



and agar agar. Doesn't that

sound yummy? It that doesn't

appeal to you, there's another

licorice, asparagus, watercrest.

When I got home and was

astounding Gord with all my

bits of newly acquired

wisdom(?) I could see him

beginning to look more and

more worried as I went down

the list. Finally he couldn't

stand it any longer and asked

how much I had spent

Happily, for once I had been

able to hold myself in check,

and settled for face powder

and some sea weedy stuff.

Although the make-up

admittedly made a vast

improvement on the basic me,

could make a good showing if

had to, but I'd rather have

Really, if I have a choice, I

prefer my lemon as flavoring

and nuts for eating. A few

days ago I tried a lemon loaf

with pecans in it, and was

very pleased with the result.

LEMON LOAF

A surprisingly large crowd of

over 200 women went last

Wednesday evening to the high

school to see the two films on

cancer prevention, arranged by

the local unit of the Canadian

Mrs. Velma West introduced

sole male there, Bill Coats, who

The organizers were delighted

by the response. Coffee and fruit

bread were served afterwards.

the two films and thanked the

Over 200

see films

Cancer Society.

operated the projector.

Gord remain on speaking

terms with me.

it was enough to know that

containing rhuberb root,

alfalfa, and paraley. Wowee!

By Wendy Thomson

went out one night last week and got plastered-absolutely plastered with everything from apricots to Arizons mud. It was the first cosmetic demonstration I'd been to, and I had a marvellous time.

Can you imagine seven beautifully dressed women, some complete strangers to each other, sitting around a table, completely stripped of make-up? It's a pathetic sight. One looked at herself in her mirror, turned it over and

took a longer look in the magnifying side, glanced at the other bare faces watching her, then said urgently to the demonstrator "Quick, Bernie, give us something to do!"

I rarely use many commetics myself, and was fascinated by If the fuse and fun I've been missing. After a basic cleaner freshener made of fruits, herbs, and Here, Bemie reminded since every ingredient in every item was purely organic, it was all edible. At this, one guest took a good sniff at the freshaner and voiced the prevailing opinion, wonder how this would

mix with gin?" Next came a cream scrub that smalt wonderful-honey, almonds, and mint. It felt equally wonderful and I took a look at the price-Wow! I Wonder if they make an sconomy line using peanuts. The fourth step was a little surprising. After half an hour of setting clean, we were given a blob of good old Arizona mud to untear on our chining faces. That was when the youngest boy of the house came out to see what all the laughter was about, and just stood and stared. He'd get walloped for doing

Cream 15 cup margarine and 1 cup super. Add 2 beaten ages and what we were doing! grated rind of I lemon. Mix well. While we were drying and Add 116 cups flour, 1 tsp. baking cracking, Bernie tenderly powder, pinch salt (sifted brought out a bottle of an together) alternatively with 15 cup milk. Beat. Add 15 cup nuts (pacans are nice: it takes a 3 oz. expensive oil made from apricot seeds, and carefully pkg.) Bake in a greated loaf pan put a glob in everyone's t 350 degrees for about 1 hour. hand. I'd have liked to have Remove from oven and while still hot, spread with juice of the taken mine home and saved it lemon in which & cup sugar has for a special occasion, but we were instructed to rub in on tang this adds is worth the extra one elbow to see what a

difference it made. Now an elbow is one place that most people can't get a good look at, (their own, that is) so I am totally unaware of what charm the oil may have revealed. And when I went home and waved it at Gord, he accused me of trying to knock his teeth out. At \$7.25 an ounce, I would have expected a line of men following me down the street, pushing to get a better look at my elbow! So much for

From there we went on to make-up, a moistener made of humectants (whatever they are) and soybean oil; avocado all for the eyes; cocabutter lipstick and I forget all what remember that the mascara ISN'T made from thos polish and turpentine, though.

There was a great laugh when Bernie explained how easy it is to fit a facial into a daily schedule. "Just take half an hour, maybe while the kids are napping, and let the mudpack (she called it something else) set while you soak in the tub". Ha! It's only since David started Kindergarten that I dare relax in the tub. Even then someone is quite apt to knock on the front door. I've been caught twice with guck on my face, and never again. Once I had one leg covered with pink hair remover and had people stop by. Rather then wash it all off too toon, walked out as I was and explained that I had poison ivy and was just applying calomine lotion.

Anyhow, at the laughter that went up at the demonstration. Bernie tried again, "Well, maybe while your husband watches the kids in the evening ... " More hoots of laughter.

was quite impressed by the fact that everything was organic and therefore edible-"If you ever get stranded in a storm, you'll naver have to starve-just est your make-up!" However, rather than finish off a small fortune in coametics just for a anack, I think perhaps I'd take a bit of the honey and almond stuff as an appetizer, leather case the stuff comes

What I was interested in were the wafers that are pure food energy, according to the book-16 farm, desert and see plants. Or the powder made of milk solids and almonds. Or the tablets consisting of powder, nepton, kelp,

. 4

Waldie-Tuck wedding in Georgetown church

In St. John's United Church, Georgetown, on September 13 Rev. B. Scrivens officiated at the marriage of Patricia Anne Tuck, daughter of Mr. and Mrs. Bert Tuck, 43 Queen Street, when she became the bride of David Waldie, son of Mr. and Mrs. Wilfred Waldie, R. R. 2, Acton.

The altar was decorated with an arrangement of pink glads, white shasta daisies and baby's

Bernard Shrubsole was organist and during the tigningof the register he played On Promise Me and Whispering Hope.

Mr. Tuck gave his daughter in marriage in a double-ring

ceremony. The bride wore a gown of imported Lice with long sleeves and high neckline trimmed with white satin ribbon and lace. A sweeping train of silk organza edged in lace and satin ribbon fell from her shoulders. She wore her grandmother's locket, a family heirloom.

A cluster of pearls and thinestones held in place her shoulder length veil. She carried a garland of pink sweetheart roses, white carnations and trailing ivy entwined with white satin ribbon.

Mrs. Sharon Scheel of Kitchener, cousin of the bride,

was matron of honor. She wore an empire gown of buttercup yellow chiffon over taffets trimmed with yellow daisies, with a train falling from the shoulders. She wore a matching headpiece of yellow flowers which were entwined throughout the hair. She carried a garland of white shasta daisies with meen streamers ..

Mrs. Marg Tuck, sister-in-law of the bride, Mrs. Lynn Medland, sister of the groom, both of Acton and Mrs. May Haynes, friend of the bride and groom of Brampton; were bridesmalds. They were dressed identically to the matron of honor only they were in peppermint green. Their bouquets were yellow shatta daisies with yellow streamers. They were a strand of pearls. moora brids and groom.

Miss Christine Hoare, cousin of the bride and Miss Lillian Waldie, sister of the groom, were flower girls dressed alike in yellow bonded crepe dresses trimmed with tiny bows. They carried baskets of a mixture of yellow and white thatta daisies and wore sterling silver lockets, gifts of the bride and groom. Fred Collins of Acton was the

groom's best man. Don Tuck, brother of the bride and Ernie Medland.

brother-in-law of the groom, both of Acton and Dan Haynes of Brampton acted as ushers. They were dinner tackets, black pants and boutonnières tinted to match corresponding bridesmalds' dresses.

At the reception held at the Odd Fellows Hall Mrs. Tuck received for her daughter dressed in a light green ensemble trimmed with besds with hat shoes to match, with a corrage of yellow sweetheart roses and gold ribbon. Mrs. Waldie received for her son wearing a coral ensemble with hat and shoes to match, with a corsage of white carnations and pink sweetheart roses.

A dance party was held in the Odd Fellows Hall in the evening. For a honeymoon trip north the bride wore a turquoise wool suit with matching fur cuffs, black velvet picture hat with black accompries. Her corrage was red sweetheart roses.

Prior to her marriage the bride was honored with five showers. Mrs. Sharon Scheel and Mrs. Marg Tuck held a miscellaneous shower in Kitchener. Mrs. May Haynes held a miscellaneous shower in Brampton. Mrs. Lynn Medland and Mrs. Darlene Smith, aunt of the groom, held a kitchen shower in Milton.

Miss Jo-Anne Smith held a pantry shower in Georgetown and a miscellaneous shower and presentation was held by the office staff at Lytton Systems in Rexdale where the bride is employed.

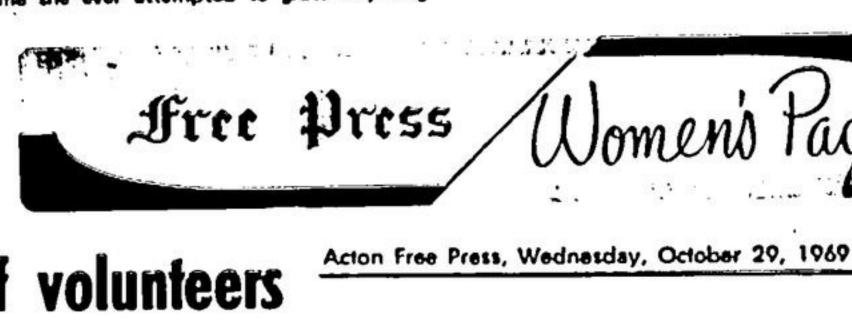
There were two stag parties held for the groom. One was held by the ushers in Acton and the office staff of P. L. Robertsons held one in Milton for the groom who is employed in the office there.

They will make their new home on 298 Main St. E. in



GORDON SINCLAIR can breg about one bloom on his Easter lily but Mrs. Norman Roy, 172 Tidey Ave., has three on one she has at her home. Mrs. Roy says this is the first time the ever attempted to grow anything

and is delighted with the progress of the plant. The Roys moved to Acton from Downsview last March and enjoy living in a small town.-(Staff Photo)



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Older people may have suitable housing, financial security, adequate health services and proper nutrition and yet find the added years of life futile, frustrating and nonconstructive. Experts in the

field of aging have found that loneliness is the most corroding influence in the lives of senior citizens. To combat this hundreds of volunteers are needed who will become friendly visitors to the aging section of the population.

These volunteers should receive basic training in the understanding of older people and should be prepared to offer all services to meet the needs and problems of this aging group. They should also be of the Scout and Guide Mothers, items, knitting and sewing. The conversant with recreational Brownies were in charge of a activities which tend to keep older people in the mainstream touch and take table while the Guides sold white elephants. The

> Friendly visiting should be a regular and continuing service. It should be extended to the older citizen wherever he may be found in Homes for the Aged, in Nursing Homes and Hospitals within the community, in his own home or apartment, with relatives or friends, or in

boarding houses.

social agencies, etc., may set up a visiting service. The Georgetown and District Red Cross Branch services for Seniors Committee has set a date for their 4-hour Friendly

Any organization having volunteers, such as churches, service and fraternal groups,

Visiting Training Course. For further details, see Coming



PATRICIA ANNE Tuck and David Waldle were married in St. John's United church, Georgetown.

Scout, Guide Mothers bazaar, draws Saturday Mrs. Pat Robinson, a member successful. Also sold were bazaar

Brownies, Guides, Rangers and Scout and Guide mothers all co-operated to produce their second annual bazaar, which was held Saturday at the scout hall.

Journey to Creemore for Greenock meeting

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ACTON FABRIC CENTRE

The October meeting for the Greenock Institute was held at the home of Mrs. T. Hemsley of Creemore, Ontario. This was a meeting which all had looked forward to attending. Twelve members were able to make the trip and enjoy the beauty of the autumn colors.

Upon arrival they were greeted by their hostess and soon all were sitting down to a delicious noon day luncheon. The meeting was opened by

president Mrs. Wallace following which all repeated the Mary Stewart collect. Mrs. Elliott Patterson gave the meditation. The roll call was answered with the naming of "A new trend in the packaging and processing of foods" which proved to be very interesting

Plans were . completed regarding the meeting to be held October 28 in the Ospringe public school when the Canadian

> SAVE UP TO \$3.00 YARD

Some told of the ways in which

foods were prepared for the

Pension Plan will be the topic given by the speaker, A. Sauve

of Kitchener. Mrs. C. Allan and Mrs. K. Eckrich.conveners for Agriculture and Canadian industries, were in charge of the program. Mrs. Eckrich read the story written by Gordon Green "I Never Forget Thanksgiving" which gave a description of the writer's life when as a small boy he lived with his parents in the Arthur district on a farm.

Mrs. C. Allan read an article on greaseless geese which the Mennonites at Washington Ont. have turned into a profitable industry.

A contest on trees was given. Mrs. Elwood Johnston thanked the hostess and helpers for the lovely meeting and all returned home after a delightful day.

The November 11 meeting will be held in the evening at the home of Mrs. Ralph Sinclair when the guest speaker will be the district president Mrs. Edgar

Vi Henderson. Mrs. Pat Wood and Eileen Wedge won lucky door prizes. The bake sale was especially Chuck Wagons sample dish

was the lucky winner of the doll

and wardrobe. Former member

Mrs. Glenn Banks, now of Wawa,

had again made the lovely

clothes for the special draw. A

transistor radio was won by Mrs.

Wagons met for the second time. At this time 11 members were present. After the business was finished they began their discussion which was entitled

"Grow, Glow and Go." They learned the different brands of meat-red, blue and brown-and what these labels Two weeks later the

Southern Chuck Wagons met.

Plans were made to visit On Saturday, Oct. 4, the Ballinafad Southern Chuck

downstairs.

Al's Meat Market. This would give the girls a close look at many different cuts of meat. This week's discussion was concerned with cooking meat by the dry heat and the moist heat methods.

Rangers served a delicious lunch

The Scout and Guide Mothers

are planning a Tupperware party

Nov. 6 to raise more money, and

they're catering to the Rotary

After this they were given a demonstration by Heather Buchanan and Nancy Swindlehurst on the method of cooking Spanish steak. The girls later sampled this tasty

Hallowe'en Dance



Friday October 31st

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