

the painted box

By Wendy Thomson

Now I'm back from holidays, settled into the usual routine, facing the same old problems—kids that don't want hair cuts, an iron that won't steam, cats that have kittens, a drier that won't dry, etc., plus a few dillies like an 80 pound hound pup that knocked a 93 pound great-aunt (mine, not hers) down the cellar stairs in a fit of exuberance.

When things get too bad, I take mental leave of my problems, and let my thoughts drift through those two weeks in the mountains. Odd the things my mind settles on.

It's laughable now, the time I was bent over double, washing my hair when a horse fly bit me on the rear end. What made it all the more startling was that a few minutes before, I had seen the camp boss coming my way with a huge syringe and needle after giving one of the horses a shot. I straightened up in rather a hurry.

Bed ban

And one thing I'm thankful for every morning here, is that I don't have to take my bottle of Ban to bed with me in order to have it warm enough to use. It made for uncomfortable sleeping, sometimes.

Of course, the scenery was so magnificent there, the wilderness area north of Lake Louise, that there is no end to mental pictures I can conjure up, but the most memorable times were of quite different things. The first was stopping the horses in a small clearing and finding—so far from civilization,—the carving of a seated woman about 14 inches high, in the side of a tree.



The next was, after riding for miles every day without seeing anybody outside of our group, to glance up the side of a mountain by Red Deer Lake and see two hikers trekking across a patch of snow, high above.

Then there was the afternoon a storm was brewing. Here, thunder is just thunder, no matter how loud and long it gets. But up there it was something totally different, and indescribable. I've thought for ages, trying to write about how it was. The sound filled the whole sky, echoing through the mountains, yet it was more than a sound,—it was an event in itself.

Relief surprise

And, of course, up in the Rockies it's a great disappointment if some sort of

wildlife doesn't put in an appearance. Gord left the "biffie" tent early one morning to find a big buck elk standing next in line.

I don't know who was the most surprised.

And at the rock slide at Skoki Lake, one lunch stop, a Hoary Marmot couldn't contain his curiosity. He'd pop up at one spot, disappearing into the rocks to reappear a few minutes later a little closer to us. By the time lunch was ready, he had just about invited himself right down to the coffee pot.

From the letters I've been getting from the other riders, the thing that tickled their fancy was something I had been furious about at the time, but can laugh at now. It all started when I decided to roll a cigarette. I don't smoke, but used to roll the odd one for Gord until he quit smoking eight years ago, and wanted to see if I still could.

I borrowed the makings from one of the guides and proceeded. I think I would have done all right, except he was watching. That didn't make it any easier. Still, things weren't too bad (I don't think) until Mike began to criticize.

I know it was lumpy, but I think I could have distributed the lumps more evenly if he had just shut up for awhile.

When it was done, he looked at it in disgust and gave it to Steve, another guide, who took one look and threw it in the river. In protest, I patted his face (very gently, mind) with wet hands.

The next thing I knew, I was grabbed from behind and ended up in the middle of the Pipestone Creek.

Damp dude

I was furious! I had on all my riding clothes including a pair of brand new chaps, and lost my sunglasses when I went under. Now, Mike said that he just meant to scare me by dipping my feet and that I tripped over Steve. All I knew was that I was in the river soaking wet while Mike was on the shore—dry.

I don't remember clambering back out. My first coherent thought was that Mike was too big to push (about 6 foot 3 inches, 200 pounds). So with hands locked around him, I dragged him to the edge of the river (it's amazing what a person can do out of sheer rage!) and just as he started to break my grip I fell over backwards into the water (figuring that I couldn't get any wetter anyhow) pulling him with me, much to the enjoyment of the rest of the group.

Half an hour later, after emptying our boots, and muttering at each other, we headed back to camp, soaking wet. Although I would have rather ridden somewhere else in the line of 30 riders, I decided to ride third in line behind Mike and his girl figuring that all the dust being stirred up further back wouldn't go too well with my wet condition.



SUNNY SKIES AND seasonable temperatures have made afternoon outings popular with parents and children alike. Caught by the Free Press camera during an afternoon stroll

Slides shown Greenock W.I.

Mrs. Clifford Storey, Crewson's Corners, was hostess for the Greenock W.I. for the August meeting. In spite of a severe thunderstorm, there was a good attendance with three visitors present.

Mrs. Wm. McDonald entertained the group with a selection of slides which included many local scenes, plus others from Eastern Canada, Northern Ontario and Michigan, U.S.A. Then Mrs. Storey commented on pictures which she had from a trip to British Columbia this summer. Mrs. K. Eckerich gave a fine motto "Do we live to eat, or do we eat to live?" With the abundance of food available to us here in Canada, do we always choose the food required for good nutrition, or do we overeat?

First prize essay
President Mrs. A. Gates read "The Second Century Challenge to Women" written by Mrs. Edward S. Brown of Kitchener. This was the first prize essay for

Testy chap

Then my chaps started to stretch. Within an hour, they had lengthened about six inches and were getting a little ridiculous. Much to my mortification, Mike kept looking pointedly at them, hanging far below my stirrups, and grinning in the most smugly infuriating way.

Men!
That night, as I counted my bruises from landing on the blasted rocks in the water, I kept thinking how I could explain it to Gord (this was during the week I was there alone).

"Well, it's like this,—I just thought I'd roll a cigarette but there were lumps in it and so—"

the Tweedsmuir competition held for Ontario W.I. members.

A hunk made buttonhole done on white cotton using coloured thread was the roll call. Those who had forgotten to bring one paid a fine. These were judged and the winners were Mrs. Elwood Johnston and Mrs. Chester Allan.

Coming events

An invitation was received for a Tea and Bazaar at the Wellington Terrace, Elora, on the evening of September 23. Also Wellington Federation of Agriculture are having a dinner and dance at Drayton Community Centre. Training school for the new fall 4-H project is in Guelph on Sept. 1, Miss Barbara Gates will be assistant leader and the leader is not yet decided.

Mrs. G. Wallace and Mrs. C. Aitken told about an interesting afternoon spent assisting as hostesses at the Wellington County Museum on July 18. Mrs. E. Johnston gave a list of do's and don'ts that help to make a Safe Vacation.

Change of date

The next meeting will be at Mrs. G. Johnston's home on Sept. 7. Members were asked to note the change of date.

All joined in singing O Canada, to conclude the meeting. Mrs. Wallace and Mrs. E. Johnston assisted the hostess in serving tea and coffee, fruitbreads and assorted cheeses.

this week were l. to r. Marie Gilliss, Janice Stahlman with Jason, 17 months, Diana Hickey 7, and four year old Lisa Gilliss.—(Staff Photo)

Free Press Personals

Miss Dorothy Simmons spent a ten-day holiday with friends in St. Catharines.

Miss Emma Cole attended the wedding of Miss Diane May to Mr. Frank Langford on Saturday, August 21, at Huntsville.

Mr. and Mrs. George Baker and family of Kitchener visited with the former's sister Mrs. M. Symon and Mr. Symon.

Mrs. N. Small and son Jim of Niagara Falls, visited with her mother Mrs. H. M. MacDonald, one day last week.

Mrs. Alex Near was a recent visitor with relatives in Kitchener.

Mrs. B. Veldhuis spent several days last week in Alliston with Mr. and Mrs. Harry Burns.

Mrs. Ken Mackenzie and Mrs. Stan Norton enjoyed a motor trip and visited in Ottawa with Miss Margaret Mackenzie, who is working for the summer with the Federation of Mayors and Municipalities.

Friends of Mrs. Nelson Lambert are pleased to know she is recovering nicely at her daughter's, Mrs. H. Guthrie, Queen St., Guelph.

Miss Cheryl, Janine and Charlene Gillespie have returned to Ottawa after spending a holiday with their grandparents, Mr. and Mrs. Earl Lambert.

Mr. and Mrs. G. W. McKenzie enjoyed a motor trip west.

A very successful Hawaiian dance, sponsored by the Rotary club, brought a full house to the golf club Friday evening. There were pineapple-muff decorations and some came in costume for dancing to the Shaynes, and afterwards a buffet supper.

The Dills family sent a bigger contingent to the Canadian Weekly Newspapers convention than the entire Maritimes! At the meetings in Vancouver last week were Dave and Kay Dills with Kathleen; Jim and Shirley Dills with Steven, Mark, Paul and Catherine. Also attending were former Actonians Murray and Doris Scoyne, now representing the Ridgetown Dominion. Representing Labatts, Michael Hurst ably helped host one of the convention breakfasts; he's the son of Mr. and Mrs. Joe Hurst and lives in Vancouver now. Jack Graham, son of the late bank manager here, W. K. Graham, saw the Dills were in the city and phoned to ask news of Acton. British Columbia is a popular place to move to as well as visit; everybody was calling up relatives and former townspeople, and the Acton Dills even encountered an aunt and friends on the streets of the city by chance! The heavy first-place plaque won by the Free Press was carefully carried home, along with an honorary life membership in the Association for Bolton publisher Werden Leavens which Dave Dills accepted in Mr. Leavens' absence.

Free Press Women's Page

Presentations made at W.I.

A good attendance of members with a few guests attended the monthly meeting of Dublin Women's Institute Thursday evening at the home of Mrs. Willard Britton, 1st Line, Enniskillen. Among the guests were two ladies from England, who are visiting with the president, Mrs. Horace Hlyth and her family, and enjoyed attending a Canadian Women's Institute meeting.

The president conducted the meeting with the opening exercises. Minutes were read by Mrs. M. Hunter who also called the roll. This month, members responded with "A good trait in a farmer's wife" and many and varied were the suggestions, all proving that a good and helpful wife is a real asset for a farmer.

Obligations met
In the correspondence read by Mrs. Hunter, a letter from Mrs. A. Zoeller, F.W.I.O. President, stated that all obligations had been met by the Branches regarding the expansion to Macdonald Institute at Guelph. She also mentioned about the purchase of the Erland Lee Homestead at Stoney Creek, when the option will be picked up in 1972. It was in this very house that the Constitution for Women's Institutes was drawn up and signed in 1897. The original table on which this important document was instituted will be included in the purchase of the property. Branches are being

asked for contributions. Tentative plans were made for a Short Course on "Women's Institute Procedure," to be held in March in Acton.

Approval was given for the purchase of the new book "The Ontario Women's Institute Story."

Further discussion on the Fall Fair Exhibits was held and materials were shown which will be used in the project.

Silver dollar

A silver dollar was presented by Mrs. C. McIntyre to the mother of a new baby son, the secretary Mrs. M. Hunter.

A talent number given by Mrs. A. Near was enjoyed by all, when she gave two readings—"Who's Delinquent?" and "A letter to cheer you up in the hospital."

Three of the Dublin 4-H Girls have obtained Provincial Honors, having completed 12 course. Mrs. N. Douglas, one of the leaders spoke of the honor the girls, Misses Marilyn Barber, Doris Black and Kathy Lashby, had brought the Branch and also themselves, and presented them each with a silver sugar and cream set, complete with silver tray.

A delicious lunch of angel cake, peaches and ice-cream was served by the committee composed of Mrs. H. Besley, Mrs. W. Frank and Mrs. C. McIntyre. Mrs. N. Douglas was courtesy convener.

On committee homemaker service

Mrs. Marie Hargrave of Acton has accepted the position of vice-chairman of the Homemaker Services committee of the Red Cross.

Since the Red Cross homemaker service has been available in all north Halton, the Red Cross officials have been anxious to have representatives from all the areas involved on this committee.

Others on the committee are Mrs. Gerry Walsh, Georgetown; secretary Mrs. Tomajoe, Georgetown; committee members Mrs. Nancy Field, Georgetown; Austan Jedwith, Milton; Rev. Johnson, Georgetown; Mrs. Gail Bedham, VON supervisor; Mrs. Fran Jamieson of the Halton county Health Unit and Mrs. Connie Nieuwhof of Georgetown.

Clothing donations accepted

No date has been set yet for the opening of the popular Swap Shop in the Y but donations of clean, used clothing are being accepted Wednesday evenings.

Brian Campbell, the recreational co-ordinator, has agreed to look after the donations brought in.

STEAK SANDWICH

serves 6-8

- With Caper Butter
- 1/2 cup butter, melted
- 4 teaspoons vinegar
- 2 tablespoons capers
- 2 tablespoons snipped parsley
- 15 thin slices bread, crust removed
- 1 1/2 pounds flank steak, broiled
- Combine first 4 ingredients; Toast bread, cut in half diagonally;
- Spread caper-butter over toast half;
- Top with slices of flank steak.

BACK TO SCHOOL SALE

AT
NIELSEN'S CLOTHING

20% OFF
Boys' Pants & Jeans
ALSO
Girls' Dresses & Jumpers

NOW AVAILABLE FOR IMMEDIATE DELIVERY FOR THE BOYS

Gym Shorts Red with White Stripe	\$1.65 PR.
Tee Shirts	\$1.00 & \$1.25
Gym Socks	\$1.25 PR.
Athletic Supports	\$1.49

Girls' Heavy Duty **RED ROMPERS** NOW AT **\$3.98 & \$4.98**

REMEMBER

Last Spring United Gas advised its customers that a service charge will be made for the light-up of natural gas heating equipment if the request is received between September 1 and November 1.

THE CHARGE FOR THIS SERVICE WILL BE \$5.

It is recommended that pilot lights on most gas heating equipment be left on during the summer months.

But, if for some reason your furnace pilot light is off, we would suggest you make your request for light-up **NOW** and save \$5.

You'll also be ready for that first Autumn cold snap.

We regret the need for this action but it has become impossible to satisfactorily service the multitude of calls received at the beginning of the first cold spell of the heating season.

United Gas

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38 shts. plain refill .29	5 exercise books .85
150 re-inforcements .19	5 Tab index dividers .25
TOTAL VALUE \$2.84	1 Rain Bag .19
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