By Wendy Thomson

More bits and pieces:

Visits from our friends have fallen off greatly over the past few months, ever since our youngest probed into why Gord doesn't amoke any more. David has taken everyone's health to heart and is proceeding to do his bit to stamp out smoking. A visitor will get all settled down in a big easy chair, with a great sigh of comfort, and grope for a cigarette. Immediately, David will appear with an ashtray and hover until the match is lit and he has a chance to huff it out.

and then he'll strike. Our guest will have taken his first draw and mink a little deeper in the chair. when a small voice will come from his albow, - "You shouldn't w smoke, you know." The friend agrees and tries to lenore the unblinking blue eyes. "You'll get tick," comes the voice again.

By this time, momeone in the family stigures that, in the interests of friendship, it's shout time David read a good book. and removes him: Conversation is easy, once the gad-fly's gone. and we can usually have a good visit, unless the friend chances to cough. Immediately, the blue eyes are back, "If you didn't smoke, you wouldn't have to cough." I guess our friends find it's easier to give us up, than to give up smoking.

They joke about sending old horses to the glue factory; after tasting the glue on some stamps envelopes, I can well believe it. Why do so many models on T.V. in ads for toothpaste, lipstick, gum, and such, give a chomp with their teeth half-way through? They swim, walk, run, and stand around, until someone of the opposite sex comes closer for a better look. They give a brilliant unile, all teeth bared, then CHONK!! To me it doesn't look as much seductive as it does their plates are

slipping! Whenever I have to go to the laundromat, the first thing I head for once the clothes are in. is the notice board. I'm a fairly diligent notice-reader, but sales of maternity clothes and V-8 car parts become a bit of a bore, after a while. I think it would be a good idea to have a "Personal" section-"Sammy, please come home, The baby won't bite you any more." "Room to rent, preferably to someone with bongo-drums, interested in all night sessions." "I will no longer be responsible for bills run up by my wife, with door-to-door salesmen." That type of thing is food for thought.

#### Exchange

The Rev. Harry Dawson and the Rev. R. P. E. Jeffares of Nassagaweya and Lowville will be exchanging pulpits this Sunday. This is the first of three exchanges planned for St. Alban's in February, March and

Captain S. R. M. Sinclair,

husband of the former Helen

Landsborough of Acton, has

been promoted to the rank of

Major, in an announcement by

Canadian Forces Headquarters in

Ottawa. He is the son of Mr. and

Mrs. S. M. Sinclair of R. R. 4,

Guelph. Major Sinclair and his

family now reside in Kingston

where he is an assistant professor

in mechanical engineering at the

The Y's Men's club held a very

successful dance Saturday

evening in Acton Music Centre

with a larger crowd than they'd

Royal Military College.

.. The complaint department of any company must be a very dreary "place, to work," and whenever I have to write in about some problem, I feel I'm doing my good deed for the day if I can make it sound a little interesting "Dear Sir: I wonder if you could advise me what to say to my husband when he thrusts a slice of yout Scone Loaf at me, points to what looks like a targe paint brush bristle in it and says "What's that?" In my own cooking, I can usually explain away things like that ."Oh, the cat was perched on the edge of the bowl and fell into the cake mix" or "One of my oven mitts got caught up in the blender when I was making Hollandaise" but I'm at a loss how to explain your lapse. Perhaps a painter fell in your

bread dough?" That letter, brought an explanation plus five loaves of

If you sometimes have the frozen French fried potatoes, and cook them in the oven, Fish Puffs are very nice to deep-fry while the potatoes bake. They'd make a very nice snack too, with saled or something.

#### FISH PUFFS

Sift 3 Thup, flour, I tsp. baking powder, & tsp. salt, few grains pepper. Add 1 (H oz.) can talmon, drained and boned, (the more expensive kind is better as it has less skin and bones to take out) and I egg, beaten. Add a bit of milk if it is

I have a canister of whole-wheat flour left over from Christmas baking, and was quite pleased to get a recipe for Honey Fruit Bread, using this flour. I had hardly taken it out of the oven, when Linda-down-the-road and Alice-from-over-the-next-line, appeared, tasted, tested, set awhile and gave their stamp of

HONEY FRUIT BREAD

Sift 114 cups all-purpose flour, 1 tsp. salt, 1 tsp. baking sods. Add 11/2 cups whole-wheat flour. Reat 2 eggs, cup honey, 2/3 cup sugar, 4 cup corn oil, I cup sour milk, until light. Pour all at once over dry ingredients. Fold in 1 cup chopped walnuts and 1 cup raisins. Stir just enough to blend ingredients. Turn into 2 greased loaf nans which have been lined with waxed paper (makes one 9" x 5" x 3" plus one smaller). Hake at 350 degrees for 60 to 80 minutes.



ALIENAYION of youth from parents and society is chief concern of Miss Shelley Fineon with her work at counselfor at Northeastern Y.W.C.A. in Yoronto. As guest of the Hi D'ers, the was in disloque with minister of Yrinky United Church, Rev. G. H: Yurner, on Parent-Year Relationship Sunday morning. She sees the role of the church as conciliatory. Many took the opportunity to continue dislocus with her at Yalk-Back following the morning service. She is a United Church desconess; graduate of Covenant College, Yoronto, working at the shove Y, salary being covered by four churches in the area. (Photo by A. Long)

W.I. penny sale

The Acton W.I. held a

Valentine Fuchre Penny Sale on

Feb. 14 in the Luxton Parish

Hall. Winners from the 19 tables

were: ladies: Mrs. M. Osbourne;

Mrs. E. Allen Mon Mr.

Penny sale prizes: ten towels,

Jean Little; shopping bag, Mrs.

Griese; pillow protectors, Mrs.

Harold Denny, Mrs. I. Little;

pillow cases, Mrs. M. Matthews;

men's socks, Mrs. J. Greer;

Yardley's and cards, Mrs. Sam

Holmes; tea towles, Verna

Tatton; cup and saucer, Mrs.

Sam Holmes; jewellery, Albert

Thompson, Mr. Fellows.

Come in

Ford; ladies slippers, Elia

Mellattie; cutflinks, Mrs. M.

Fountain; towels, Cindy

Brouillard; nylons, Murray

Stamp; socks, Mrs. G. Collins;

scarf and apron, Betty Phillips;

pillow cases, Mrs. R. Lindsay;

tea towels, Mrs. Nellie Lane;

pictures, Mrs. Jack Greer;

stationery, Mrs. Stan Norton;

towels, Mrs. Kit Dowdin; pillow

cases, Susan Dewar; towels,

Door prize: Mrs. Wilson,

Retty Phillips.

groceries.

Authorized as Second Class Mail by the Post Office Ibid . thlaws, for Protage Paul in Cash at Actou, thetathe

### Reading of letters enjoyed at Auxiliary

The regular meeting of the Afternoon Auxiliary, Women's Missionary Society of Knox Presbyterian Church met in the Mary Ellen Anderson toom, on Thursday, February 13, with Mrs. G. Sprowl as hostess. The president, Miss I. Anderum presided, calling the meeting to wordilp with an inspiring poem. prayer, and hynm, "Come let us sing of a wonderful love."

The committee convened by Mrs. W. McIntyre, took charge of the worship and study period Devotion's were led by Mrs. II Allien, reading the scripture from Isliah 58 and Mrs. Haward leading in titayer.

Mrs. W. Mclatyre introduced the Study Chapter on the new approach of presenting the Gospel to all people. The use of new . methods, drama, singing, coffee houses to various centres and art and dramatics were

discussed by Mrs. W. McLaud and Mrs. G. Sprowt. A Christman letter from Miss Margaret Ramesy of Guyana, witten from for house in Canada while the twon furlough, was much entoyed.

Miss Hells-Maye Rowell contributed a leautiful solo "Whokever will, may come" Letters from members enjoying winter vacations in Plorida and llawait were enjoyed. A letter of thatiks, from fivangel Hall, in Toronto for the group's part to contributing to their 1968 Christmas was approclated. Plans were made for their part in the World Day of Prayer Service to be held in the United Church in March. Alen filane were aturted for the April Thanksulfering meeting when the guest speaker will be Mrs. John Murray, Caledon Fast.

The weretaty's report and the tecamier's temet were accepted us tead. The roll call was answered by a favorite verse of Scripture, Mrs. R. M MacDonald, aveitant treasurer, received the offering which was dedicated by the president.

The meeting closed by the singing of frymn "What a friend we have in fexits", and prayer by Miss I. Anderson.

"49°

4 :1

23°

#### Greenock W.I.

#### Call roll with handicrafts

Mrs. Calvin Altken opened her hinns for the Citaentick Winter's Institute meeting . on Tues.

l'obruary II. The proddent called meeting to order and repeated the Mary Stewart Callett.

Mrs. Condon Ledie gave the meditution, the Jupanese Version of the 2 trd palm followed by the Land's prayer. Minutes of the last meeting were read and treasurer's requirt given, The secretary read & letter from Mrs.: Murgaret Zheller if Kitchener the newly elected precident of the f. W. L.O.

It was sleetded we would wild a delegate us well us à dimattini to the Officer's Conference Til the F. W. L. O. at the University of Guelph April 29 10 May 1st. Iwelve members and two

visitors answered the roll call by displaying a piece of handicraft which included paintings, cejamics, needlework, and curvings, each one told

HORNBY CHERCH, recently purchased by Oukville Recreation Dept.; is now in our us a northern Oakville recreation

REV JAMES Rodd. missionary home on furlough from India is speaking in Guelph this Sunday.

municipling of interest regarding their item.

Mrs. Gordon Johnston convener for House Economics read the following Motto she had prepared. "The flome is the Unit on which civilization is built." This was very much enjoyed. Mrs. Elward Johnston gave several useful household lilate which Mrs. G. Johnston

had prepared. The leader of the girls 4-11 Club "Embroidery Stitches" Mrs. Ralph Sinclair brought with her wiveral articles the had tuade us well as lutificant pieces belonging to her family and these were admired by all

Miss. Marjorie Johnston had brought her Club bank and Articles done in the project. .

The ladies were given reedle and thread and cloth to try their hand at statches which were not as simple as they looked.

The conveners of the standing committees were reminded to prepare their reports for the annual meeting to be held in

The meeting was closed by dinging the grace. A lively tunch was wived by the hostess and her committee Mrs K. Echerick was courtery convenor.

The March 11th meeting will be held at the home of Mrs. Gordon Lette



BAKERY TREATS

FULLY COOKED READY TO EAT

SMOKED

PICNIC

IGA SUNNY MORN RINDLESS

SLICED SIDE BACON

PICKEL & PIMENTO, DUTCH LOAF, BOLOGNA

**SLICED COOKED MEATS** 

IGA CHEESE SLICES ..."

IGA SHORTENING

SWANSON DEEP BISM

TABLERITE WIENERS XX

IN THE DAIRY CASE

MARGARINE

1 LB. PKG.

FOOD PRICES AND BONUS FEATURES EFFECTIVE FEB. 19, 20, 21, 22

WE RESIDVE THE BIGHT TO LIMIT QUANTITIES

FROZEN FOODS

CHICKEN IS OF.

W BEEF MEA.

TURKEY,

PARCHMENT TO

**DUTCH APPLE or RHUBARB** 

# BRANDS

"As I've printed out to my continuers many, this products compare to quality to the book arthorally adoptived brands. They contype loss because the high cost of antional advantating to allested and the contage are passed en to you. Heat time you then, by the fell label and tore the difference."

> SAYS (FOM MANES) MANAGER OF I.G.A. FOODS, ACTON







EGGS HANDE THE 51°

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Presents

**ENTIRELY NEW** CONCEPT

ECONOMICAL HYGIENIC SIMPLE TO USE FORGET ABOUT RETURNS!

3 Quart Pkg. -3 in 1 Deal HOMO or 2%

YOU ONLY NEED TO BUY I SPECIAL JUG ONCE

## too dry when mixed well. Drop by until World Day of Prayer puffed and golden brown. World Day of Prayer Fifty years ago women in Canada and United States decided to

Mrs. Joan Taylor; towels, Mrs. pillow cases Audrey Anderson;

have a special day of prayer on the first Friday in Lent. This has spread to 150 countries, including many different denominations and languages and is now held on the first Friday in March.

From Newfoundland to Yukon, 3,500 Canadian communities joined in prayer last year in various languages, including Chinese, Japanese, Cree, Eskimo, Braille, English and French, It is marvellous to think of people of different tongues and denominations having this spiritual unity-a glorious glimpse of the church as it ought to

If you are unable to attend the special church service on March 7, why not hold a prayer meeting in your own home? perhaps you know a shut-in or someone else who would be uplifted and willing to join in our common purpose. If you are wondering what to say in your prayer, you might try reading a newspaper with the eyes of Christ and then praying for the things in it that He would have prayed for.

Tennyson claimed that "more things are wrought by prayer than this world dreams of." If each person of goodwill prays for peace and the relief of suffering, what miracles may be brought about.

Free Press

A CONTRACTOR OF THE PARTY OF TH

Personals

Six members of the Acton Golden Age Club returned Friday from a most enjoyable bus trip to Florida. They went

towns. Away two weeks, less two days, were Mr. and Mrs. R. L. Davidson, Mrs. Alex Near, Mrs. Pearl Kennedy, Mrs. C. Mason and Mrs. Stephens. They stopped each evening at different places, travelling by day. Mr. and Mrs. Davidson, showing their usual enthusiasm and verve, just nicely got home when they left again - to attend Acton W. I. euchre. They had

dancers, including former Acton clerk Jack McGeachie and Mrs. Weekend visitors with Mr. and Mrs. Charlie Landsborough were McGeachie, back from Milton. Mr. and Mrs. Gordon Park, Cathy, Steven and Kenneth of Petrolia, Mr. Bob Landsborough, and Miss Lise Frederiksen of

in Guelph General Hospital.

on a chartered bus, joining senior citizens from many won a trophy for waltzing

Mr. Robert Darby is a patient

expected. There were quite a during the holiday trip. few from out of town among the

AND TRUCK RENTAL PHONE 877-5323 Special Weekend Rates

"FREE DELIVERY"

Mr. Frank Gibbons is a patient in St. Joseph's hospital, Guelph. in Guelph General Hospital, Friends wish him a speedy following a fall.

Mrs. Mahel Symon is a patient

Miss Mary Beth Elliott, Windsor, spent the weekend Harold Elliott, Church St.

Mrs. R. Algie and Miss Robena Clark are home again after with her parents Mr. and Mrs enjoying several weeks in

878-3272

SHOW TIMES

Sun. thru Thurs.

8 p.m.

Fri. & Sat.

7 & 9 p.m.

Sat. Matinas

at 2 p.m.

MILTON

WED. - THURS. - FRI. - SAY. "ROSEMARY'S BABY"

MIA FARROW (COLOR)

FEB. 19 - 20 - 21- - 22 ADMITTANCE Charles TO MESONS IS WALL OF AGE

OF OVER

SAY. MATINEE FEB. 22 "THE NUTTY PROFESSOR" (Color) JERRY LEWIS

CARTOON SUN. - MON. - YUES. - WED. FEB. 23 - 24 - 25 - 26 (Adult) "DARK OF THE SUN"

(ROD TAYLOR, JIM BROWN) "CHOP CHOP" "FELINE BONDAGE" (Cartoon)

THURS. - FRI. - SAY.

FEB. 27 - 28 - MAR. 1 "WITH SIX YOU GET EGGROLL" (Color) (DORIS DAY)

"NAVAJO ADVENTURE" "FRANK DUCK" (Cartoon)