

# the printed box



By Wendy Thomson  
Every year, about this time, I take a good look in the mirror (sideways), a good look at the scales (while standing flat instead of rocking back on my heels to make it five pounds lighter) and sigh, "Here we go again." It's time to trim down and get in some sort of half-decent shape (again).

(Jig-jog-jogging)  
It would have been a great help if the weather were nice and I could get outside to jog down to the barn and jig up the road and jog out to the mailbox. As it is, I wouldn't get two feet away from the doorstep without falling on my—face. So much for jogging.

Then there's the problem of food. I just can't seem to make my stomach believe that three tablespoons of yogurt is much more fun to eat than a half a cup of Lemon Cake Custard. So no more cooking (and eating) for fun... Must get right down to business with carrot sticks, celery sticks, half an apple, and (ugh) coffee flavored yogurt. Still, I do stretch the rules sometimes and have a peanut butter and lettuce sandwich—a thick slab of lettuce spread thinly with peanut butter. It beats cottage cheese.

New me!  
The largest problem is the lack of privacy. I had decided that I'd like to diet quietly, and startle everyone this spring when I shed my manure splattered duffle coat, and there stands a NEW ME!—slender, svelte, supple, graceful, pot-less. However, before the first week was out, Gord had translated the carefully disguised progress report hanging behind the bedroom curtain, and passed the info. on to daughter Beth. Beth promptly came out to the kitchen and walked around me in circles, trying to figure where the first five pounds had come off.

At least, I thought, I'd keep myself exercising to myself. At six-thirty each morning, I'd shove the dog off the only rug in the house and settle myself down (on the warm spot) for a session of inhaling, exhaling, and arm and leg waving. The first morning, Sue, unhappy at being roused, decided this was a new game to join in. She lay down alongside, rolled over on her back, took my elbow (and half my arm) in her mouth, and started gnawing at it with long drawn-out "Owr, owr, owr" noises. When I hollered at her to go away, she meekly went—as far as my feet and out of swatting range. There she lay, with one of my feet solidly pinned

under two of hers and proceeded to clean the bottom of my foot.  
Critical cats  
After throwing Sue outside, I went back to my mat, and tried to arrange my thoughts again. I had just got nicely going, and could feel a few knotted muscles begin to loosen up, when I happened to open my eyes. Since this mat is beside our bed, my glance hit right along the edge of it. Twelve unblinking eyes looked back. Six cats sat with raised eyebrows and "My, my, what-have-we-here?" expressions. As my leg swung, so their heads swung, eyes still unblinking, eyebrows going higher. I felt like I was undressing in a store window or something. Exit six cats.  
Back down on the mat, and to the last three of the exercises. Even though they are great for limbering up, some of them make me feel like an awful fool, and I flopped on my stomach to catch my breath, glad to have finished them in private. Then I heard the noise, a rattly purr close to my head. With a sigh, I opened my eyes and looked under the bed, straight into the slitty eyes of Tansy-two. She seemed beside herself with kittenish glee to have seen a human making such a fool of herself and slithered out to assure me that she'd keep it between the two of us. Very kind of her, I'm sure.

## Vegetable Queens make check list

The second meeting of the Greenock 4-H club, Dressing Up Vegetables, was held at the home of Mrs. Gordon Johnson on Feb. 23. The meeting was opened with the 4-H pledge. The roll call: The vegetables served at home yesterday was answered by the five girls present.  
The minutes were read by Leah Leslie. The Greenock Versatile Vegetable Queens was chosen for their club name.  
Check list  
Miss Pearen led the discussion on how to choose and buy vegetables. Some points to remember are:  
—Check size, shape and color;  
—Make sure the vegetables are fresh, tender and crisp;

—Any vegetable which is bruised, decayed or blemished should be discarded;  
—Choose vegetables by their intensity in color for good vitamin content;  
—Buy in small quantities and use immediately.  
Make dishes  
Vegetables are low in calories and produce the necessary bulk needed for your body. To pep up the flavor, seasonings and sauces are often added.  
The girls took part in demonstrating three different methods of cooking. Norma Leslie made pan-fried cabbage; Donna Milton made baked carrots and Barb Gates made boiled onions in cream sauce.

## L'Arche meeting

L'Arche Auxiliary meeting for Feb. 17 was held at the home of Mrs. J. Conroy and opened with the prayer for the retarded. There were six members present. Plans were completed for the dance Feb. 27.  
There are now five Acton district youths in the Ontario Hospital School in Orillia and the Auxiliary will be sending each an Easter gift.  
The "Pub night" held at the A.R.C. workshop in Hornby was well attended and very much enjoyed.  
Since I.G.A.'s cash register tape system is drawing to a close many people are depositing their extra tapes in the box for the retarded and they are used to purchase equipment to assist at the workshop. Every little bit is appreciated.  
The next meeting is Wednesday, March 24 at 8 p.m.

## Spring dance for Auxillary

The Spring Dance held by L'Arche Auxiliary on Feb. 27 was very well attended. The door prize was won by Mr. and Mrs. John Oosterhof, the first spot prize by Bill and Jermaine Romanovich of Acton, second door prize by Mr. and Mrs. Murray McWibbin of Toronto. The first draw was won by Mr. I. Mulder of Acton and the second draw by Mrs. Joan Taylor.

## New officers named by Knox Ladies' Aid

The members of Knox Ladies' Aid met in the Dr. Stewart Hall of Knox Church, Acton, on Tuesday afternoon.  
Opening the meeting with a beautiful verse "This is my Life", Mrs. W. J. McIntyre presided. In the absence of Mrs. G. S. Matthews, Mrs. A. K. Mann acted as secretary and read the minutes and correspondence. A card from a member, Mrs. A. J. Buchanan, holidaying in Hawaii, was enjoyed by the ladies. The treasurer's report was also read, and showed a substantial balance on hand.  
Several articles of business were discussed. A menu for the Halton Women's Institute District Annual Luncheon in May was decided on. Requests for some quilting to be done by members of the Church will be looked after.  
The devotional part of the program was taken by Mrs. G. Sprawl reading the Scripture lesson, and Mrs. J. C. Dennis leading in prayer.

## Heed challenge world relief

Members of the Marion Rudd Baptist Mission Circle met on Monday evening at the church with the president Frances Feltham in charge. Harriet Helwig gave a devotional thought based on a modern version of first Corinthians, 13th chapter.  
The highlight of the evening was an inspiring resume of the recently produced 1971 reading course books which was given by Janice Harris. From the book Operation Brother's Brother she told of the new peace gun invented by Dr. Hensting by which 6,000 people can be vaccinated in one day helping to stamp out many diseases in foreign countries.  
Challenge heard  
Mrs. Harris left all present with a challenge to do something definite for world relief and as a result of this a bake sale is being planned in the near future. All proceeds will go to world relief.

During the business session plans were made for the spring thankoffering to be held Monday evening April 4 in the church to which all are invited. Slides are being shown on the new work in Kenya.  
Meeting closed with the Mizpah benediction after which Elsie Quee and Elda Fryer served a delicious lunch. Harriet Helwig was courtesy convener.

## Free Press Personals

Mr. Fred Kingsmill is a patient in Guelph General Hospital.  
High school teacher Mrs. Marion Reed, who was in hospital in Guelph, is now in Toronto General Hospital.  
Mr. and Mrs. Gordon Park, Cathy, Steven and Kenneth of Petrolia visited with Mr. and Mrs. Chas. Landsborough over the weekend.  
Mr. and Mrs. Robert Landsborough, Christopher and Paul were Sunday visitors with Mr. and Mrs. Chas. Landsborough.  
Howard Dwyer and Allan Hall represented Acton at the meeting of the Ontario Minor Lacrosse Association in Brantford on the weekend.  
Mr. and Mrs. Ross Ballentine and Mr. and Mrs. Jack McCutcheon have returned from a pleasant two-week holiday in Florida.  
Mr. G. A. Matthews is a patient in Guelph General Hospital.  
Mr. and Mrs. Ken Mann of Fredericton, New Brunswick, visited his parents on their way home from a trip to Mexico.  
Mr. and Mrs. Roy Johnston entertained 35 members of the Acton Snowmobile Club at their home on Saturday night. There was dancing and movies shown by Wyn Hartlin and Jim Wallace. Refreshments were served and a good time was had by all.

Worshipful Mistress Mrs. Doris Brown, deputy-mistress Mrs. Joe Fuller, Mr. Joe Fuller, Mrs. George Holmes, Mr. and Mrs. William Carnochan travelled by bus to Georgetown to a meeting of Halton's Pride Loyal True Blue last Tuesday night. Mrs. Carnochan and Mr. Ken Shaw received their scarlet degree.

Gwen Bean, daughter of former Actonians Dick and Verna Bean, was married last Saturday afternoon at 5 p.m. in Leaside United church. The groom is Peter Miller and the young couple are living in Toronto. Mr. Bean gave his daughter in marriage and Betty Bean was maid of honor for her sister. Gwen is a graduate of the University of Guelph. The reception followed at Fantasy Farms on Pottery Road. Among the guests were Mr. and Mrs. Orwell Johnston of Acton. Mr. and Mrs. Dick Bean will be moving from Toronto to Waterloo soon; he is with the unemployment insurance commission office there now.

Euchre winners at the L.O.L. hall, Crewsons' Corners, Saturday, were ladies' high Margaret Davidson 116; ladies' low Gertrude Clarke; men's high Clifford Britton 120; men's low Les Kidd; lone hands John Dewar 8; door prize Ruthie Faulkner.

David Wayne Leatherland, baby son of John and Mary Ann Leatherland, Guelph, was christened Sunday afternoon at St. Alban's Anglican Church by the Rev. Harry Dawson. Grandparents Mr. and Mrs. Charles Leatherland entertained afterward. The baby's other grandmother, Mrs. Jenkins, came from Sudbury for the occasion.  
A busload of Acton Liberals attended the Halton-East Liberal Association nominating convention last night (Tuesday).  
Billy and Mike Ware formerly of Acton and now of Erin both played with Erin Pee Wees who won the "B" series championship at the Legion house league tournament on the weekend. Their parents are George and Marg Ware.  
Mrs. C.W. Mason accompanied by her sister Mrs. J. A. Logie of Woodstock, have returned after a very enjoyable three month vacation in Fort Lauderdale in Florida. While there they listened to the Canadian weather and news reports six days a week at 9 a.m., so they felt happy when basking in the sunshine or taking the Jungle Queen boat cruise in the evening!

On Saturday, February 27, the 4-H members met at the Kirkwood home, for their first meeting of the spring session. Fifteen members were present for the dairy fare club.  
The nomination of officers began. They are as follows: president, Sharon Ellerby; vice president, Debbie Saw; secretary, Brenda Kingsmill; treasurer, Susan Kuiken, press reporter, Susan Bruce; telephoner, Ruth Kirkwood.  
Leader Lois Henderson read a column on milk in many forms, milk drinks and varieties of cheese. Lois and Debbie served lunch which consisted of honey nut flip and quick cheese pizza, recipes from the dairy fare cook book. It was obvious everyone had enjoyed the meeting and was looking forward to the next one.

Members of the One Great Hour of Sharing. This is a universal relief program arranged by the Baptist world alliance on March 21 from which a sum of \$12,000 was raised last year.  
Before the prayer session Frances Feltham gave a few facts from the film To Russia with Love which was shown locally telling of the difficulties Christians have to contend with in Russia.  
Show slides  
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Mrs. McIntyre vacated the chair, and Mrs. F. J. McCutcheon conducted the election of officers.  
The 1971 slate of officers is as follows: president Mrs. W. J. McIntyre; vice president Mrs. A. K. Mann; secretary Mrs. G. S. Matthews; treasurer Mrs. J. C. Dennis; pianist Mrs. O. Moran; assistant pianist Mrs. A. K. Mann.  
Press reporter Mrs. D. S. Morrison; card secretary Mrs. A. J. Buchanan; supply convener Mrs. J. A. Robinson; manse committee Mrs. F. McCutcheon, Miss R. Clark and Mrs. A. M. Macpherson; kitchen committee Mrs. J. Scriven, Mrs. C. Agnew, Mrs. J. Wilson, and Mrs. J. A. Van Fleet; advisory committee Mrs. F. J. McCutcheon, Mrs. A. M. Macpherson and Mrs. W. J. McLeod.  
Following the meeting a dainty lunch was served by Mrs. G. Sprawl, assisted by her helpers, and the ladies enjoyed a social fellowship together.

The Acton 4-H club held their first meeting of the club "Dairy Fare" on Monday, February 15. As the title states, this club deals with working with milk, cheese, butter, etc.  
As usual the meetings are held on Monday nights at the home of members Lynda and Shirley Sayers.  
New officers  
The officers for this club are as follows: president, Lynda Sayers; vice president, Shirley Jocke; treasurer, Shirley Sayers; press reporter, Lynda Sayers.  
For this club they decided to take turns being the secretary. This means everyone will be responsible to have notes kept up to date. The leader will draw names and that person will have to give a roll call.  
Once again they are lucky to have Mrs. MacNaughton as their leader.  
The girls discussed names for the club but have not decided on one. They had a discussion on dairy foods and were given record books.  
At the first meeting they made quick cheese pizzas. Shirley Sayers and Kathie de Boer made the cheese pizzas. All enjoyed them and Shirley Jocke, Cathy McClure and Shirley Sayers made a second one. Cathy made the hot chocolate and the rest made the vanilla and strawberry milkshakes. For the next meeting they have decided to make corn chowder.

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On Tuesday, Feb. 23 the Dublin Seniors held their first meeting.  
The meeting opened by electing officers. They are as follows: president, Cathy Lasby; vice president, Doris Black; treasurer, Cathy Hinton; press reporter, Marilyn Barber; duty reporter, Gail Douglas.  
Other members are Laurene Rennie, Karen Pierce and Bonnie Armstrong.  
We decided to hold our next meeting on March 1 at 7 o'clock at the home of Mrs. Douglas.  
Mrs. Lasby read notes and gave us our roll call.  
Members then enjoyed a snack of pizzas and hot chocolate. Pink Panthers were also served but the club members did not like them.

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## Free Press Women's Page

## Cancer Society plans annual April canvass

The Canadian Cancer Society's Acton Branch met at the home of Mrs. Velma West last Tuesday Feb. 23.  
With April "Cancer Month" just a month away plans concerning campaign were the main theme of this meeting.  
Since the Cancer Campaign Blitz was so successful last year plans are again being made for a similar blitz this year. Members feel this is of benefit to the community as a whole in that everyone can expect a canvassing neighbor some time during the first two weeks of April.  
Hospital open house  
With open house at the Princess Margaret Hospital being held Sunday, March 14, arrangements have been made for a bus to take Acton volunteers to visit the hospital and lodge to see what work is being done there and also to see where the new activities program here fits into their complex program.  
Members are very grateful to the 150 volunteers who work throughout the Acton district in the many different areas of service: activity groups, driving, visiting and campaigning. They expect with this year's campaign throughout Acton and area to raise an even larger amount than last year's campaign.

## Cathy Lasby Success stories from classifieds

Good response to classified ads in last week's Free Press was reported by happy advertisers. An apartment was rented an hour after the paper was out. Various pieces of furniture, listed by another advertiser, were all sold. A pair of girl's tap shoes found a new owner, thanks to a small ad.

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## Lifts FOR THE BRIDE



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