



by Wendy Thomson

I am a recipe addict. I cannot leave recipes alone. Despite the firm intention to cut only one recipe out of a magazine, I find I can't stop snipping until I have a dozen or so. They're stashed all through the house—in a cardboard serviette box, underneath the knife and fork tray, in between the Simpson and Eaton catalogues, pigeon-holed in the desk, under the typewriter, and in a big painted odds-and-ends box.

I even have a cook book filed away in the laundry hamper to read while I am in the bath-tub. To swear off both cooking and reading seems the only solution, but I can't bring myself to do it. So far, I've been fairly lucky with my experimenting. The family is seldom lip-lum about a meal, and there are only two or three down-and-out catastrophes a year. We have an emergency clean-up crew (for these) a Black-and-Tan Coohound called Rip, 110 pounds of perpetual hunger. He is nick-named "The Black Vacuum" since he takes only one slurp behind a spill glass of milk or a dropped peanut-butter sandwich (sometimes it doesn't even get a chance to be dropped) and the mess is gone.

I think he lies in the kitchen, just willing the recipe to go wrong so he can take care of the results. Recently, with the man of the family on strike, I felt that I should stick to tried-and-true recipes, and not even risk the chance of failure. I dug out all my "things-to-do-with-hamburg" notes and went through them again. We had two fairly often. A Planked Steak can be made up very quickly and is quite nice enough to serve to company. We have this with whatever fresh vegetables are available, then I run the budget by having butter on everything!

Every now and then, we would splurge a little and have Sweet and Sour Meatballs. We like Chinese-style food, and this recipe is marvelous! It's best with plain boiled rice (the instant is convenient, but the kind you cook yourself is far cheaper) and a green vegetable like broccoli (with butter).

PLANKED STEAK
Mix together: 2 pounds of hamburger, 1/2 cup evaporated milk, 2 teaspoons salt, 1/2 teaspoon pepper, 1 or 2 tablespoons minced onion may be added, too, if you like. Form into a large flat loaf, about one inch thick in a shallow baking-dish or ovenproof platter, and score the top in diamond pattern with the blade of a knife. Bake in hot oven (425F) for 40 minutes. Serves 6-8.

SWEET-AND-SOUR MEATBALLS
In large bowl, beat 1/2 cup milk and 1 egg. Add 5 slices bread cut in cubes, 1 1/2 tsp. salt, 1/8 tsp. garlic salt, and mix well. By hand, knead in 2 pounds ground beef, then shape into about 34 golf-size balls. Roll in flour, then brown in 1/2 cup salad oil in large skillet over medium heat. While the meatballs are browning, combine 3/4 cup water, an 8 oz. can tomato sauce, 1/2 cup white vinegar, 1/2 cup white sugar, 1 tsp. salt, 1/2 cup sweet gherkin chunks, in a large saucepan. As the meatballs become brown, place them in the sauce. When they are all in, add one 13 oz. can pineapple chunks, drained, and simmer the whole thing over low heat 10-15 minutes, stirring often. Meanwhile, drain all but one tsp. salad oil from skillet and over medium heat saute 2 small green peppers cut in bite-size pieces (or 1 cup celery sliced diagonally, if you don't like pepper), and 1 large carrot, pared and sliced diagonally, about five minutes until tender-crisp. Add to meatballs, stir until heated through, spoon into large serving bowl. Makes 4-6 servings.

Expect 150 for skating
Last Saturday 68 registered for the upcoming Figure Skating Club season. It's expected that once lessons start, the number will jump to 150.

Reading problem hounds hydro
The word is still blurry for the Hydro Commission on cable television. As yet, the Commission has been unable to get a readable copy of the Georgetown contract which is to be used as a guide line for Acton.

Acton children will again share Hallowe'en fun
Can a penny, nickel or dime dropped in an orange and black box solve the problems of the world's sick and hungry children?

Acton children will again share Hallowe'en fun
No—but it's a start. And Acton children will again join the United Nations Children's Fund in making a fresh start again for children all over the world—with food, clothing, shelter and education.

Acton children will again share Hallowe'en fun
Again this year on Hallowe'en the Y's Men, in co-operation with the schools, are sponsoring the Hallowe'en for UNICEF campaign.

Acton children will again share Hallowe'en fun
The children who pick up their special boxes at the schools on October 31 perhaps have been told that only half the world's children ever go to any school at all.

Acton children will again share Hallowe'en fun
Whatever they know of the need, they have each year been willing whole-heartedly to share their good fortune and their fun.

Acton children will again share Hallowe'en fun
Have a special place for deposit bottles and return them promptly; they represent cash. Fried potatoes will be deliciously golden brown if sprinkled lightly with flour before frying.

Acton children will again share Hallowe'en fun
The children who pick up their special boxes at the schools

Bob Heatley Sr. is a patient in Guelph General Hospital, after suffering a heart attack on Saturday.

Mrs. W. T. A. Bell, of Toronto, spent Thanksgiving with her mother, Mrs. R. M. MacDonald.

Mr. and Mrs. Ed Laronde, Larder Lake, Ontario, visited Mr. and Mrs. David Gordon last week.

Mr. and Mrs. Alex Patcai, and sons, of Kitchener, were Thanksgiving guests of Miss Robina C. Clark.

Mrs. Ann Mowat returned home Saturday after a thoroughly enjoyable trip through Yugoslavia and Greece, with plane changes in Frankfurt and Vienna. Part of the tour was by bus and part by ship.

Dublin East, West groups unite

The Dublin East and West have become one 4-11 group with leaders Mrs. Douglas and Mrs. Lasby. They met Monday, Oct. 7.

The elected officers are: president, Linda Pearce; vice pres., Laurene Rennick; secretary, Cathy Hinton; treasurer, Cathy Lasby; Press Agents, Margie Frizzell and Karyn Manes.

There are 17 girls in this club. Besides the officers the girls are Marilyn Barber, Doris Black, Karen Pearce, Bonnie Armstrong, Gail Douglas, Denise Shubert, Johanne Ancker, Susan Patrick and Dianne Timbers.

The girls cooked and their menu was cream of tomato soup, quick burgers, toasted sardine sandwiches, western sandwiches and tea.

Next meeting is at Gail Douglas's at 9 a.m. Sat., Oct. 19.

Expect 150 for skating

Last Saturday 68 registered for the upcoming Figure Skating Club season. It's expected that once lessons start, the number will jump to 150.

Instruction will begin as soon as the ice is in. For the first time, adults are registering for lessons. They'll be skating with the seniors on Saturday mornings.

Reading problem hounds hydro

The word is still blurry for the Hydro Commission on cable television. As yet, the Commission has been unable to get a readable copy of the Georgetown contract which is to be used as a guide line for Acton.

At the regular meeting last Thursday night, secretary Audrey Urquhart was instructed to attempt to make clear copies on Acton office equipment for the next meeting.

A tender by Frost Fence Company for \$1,985.48 was accepted to install a seven foot high over-all fabric fence around the hydro property. The decision to invest in a fence came after repeated incidents of children playing on the roof of the building.

The commission is shopping for a new body to improve one of the service trucks. Truck Engineering in Woodstock have agreed to take representatives on a tour of their plant to examine their products. The new body is expected to be in use at the first of the year.

Mr. and Mrs. John Smith have returned from a three week holiday spent with their daughter, Mary and family, in London, England. They travelled by plane and enjoyed the trip, but the weather was cloudy and rainy while in England.

Highlight handicrafts

It's a good weekend to start Christmas shopping, if you favor crafts.

On Saturday there's the Georgetown Arts and Crafts annual display and sale at the Riviera, Norval, and also the annual fall exhibition and sale at the Hoey farm near Moffat.

Mrs. Ethel Bessem is president of the Georgetown Arts and Crafts this year, with Mrs. Nellie Beatty as crafts convener. These two Acton craftswomen have been associated with the group for years.

Free Press Women's Page

Nancy Fick, John G. Gates wed in Erin United Church

Erin United church was beautifully decorated with pink mums and white gladioli, and white bows with pink roses and stephanotis for the recent wedding of Nancy Joyce Fick and John Gibson Gates. The bride is the daughter of Mr. and Mrs. Fick of Erin. The groom is the son of Mr. and Mrs. Archie Gates of Acton.

Rev. G. W. Howes officiated at the double ring ceremony. Mrs. Diane Howitt, soloist, sang "O perfect love, and the Lord's prayer" accompanied by the organist, Mrs. Gordon Attkins.

Given in marriage by her father, the bride wore a white floor length gown, trimmed with soft pink ribbon and lace down the front and also down the train which flowed from the shoulders.

A plain ring held her seven tier scalloped shoulder length veil and she carried a colonial style bouquet of pink roses and stephanotis.

Louise Lyons was maid of honor and the bridesmaids were Mrs. Larry Peavoy and Miss Arlene Fick, both sisters of the bride, Miss Marion Gates, sister of the groom and Mrs. Bill Cunningham. Flower girl was Beverly Gates sister of the groom.

The maid of honor, and flower girl were gowned alike in confetti pink floor length gowns trimmed with roses.

The bridesmaids wore moss green gowns of crepe, trimmed with pink roses down the front and matching headresses. They carried bouquets of white mums and pink carnations and ivy.

Garry Snow of Georgetown was best man. The ushers were Doug Fick, brother of the bride; Ken Gates, brother of the groom, James Evans and Steve Patterson.

For the reception which followed at Erin Legion Hall, the bride's mother received her guests wearing a canary yellow brocade coat and dress ensemble and brown accessories and a corsage of rust mums. The groom's mother assisted wearing a gold floral print coat and dress ensemble with beige and gold accessories and a corsage of yellow and pink roses.

Ushers were Peter Lawson, Kingston, and Ivan LaChance. Peter Lawson was master of ceremonies. After the service the bride and groom were driven through the village in a decorated '24 Model

two-tone soft yellow wool and brown accessories and a corsage of bronze mums.

The young couple are residing at 38 London Road, Guelph. Guests were present from Orangeville, Georgetown, Acton, Burlington, Ospringe, Milton, Erin, Weston, Toronto, Guelph, Hamilton, Gravenhurst, Brampton, Alton, Woodstock, Fergus, Hornby, Rockwood, and Orton.

Prior to her marriage Nancy was guest of honor at a shower held by Louise Lyons at her home in Erin. A shower was also held at Erin United Church with Mrs. Bill Cunningham acting as hostess.

EDEN MILLS

Hamilton-MacDougall wedding Thanksgiving service in news

By Mrs. R. Wright

The Eden Mills and District Community Club met Monday evening in the village hall. Final plans were made to start their winter eucres every two weeks, and plans are under way to paint the inside of the hall in the near future.

A pretty wedding took place in Eden Mills on Saturday under sunny skies at Eden Mills Presbyterian church when Bonnie MacDougall, only daughter of Mr. and Mrs. Garnet MacDougall, was united in marriage to Terry Hamilton, youngest son of Mr. and Mrs. B. Hamilton, all of Eden Mills.

The Rev. D. R. Sinclair, B.A., performed the ceremony. The soloist was Mrs. F. Matheson of Guelph, who sang two numbers, "The Lord's Prayer" and "I'll Walk Beside You."

The dinner was served in the Sunday school room of the church and reception in the Co-operative Hall in Guelph.

The bride's attendants were matron of honor Mrs. Peter Lawson, Kingston; bridesmaids Mrs. Eunice LaChance, Acton, and Mrs. A. W. Benton.

Mr. and Mrs. A. W. Benton were guests at the reception following the Apple-Turnbull wedding at Seaforth on Saturday evening.

Communion services were conducted by Rev. F. N. Young on October 6.

Buchanans' trip to Holy Land described at Thankoffering

A large audience enjoyed the annual October Thankoffering meeting of the Senior Auxiliary of the Women's Missionary Society in Knox Church last Wednesday evening.

The customary opening exercises, the reading of a poem, a short prayer and the singing of a praise selection were observed, after which the Scripture lesson was read by Mrs. W. J. McInlyre and Mrs. H. Mainprize led in prayer.

The solo, "The Holy City", beautifully sung by Mrs. John Davidson, was a very effective setting for the program which followed.

All those present were entranced by the very realistic manner in which Dr. and Mrs. Buchanan, by verbal narrative and fabulous moving pictures, shared their summer visit to the East.

How thrilling to walk where Jesus walked and to see the sights on which His eyes had rested! What a privilege to visit Jerusalem, Nazareth and Bethany; to bathe in the Sea of Galilee; to lift one's eyes to the mountain from which the Master preached his famous sermon; and to stroll through the lovely flower-filled Garden of Gethsemane!

How awe-inspiring to stand at the city gate where the martyr, Stephen, was stoned; to sail where Moses sailed on the river Nile; to enjoy a ride into the desert on a jaunty camel; to sit on an eastern well; to stand in the ruins of great temples; to observe relics of the Crusades; and to gaze out over the Dead Sea, in which one does not bathe, unless intrigued by the taste of epsom salts!

Space will not permit to tell of the beauty of some of the Grecian Isles at which the ship called and of the many other wonders shown of the eastern world.

SILVERWOOD

Irish guests welcomed

By Mrs. H. Scott

Mr. and Mrs. Clare Wilson have entertained Miss Mabel Kelly and Miss Florence Kelly of Ireland recently. The ladies are sisters of Mr. Bert Craig and have spent several weeks with the Craigs, and visited the Wilsons.

Silverwood Women's Institute won first prize at Acton Fair for the Institute display.

Connie Bomholt had a pleasant surprise Friday evening, October 4, when six friends walked in the help her celebrate her birthday which was the next day, Saturday.

Mr. and Mrs. H. Marchington had a pleasant trip to Picton visiting with son Bob and family, then to Ottawa and Montreal recently.

You can make neat cuts of meringue pie with a knife dipped in cold water.

Mrs. Buchanan displayed some things which she had brought home—a camel-seat in the same shape as a camel; a tapestry of The Last Supper in gorgeous colours; an alabaster vase; an ornamented purse which had been presented to her; a smock with a very intricately-wrought collar; and some beautiful pieces of jewellery.

On behalf of the society, Mrs. Buchanan, was presented with a pot of chrysanthemums.

Refreshments were served by the ladies in the Dr. Stewart memorial hall.

U.C.W. unit farewell gift

Unit 2 of U.C.W. of Acton United Church met in the parlours Tuesday, Oct. 8, with Mrs. Eaton in the chair. She opened with a Thanksgiving Prayer and repeating the pledge. Mrs. John Lambert took the devotions.

Miss Simmons had the discussion on how much we should be thankful for and also sang "Softly and Tenderly Jesus is Calling". Mrs. Lambert closed with prayer.

Mrs. Force introduced the study book for the year on China and gave some very interesting insights into a land of 700,000,000 people. In the absence of Mrs. McGeachie, Mrs. Lidkea gave the treasurer's report and Mrs. John Lambert has taken the treasurer's chair for the balance of the year.

Roll call was given by 21 members. A gift of a "Centennial Rose" cup and saucer was to have been presented to Mrs. McGeachie, but she was forced to be absent from this meeting and her gift was given her by Mrs. Lidkea.

The hale is to be packed Oct. 22. Thankoffering Meeting is Wednesday evening, Oct. 23.

Mrs. Shoemaker gave her report on the sick and shut-ins of the congregation which is always interesting. The meeting closed with Mispah Benediction and collection and a pleasant half hour was spent over the tea-cups.

Anniversary Sale—Red & White

<p>SCHNEIDER'S — 1-lb. Pkg. — WIENERS</p> <p>RED HOTS 59¢</p> <p>SCHNEIDER'S — 6-oz. Pkg. — 6 VARIETIES</p> <p>Luncheon Meat 2:49¢</p> <p>GOLDEN VALLEY — Mild Cured — 1-lb. Pkg.</p> <p>Side BACON 75¢</p> <p>HABITANT — 28-oz. Tins</p> <p>VEG. or PEA Soup 2:49¢</p> <p>KELLOGG'S — 16-oz. Pkg.</p> <p>Corn Flakes 39¢</p> <p>BALLET — 2-Roll Pkg.</p> <p>Bathroom Tissue 8:99¢</p> <p>G.E. — 40 - 60 - 100 WATT</p> <p>Light Bulbs 2:39¢</p> <p>KING SIZE</p> <p>TIDE \$1.49</p>	<p>SCHNEIDER'S — 1-lb. Pkg. — SIZZLER</p> <p>SAUSAGE 65¢</p> <p>SCHNEIDER'S — 2-lb. Average</p> <p>Bologna Rings 55¢/lb</p> <p>ANNA MARIA — 48-oz. Tins — All Flavors</p> <p>Fruit Drinks 3:89¢</p> <p>CAMPBELL'S — 19-oz. Tins</p> <p>BEANS WITH PORK 4:11</p> <p>128-oz. CONTAINER</p> <p>Javex Bleach 73¢</p> <p>RED ROSE — 10-oz. Jar</p> <p>INSTANT Coffee \$1.49</p> <p>FINEST QUALITY — LADIES'</p> <p>NYLONS 19¢/1</p> <p>DANISH KITCHEN — 12-oz. Tin</p> <p>Luncheon Meat 3:11</p>
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Free Press Personals

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Mr. and Mrs. Ed Laronde, Larder Lake, Ontario, visited Mr. and Mrs. David Gordon last week.

Mr. and Mrs. Alex Patcai, and sons, of Kitchener, were Thanksgiving guests of Miss Robina C. Clark.

Mr. and Mrs. George Nowell and their son Melvin have returned to their home in Lader, B. C. after visiting with her parents, Mr. and Mrs. Melvin Walker.

Mrs. Ann Mowat returned home Saturday after a thoroughly enjoyable trip through Yugoslavia and Greece, with plane changes in Frankfurt and Vienna. Part of the tour was by bus and part by ship.