

of a meeting; but it was optional as far as Mr. Putnam was concerned. The main topics as ~~given~~ ^{dealt} by ~~with~~ by expert speakers were - The advantages given ~~rural~~ girls from the rural communities who would attend the courses at Mac Donald Institute. This College was established for the farmers daughters, but at that time more applications were coming in from the cities. So the delegates were urged to make the advantages of the College education known to the rural young women, they would be accepted in preference to others. A talk on Horticulture and an invitation to visit the Conservatory at the College. - That visit was well worth while. The plants and flowers were beautiful. A talk on nutrition and particularly the care of milk and its valuable use in the diet, and the dangers

when the milk was not clean. ~~This was before the time of pasteurization.~~ The noon meals were served at the College by classes from Mac Donald Hall and one afternoon an hour was spent on a tour of Mac Donald Hall being conducted around by members of the class.

The delegates came home with the knowledge that a very profitable two days had been spent and they would try to pass the knowledge gained on to their Institute members at home. -

In the Fall of 1924 the Institute had a share in establishing the Red Cross Outpost in Lion's Head by its co-operation with the District and the Red Cross.