

the painted box

By Wendy Thomson

It's heartening to sit in the waiting room of the doctor's office and see all the people walk in with anxiety, hesitancy, and a certain touch of glumness. Ten minutes with the doctor and out they come, patched up, bolstered up, with a reassured look that says "I knew everything was all right."

I was surprised, last Monday, that everybody didn't take one look at me after my session with the doctor and quietly make their way out to do some shopping they'd just remembered.

I'm not sure what I looked like, but I felt pure green, with fuzzy eyes and blurry feet. I made it as far as the nurse's desk and stopped to decide whether to continue going sideways, or to try straight down for awhile.

Ten minutes earlier, I had been feeling bright, cheerful, and in full control of my stomach. The doctor had glanced over the muscle in my arm that was stiff and sore, said "Yes, but is that tender there?" and poked a spot on my elbow.

As I crawled back up into the chair, I gasped that it was indeed a little touchy, and was matter of factly told that I had a type of arthritis called Tennis Elbow (even though I haven't been). All it needed was a shot of Cortisone, it would go away, and I would live happily ever after. Or maybe two shots.

Rump bump
Now I'm not afraid of needles. I've only had one unpleasant one, in the Oakville Hospital where a nurse hit something she should have missed, left me with a bruise the size of a saucer and an extremely sore posterior. For years after, if God slapped me on the rump and happened to hit that particular spot, it felt as though he had palmed a thumbtack first.

But still, the elbow (particularly mine) seems an awfully vulnerable place, and I didn't want any more painful experiences. The doctor assured me that it wasn't uncomfortable, and I'd hardly feel a thing. After so many years of his being right about everything, I should doubt him?

For the next few minutes we tried to decide just where, in the area that hurt, did it hurt most, and it wasn't long before I was willing to settle for anywhere. But one dandy spot was selected and a small "X" put on it so it didn't get lost.

Along came the needle, there it went, and he was right! I hardly felt a thing!

"That was the freezing, now I'll get the Cortisone." My heart dropped, then lifted again with the thought that if my elbow joint was frozen, I surely wouldn't feel a thing.

Revolving room
Of course, if asked, the doctor would deny it, but I know that there was a little man hiding down behind the table, and as soon as the shot was given, he jumped out, hit me on the funny bone with a sledge hammer and disappeared. The muscles in my arm started tying themselves in knots (fancy ones) and my stomach tried hard to keep up. I sat and let the room revolve a bit, then headed for the door once it started staying in one spot.

W.I. proud of member

Acton Women's Institute met in the library board room for their January meeting. Miss Dorothy Simmons opened the meeting by welcoming everyone and wishing them Happy New Year, and reading a poem "O God forgive me when I whine." Prayer, the ode and Collect followed.

After minutes and treasurer's report, many thank you letters were read for Christmas cards and gifts.

Plans were made for a euchre and bake sale in March.

Member speaker
Mrs. Fryer as convener introduced Mrs. Hargrave as speaker who told of her trip to Ottawa to receive a St. John award. First she spoke of her life as a nurse and as a St. John Ambulance brigade member. She had her first patient when she was 14 years old.

Members proud
The ladies were very proud to have one of their own members receive such a high honor as she did at Ottawa. She brought many pictures to make her talk even more interesting.

After arming myself with a bottle of 29's at the drugstore, I eased into the truck and set off down the highway, expecting my arm to fall off at any minute. My main thought was to get home, crawl into bed, and not come out.

Much to my surprise, I made it, then lay and shook as some sort of reaction set in.

I hesitate to admit it, but even though the prescription read "Take one every four hours for pain", in the five hours following I took four pills and they may as well have been after-dinner mints.

I ached and paced and swore and hurt, then went to sleep with my swollen arm on a cushion.

What a day Tuesday was! I ached, but most of my discomfort was from not being able to bend my elbow to use my right hand. I've never felt so helpless! The youngsters have done the chores at the barn, and helped with the housework. Gord has had to help scrub my face and tie up my hair and so on.

Wednesday was much better, and I found I could scratch my nose, rub my eye and comb my hair.

Thursday (today) I have just discovered that typing is no help, and I feel terrible again, so I'm going to stop now.



DRAW FOR A QUILT, a Tri-Chem tube tote and a hamper in aid of the North Halton Association for Retarded Children was conducted at the home of Mrs. Murray Scoyne, Elizabeth Drive, Friday. Mrs. Jennie

Kuiken centre, drew the lucky ticket belonging to Mrs. J. Stubbington, R. R. 3, Acton. Mrs. Scoyne, left, and Mrs. Ellen Thomson, Rockwood, assist. Tri-Chem donated the prizes.—(Staff Photo)

Fair board ladies elect new officers

The ladies of Acton Fair Board held their annual meeting at the home of Mrs. Laura Dennis Thursday evening, Jan. 7.

The president Mrs. W. Linham was in the chair, and Mrs. Isobel McDonald gave the minutes of the last meeting and the financial report. Thirteen ladies answered the roll call.

Praise for fair
After the president presented the ladies with their advance prize list for 1971 Mrs. W. Linham gave a splendid report of the work accomplished last year. She praised the ladies for the appearance of the hall for the 1970 fair and said that while some classes may have been down in the number of exhibits the quality certainly made up for it. Domestic science class was away up and was very encouraging.

In thanking the ladies for their wonderful co-operation during her three years term as president, she stated that co-operation is essential for the success of the organization and hoped that the same co-operation would be given to the incoming president.

Pot luck supper precedes meeting

The first Anglican church women's meeting of the new year was held on January 6 in the parish hall. The pot luck supper, an annual event, began at 6.30 when members and guests enjoyed the delicious variety of hot and cold dishes prepared for the event.

Following the meal, a short business meeting was held, with new recording secretary Alice Doby reading the minutes from last meeting. Some projects and annual events for the 1971 season were discussed, and tentative dates set for the bazaar and teas.

Layette, trip
It was decided to bring a layette article for each Lenten

New officers
Mrs. M. McCullough took the chair for the election of officers, declaring all seats vacant. The slate of officers for the coming year is president, Mrs. E. Archibald; first vice, Mrs. Elmer Smith; secretary-treasurer, Mrs. Isobel McDonald; assistant secretary-treasurer, Mrs. S. Morrison; public relations, Mrs. C. Storey; auditor, Mrs. M. McCullough.

Mrs. W. Thompson, courtesy convener, asked that a vote of thanks be given to Mrs. W. Linham, also all who had contributed to the meeting and the lunch committee. Mrs. W. Linham read the following reading to the ladies:

Words of advice
The retiring president can do a great deal to help her successor by really retiring and taking her place as an ordinary member. There is nothing more nerve-wracking to a newly elected president than to have the immediate past-president draw up as close to the table as possible with pencil and paper in hand and make copious notes, nodding her

New Kenya mission topic for meeting

Because of inclement weather, members of the Marion-Rudd Mission Circle of the Baptist church met on Monday evening in the church instead of the home of Frances Feltham as was planned. The meeting opened with a New Year thought given by the president Frances Feltham.

All members bowed in a few minutes of silence in memory of the late Mrs. G. A. Harrap who passed away recently, concluded by prayer by Mrs. H. Page. Elda Fryer led in the reading of First Corinthians 13th chapter and gave a thought-provoking message, on "We as Christians are laborers together with God in our daily life and contacts."

Ethna Gordon read an article on the new Baptist work in Kenya where new missionaries have recently been sent. She told of the beauty of the country, the products and background of the people which was very enlightening.

Frances Feltham led in prayer for the work in Kenya; Harriet Helwig for Bolivia and Marj Landsborough for the work in India. During the business session plans were made for making bandages, etc. for White Cross work and the finalizing of the packing of the food parcel for India.

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Chinese meal for Lakeside

Chinese dinner was enjoyed by 27 members of Lakeside chapter of the I.O.D.E. in the Legion hall Tuesday of last week. The regular January meeting was held after the very enjoyable meal.

Local members definitely favor retaining the name "IODE". As requested by headquarters, a vote was taken with 23 voting to retain the name and just four opposed.

Mrs. Bessie Musselle reported 16 Christmas hampers packed and delivered.

Arrangements were made for the hiring of a bus to go to the Ice Follies in Toronto later this month.

The public health nurse had appealed for diapers for a burned-out family and this had been taken care of.

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JANUARY CLEARANCE CONTINUES

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SYLVANIA - 3 TO A SLEEVE FLASH CUBES	Reg. 1.77 \$1.44	NEW TEXTURED GLAD WRAP 17 1/2" x 100'	Reg. 30¢ 33¢
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ANACIN TABLETS 100's	88¢	CAREFREE - 40's TAMPONS REG. OR SUPER	\$1.69
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PRESTONE DE-ICER 400'S CONTAINER	Reg. 1.20 99¢	BILLETTE WITH OFF - LIST 1.70	DENTAL CREAM 74¢
LISTERINE - 20 OZ. - 200'S 1.70	94¢	NEW THE BEST PAINT 20' x 20'	GARBAGE BAGS 33¢
BILLETTE - SUPER - 10's	Reg. 1.10 88¢	TOOTH PASTE	\$1.19
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