

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 Presenting the preview of winter Monday night, when a collection wear was Browns Sports of of cosy sportswear was shown to Guelph Limited, with Mrs. 150 lady curiers and their guests. Becker as their commentator.

Weight watchers Thanksgiving

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

Thanksgiving menu for wieght watchers

Celeclam Broth

Roast Turkey

Cauliflower with Pimiento Sauce

Glazed Carrots

Spinuch-Cucumber Salad

Rhubarb Relish

Compote Pie

Coffee or Tea

Celeclam Broth For weight watchers

I quart beef bouillon 2 cups clam juice I 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 munutes. 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 unhituted vegetables cooked in seasoned water.

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

Cauliflower with Pinnento Sauce

For Weight watchers Cook whole head of cauliflower in 1" of boiling, salted water for 20 minutes or until tender. Serve piece) with pintiento sauce.

Puniento Sauce

24 ounce cans whole pimientos. drained

2 tablespoons temon juice 1 teaspoon Worcestershire sauce

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

Glazed carrots

For weight watchers

12 cup low-calorie orange soda

2 17 ounce cans carrot logs,

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

Spinach-Cucumber salad

For weight watchers

14 tenspoon ground black pepper

Line platter with spinach leaves.

Arrange cucumbers on spinach in

a spiral design. Sprinkle dill

weed and pepper on cucumbers.

Just before serving, pour

Rhubarb Relish

For weight watchers

12 cup low-calorie citrus-faloured

artificial sweetener to equal 12

I tablespoon graged 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

Serve chilled. Makes about 8

Compote Pie

For weight watchers

4 pineapple (in wedge-shaped

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

2 oranges, sectioned

l grapefruit, sectioned

1 tangerine, sectioned

sweetener and orange rind.

SELLINKS.

buttermilk over cucumbers.

8 four ounce servings ..

10 spinach leaves

12 cup buttermilk

Makes 4 servings.

112 pounds rhubarb

pepper

2 cucumbers, sliced

I teaspoon dill weed

12 teaspoon cinnamon

1-8 teaspoon allspice

Mrs. Owen of Browns helped look after the clothes during the presentation. Floral decorations for the

evening were loaned by Elsie temon juice and Worcestershire The fashion show took place out sauce. Makes about 24 cup sauce

Heather Ann Dumarsh.

on the new floor of the rink, utilizing tables left from Pub

In draws, Vivian Swallow won a floral Japanese garden, while

tangerine sections. Garnish the center of the pie with one fresh cranberry. Chill well. Makes 6

By Hugh Cook The achievement day for the Halton 4-H Sheep Club was held at Georgetown Fail 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.

The curling club supplied the Gwen Tyler, Delia Kentner and models for the clothing with one Joan McKnight won mums. man joining the fashion show After the fashion show the roster. Enjoying their new role as ladies enjoyed a wine and cheese fashion models were Ron and party as they renewed friend-Lucille Cooksley, Vivian Rozell, ships at the beginning of another June Gerth, Joan McCristall and curling season.

Men's styles Mr. Cookstey showed the women what their husbands should be wearing this winter. His first outfit was black pants, black turtle neck sweater and contrasting white cardigan. Next he showed a gambler stripe navy flare pants with navy turtle neck sweater, white laced sweater and

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

green down-filled jacket with

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

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 Heather Ann Dumarsh ended the showing in a cosy red long

wool skirt with black sweater. There were 22 ensembles

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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 oftener) 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.

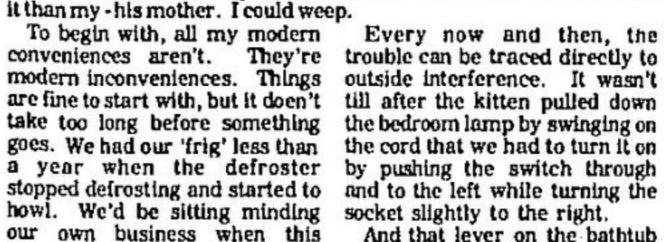
To begin with, all my modern goes. We had our 'frig' less than howl. We'd be sitting minding socket slightly to the right. our own business when this ghostly whining would start and keep up till we unplugged the 'frig'. The repairman carefully explained how the wiring in our cottage was to blame?, said it me with a do-lt-yourself 'frig' "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.

Drippy drain

I have one of those fancy kinds with the agitator in 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

The dryer often decides not to heat, the iron won't steam, the vaccuum 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.



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 would cost \$26 (13 years ago) to reply usually suggests that I fix and left without a job. Gord should be quite happy with what and I grabbed screwdrivers and I've got, not having to rely on the removed the defroster, leaving old-fashioned ways. To tell the truth, though, there are days that calmly empties all over the when I'd be quite happy to be floor unless I keep a close eye on outside hanging clothes in the it. The stove was only six years wind, if the pole that has been old (one year over the guarantee, downstairs for five years were of course) when one back burner put up. I'd sweep the floor(and decided to live it up a bit. It'll make a better job than with that only work on "high", so vacuum) if the broom hadn't whenever I have something been taken to the barn, and I cooking, I "high" it to a boil, then 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!



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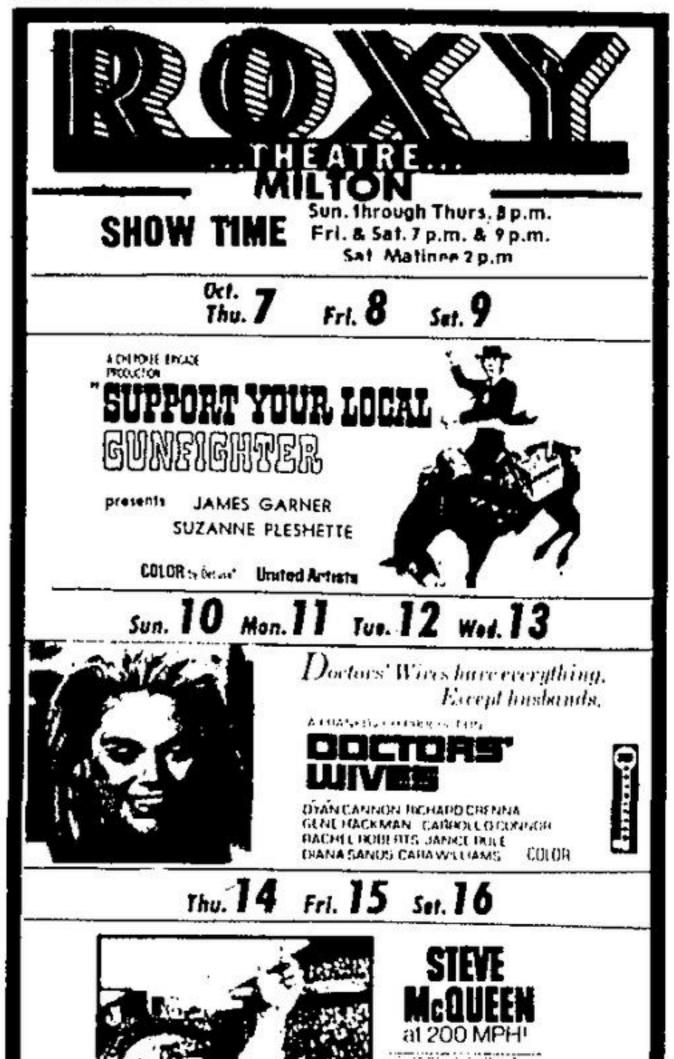
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Insp. Wilkinson moves to Downsview

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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