

Woman to Woman month in Acton

There were 19 "very enthusiastic" representatives of women's groups at a special meeting called Wednesday of last week at the home of Mrs. Bill Coats.

All deemed public information in cancer detection a vital necessity, and gave firm backing to "Woman to Woman month" in Acton.

Local doctors have given approval to the program, which will include a public meeting and the personal distribution of pamphlets.

Why? Mrs. Coats explained that various committees in the Canadian Cancer Society have

been concerned at the number of deaths from cancer of the breast and uterus. Since these two types can be detected and successfully treated early, lay education is essential.

The "personal touch" will be an important part of the information campaign here.

October 22 is the date set for an open meeting in the high school. Two films will be shown, "Time and Two Women" and "Breast Self Examination." The representatives at last week's meeting also saw these films and heartily agreed all women should see them; they could well save lives.

These representatives will now go back to their church and service groups in town and district armed with pamphlets for distribution, and they'll talk up the program on October 22.

The many women who do not belong to any groups caused concern. The representatives decided that first they will relay their concern to their own groups. Then, there will be extra literature available for each member to take personally to neighbors not allied to church or clubs.

"Woman to Woman" planning takes in all of Acton, all of Nassagaways and part of Esqueving.

Mrs. Gordon Johnston Greenock W.I. hostess

Mrs. Gordon Johnston was hostess for the Greenock Women's Institute September meeting attended by 12 members and two visitors. Mrs. G. Wallace opened the meeting by the reading of current events following which the opening Ode was sung.

Mrs. Archie Gates gave meditations, a prayer for an autumn day.

Roll call was given the name of a household article I wish I hadn't bought and why. It appeared each one had at some time or other bought or were given something which now collects dust and takes up space on shelves.

Minutes were read following which business was dealt with. Plans were made to exhibit at Acton Fair. The 4-H girls plan to place an exhibit also.

Guelph Oct. 8-9. Mrs. A. Gates and Mrs. J. McCulloch are voting delegates. Leaders chosen for project Dressmaking with a Difference, are Mrs. G. Wallace and Mrs. J. McCulloch. They will be attending training school at a later date.

Mrs. Calvin Aitken, secretary, read a letter from foster child Ching-Chu-Ping, who told of his progress in high school.

Home Economics convener Mrs. Ralph Sinclair was in charge of the program. Mrs. Gordon Johnston read the motto—Thanksgiving. Each one of us by showing gratitude is giving thanks and thus gratitude is the spirit of Thanksgiving.

Mrs. Sinclair read articles given by the Canadian Consumer Association. This dealt with what is new in fabrics, cleaners, and food, also gimmicks which are packed with food. They

were told they should make use of pamphlets which they could have free if they only took time to write for them.

Following the closing of the meeting lunch was served by the hostess assisted by Mrs. J. McCulloch and Mrs. R. McKeown.

Mrs. A. Gates was courtesy convener.

The October meeting will be held on Oct. 7 at the home of Mrs. Y. Hensley, Greenock. This will be an afternoon meeting; a noon lunch will be served.

A HUNDRED new juvenile paperback books are in circulation at the library. They came from the South Central Regional Library Association, and the children are delighted with them.

THE I.G.A. store estimated about 500 reproductions of paintings were given out last week, and the frames had to be re-ordered. The promotion appears very successful.

The Acton Free Press, Wednesday, October 1, 1969

Knox Ladies' Aid September meeting

A beautiful verse Mental Poise read by Mrs. W. J. McIntyre, president, opened the September meeting of Knox Ladies' Aid on Tuesday afternoon in the Mary Ellen Anderson room of the church in November.

In the absence of Mrs. G. S. Matthews, secretary, Mrs. A. J. Buchanan read the minutes of the previous meeting and correspondence—the treasurer's report was given.

Mrs. J. A. Van Fleet gave a report of a housecleaning bee in the church kitchen which a few of the ladies had attended recently.

A quilt will be quilted for a member of the congregation in the near future.

A report of the meeting attended by Mrs. McIntyre and Mrs. J. C. Dennis with the Board of Managers was given.

Preliminary plans were made for a luncheon to be served in the Dr. A. C. Stewart Hall of the church in November.

The devotional period was taken with Mrs. F. McCutcheon reading the Scripture lesson, and Mrs. J. A. Van Fleet giving the prayer. The meeting closed with the hymn Work for the Night is Coming, followed by the Lord's prayer.

A delicious lunch was served by Mrs. F. McCutcheon and Mrs. G. Sproul as lunch conveners of the month.

Prowler

A prowler at the back of a Lakeview subdivision home was reported to police last Wednesday night about 12.30 a.m. He ran away before he could be questioned.

Free Press

Women's Page



By Wendy Thomson

We've never bothered too much with the fairs and such up till now. Either Gord had to work, somebody came visiting, or something else happened like two years ago when we got as far as the gate and Jim was vigorously sick. As far as entering anything, I took one look at the beautiful pies, lovely cakes, and perfect rolls, the first time I was at the fair, and decided I wouldn't stand a chance. My cakes either have a bump in the middle and I have to put gobs of icing in between the layers to keep them from rocking, or they come out of the pan in pieces and I have to ice them back together again. My pastry is full of patches. No matter how I try, I always manage to be a little short in one spot and have to take off here to fill in there. Still, I'm always pleased with the way they taste.

And rolls? I don't think I could ever get them out of the house. There's something about the smell of bread baking that makes Gord prowl back and forth in front of the stove, a pound of butter in one hand and a knife between his teeth.

But this year Gord was away in Port Elgin for a week or so before the fall fair and I was quite at loose ends. The house was always tidy; there wasn't much laundry, and meals were just odds and ends in front of the TV. It was a great holiday and I was bored stiff, so to while away the time I pored over the prize list, figuring out what I might stand a chance on, if I entered.

Then, in a burst of enthusiasm, I sent an entry form in, listing apple, pumpkin, and lemon pies, tea biscuits, pizza and chocolate cake for myself. Then peanut butter cookies, fancy sandwiches, and chocolate cake for 12 year old Beth, and oatmeal cookies, tea biscuits, and apple pie for Jim, 10 years old. Next I had to sit down and figure out a schedule for that week, to fit the baking in with Jim's barn chores and Beth's pony exercising.

Getting Jim to work wasn't too bad at all. He'd never baked before and it was always game for something new. I dug out "The Canadian Cook Book," an old Home Economics book of my mother's, which gave step by step instructions on how to make cookies and pies and such, and Jim went at it like an old pro.

Beth was a little difficult. If my schedule said "cookies", that's when she wanted to ride Earl Grey. If it said "horse", she was up at the house ready to bake a cake. Not only that, but when I DID get her to baking, she kept eating the ingredients. Very frustrating.

I was having my own problems. Instead of the regular All-purpose flour, I had decided to use cake flour, and my pastry (which is usually flaky anyhow, flaked to pieces all over the place. Then I lost my pumpkin pie recipe and the one I settled on wasn't too good. And when I got my chocolate cake back out of the freezer and tried to ice it, I got so mad I just about fed it to the dog! Each time the butter icing hit the frozen cake, it went into a hard glob. In the end, I had to heat two spoons in a cup of hot water and use them to spread the icing, reheating them every half a minute.

But we did have fun at the meals, eating the leftovers. Thursday we had company for dinner, and had pizza and pumpkin pie. Friday's lunch was tea biscuits, cheese, and lemon pie.

When we finally got everything into the fair, it was a load off my mind. It was getting to be a bit of a headache. Still,



Acton student wins award

Seven prospective new members were welcomed by the president, Mrs. R. Arpa, to the first meeting of the Milton and District University Women's Club on Sept. 11 at the home of Mrs. D. Thompson, 382 Maplewood Cres. Milton when the occasion was marked by a wine and cheese party.

As the Club's representative to the Canadian Federation of University Women's Golden Jubilee Conference at Edmonton in the spring, Mrs. H. Powys gave an interesting but brief summary of the sessions there, and reported the almost unanimous adoption of her resolution, sponsored by the Milton Club, requesting that the Federal Government reconsider the pension plans relating to women.

For the scholarship committee, Mrs. Marion Reed announced that Kathryn Sinclair of Acton had been selected as the winner of this year's scholarship. Miss Sinclair, who has just left Acton and is attending Waterloo University, achieved over 90 per cent in her year's work. This award is given annually to the girl graduate of highest standing in either Milton or Acton High School and who is continuing her education.

The program for the coming year was reviewed by Mrs. L. Andrews who had an interesting list of speakers lined up, and then the Study Groups under the convener'ship of Mrs. Jean Masson were formed.

The meeting closed with coffee served by the hostess.

Pam Snow heads 4-H

The first meeting of the Ballinafad South 4-H club was held on Saturday September 27. They met in the Ballinafad Hall but the rest of the meetings will be held in the Community Church.

Officers elected are: president, Pam Snow; vice president, Erica Strokov; treasurer, Beverly Leith; press reporter Nancy Snow; telephone committee Carol Buchanan, Rosy Sojka.

The club's name will be the Ballinafad Southern Chuck Wagons. Each girl is being charged a 50 cent fee. Next meeting will be on Saturday, October 4.

LEMON MERINGUE PIE

Combine 5 Tbsp. cornstarch, 1/4 tsp. salt, and 1/2 cup sugar in top of a double boiler. Gradually add 2 cups hot water. Place over boiling water and cook, stirring constantly, until mixture thickens. Cover and cook for 10 minutes, stirring occasionally.

Stir small amount of hot mixture into 3 egg yolks which have been mixed with 1/4 cup sugar. Immediately pour back into remaining hot mixture over boiling water. Blend thoroughly and cook 2 minutes longer stirring constantly.

Remove from heat; add 2 Tbsp. butter, 1 1/2 tsp. grated lemon rind, 5 Tbsp. lemon juice. Cool to room temperature, without stirring. Pour into a baked 9" pie shell.

Add 1/2 tsp. cream of tartar to 3 egg whites and beat till frothy. Gradually beat in 6 Tbsp. sugar and continue beating until stiff and glossy. Spread lightly on filling, sealing edges to crust. Bake at 400 degrees 8 to 10 minutes or until delicately browned.

4-H Meat'ins name exec

The Acton branch of the 4-H Club is once again on the move. Even though they have only completed the third of eight meetings, all have benefitted from the course, "Meat on the Menu".

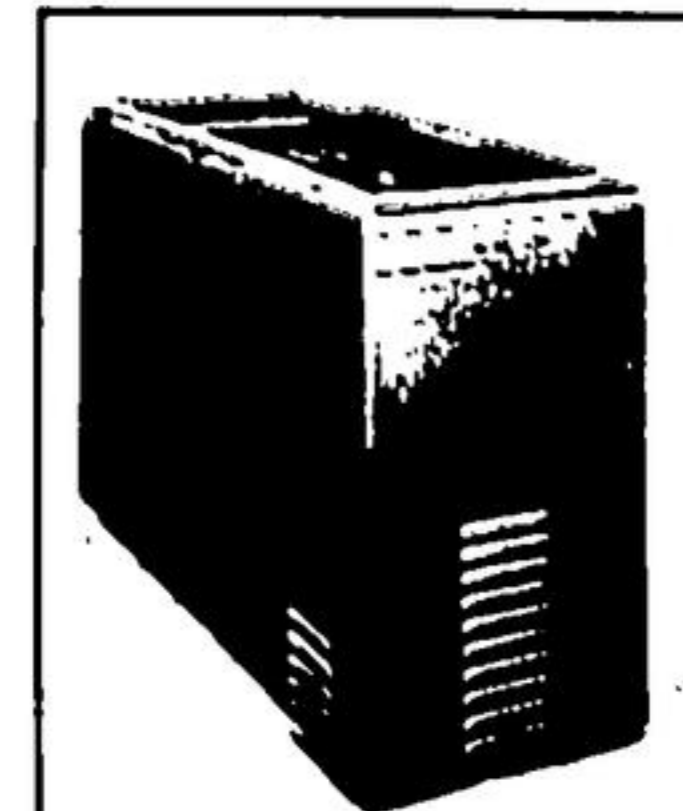
As the title suggests, this club is mainly concerned with the selection, preparation and storage of various cuts of meat. Meetings are to be held regularly Monday nights, at the home of member Linda Beers.

The officers for this project are as follows: President, Lynda Sayers; vice president, Linda Beers; secretary, Shirley Jaque; treasurer, Shirley Sayers; reporter, Mary Ann Freuler; phone committee, Dorothy Newton and Corie Maxwell.

Club leader once again is Mrs. MacNaughton. After a lengthy discussion the name "Meat'ins" was found satisfactory by all concerned. They have received note books but have yet to decide on a cover design.

At the meetings they have prepared pan-fried bacon and also braised liver with vegetables. Even those who disliked liver found the dish tasty. Next on the menu is Swiss steak.

C.G.I.T. girls enjoyed a wiener roast Monday at the United church property on the Blue Springs line.



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- I will check my heating appliances and chimneys at regular intervals.
- I will not place hot ashes and coals in anything but a metal container and will not leave these containers sitting on a wooden floor.
- I will protect all woodwork close to smoke pipes with asbestos and metal, leaving an air space of at least two inches between this protection and the pipe.
- I will not do electrical wiring repairs unless I am a qualified electrician.
- I will not use pennies, hairpins, foil and such as electric fuses.
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