

New club loses its members — pound after pound each week

In November a T.O.P.S. group was begun in the home of Mrs. Evans on Church Street West, with a few timid prospective members gathered around the kitchen table. Since then the club has received its Charter and with growing membership has been able to rent a room in the Centennial Library for their weekly meetings.

The purpose of the group is to take off pounds sensibly and the happy graduates move on into the K.O.P.S. — Keep Off Pounds Sensibly.

The aim of the members is to get off those unwanted and unhealthy pounds, and keep them off, which is easier said than done.

The workings of the club are much like Alcoholics Anonymous wherein each member helps the other to keep up their morale and keep their weight down. At each meeting the members are weighed and a record kept of each individual's ups and downs.

At first the members are very shy and embarrassed about these figures, which are kept strictly secret, but after a few sessions, with the lively group, that unmentionable fact, how much they weighed, becomes almost a matter of pride, as they can boast of how much they have lost since joining.

Helpful hints and dos and don'ts are passed around among the members and the friendly evening soon passes.



STATUS OF WOMEN is the subject of a TV program being filmed in the district this week. Watching the TV cameras grinding away is Jennifer Vernon, daughter of Mrs. Anne Vernon, an instructor in riding at Rosslake riding academy. (Staff Photo)

U.C.W. changes meeting day

Tuesday, February 20 Group two of the U.C.W. of Trinity United Church met with Mrs. Eaton, president, in the chair. In connection with the study book on Japan, she showed some very interesting objects related to Japan.

Mrs. Eaton opened the meeting with prayer and all repeated the pledge.

The devotional period was taken by Mrs. John Lambert reading John 5, 1 to 12.

Mrs. Jas. Ralston read paper on Fellowship which was well taken and she closed with prayer.

Hymns 148 and 502 were sung and Miss D. Simons sang the hymn Teach Me to Pray.

Mrs. Lidka introduced the new study book Profiles of People which will be very interesting in future meetings.

It was moved and seconded that the meeting date be moved back to the second Tuesday in order not to conflict with the Golden Age Club which meets the same day. Meetings will start at 2 o'clock sharp in order to get finished earlier.

The secretary's report given and approved 22 members answered roll call and the number of visits made.

Miss Simmons reported on cards for sick and hospitalized. Mrs. Shoemaker's report was given as usual on all elderly and shut ins and Halton Manor. The World Day of Prayer service is March 1, in Knox Presbyterian Church.

Mrs. Eaton closed with prayer and a social half hour was spent over tea cups. One visitor was present. All were glad to have Rev. Gordon Turner back in his accustomed place in the church, even on crutches.

Canadian Indian speaks to Hi-C

Trinity Church Hi-C Young People's Group counsellors, Mr. and Mrs. Wm. Coats, decided it was time that they got their executive together.

The results of the election are as follows: president, Nigel Scott; secretary, Roberta Nessel; treasurer, Gail Reed. They also set up three committees, program, social and projects but these have no set committee head yet.

At this meeting their topic was the Canadian Indian of Today. They saw a very enlightening film of the Plains Indian and afterwards there was a question and answer period. The guest was Terry Solomon, a young Canadian Indian of the Ojibwa tribe. His answers were very helpful in understanding the Canadian Indians.

Church parade in Scout Week

On Sunday, Scouts, Cubs, Guides, Brownies and Rangers held a church parade to Knox Presbyterian church and St. Joseph's church, marking scout week. The girls previously held a mother and daughter banquet.

Hotel receipts taken from room

Receipts of \$210 were stolen at the Dominion Hotel Saturday from the office room of partner Louis Wasowicz. The theft was reported to Acton O.P.P.

Free Press Women's Page

H. Saunders demonstrates cake icing for Greenock W.I.

Members of Greenock W.I. met at the home of Mrs. C. Alton for the February meeting with Mrs. Gordon Leslie presiding. Devotions were taken by Mrs. Gordon Johnston.

Mrs. Archie Gates, home economics convener, introduced H. Saunders of Rockwood who demonstrated decorative icing on a layer cake. The ladies found it very interesting to watch and were amazed with beautiful and colorful design so quickly achieved by his practiced hand. Helpful tips on this art were also

freely given on the art. Mrs. E. Patterson thanked Mr. Saunders for his demonstration.

The Motto — Food for the soul can be as heart-warming as food for the stomach, was prepared and given by Mrs. Gates.

The responses to the roll call were varied and interesting producing aprons, cushions, tablecloth and cash. Each member was to make an article from one yard of fabric and bring it to the meeting or pay a fine of 25 cents. The last of the centennial cal-

endar money was received by the treasurer at this meeting.

An invitation for Institute members to attend Ladies' Day of Farmers' Week in Guelph was received, also reminder for Sunday Day for the Baking with Yeast project on March 4. This has proven to be a very instructive project. Mrs. Gates and Mrs. Wallace have conducted two interesting meetings and demonstrations on Baking with Yeast for the local ladies during the past month and all have been trying out the recipes and techniques shown by the leaders. Cook Books were handed out to all present.

Members were pleased to receive an invitation to the 50th anniversary of the Bannockburn Institute next month which several ladies were glad to accept.

A contest for plain whole wheat rolls will be held at the March meeting. Each member is asked to make an entry of three rolls.

Plans are under way for a social evening at Ospringe next month and the draw for the centennial quilt will take place then.

At the close of the meeting a delicious luncheon was served. This included the cake so beautifully iced earlier in the evening. Mrs. E. Patterson and Mrs. T. Hensley assisted the hostess.

On behalf of those present Mrs. Wallace thanked the hostess and program and lunch conveners for an enjoyable evening.

Free Press Personals

Mrs. W. L. Sproston of Toronto visited friends in town on the weekend.

Mr. and Mrs. Alex Patcal of Kitchener, formerly of Acton, visited friends here.

Mr. and Mrs. James Gardner and sons of Bothwell, visited Mr. and Mrs. Fred Lemon and family over the weekend.

A team of Acton lady curlers placed second in the filly bonspiel at Galt, winning folding umbrellas. Playing on the team with skip Shirley Hunter were Jackie Blow, Phyllis Patrick and Dorothy Anderson.

Two thousand Rotarians from clubs in Central Ontario will gather at the Royal York, Toronto, February 29 through March 2, for the annual conference. Participating will be Rotarians from 52 clubs ranging from Guelph and Fergus in the west to Trenton and Belleville in the east and members from 26 clubs adjacent to Toronto. Some Acton members expect to attend.

Community improvement plans are discussed by Institute

The February meeting of the Nassagaweya Women's Institute was held at the home of Mrs. T. Amos on Wednesday afternoon February 21.

It was an interesting meeting with a good attendance of members. The president Mrs. D. De Blauw opened the meeting with a poem "Heritage," followed by the Ode and Mary Stewart Collect.

The roll call was the mention of an idea to improve your community. Business and correspondence was dealt with and the usual donation to the Music Festival is to be sent.

The program convener, Mrs. B. D. Young took charge and a discussion was held based on the ideas for improvements mentioned in the roll call. The principal one was the advisability of having all the villages display a name in a prominent place. This would make for a conven-

ience to the travelling public when the road map is consulted and the name and location correspond.

Some suggestions were brought forth for community activities among the ladies. Some have shown interest in the different home crafts and a plan was suggested by which these might be taught. Definite arrangements were held over until the next meeting.

The hostess, assisted by the lunch committee, Mrs. J. Henry and Mrs. W. C. Nicholson, served lunch and a social time was enjoyed by all.

Sunshine School offering special training for child

An Education Week message from your North Halton Association for the Mentally Retarded:

What a beautiful child! — So outgoing, so happy, oozing with enthusiasm and the joy of living, that everyone who sees her feels lighter and happier because this child is there.

Watch her play with abandon that draws you like a magnet. Did you see her learning to swim? How she tries and laughs and tries again! Did you see her skate — pretending that she is like the pros on T.V.? Whoops! Down she goes!

This is a retarded child. You are sad? Why? She is happy and is doing more to bring joy to those around her than most people 10 times her age.

She is being trained in a program set down especially for her at the Sunshine School for the Mentally Retarded. By the time she is 18 she will probably know how to cook and sew and iron. She will perhaps read a little and be very useful in making crafts. She will have an appreciation for music and physical education will have contributed to her body development. She will be trained socially to cope with her world. She will have obtained general knowledge for her daily living. She will be a happy contributing citizen giving joy to those who meet her.

Whatever the potential of your child, the Ontario Department of Education has the right program.

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TONY CURTIS — CLAUDIA CARDINALE
"THREE STOOGES" — Comedy
"PUSS IN TOOTS" — Cartoon
Matinee 2 p.m. Saturday, March 2
"TARZAN GOES TO INDIA" — Color
SUN.-MON.-TUES.-WED. MARCH 3-4-5
"BEAU GESTE" — Color
GUY STOCKWELL
"DUMB LIKE A FOX" — Cartoon
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Saturday — Four Showings
at 2 p.m., 4:30 p.m., 7 p.m. and 9 p.m.

World Day of Prayer

Harold Swallow of the high school staff will be the guest speaker at the World Day of Prayer service this Friday afternoon, March 1, in Knox Presbyterian church. The service begins at 2:30 p.m.

On this day each year women have the opportunity of bridging racial and denominational lines as the same service is held all over the world. The annual service in Acton moves from church to church. Last year the World Day of Prayer service was February 10 in the Baptist church with Fawcett Eaton as speaker.

The Daughters of Knox also hold a World Day of Prayer service on Sunday evening in Knox.

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