

Institute Looks Back On 45 Year Service At Birthday Party Friday

Nov 5



Some sixty ladies gathered at the Town Hall on Friday evening to celebrate the 45th anniversary of Locknow W.I. Mrs. C. Cook, the president, was in the chair and conducted opening exercises and business details. Community singing followed with Mrs. Jessie Allen at the piano. A retrospect of the activities of the Society since its beginning in 1910 was given by Miss Mary MacLeod, convenor of Historical Research. This was followed by six ladies singing an anniversary song composed for the occasion. Mrs. J. W. Jernst favored with a vocal solo and music after which Miss Dean MacLeod gave a reading, "Great Grandmother Ann". Mr. Steve Stachurs, representing the Town Council, brought greetings from that body. Mrs. McKellar, the district president, gave a talk on the aims and work of the Women's Institute. Buddy and Eldon Wealth gave two selections on their guitars. Mrs. A. Wilson led in a one minute silence and a prayer in memory of those who had passed on and Mrs. P. Stewart sang a sacred solo. Mr. W. L. MacKenzie accompanied by his granddaughter, Mary Allen, played a violin selection and as an encore a musical number by the three generations.

Some Mrs. P. Stewart thanked Dr. High and the other speakers. Mrs. Robert Thompson, the only living charter member and a life member of the Institute, was called to the front to cut the anniversary cake. The Wednesday lunch was an excellent lunch was served by the ladies to conclude a pleasant and profitable evening.

The song composed by Dean MacLeod is as follows:
On this glad occasion we'll sing to the praise
Of the Institute members who in the past days
All banded together for Country and Home,
You'll see of their labors where ever you roam.
Come let us look backward to days that are wot
To point of the faces we see now so many
For the years that are gone now are forty and five
Not all of the founders are well or alive.

'Twas the year nineteen eight that in Locknow we see
The first Institute that was destined to be
The source of a power that still is at work
Because of its pioneers that nothing did shirk
Let's look at the street signs that tell where we live,
Or at the drink fountain, so ready to give
Its draught to the passer, to young and to old,
Then on to the spot where war's story is told.

The statue is symbol of all the brave youth
Who gave of their life blood for honor and truth,
And of the kind women who worked with their hands
To send of their comfort to far distant lands.
So here's to the Institute ladies this day,
'Keep up your good work' is the slogan we say,
Our town is the better and cleaner for you,
More blessing, more power, to all that you do!

Top Row left to Right: Mrs. H. R. McCosh, Mrs. H. L. Campbell, Mrs. W. H. Little, Mrs. W. S. Connally, Mrs. S. Robertson, Mrs. W. S. Athlin, Mrs. J. S. Townsend
Seated 2nd Row left to Right: Mrs. W. H. Smith, Mrs. R. Lewis, Mrs. R. Mason, Mrs. G. Douglas
Front Row: Mrs. G. Siddall, Mrs. D. M. Gordon.

PRESCRIBES FOR RIPE OLD AGE

"Health in Middle Age" was the subject chosen by Miss Ruth Thompson, health nurse, who addressed the Locknow W.I. meeting in the Recreation Centre on Friday.

She noted that women of the Institute, true to their motto "For Home and Country" were interested in promoting health in Bruce County in co-operation with Bruce Co. Health Unit. Referring to the three R's of middle age as Baldness, Bifurcated and Bulging, she dealt first with obesity and said that 25 percent of the population suffer from overweight. This contributes to heart trouble, arthritis and back trouble. The cause is generally overeating and food is often used as a sedative for inferiorly complex, while students often consume much candy, nuts and other food. From two years and unsexed a child's diet should be based on age and build.

Dealing with Canada's basic food rules requiring milk, citrus fruit, vegetables, etc., she stressed the importance of a good breakfast to meet the day's demands for energy. In the last twenty years medical science has made its greatest progress, and also there has been a great increase in heart trouble, lung cancer and ulcers. Two men die for every woman in the middle age group. It is now believed that 40 percent of fat in the Canadian diet, as compared with 13 percent in other countries, is a factor in heart trouble. The

ed and used to... While a certain amount of tension gives drive, too much is detrimental. Three of the best doctors are Dr. Diet, Dr. Quiet and Dr. Movement.

During the business session presided over by Mrs. Cook, a minute's silence was observed in memory of Mrs. R. Johnston, a former president and district director. Fifteen dollars was voted to the Children's Aid Society and Mrs. P. Stewart was appointed district director. Mrs. A. Sutherland took the chair for the program and introduced Miss Thompson. Mrs. P. Stewart, accompanied by Mrs. J. W. Jernst, sang "If Winter Comes" and Mrs. A. Haven gave the Federated News report. Mrs. B. Robertson gave the report of the executive meeting in average for catering in the Co-op banquet. Miss Mary MacLeod read a

paper on health rules prepared by Mrs. McGill. A spelling match was captained by Mrs. N. MacKenzie and Miss Mary MacLeod while Mrs. B. Roush gave the spellings. The prize went to Mrs. P. Stewart. Mrs. Cook thanked Miss Thompson for her fine address and lunch was served by the directors. Mrs. A. Sutherland, Mrs. Roush, Mrs. H. Anderson, Mrs. McColl and Mrs. F. Johnston.

Mrs. McCosh Re-elected Pres. Gives Vancouver Of South Bruce District W.I. Convention Report

June 1955

South Bruce District Annual of the Women's Institute was held in Chalmers United Church, Arrows, on Friday, June 19th, with an attendance of 121 at the morning session.

Delegates were present from Arrows, Belmore, Berrie, Holyrood, Kairuba, Purple Grove, Paramount, Tiverton, Ripley, Tweewater, Whitechurch, Reid's Corners, Locknow and Kincardine.

The session opened with the president, Mrs. D. McCosh, in the chair. Two minutes silence was observed for deceased members. Mrs. McCosh introduced two Board members who were guest speakers for the day, Mrs. Arthur Hamilton and Mrs. D. MacNaughton. The minutes of last

District Annual and of the directors' meeting, also the financial statement, was given by the secretary, Mrs. V. Emerson, of Whitechurch, while Mrs. Frank Miller, Whitechurch, gave the auditors' report. Miss Alice Dickson, Tweewater, summarized the work of the Justice Institutes and Mrs. MacNaughton called the District Directors to the front and conducted their formal ratification. Community singing was followed by reports of the Standing Committees.

Agriculture and Canadian Industries, Mrs. Oxford Richards, Paramount, Citizenship and Education, Mrs. P. A. Murray, Holyrood, Historical Research & Current Events, Mrs. T. Blair, Kincardine, Community Activities & Public Relations, Mrs. E. Hogg, Glennis, Home Economics and Health, Mrs. Wick, Kincardine, Resolutions, Mrs. Ross, Martyn, Ripley.

Mrs. Harvey Houston delegate to the 2nd National Convention of Federated Women's Institute of Canada, Vancouver, gave her report at the Reid's Corner hall on July 17th, when Ladies' Ripley branches were present.

On Monday evening, at Holyrood, about 120 were present from Belmore, Tweewater St. & Jr. branches, Whitechurch, Locknow, Kairuba, Silver Lake and Purple Grove to hear her report at this meeting. Mrs. Houston presented a paper to the District President, Mrs. Victor Emerson, Whitechurch.

On Tuesday evening, August 16th, the report will be given at Tiverton, when Berrie, Arrows, and Kincardine branches are invited. Any W.I. member who was unable to attend at the other meetings would be welcome to attend the Tiverton meeting in the town hall at 8:30 p.m.