

Authorized as Second Class Mail by the Post Office Dept., Ottawa, for Postage Paid in Cash at Acton, Ontario

Free Press Women's Page

By Wendy Thomson

For me, spring cleaning is a year round job, as I only go at it by fits and starts—with more fits and fewer starts, I suppose. What I keep getting hung up on, is all the odds and ends I've saved that I have to sit down with, read over, look at, laugh about, all over again. Sometimes I pack them in Gord's lunch the next morning, for him to get a chuckle out of, too. The one time he objected, was when I absent-mindedly included a cartoon right in his sandwich. Somehow it didn't go over too well.

The one clipping that keeps showing up, year after year, that I really enjoy, is by some "pooch" in Barbados who, by minding his own business, and tending to his work, ended up a complete wreck. This is the letter he sent to his employer:

"Respected sir,
"When I got to the building, I found that the hurricane had knocked some bricks off the top. So I rigged up a beam with a pulley at the top of the building, and hoisted up a couple of barrels full of bricks. When I had fixed the building, there was a lot of bricks left over.

"I hoisted the barrel up again and secured the line at the bottom. And then went up and filled the barrel with extra bricks. Then I went to the bottom and cast off the line. Unfortunately, the barrel of bricks was heavier than I was, and before I knew what was happening the barrel started down, jerking me off the ground. I decided to hang on and halfway up I met the barrel coming down and received a severe blow on the shoulder.

"I then continued to the top, banging my head against the beam and getting my fingers jammed in the pulley. When the barrel hit the ground it bursted its bottom, allowing all the bricks to spill out.

"I was now heavier than the barrel and so started down again at high speed. Halfway down, I met the barrel coming up and received severe injuries to my shins. When I hit the ground I landed on the bricks, getting several painful cuts from the sharp edges.

"At this point I must have lost my presence of mind, because I let go the line. The barrel then came down giving me another heavy blow on the head and putting me in the hospital.

"I respectfully request sick leave."

When I finally got around to cleaning the kitchen cupboards,

I decided to use up a few things that had been gathering dust and spider-webs and what-not for awhile. There was a package of lemon pie-filling, (which I was given and don't particularly care for in a pie) and a collection of jars which contained a blob of marmalade, a dab of ketchup and one of mustard, a bit of chili sauce, and a few sprinkles of green relish. None had been there long, really, but the spiders in the kitchen don't know enough to stay in the corners where they belong. (Charlie, downstairs, lives in the light switch and doesn't stray far, so we get along quite well together.)

I had a recipe for Hot Tuna sandwiches that called for chili sauce; I didn't have enough, so I added a bit of water to the ketchup bottle, and rinsed the little bit in there out, added what chili sauce I had, and also the tablespoon or so of green relish and used that conglomeration instead, and it turned out quite well. The lemon went into Lemon Squares, and the marmalade and mustard I mixed into pork and beans to pep it up.

HOT TUNA SANDWICHES
Cook 1 cup frozen peas, then drain. Add 1 (7 oz) can tuna, undrained, 1/2 cup mayonnaise, 1/3 cup chili sauce (for the sprinkles of all kinds of sauce and relish bottles) mix gently, and heat till bubbling. Serve on toast.

ZIPPED UP BEANS
Mix 4 cups pork and beans (different brands give the whole thing different flavors), 3 Tbsp. orange marmalade, 2 Tbsp. mustard, 1 Tbsp. minced onion. Bake at 400 degrees for 15 minutes, or heat slowly on stove.

LEMON SQUARES
2 1/2 cups all-purpose flour, 1 1/2 Tbsp. white sugar, 1/2 tsp. baking powder. Mix into 1/2 cup butter or margarine which has been creamed a little. Mix until crumbly, then press into a 9 x 13 cake pan. Spread with a lemon pie filling prepared according to directions. Mix 4 well-beaten eggs, 1 cup white sugar, 1 Tbsp. butter, 2 cups coconut. Spread over the lemon filling evenly. Bake at 350 degrees for 25 to 30 minutes or until golden brown. Cool and cut into squares.



DIANNE MARGARET Hawley and Paul McGeachie were married in St. Andrew's Presbyterian Church, Port Credit and are living in Brampton. Piper is John Wakefield. The groom is the son of Mr. and Mrs. Jack McGeachie, formerly of Acton and now of Milton. (Gerald Campbell, M. Photo.)

"Witnessing for Christ" Daughters of Knox theme

The monthly meeting of the Daughters of Knox was held in Miss Ellen Anderson room on Monday February 3. The president, Mrs. Tom Watson, opened the meeting with a reading, and the members sang "Living for Jesus" in unison. Mrs. Brian Moore read the minutes of the last meeting and 16 members answered the roll call. Final arrangements were made for the World Day of Prayer service on Sunday evening March 9 to be held at Knox Church. Miss Isobel Anderson entertained us with some of her very interesting and humorous poems that she has written. Mrs. William Spielvogel and her group opened the devotion service, singing the hymn, "O Master Let Me Walk with Thee". Mrs. A. J. Buchanan read the scripture from Matthew and spoke on the theme, "Witnessing for Christ," whether we are at work or sport. She closed with prayer followed by singing the hymn, "Where cross the crowded ways of life."

Former Actonite on German airbase

Canada's envoys in Germany and their wives were the subject of a feature article in the Toronto Telegram last month. With the story was a picture of two of the attractive young envoys learning about transformers for electrical appliances. One of them is Mrs. Jo-Ann (Force) Pfaff, daughter of Mr. and Mrs. H. R. Force of Acton. Mrs. Pfaff has just returned to Laur after a visit here with her parents. The 7,000 Canadian airmen, their wives and dependents moved into Laur replacing the French air force. They make up about a quarter of the population of the old town. The Canadians are trying to adapt themselves to the stricter way of the Germans there. Sunday is observed more stringently, and the Canadian women are advised never to wear jackets, shorts or running shoes on the street. And the planes don't fly on religious holidays. There's a Canadian grocery store where the service-men's wives gather in long line-ups for imported foods. It's only open one night a week. The Germans are finding that the Canadians make an effort to co-operate and they're getting along well together.

Personals

Miss Marjorie Hall is a patient in the Western Hospital, Toronto.
Mrs. Joe Sonia of Nevada (the former Eleanor Beatty) flew home for her sister-in-law's funeral.
Mr. and Mrs. Mick Holmes have returned from a trip to Florida.
Mr. and Mrs. Howard Dolphin of Weston visited friends here on the weekend.
Mrs. Jessie Kentner is a patient in Guelph General Hospital, recuperating from a foot operation.
Micro Plastics employees enjoyed a dinner and dance at the Riviera in Norval Friday evening.
Baseball is something like baking a cake—they both depend on the success of the batter.

Bureau contest

Winners in the 1968 fire prevention scrapbook competition of the National Fire Protection Association have just been announced, and once again the Halton Fire Prevention Bureau has been awarded a "special recognition" certificate for an outstanding county-wide fire prevention campaign. Two other county fire agencies, one in Renfrew County and one covering the Leeds and Grenville areas, were also awarded certificates in the 1968 contest. There were 284 Canadian communities and 224 from the United States in the 42nd annual N.F.P.A. competition. The Halton Bureau comprises firefighters from the county's five fire departments and others interested in fire prevention, who meet monthly in Milton to plan and carry out fire safety campaigns across the county. This year's scrapbook, compiled by the public relations committee, totalled 218 pages and included samples of press releases and clippings, photos, literatures, radio scripts and minutes of Bureau meetings. Oakville Fire Department, one of the Bureau's members, also won a major award in the contest this year. The Oakville scrapbook was judged first for all of Ontario in the contest for municipalities with a population from 25,000 to 100,000, and ranked fifth among the Canadian municipal entries. Milton Fire Department also entered a scrapbook in the contest and won an "honorable mention" in competition with Ontario municipalities with 5,000 to 10,000 population. A representative of the Ontario Fire Marshal will present the N.F.P.A. certificates at a dinner to be held in Milton in April.

Increased budget, elections at Trinity's annual meeting

An increased budget of \$31,388 for 1969 was accepted when about 50 members attended the annual congregational meeting of Trinity United Church. Projected figures also showed the possible budget for 1970 and 1971. Sizeable increases in payment of the bank loan, incurred at the time of building the new church, are included. Bill Coats acted as chairman for the meeting with George Bowman secretary. Prepared reports from church organizations were accepted. New elders elected for a term of five years are Bernard Veldhuis, George Bowman, Robert Warne, Frank Scott,

Townships to meet to see water report

The Milton Heights and Peru water situation again made an appearance at the Nassagaweya council table Monday evening, when a requested report from R. W. Anderson and Associates was received by Council. The Anderson engineering firm is studying the well pollution problem. Council decided to meet with representatives of Esqueping council, under whose jurisdiction all of Peru and 90 per cent of The Heights falls, in the very near future to proceed with solution of the low quality and quantity of water in the area. A request from Leslie Bunker, owner of property which falls on the boundary of two zones, to have his property brought totally into village zoning was referred to the planning board. Contact will be made with the Halton County roads committee relating a suggestion from no. 15 Sideroad resident Glen Pearce, that the plowing of roads in winter be directly related to the value of free traffic flow, and relative importance to residents of each road. It was reported a field officer of the Department of National Health and Welfare will be available for interviews the third Wednesday afternoon of each month, beginning Feb. 19, in the municipal office to answer

Rosemarie High, Roy Knapton, Ken Allen, David Lidka and Robert Hart Jr. New stewards for a term of three years are Roy Vaughan, Mansell Nellis, Allen McArthur and Sam Holmes. John Allen and C. L. Rognvaldson were named auditors. Special appreciation was expressed to organist Dr. George Elliott, caretaker Gordon Lambert, two secretaries Mrs. Hugh Patterson and Mrs. Pickles, the chairman of the board of stewards Jack Tatton, clerk of session, Orwell Johnston and recording steward George Bowman. A vote of thanks was especially presented and approved for the efforts of the minister, the Rev. Gordon Turner and his wife.

An unused road allowance between Lots 5 and 6, in the west half of Concession 4 was closed, with the property to be dispersed among neighboring landholders. J. and H. Newman's application for an auto wrecking license renewal was approved. A motion by Nassagaweya to the last Association of Rural Municipalities conference, called for the province to levy a per-ton taxation on all extractions made by quarrying operations. The money would be used for rehabilitation of the quarried area. Apparently it was accepted by the A.R.M. members, but had not been heard of since. The motion was rewritten and again sent to the Association.

LOSS OF MEMORY
The doctor told the druggist about a patient who suffered from loss of memory. "What did you do?" asked the druggist. "Made him pay in advance," was the answer.

Dangers in medicine cabinet revealed in Greenock meet

The January Greenock Women's Institute meeting was held at the home of Miss Elva Pearen. Mrs. George Wallace, president, opened the meeting with her New Year wish to all the members, this being the first meeting for 1969. Mary Stewart Collett was repeated, followed by the roll call. "A drug or poison which is on my shelf, which could cause injury if taken by mistake or if not taken in moderation." This was well replied to by all present. They were made aware of dangers that exist in common, everyday things in the home. Minutes and treasurer's report were given. Letters and cards of thanks were read from Miss Elva Pearen who received baskets at Christmas time. A donation of money sent to the adult group for spently refunded at Guelph was gratefully acknowledged. Pennies for friendship were again started for the year. The ladies are planning to make a quilt for a family in the neighborhood who lost all their belongings in a recent fire. It was decided to again sponsor the 4-11 girls for the spring project if enough girls were interested in it. Miss Elva Pearen reported on the T. M. I. board meeting held recently in Guelph, also the district director's meeting at Ennoscote. She gave an interesting report on the plans being made for the district annual to be held in May at Fergus. It was decided to discontinue the annual baking contest which has been held for a number of years at the district annual. Mrs. Ralph Stclair, convenor for the "Health and Safety Meeting" took for her motto, "Let us take time for all things." In her very capable way, she also brought worthwhile information on drugs. Members were given the names of many common items they could have in their medicine cabinets and shelves which could bring serious sickness and even death if left within reach of small children. Also many beautiful plants and garden flowers are toxic. The name and telephone number of the nearest poison control centre were given. She also gave several useful pamphlets to each one telling what to do should they meet with an emergency in the home. The meeting closed by the singing of the Grace. The hostess and committee served a delicious lunch and a social half hour was enjoyed. Mrs. C. Allan was courtesy convenor. The next meeting will be Feb. 11 at the home of Mrs. Calvin Aitken.

Brampton Presbyterial W.M.S. names officers

Brampton Presbyterial W.M.S. held its third annual meeting in Clarkson Road Presbyterian Church, Clarkson, on Jan. 22. Mrs. A. L. Coxhead, president, chaired the meeting. Morning devotion on faith were given by Streetsville W.M.S. The various secretaries gave their reports. Mrs. J. McFarlane, Synodical president installed the officers for 1969. At the close of a delicious luncheon served by the ladies of Clarkson Road Church, greetings were extended to the W.M.S. by the Moderator Rev. Jackson, Rev. E. Dutcher of Clarkson, and Mrs. J. McFarlane, Synodical President. Afternoon devotions were given by Rev. E. Dutcher. Mrs. E. J. Brown, first vice-president, introduced Mrs. E. E. McCutcheon. Everyone enjoyed Mrs. McCutcheon's talk on the place of prayer and faith in our daily lives. Mrs. Coxhead presided over the new business and Rev. Dutcher gave the benediction. Officers for 1969 are: past president, Mrs. V. Norris, Campbellville; president, Mrs. A. L. Coxhead, Clarkson; first vice president, Mrs. E. J. Brown, Erin; second vice president, Mrs. Harold Reed, Brampton; correspondence secretary, Mrs. J. L. Young, Terra Cotta; recording secretary, Mrs. J. R. McCracken, Brampton; treasurer, Mrs. W. Weber, Cookville. Secretaries are, afternoon groups, Mrs. F. Gamble, Waldemar; evening groups, Mrs. A. Black, Grand Valley girls' groups, Mrs. V. Norris, Campbellville; children's groups, Mrs. L. Whetstone, Glad Tidings, Mrs. C. W. McDonald, Streetsville; friendship and service, Mrs. J. McNeilly, Orangeville; home helpers, Mrs. J. H. Weyhe, Grand Valley; supply, Mrs. C. T. Agar, Nashville; literature, Mrs. Wm. Geggie, Georgetown; life membership, Mrs. C. Anderson, Terra Cotta; historian, Mrs. F. L. Thompson, Brampton; press, Mrs. J. M. McClure, Norval; regional secretary, Miss Lois Powrie, Toronto.

MILTON		878-3272
Roxy THEATRE		Show Times Sun. thru Thurs 8 p.m. Fri. & Sat. 7 & 9 p.m. Sat. Matinee at 2 p.m.
WED.-THURS.-FRI.-SAT.		FEB. 5-6-7-8
"THE GREEN BERETS" (Adult) (Colour)		JOHN WAYNE
SAT. Matinee	FEB. 6	
"THE WHITE WARRIOR" COLOUR		
SUN. - MON. - TUES. - WED.		FEB. 9 - 10 - 11 - 12
"TONY ROMEO" (Adult) (Color)		(FRANK SINATRA)
"SPEEDY'S GHOST" (Cartoon)		
THUR. - FRI. - SAT.		FEB. 13 - 14 - 15
"FIVE CARD STUD" (Color)		(Dean Martin, Robert Mitchum)
"SULKIES & SILKS"		
"INFERIOR DECORATOR" (Cartoon)		



FREE SHOES

Monique Is Giving Away Free Shoes!

Here are the amazing facts — you buy one pair of shoes and we will give you — ABSOLUTELY FREE — a second pair of shoes to the value of the first pair — your choice of special grouping of block, stack and illusion heels. Fantastic, yes, but all true!!!

Block, Stack and Illusion Heels 12.99 SECOND PAIR FREE!

SPECIAL! SPECIAL! SPECIAL!

VINYL (Reg. \$10.99 Pair)

SNOW BOOTS for \$6.99



All Shoes From Our Regular Stock. Sorry, No Refunds or Exchanges.



73 Macdonnell St. GUELPH, ONT.

OPEN FRIDAY TIL 9 P.M.

Be careful
It is not advisable to use artificial sweeteners indiscriminately, says the federal health department publication, "The Consumer's Handbook." They should never replace all sugar in the diet unless on the advice of your doctor. Although there has been no evidence from research to date of harmful effects from the use of synthetic sweeteners, medical authorities advise that further study is necessary before all the facts concerning the effects of long-term or indiscriminate use are known.