Trips to International Conferences were shared by the returning members with slide presentations, pictures and other experiences.

Most of the W.I.'s supported the various 4-H clubs. Some Women's Institutes amalgamated their leadership expertise to areas were there were not enough 4-H members to form a club, thus giving many young people a greater opportunity of learning and taking part in 4-H activities.

Over the years you will recall the various short courses that were given - Love Thy Leftovers, Safety Begins at Home, Window Treatment, Save Dollars and Make Cents, Cottons Maybe Smart, Eat to Live, Meat In the Menu, Sewing With Knits, Accessories in the Home, Needlepoint for Beginners, Household Repairs, Outdoor Survival, Dessert Courses, President-Secretary & Parliamentary Procedures, Baking with Yeast, Millenary, Quilting and Rug Making Courses.

There were also educational trips to museums, factories, Parliament Buildings, mystery tours, serving at the local hospitals and manors, catering at weddings, teas, auction sales, training courses, maintaining local halls, Eastern Ontario and International Scholarship Funds, Adelaide Hoodless Home, Save the Children, Foster Children, Fairs, Potluck Community Suppers, Stage Production Plays, Card Parties, Entertaining orchestras, Tweedsmuir Histories. Remember Centennial year - what a busy year that was! Several cookbook editions were produced, gates and fences around some of the local cemeteries, cairns were erected to denote historical sites and the trips to beautiful Expo in Montreal.

From 1953 to 1976 there were school picnics, quilting bees, W.I. exchange visits, boxes for the sick and shut-ins, gifts to worthy public school children and the many visits and treats for the elderly.

How ambitious we were, but don't forget, without Vision the people perish!.

## 1971-1997 - Pine Grove W.I.

As one of the younger members of our organization, I get overwhelmed with the past and what Women's Institute has accomplished. I heard the ladies before me talk about supporting war efforts both here and abroad, working at the hospitals, showing at fairs. The needs were different then than they are today - over the past 20 years. In these years, we have been involved in some cleanup. Women's Institute members have been involved in recycling our waste products. The busier our lives are the more waste we tend to generate to be discarded. We have been involved in resolutions to assist the formaldehyde babies, rules to govern mid-wives, just to mention two.