



PARTICIPANTS IN THE WOMEN'S World Day of Prayer service at Evangel Pentecostal Church, Acton, Friday, left to right are Mrs. Vic Bristow from the Anglican Church; Mrs. Ted Hansen, Presbyterian; Mrs. John Looyenga, Christian

Six churches join Day of Prayer

Women from six Acton churches joined together Friday afternoon in the set service of the Women's World Day of Prayer. Contributors to the service this year were women from Guyana, Jamaica, the Virgin Islands and the Caribbean.

Women all over the world were following the same service the same day.

To attend This year in Acton the host church was Acton Pentecostal Tabernacle and about 70 women attended. Those taking part came from the Presbyterian, Anglican, United, Christian Reformed, Baptist and Pentecostal congregations.

Each year the service is held at a different church with women from each congregation taking their parts in the inter-denominational service.

The speaker was Mrs. S. M.

Thoman, the wife of the pastor of the host church, and her subject was a new people for a New Age. She urged a commitment to God in our hearts and lives. Mrs. Thoman quoted scriptural promises pointing out each of her listeners had a part to play. "We realize the fact that we all need a Savior," she stressed.

Leaders and readers of sections of the prepared service were, representing the Anglican church Mrs. V. Bristow; the Presbyterian church Mrs. Ted Hansen; the United Church Mrs. C. L. Rognvaldson; the Baptist church Mrs. C. Landsborough and Mrs. W. Feltham; the Christian Reformed Church Mrs. John Looyenga and the Pentecostal church Mrs. Peter Binnie.

The guest soloist was Mrs. G. Bowen of the Pentecostal church. Rev. Thoman and his wife sang a duet.

Reformed; Mrs. Charles Landsborough, Baptist; Mrs. Jim Bailey, Mrs. Peter Binnie, Pentecostal; Mrs. W. Feltham, Baptist; soloist Mrs. G. Bowen; speaker, Mrs. S. Thoman; and Mrs. C. Rognvaldson, United Church.—(Staff Photo)

Free Press Personals

Relatives and friends hope for speedy recovery for Actonians in hospital these blustery days.

Mrs. George Fountain underwent surgery in the Guelph General Hospital.

Mr. Roy Arnott is at present in Toronto General Hospital for treatment.

Mr. Charles Cutts is in Guelph General Hospital. Friends wish him a speedy recovery.

Miss Marjorie Hall is a patient in Toronto Western Hospital.

Mr. Murray Coles is a patient in Guelph General Hospital prior to undergoing surgery.

Russell Murray had an eye operation Tuesday in Guelph General Hospital.

Friends are sorry to learn Mrs. B. Veldhuis has a broken bone in her ankle - the result of a fall.

Mr. and Mrs. Lloyd McEnery left for Switzerland from Malton for three weeks' holiday.

Miss Lynne Froehlich leaves for Montreal this week, to take a training course for Air Canada stewardesses.

Mr. and Mrs. Harold Smith and daughter Leslie of Toronto spent the weekend with Mrs. Anna Smith and Wanetta.

Thaw 1 (12 oz.) pkg of frozen vegetables (Ian says he's found green pea, asparagus, broccoli, carrot, and cauliflower all turn out well). Place in blender with 2 cups milk and leave on grate for a minute or so. Add 2 tsp. flour, and a few grains of pepper (no salt), then 3 chicken bouillon cubes and ¼ cup butter dissolved in 1 cup warm milk. Turn blender to puree for 2 minutes. Heat soup in top of a double boiler, never boil in a saucepan. Makes 6 large servings.

SPICESQUARES In a medium sized saucepan, mix 1 cup brown sugar (the darker the better) 1 cup water, 1½ cups seedless raisins, one third cup corn oil, 1 tsp. cinnamon, ¼ tsp. each of cloves, salt, nutmeg. Bring to a boil and simmer for 5 minutes. Cool mixture for about 10 minutes then add 1 tsp baking soda dissolved in 1 tsp. warm water. Sift 2 cups flour with ¼ tsp. baking powder and add. Fold in ½ cup chopped walnuts or pecans. Spread evenly in greased 8" pan, bake 35 to 40 minutes or until cake tester comes out dry. When cool, sprinkle with icing sugar and cut into squares.

My brother, Ian, has just moved to Rockwood from Toronto, and brought a vast number of extremely good recipes with him. His contribution to this column is a creamed soup that I have (so far) had the will power to leave alone.

CREAMED VEGETABLE SOUP In a large saucepan or skillet over low heat, melt 3 tbsp. bacon fat. Shred 1 medium head of cabbage as you would for cole slaw. Cook, covered, for 30 minutes, stirring occasionally. Add salt and pepper to taste (doesn't really need salt.)

Something fattening to bake at the same time as the above. LEMON CAKE CUSTARD Cream 2 tbsp. butter in a large bowl. Stir in 1 cup sugar, ¼ cup flour, ¼ tsp. salt, one third cup

Chairman Wilf McEachern, commissioner Bob MacArthur and superintendent Doug Mason attended the four-day Ontario Municipal Electric Association convention at the Royal York Hotel, Toronto, Feb. 28 to March 3. More than 1,400 delegates participated in the sessions.

Acton friends this week were delighted to receive announcements of the marriage on Saturday of a former resident, Miss Mary Sirra, to Steven Omer Casey. The wedding took place in St. Basil's church in Toronto. Mary grew up here, daughter of dentist Dr. George Sirra and Mrs. Sirra. She is now a superintendent with the Victorian Order of Nurses.

While in town for a hockey game, Ted Crandon of the Delhi-News Record came over to the Free Press for a visit. He was here with the Delhi Novice team.

Halton county school board member Tom Watson is this week attending a conference of trustees and administrators in St. Louis, Missouri. Representatives were expected from every province and state, and curriculum and discipline were the main topics of the meetings. Mr. Watson, the Acton-Nassagaweya representative on the county board, returns home today (Wednesday).

Many friends will be sorry to lose Mr. and Mrs. Alf Long and family from this locality. They aren't moving far - to R.R. 1, Guelph. They have been an active and well-known couple in the community, particularly in church activities. Mr. Long, one of the founders of Micro Plastics here, now works at the plastics plant in Guelph. Moving day is Friday. Their lovely home on the highway south of town has been bought by Mr. and Mrs. Harry Norton, who are retiring back in the home community after living in South America, Libya and Norway.

Lakeside chapter surprise supper

A "surprise supper" started off the March meeting of Lakeside chapter of the I.O.D.E. The committee prepared Irish stew, potatoes, apple pie and ice cream for the members attending Tuesday of last week. Attendance was down with quite a few attending the Halton East Liberal nomination meeting. Members agreed to purchase eight small flags for classrooms at Speyside school and large flags for the auditoriums at Stewarttown, Limehouse and

Brookville schools. Donation made A donation was sent to the community hall at Attawapiskat, northwest territories. Chapters' donations were used to build the hall; this further donation is for furniture. An invitation was received to the fashion show in Guelph sponsored by the Edward Johnson. The chapter will attend Holy Week service April 4.

W.I. discusses moving gates

Acton Women's Institute met for their March meeting in the board room of the library with Miss Dorothy Simmons opening with a poem God Bless You at Easter and On the Wings of Prayer. Prayer, the Ode and collect, secretary and treasurer's reports followed. Further plans were discussed for the district annual to be held in Acton in May. A letter was read from the clergy inviting groups to attend services in Holy Week.

Cemetery gates Mrs. Davidson reported on the cemetery gates which have to be moved. Members would like them to be rebuilt as near as possible to the originals. Mrs. Jensen was given

Planning of meals Greenock 4-H topic

The third meeting of the Greenock Vegetable Queens was held at the home of Mrs. Gordon Johnson on March 1. The meeting was opened with the 4-H Pledge. The roll call, My favourite vegetable and how I like it served was answered by the six girls present. The minutes were read by Donna Milton.

The discussion Planning Meals was opened by Miss Pearen. Vegetables can be served for each meal and snacks in the form of juices, soups, relish plates, salads and by various cooking methods. Vegetables pep up flavors in meats, sauces and other dishes.

Points to remember When planning meals keep the following points in mind: 1) plan well liked foods, but get variety in your meals; 2) plan foods you can cook and serve attractively; 3) plan to serve only one new food at a time; 4) cook foods for one meal in different ways; 5) contrasts in a meal make all foods more interesting; 6) avoid serving same foods twice in same day; 7) plan meals which

permission to use the booth in the park again this year.

Mrs. Mary Graham gave a fine report on Citizenship and Education.

Curator Miss Nora Kenney gave a good report. Roll call was answered by a house cleaning hint.

Plan euchre, sale The euchre and bake sale to be held March 12 was finalized with committees appointed.

Mrs. Nelles gave a paper on White Oaks Ceramics two miles north of Acton. Mrs. Davidson read a poem she had composed. The meeting closed with the W.I. grace. A St. Patrick's lunch was served by the committee of the month.

36 tables at euchre

The Legion Ladies' Auxiliary sponsored a very pleasant afternoon Saturday in the Legion Hall, when 36 tables of euchre were in play. The ladies' euchre party was very successful.

New member

The Legion Ladies' Auxiliary held their monthly meeting Thursday, March 4 with 19 members present. They were pleased to welcome a new member, Heather Ward, into the Auxiliary.

Swap shop opens soon

The "swap shop" - a used clothing project - starts St. Patrick's Day in a room in the Y.M.C.A.

The organizers say they have plenty of things to start with, after donations came in last Saturday. Volunteers will be sorting clothing this Friday afternoon from 2 to 4 and will welcome any more donations.

They were especially happy to receive children's boots, and clothing all ready to go, ironed and on hangers.

Small charge There's to be a small charge for items. Swaps will also be arranged.

Transportation has been offered to pick up donations, or drive people to the shop.

More help? Any more volunteers to man the shop or help sort? (It shouldn't amount to much time, the few organizers feel.) Call Mrs. Mary Loughlin at 853-2483; Mrs. Joyce Pickles at 853-2583 or Mrs. Jackie Booth at 853-0913.

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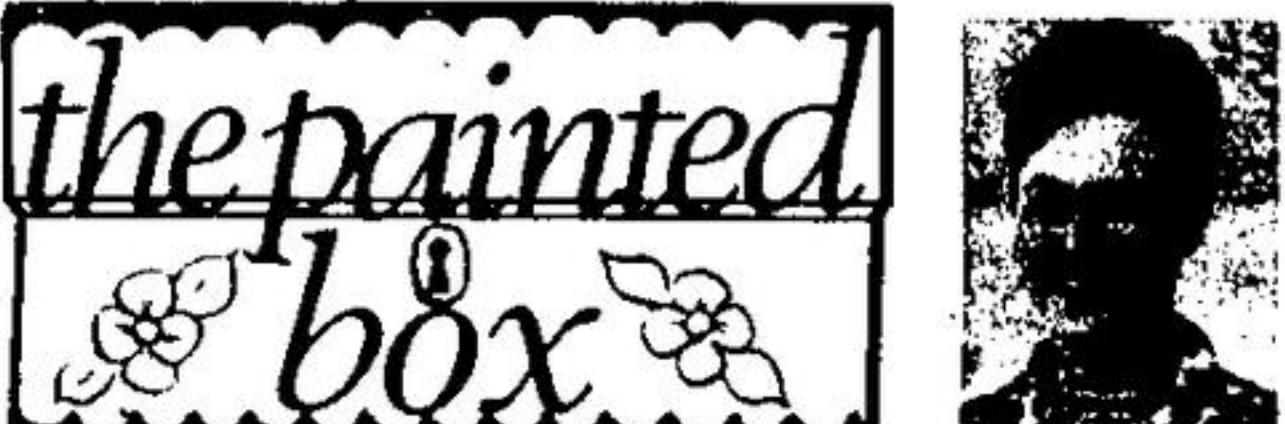
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DAILY DELIVERY



By Wendy Thomson

Here's a whole column of recipes not to diet with.

ORIENTAL MEAT LOAF

Combine 2 cups (almost 1 can) chow-mein noodles, 1½ cups sour milk, let stand 20 minutes. Add 2 pounds ground chuck (I use 1 chuck and 1 cheaper), 2 eggs slightly beaten, one third cup finely chopped onion, ¼ tsp. pepper, ¼ tsp. crushed thyme leaves, ¼ cup soy sauce. Shape into loaf on a grooved ovenware platter or on an upside-down pie plate on a jelly-roll pan. Brush with a mixture of 1 Tbsp. each of water, honey, and soy sauce. Bake at 350 degrees for about an hour. We had this with egg noodles, and I found it needed a sauce.

SWEET AND SOUR SAUCE

In a saucepan, mix 1½ tsp. cornstarch, one third cup brown sugar, syrup from a 19 oz. can crushed pineapple (then use the fruit in a jelly or something), one third cup lemon juice shaken inside an almost empty ketchup bottle (I hate to waste anything). Simmer gently, stirring until thick and clear. Note: that would probably be about 2 Tbsp. ketchup.

And if you really try, you can make your vegetables fattening too.

PARSLEYED CARROTS

Pare 8 medium carrots and cut into slivers. Place in baking dish and add 2 Tbsp. butter, 1 Tbsp. brown sugar, ¼ tsp. salt, few grains pepper, 2 Tbsp. water. Cover and bake at 350 degrees for 1 hour. Remove lid and bake another 15 to 30 minutes, till done. Sprinkle with 1 Tbsp. fresh minced parsley.

FRIED CABBAGE

In a large saucepan or skillet over low heat, melt 3 Tbsp. bacon fat. Shred 1 medium head of cabbage as you would for cole slaw. Cook, covered, for 30 minutes, stirring occasionally. Add salt and pepper to taste (doesn't really need salt.)

Something fattening to bake at the same time as the above.

LEMON CAKE CUSTARD

Cream 2 Tbsp. butter in a large bowl. Stir in 1 cup sugar, ¼ cup flour, ¼ tsp. salt, one third cup

lemon juice (fresh or bottled), 1 tsp. lemon rind (I keep a small container of grated rind in my freezer and scrape off whatever I need when I need it), 3 egg yolks, well beaten, and 1½ cups milk. Blend well. Fold in 3 egg whites beaten stiff. Spoon into a 1 quart casserole, place in a pan of hot water, and bake at 350 degrees for 45 to 60 minutes or until done. (I poke it in the middle and it should be fairly firm) 6 to 8 servings.

SPICESQUARES

In a medium sized saucepan, mix 1 cup brown sugar (the darker the better) 1 cup water, 1½ cups seedless raisins, one third cup corn oil, 1 tsp. cinnamon, ¼ tsp. each of cloves, salt, nutmeg. Bring to a boil and simmer for 5 minutes. Cool mixture for about 10 minutes then add 1 tsp baking soda dissolved in 1 tsp. warm water. Sift 2 cups flour with ¼ tsp. baking powder and add. Fold in ½ cup chopped walnuts or pecans. Spread evenly in greased 8" pan, bake 35 to 40 minutes or until cake tester comes out dry. When cool, sprinkle with icing sugar and cut into squares.

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