

# Plan, Prepare 165 Meals For Varying Appetites

Three meals a day getting you down? Sick of the perennial question, "What will I have for supper?" — be consoled — the dietary department of Georgetown Hospital plan and prepare one hundred and sixty five meals a day for the patients, at least half of whom are on special diets. And, of course, the staff eat too.

Admittedly, all this isn't done by one person. The dietitian Mrs. John Sommer is helped by a staff of eleven, who are on duty from six in the morning until seven at night. No, they don't work 13 hours a day, they are on shifts, with everyone working eight hours in a two week period each works ten days, since obviously here is one

place the employees can't have Saturdays and Sundays off. The before-bed snack is not forgotten either, food is prepared and left available for both the patients and nurses. Different colour cards adorn the trays, not for decoration, however. The blue card means the patient is on a regular diet, the white card means a liquid diet, and the red card covers all other special diets. The diets, of course, are followed from diet sheets made out according to the doctor's orders for each patient.

As at home the basic diet changes with the seasons, with more cold meats and fruits in the summer. As usual the women seem to like this more than the men.

Having trouble sticking to the family food budget? Hospitals, too, have this problem. They have to work on a budget that allows only 60¢ a day to feed each patient. Now you know why steak and mutton rooms are rarely on hospital menus.

There are a few things about the hospital kitchen the housewife might envy. First and foremost is the king-sized dishwasher which allows the dishes for eighty people to be stacked, washed and put away in half an hour.

A shorter time than the average mother spends yelling at the kids trying to get them to do the job.

Painless potato peeling is the order of the day with a machine that many an army private on K.P. would have given up a leave to obtain. Not only potatoes but carrots or apples can be peeled this way.

Mrs. Sommer, who trained at Baden-Haden in Germany, also instructs diabetics how to control their diets, while in the hospital, or out if they so desire.

Here in Ontario dietitians usually train at Ontario Agricultural College in Guelph, or at the University of Toronto.



MRS. JOHN SOMMER

## Seek Professional Status CAPN Advice to Nurses

On April 9th, the Georgetown and District Registered Nurses' organization sponsored a meeting of the committee for the Advancement of Professional Nurses. Approximately 125 nurses from all fields of nursing, including directors, supervisors, male nurses, public health and industrial nurses, as well as general staff nurses attended the gathering, in the Wrigglesworth School, coming from centres as far as Hamilton, Burlington, Oakville, Guelph, Brampton, Milton and Acton.

Mrs. Mary Simpson, president of the Georgetown and District Registered Nurses' organization welcomed the group and explained that since one of the purposes of the local group of nurses was to obtain a comprehensive view of nursing trends, they had asked the Committee for the Advancement of Professional Nurses to come to Georgetown.

Mrs. Simpson commented that during the present turmoil in many fields of the medical profession, each registered nurse should consider it her professional duty to be aware of the issues, and be prepared to take an active part.

The president then introduced Mrs. Ruth LeRoux, Reg.N., chairman of the CAPN, who explained in her opening comments that the Committee consisted of twenty registered nurses who were all members of the Registered Nurses' Association of Ontario. She emphasized that CAPN was not a separate organization working against the Registered Nurses' Association, but rather a Committee of Registered Nurses' Association members which had set itself up to effect democratic reforms within the framework of the Registered Nurses' Association, making it a body which would more effectively represent the 85 per cent of its membership who are basic nurses.

To the attentive audience, Mrs. LeRoux stated, "Each individual must feel professional within herself, and act it." She continued, saying that the well-known apathy of nurses must be cast aside. The apathy is due to ignorance of the issues, the speaker contended, but in addition, the training period in which she is expected to follow orders and be submissive, helps create a candida for apathy.

"Frequently," added Mrs. LeRoux, "nurses who try to improve the working conditions are labelled as trouble makers by their employers, and are often ostracized by their more intimidated nursing colleagues."

Continuing, the speaker claimed that the CAPN has been accused of politicking, but with a large majority of nurses being paid by the Ontario Hospital Services Commission, a government agency she felt, they must become politically minded.

She drew attention to a report prepared for the Royal Commission in 1962, in which the statement was made that diploma educated nurses, (that is, graduates of the three year hospital nursing course) were not really professional nurses. She pointed out that if this ever became an actuality due to merging of the Registered Nurses and the Registered Nursing Assistants, a large body of non-professional technical nurses would become a source of cheap technical labour, without even the right to strike. In practice they might have the right, but she felt the public would not tolerate such action.

"The Committee is therefore advocating a form of legislation to control itself without government interference and would provide for contracts which would protect employer and employee. "In order to enact such legislation," she concluded, "nurses would have to employ lawyers and economists, since nurses tend to be too soft-hearted."

A lively question period followed the speaker's address, and the meeting closed with Mrs. Elaine Sales thanking Mrs. LeRoux.

### STEWARTTOWN

## Mrs. William Humphreys is Esquering W.I. President

Mrs. Wm. Humphreys was elected President of Esquering Women's Institute, Wednesday evening, April 8th at their annual meeting held in the Esquering Township road superintendent's office at Stewarttown.

Mrs. C. A. Grant chaired the meeting for the following election of officers. Hon. president, Mrs. W. R. Lawson, 1st vice president Mrs. W. R. Lawson; secretary treasurer, Mrs. Fred Armstrong; district director Mrs. W. R. Lawson; alternate, Mrs. Walter Lawson; Committee conveners elected are Agriculture and Canadian Industry, Mrs. Herb Reid.

Citizenship and Education, Mrs. Jim Staddon; Home Economics and Health, Mrs. Robert Harris; Historical Research, Mrs. Walter Lawson; Current Events, Mrs. Bruce Beckett; Public Relations, Mrs. C. A. Grant; Pianists, Mrs. Reg Williams and Mrs. Fred Armstrong; Sick and Shut-ins, Mrs. H. P. Lawson and Mrs. J. C. Murray; Auditors, Mrs. Robert Harris and Mrs. H. P. Lawson. Entertainment Committee, Mrs. Geo. Atkinson and Mrs. Robert McDonald.

Prior to the meeting a pot luck supper was enjoyed by members and their guests, ably convened by Mrs. W. R. Lawson, and Mrs. Wm. Humphreys, president. Mrs. W. R. Lawson presided, and opened the meeting in the usual manner with the Ode and prayer, then warmly welcomed the visitors. The standing committee conveners gave their respective reports and Mrs. C. A. Grant gave the report of the District Directors. Immediately following the election of officers Mrs. H. P. Lawson presided over the installation ceremony. Members received an invitation to attend the 40th anniversary of Mount Union branch to be held in Milton on Wednesday, April 22nd. Invitations were also received from Ashgrove W.I. to

## LET'S PLAY BRIDGE

by Bill Coats

The 'End Play' in bridge is a play in which declarer places the lead with one of the opponents at such a time when the opponent must make a favorable lead for declarer. One bridge writer has said it is like handing the opponents a knife and asking them to cut their own throats.

The end play is more useful at suit contract but can also be used at no trump. Here is an example which occurred in a rubber bridge match. I was South and declarer on this hand. The opponents were good, so I could expect no gifts.

North South  
S-J-9 H-Q 10 8 4  
D-A 6 3 2 C-A K J

West East  
S-A 8 7 3 H-Q 10  
H-7 3 2 H-A J 9 8  
D-10 9 7 D-Q 9 5  
C-Q 7 C-10 9 8 6

South  
S-K 6 4 3  
H-K 8  
D-K J 4  
C-8 5 4 3

North was the dealer and neither side was vulnerable. You may not agree with the bid, but here it is:

### Witnesses At Guelph Three-Day Seminar

"Jehovah's Witnesses Around the World" was the slogan emphasized at all sessions of the three-day convention held by the Witnesses in the Guelph Collegiate Institute, March 20-22. 1362 persons heard Donald Mills, Dist. Supervisor, on Sunday.

Is one religious course of study practical for all nations today? Can you learn to be a lay preacher for your faith by the same methods, whether you live in Africa or Norway? Can your faith overcome materialism whether you live in the U.S.A. or West Germany?

By means of a special Saturday evening program, using a cast of individuals originating from these countries, Mr. D. A. Mills, District Supervisor, showed practical results can be accomplished. Working overtime, TV mania, love of entertainment, fear of ridicule are some of the obstacles that prevent the Christian of today from living a balanced spiritual life. Personal knowledge of the problems of each member of the congregation, and patient, loving, administering of scriptural guidance and counsel is being used successfully around the world as the solution to these problems so common in this age.

Mrs. Mel Taylor, local overseer for the Witnesses, was in attendance with Mrs. Taylor. Several others from the area were present, Mr. and Mrs. Lloyd Dew and family and Frank Milton and his family.

Friday evening, in his welcome address to 750 delegates, Mr. Mills stressed the global view of the ministerial work by stating: "The same course of study and apostolic methods of evangelism are the ties that bind the world-wide congregations of Jehovah's Witnesses together."

"The same course of study' being considered in 192 lands this week, March 15-22, was 'Time and the Holy Scriptures'." Those selected as speakers for the evening enlarged on this theme. Melville Taylor of Georgetown stated, "Man is deeply conscious of the passing of time, however, it is one-directional, the past is gone, and can never be repeated. But the future is always flowing towards us. We are interested in the wise use of time as it affects our future, beyond their means, and children suffer when man the road father work."

### NORVAL LOSSES REGIONAL DRAMA

Norval Junior Farmers' play "The White Phantom" failed to win out in a regional Junior Farmer drama festival held at Dundas Monday, April 8. The group under the direction of Mrs. William Bealin, won the Halton drama festival March 25 and attended the regional festival as Halton's representative.

Oxford's play "The Valiant" won Monday, and the group will go on to compete at the provincial finals at OAC, Guelph, on April 17th. Others in same competition were Waterloo and Haldimand counties. The adjudicator was Mrs. Elaine Thomson of Hamilton.

Players in the Norval cast included Diane Wrigglesworth, Rita Van Arkel, Ruth Mason, John Wilson, Don Brander, Bruce Van Vleet and Gail McCallum.

Whether their deeds were cherished or not, God bless them all and reward them for their courage on earth.

### North East South West

1D Pass INT Pass  
2NT Pass 3NT All Pass

West led the spade five and I made my plan. It wasn't much of a plan at this stage, but I could try for four club tricks, four diamond tricks and a heart. So the spade nine is called from dummy, East plays the 10 and declarer ducks. East plays the spade Queen and South ducks again.

Now East switches to a club. This is won in dummy and a diamond is led and finessed. When this worked, things were looking up. I led the heart king and this was allowed to win. Now I tried two more leads of clubs, but they did not break. But one thing I knew. East had the long club and no spades. I had to get back to my hand and leave East with no cards except hearts and a club. I took the diamond ace and led to the diamond king. Diamonds broke evenly so I had a good six of diamonds in dummy.

This is the position with the lead in South's hand.

South  
S-K 6 4 3  
H-K 8  
D-K J 4  
C-8 5 4 3

West East  
S-A 8 7 H-A J 9  
H-7 D-10 9 8  
C-10 9 8 6

South  
S-K 6  
H-5  
D-10  
C-8

I led the club eight, and played my heart eight. East is end played. East must lead a heart to dummy and allow dummy to score the heart queen and the good diamond.

It would have done East no good to take the heart ace earlier for the East would have to lead into a dummy's queen 10 of hearts.

Bridge winners on Monday were Mr. and Mrs. Art Norris, 1st; Mrs. Beza Hewson and Miss Olive Logan, 2nd; Earl Knmond and Jack Hooper, 3rd.

### Fined, Licence Suspended After Ramming Milk Truck

A 20-year-old Georgetown youth was fined \$125 and his driving license suspended for 12 months when he was convicted last Wednesday on a charge of impaired driving.

The charge was laid after the car he was driving hit a milk truck owned by Steen's Dairy, 10 Water St., Georgetown, February 22.

Lawrence Lalonde, 19 Guelph St., the driver of the truck, testified he was driving east on Guelph St. at about 6:10 a.m. on the morning in question when he saw headlights on the same driving lane coming in the opposite direction. "I was wondering whether to pull onto the sidewalk or stop when the car hit me," he said.

The witness said the car driven by the accused struck the left side of his truck. He sustained light back injuries when a crate of milk fell on him, he added.

Georgetown police constable Roy Henderson told the court he arrived at the scene shortly after and found the accused's car, after striking the truck, had travelled for another 327 feet, through an eight foot gap between a tree and a hydro pole.

The constable told the court the accused was given a breathalyzer test which showed a reading of 1.7 parts per thousand and blood alcohol content, the equivalent of seven bottles of beer or 10 ounces of liquor.

"You are lucky to be here after narrowly missing a tree," noted Crown Attorney Peter McWilliams. "Have you a problem with liquor," he asked.

He urged the court to see that the accused was kept from driving longer than the mandatory six months period. The Crown withdrew a further charge of careless driving.

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