West Renfrew 4-H Achievement Day

Some seventy girls and nine leaders assembled in St. Mary's Church Hall, Wilno, on Saturday, Nov. 19th, for their Achievement Day, in connection with the project, "Dressing Up Vegetables". Mrs. Phyllis James, Home Economist for Renfrew and Lanark Counties, was in charge, assisted by Miss Anne Elliott, Home Economist for Carleton and Grenville.

The morning was spent in judging school lunches and menus, and such activities as building menus, according to the Canada Food Guide for Health. The project for Spring, 1967, will be, "Being Well Dressed and Well Groomed". All Renfrew County will vote on a Fall Project.

A delicious lunch was served to the Home Economists, leaders and girls, by the Wilno Catholic Women's League. It was very much enjoyed by all. In the afternoon, guests also arrived to see the programme put on by the different clubs. "Palmer Rapids Cornettes" showed an exhibit, "Vegetables for All the Family", commented on by Nadean Gutz. "Golden Lake Vege-teens" showed that "Quality Counts". Their commentator was Karen Kilby. "Barry's Bay Salad Slickers" showed "Potatoes in Fancy Dress". Julie Kitts, Linda Bleskie and Gail Olsheskie showed how these fancy potato dishes were made. "Wilno Pepper Hoppers" showed how to dress up vegetables to make a pretty Hallowe'en table very centre. This group was also highly commended for its display of very original Record Book Covers. "Careful Combermere Cooks" gave a demonstration of a "Vegetable Main Dish for Supper", showing a casserole of mixed vegetables.

Mrs. Cyril Hinsperger, District President of North Renfrew Women's Institutes, was called upon to present County Honour Certificates and Pins, to Sylvia Chippure, Carmel Kelly, Teresa Olsheskie and Gail Olsheskie, all of Barry's Bay. Congratulations to all these young ladies!

An Ontario 4-H Homemaking Club sterling silver 5 o'clock teaspoon was given to each club member, and each leader, who fulfills the requirements.

Achievement Day is always much enjoyed by both the girls and the leaders. Dec 1966

GOLDEN LAKE W.I.

The May meeting of the W.I. was held Tuesday evening at the home of Mrs. Robert Kilbey. In the absence of the President, Miss Nell Hugli, who was attending the W.I. Convention at Guelph, the Vice-President, Miss Tess Luloff, took over the duties of the chair, assisted by Mrs. Eric Weckworth, Sec'y-Treasurer.

The meeting opened with the Ode, the Lord's Prayer and the Mary Stewart Collect. Roll call was answered by a Mother's Day poem. Plans were made to work at the Y.M.C.A. Camp the long week-end. Pennies for Friendship were taken. The Mystery Box, donated by Mrs. Barney Risto, was won by Mrs. Allen Pilatzke.

Mrs. Martha Molkentine and her committee took over on Home Economics, with readings given by Mrs. Lena Pilatzke, Mrs. Ab. Thur and Mrs. Martha Molkentine. Mrs. Barney Risto gave the motto: "What We Make Our Homes Is More Important Than What Our Homes Are Made Of." Mrs. Molkentine read a poem, "When Mother Is Sick". The oldest mother, the youngest mother and the mother with the largest family were each given a little gift. A quiz was given by Mrs. Barney Risto, with the prize being won by Mrs. Albert Thur. A sing-song was enjoyed by all and a good household hint was given by everyone.

The meeting closed by singing the W.I. Anthem and the Queen, with a social hour and refreshments following.

The June meeting wil be at the home of Mrs. Wheeler Sterling.

North Renfrew Wl's Elect New Slate

BEACHBURG (Special) — Mrs. Cyril Hinsperger, RR 3 Eganville, was re-elected president of North Renfrew Women's Institutes at the 58th district annual held in Greenwood Hall with Snake River WI as hostesses.

Also re-elected were, vicepresidents, Mrs. Hugo Ter
Marsch, RR 1 Golden Lake;
Mrs. Wallace Krause, RR 5
Pembroke; Mrs. Gerald Waite,
RR 1 Foresters Falls; secretarytreasurer, Mrs. Walter Kilby,
RR 2 Golden Lake; federated
representative, Mrs. Albert
Hampel, RR 3 Cobden; alternate, Mrs. W. Kilby; district
delegate, Mrs. Kenneth Eckford, RR 1 Foresters Falls; alternate, Mrs. Delmar Cotnam,
RR 2 Beachburg.

Speaker at the luncheon was Albert Cane of the Centennial Planning Branch, Toronto, who spoke on the part Women's Institutes may take in preparation for 1967.

Hostesses for the 1967 district annual will be Westmeath Women's Institute.

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INSTITUTE ODE	ces,
A goodly thing it is to meet In Friendship's Circle bright, Where nothing stains the pleasure sweet, Nor dims the radiant light.	to om-
No unkind word our lips shall pass, No eny sour the mind, But each shall seek the common weal, The good of all mankind.	
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Every woman is welcome to the meet- ings held on the first Tuesday of each	en.
month at 8 p.m.	
	all.