



CURLING, SKIDOO and sports fashions were modelled during an informal fashion show at the curling club Monday evening. Ron Cooksley showed sportswear for the men and was joined

in the show by other club members—his wife Lucille Cooksley, Vivian Rozell, June Gerth, Joan McCristall and Heather Ann Dumarsh. A wine and cheese party followed.—(Photo by Bill Stuckey)

# Winter sportswear seen at Monday fashion show

Midwinter came a little early Monday night, when a collection of cosy sportswear was shown to 150 lady curlers and their guests.

Presenting the preview of winter wear was Browns Sports of Guelph Limited, with Mrs. Becker as their commentator.

The curling club supplied the models for the clothing with one man joining the fashion show roster. Enjoying their new role as fashion models were Ron and Lucille Cooksley, Vivian Rozell, June Gerth, Joan McCristall and Heather Ann Dumarsh.

Men's styles  
Mrs. Owen of Browns helped look after the clothes during the presentation.

## Weight watchers Thanksgiving

You can have your feast and eat it too, and not gain weight. Here's how.

Thanksgiving menu for weight watchers

- Celestem Broth
- Roast Turkey
- Cauliflower with Pimiento Sauce
- Glazed Carrots
- Spinach-Cucumber Salad
- Rhubarb Relish
- Compo Pie
- Coffee or Tea
- Celestem Broth For weight watchers

- 1 quart beef bouillon
- 2 cups clam juice
- 1 teaspoon Tabasco sauce
- 2 cups diced celery root (celeriac)

- Combine beef bouillon, clam juice and Tabasco sauce; bring just to the boiling point. Stir in celery root. Simmer for 30 minutes. Makes 6-8 servings.

- Roast Turkey For weight watchers

- Roast the turkey uncovered in a slow oven 300 degrees F. until tender, allowing 25 minutes a pound for larger turkey. Baste it every half hour or so with diced unblanched vegetables cooked in seasoned water.

- (Celery, green pepper and mushrooms seasoned with salt, pepper and onion powder—make a good baste.)

- Cauliflower with Pimiento Sauce For Weight watchers

- Cook whole head of cauliflower in 1" of boiling, salted water for 20 minutes or until tender. Serve with pimiento sauce.

- Pimiento Sauce

- 24 ounce cans whole pimientos, drained
- 2 tablespoons lemon juice
- 1 teaspoon Worcestershire sauce

- Mash pimientos in blender (or put through food mill.) Add

- lemon juice and Worcestershire sauce. Makes about 2/3 cup sauce.

- Glazed carrots For weight watchers

- 1/2 teaspoon cinnamon
- 1-8 teaspoon allspice
- 1/2 cup low-calorie orange soda pop
- 2 17 ounce cans carrot logs, drained

- Add cinnamon and allspice to soda pop. Pour over carrots in pan. Cook covered over low heat for 15 minutes or until carrots are heated throughout. Makes about 8 four ounce servings.

- Spinach-Cucumber salad For weight watchers

- 10 spinach leaves
- 2 cucumbers, sliced
- 1 teaspoon dill weed
- 1/4 teaspoon ground black pepper
- 1/2 cup buttermilk

- Line platter with spinach leaves. Arrange cucumbers on spinach in a spiral design. Sprinkle dill weed and pepper on cucumbers. Just before serving, pour buttermilk over cucumbers. Makes 4 servings.

- Rhubarb Relish For weight watchers

- 1 1/2 pounds rhubarb
- 1/2 cup low-calorie citrus-flavoured soda pop
- artificial sweetener to equal 1/2 cup sugar
- 1 tablespoon grated orange rind

- Cut rhubarb in 1" pieces. Add soda pop. Cook covered over low heat for 25 minutes or until rhubarb is tender. Stir in sweetener and orange rind. Serve chilled. Makes about 8 servings.

- Compo Pie For weight watchers

- 1/4 pineapple (in wedge-shaped piece)
- 2 oranges, sectioned
- 1 grapefruit, sectioned
- 1 tangerine, sectioned
- Fresh cranberry (to garnish)

- Peel and slice pineapple wedge. Stand slices around rim of a 9" pie plate. Follow with orange sections arranged in a circle. Then arrange a circle of grapefruit sections, then one of

## the painted box



By Wendy Thomson

Sometimes I feel as though I could scream if I hear someone (husband) saying how lucky today's women are to have all those modern conveniences. Every now and then (I'd shoot him if it were often) Gord casually (like hitting me over the head with it) mentions how much more I should get done and - or how much better I should do it than my - his mother. I could weep.

To begin with, all my modern conveniences aren't. They're modern inconveniences. Things are fine to start with, but it doesn't take too long before something goes. We had our 'frig' less than a year when the defroster stopped defrosting and started to howl. We'd be sitting minding our own business when this ghostly whining would start and keep up till we unplugged the 'frig'. The repairman carefully explained how the wiring in our cottage was to blame? said it would cost \$26 (13 years ago) to fix and left without a job. Gord and I grabbed screwdrivers and removed the defroster, leaving me with a do-it-yourself 'frig' that calmly empties all over the floor unless I keep a close eye on it. The stove was only six years old (one year over the guarantee, of course) when one back burner decided to live it up a bit. It'll only work on "high", so whenever I have something cooking, I "high" it to a boil, then "off" it to a stop, then "high" it again. That keeps me tied as close to the stove as I am to the washing machine when I use it.

Every now and then, the trouble can be traced directly to outside interference. It wasn't till after the kitten pulled down the bedroom lamp by swinging on the cord that we had to turn it on by pushing the switch through and to the left while turning the socket slightly to the right.

And that lever on the bathtub doesn't turn from "bath" to "shower" all by itself, soaking next would-be occupant when turning the water on. Whenever I complain, Gord's reply usually suggests that I should be quite happy with what I've got, not having to rely on the old-fashioned ways. To tell the truth, though, there are days when I'd be quite happy to be outside hanging clothes in the wind, if the pole that has been downstairs for five years were put up. I'd sweep the floor (and make a better job than with that vacuum) if the broom hadn't been taken to the barn, and I might have even done a bit of canning last week if the canner hadn't been under the tractor catching the oil from the oil change or something.

I guess that, mostly, everything evens out. Still, though, I'd much rather be outside today, taking billowy sweet-scented sheets off the line and burying my face in them, than down in a dank cellar with the dryer grinding in my ear. That's life, and ain't it grand!

**Drippy drain**  
I have one of those fancy kinds with the agitator on one side and spin dry to the right. This means there are two sets of controls, one for the wash and one for the spinning and rinsing. Unfortunately (I sometimes think that must be my most-used word) the drain-stop on the wash side won't close and that means there's water coming out of the drain pipe all the time. Then, the drain pipe is a little loose, so when I turn the spin dry on, the pipe starts swinging all around (like over the floor and on me and everything.) So I stand and hold it.

The dryer often decides not to heat, the iron won't steam, the vacuum cleaner is held together with surgical tape as is the ironing board. The water pump keeps blowing it's safety valve for no reason, flooding (in a small way) the basement and losing it's prime, and the kettle has just given up (again) with a great display of sparks and smoke.



## Insp. Wilkinson moves to Downsview

Inspector Charles G. "Tiny" Wilkinson, formerly of Chatham OPP, has been posted to Downsview detachment effective Monday, Oct. 4.

Insp. Wilkinson headed the Milton OPP detachment, which serves the North Halton area, from 1960 to 1966. Prior to coming to Milton he was with the OPP at London, Forest, Glencoe and Oakville detachments, and since 1966 has been with the force in Oakville, Niagara Falls and Chatham.

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## Sheep club day is held

By Hugh Cook

The achievement day for the Halton 4-H Sheep Club was held at Georgetown Fall Fair on Saturday, Oct. 2.

Eight of the nine members in the club took part. The results as follows: Janet Hunter of Burlington placed first in Showmanship, Dave McKinnon of Milton placed second, and Harris Currie of Milton, third. In the market lamb class, Harris Currie exhibited the top lamb, Dave McKinnon was second, Keith McKinnon of Milton third, and Nancy McKinnon of Milton fourth.

Exhibiting breeding ewes, Janet Hunter had the top placing, Stephen Stanley of Rockwood second, Laurie Currie of Milton third, and Glen Stevenson of Burlington fourth.

With a two-piece snowmobile suit he wore yellow boots, helmet and snowmobile gloves.

Wide range  
The women had a wide range of outfits.

Mrs. Gerth's snowmobile suit even topped special winter underwear and was worn with leather gloves and yellow nylon boots.

Mrs. Rozell wore a grey fox hat and grey mukluks with a grey jacket and teal flare pants and sweater in one appearance.

One of Mrs. Cooksley's outfits was a three piece embroidered suit with white turtle neck shirt and blond mukluks.

One of Mrs. McCristall's appearances displayed a purple outfit with white accents in headband, gloves and turtle neck shirt.

Heather Ann Dumarsh ended the showing in a cosy red long wool skirt with black sweater. There were 22 ensembles shown.

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