hospital Auxiliary meeting and secured names of those willing to sew hospital garments.

Mrs. Wm. Douglas was presented with a Life Membership in the W.I. and the presentation was made by Mrs. R. Thompson, herself a life member, who spoke of the years of service Mrs. Douglas had given to the W.I.

The prize for the grandmother having an October birthday nearest to the meeting day, went to Mrs. E. Barkwell and for the grandmother having her own teeth, Mrs. C. Cook. For lunch, old fashioned scones, oat cookies and gingersnapps were served by the hostesses, Miss Mary MacLeod, Mrs. MacDiarmid, Mrs. R. Thompson, Mrs. R. Johnstone and Mrs. MacFarlane.

Kitchen Utensils - Instruments  
Used by Rhythm Band Members

LUCKNOW — It was "Music Day" at the Lucknow Women's Institute Recreational Centre with Mrs. C. Cook presiding. The meeting was highlighted by two addresses.

Elmer Umbach, local pharmacist, spoke on "The Medicine of Music". Referring to music as the art of sounds in pleasing arrangement, he showed how it is as light in darkness and a potent stimulant for the spirit. Ninety percent of human ills are attributed to gland disturbances and music of the right kind has power to prevent neurosis and phobias and is greatly used in penal institutions and for the reformation of delinquents. As a developer of character, music teaches accuracy and dares one to do better and better and live on the highest plane in tune with the Creator and in harmony with one's fellows. Mrs. R. Thompson thanked Mr. Umbach for his helpful talk.

The second address was by Mr. Campbell Thompson, editor of The Lucknow Sentinel on "How a newspaper is published." He spoke briefly on the beginning of the Sentinel 82 years ago, and how the pioneers after building a mill, a church and a school felt the need of a local newspaper. In the early days with few avenues for learning world news, the local paper carried more of such than it does now.

The first step in publishing the paper is obtaining accurate information and couching it in interesting and arresting ways. Touching on some of the mechanical details, he said the publisher's greatest aim was to feel he had performed a worthwhile task and had contributed to good public relations. The idea was to publish the good and wholesome rather than the sordid and the motto might be linked to that of the W.I. "For Home and Country." Miss M. Rae thanked Mr. Thompson.

The motto "A merry heart doeth good like a medicine" was discussed by Mrs. G. Kennedy and the roll call was "My Favorite Song".

Eight members with kitchen utensils formed a rhythm band with Mrs. MacDiarmid at the piano and Mrs. Webster with autoharp. Miss E. Welsh conducted a musical contest and the directors served lunch.