

the painted box

By Wendy Thomson

As I had foreseen, I couldn't take being a "Model Housewife" for too long at a stretch, and turned to being a "Magnificent Chef" instead. (I can never manage to be both, at the same time.)

The kitchen cupboards were beginning to overflow with odds and ends of bran, cornmeal, molasses, coconut, and whatnot, and a grand baking spree cleared those all out. The frig was emptied of cheeses and mushrooms for Lasagna.

BRAN COCONUT CRISPS

Beat 1 cup shortening or margarine and 1 cup brown sugar till fluffy. Add 1 tsp. baking soda dissolved in 1 Tbsp. warm water, and 2 tsp. vanilla.

Add 1 1/2 cups flour, 1/2 tsp. salt, 2 cups natural bran, 1 cup coconut. Mix thoroughly and shape into balls the size of a walnut. Place on greased cookie sheet and flatten slightly. Bake at 375 degrees for 15 to 20 minutes.

BAKED INDIAN PUDDING

Scald 1 1/2 cups milk in double boiler. Mix 1/4 cup yellow corn meal, 2 Tbsp. sugar, one-third cup molasses, 1/2 tsp. salt, 1/2 tsp. cinnamon, 1/2 tsp. ginger, with another 1/2 cup milk. Stir into scalded milk and cook over low heat stirring until slightly thickened. Cook 5 minutes more in double boiler. Add 2 Tbsp. butter and 2 slightly beaten eggs. Pour into lightly greased 1 quart casserole and set in a pan of hot water. Bake at 350 degrees for 1 hour or until knife inserted in centre comes out clean. Serve with hot milk.

ANADAMA BREAD

Stir 1/2 cup cornmeal into 2 cups boiling water. Add 2 Tbsp. shortening, 1/2 cup molasses, 1 tsp. salt. Let cool, don't use white hot.

Dissolve 1 ounce yeast in 1/4 c. warm water with 1 tsp. sugar. Add to first mixture. Add enough flour to make a stiff dough, about 5 cups. Knead until smooth and elastic. Place in greased bowl,

cover, and let rise till doubled in bulk.

Divide in half, shape into loaves, place in greased loaf pans and let rise till light.

Bake at 400 degrees for 45 to 60 minutes.

LASAGNA

Cook 1 (16 oz.) pkg. lasagna noodles according to directions, rinse, and drain. While noodles are cooking, brown 1/4 pounds of ground beef in 1 Tbsp. olive oil. Add 1/2 lb. sliced mushrooms, 1 small clove garlic, minced. Cook slightly, then drain off all fat.

Add 1 Tbsp. dried parsley, 1/2 tsp. each of salt, oregano, basil, sugar, 1 (8 oz.) can tomato paste, about 20 oz. tomato sauce, and 1/2 cup water. Bring to a boil and simmer uncovered for 15 min. In a small bowl, combine 1 slightly beaten egg, 18 oz. cottage cheese, 1 Tbsp. parsley flakes, 1/2 tsp. salt, one-eighth tsp. pepper, and 1/4 lb. grated Mozzarella. (Buy a 1 lb. block—it's all used)

On your counter, line up five things—your meat sauce, cheese mixture, noodles, the rest of the mozzarella, sliced thinly, and 1/2 cup parmesan cheese. In a shallow 2 quart baking dish, pour a thin layer of meat sauce. Cover with a layer of noodles, a layer of cheese, and so on in whatever order strikes your fancy, ending with a layer of meat sauce.

Bake at 375 degrees for 25 minutes covered and 5 minutes uncovered. Let stand 5 minutes before cutting into squares.



COUNTY PUBLIC health nurse Barbara Hallam spoke to mothers at the last Drop-In Coffee hour at the parish hall. Her subject was Discipline. All women are welcome to

attend these informal gatherings and there's a nursery for the children. Place has been changed to the United Church this week for the first time.—(Staff Photo)

Mrs. G. Young elected regent

Officers for 1972-73 for the Duke of Devonshire chapter of the I.O.D.E., Acton:

Hon. Regent—Mrs. H. R. Force; past Regent—Mrs. E. Lidkea; Regent—Mrs. G. Young; 1st vice Regent and flower & Gift convener—Mrs. A. Newton; 2nd vice Regent—Mrs. G. Johnston; secretary—Mrs. G. Johnston; treasurer—Mrs. H. R. Force. Educational secy.—Mrs. B. Mowat, Mrs. J. Reed; Services at home and abroad—Mrs. E.

Lidkea; assistant, Mrs. H. Holmes; standard bearer—Mrs. J. Whitham; Echoes and membership—Mrs. H. Mainprize; citizenship—Mrs. J. Rol.

Councillors—Mrs. W. Beatty, Miss M. Z. Bennett (Hon.) Mrs. G. A. Dills, Miss R. Clark, Mrs. H. R. Elliott, Mrs. M. Macdonald, Mrs. B. Mowat, Mrs. H. Mainprize, Mrs. Wm. McLeod, Mrs. J. Whitham.

Mr. Dave Gordon is a patient in Guelph General Hospital.

Mr. Jim McKnight is a patient in Guelph General Hospital.

Mrs. Wilfred Duval, Sr., Main St. S. is having tests in Guelph General Hospital.

Mrs. George Pantry returned home to Oshawa on Sunday after staying with her sister and brother-in-law, Mr. and Mrs. C. E. Cutts.

Mr. and Mrs. J. B. Hopkins and baby son, of Niagara Falls, visited with Mr. and Mrs. C. E. Cutts on Sunday.

The Figure Skating Club sponsored a very successful dance Saturday night in the Legion hall. The Shaynes played for dancing.

The same night in the Music Centre the Acton Agricultural Society was holding another well-attended dance. Merv Woods' orchestra played. President Bert Hinton welcomed everyone and also proceeded to win one of the spot dances with secretary-treasurer Mrs. C. Swackhamer.

On Saturday in the Royal York hotel, 1608 women gathered together for luncheon to mark the 75th anniversary of the founding of the Women's Institute in Ontario. Most of the overflow crowd was seated in the huge Canadian Room for the luncheon and program.

Guest speaker was Mrs. O. Lanyon Farquharson O.B.E., the president of the Associated Country Women of the World, whose home is in England.

W. I. members from Brant county presented a skit during the very enjoyable program.

Among them were four representatives of Dublin W.I., Mrs. A. Near, Mrs. C. Armstrong, Mrs. M. Nellis and Mrs. Duncan Moffat, and one from Acton W.I., Mrs. C. Nellis.

Mrs. A. Gates, Mrs. G. C. Wallace, Mrs. C. J. Aitken, Mrs. C. Storey, Mrs. J. McCulloch and Miss E. Pearen, members of the Greenock W. I. branch attended the 75th Anniversary luncheon.

Others from local branches also attended the luncheon, as reported elsewhere in today's paper.

Plan sale

The C.W.I. met Tuesday of last week in St. Joseph's church. Plans were made for a bake sale. Games and lunch were enjoyed.

Mrs. Nelles heads Lakeside officers

The 1972 officers of Lakeside chapter of the I.O.D.E. were installed during the annual meeting by honorary regent Mrs. Hazel Orr.

New regent is Mrs. C. Nelles; first vice regent Mrs. W. Syme, second vice regent Miss Jessie Coles, recording secretary Mrs. J. E. Dowling, treasurer Mrs. H. Hinton, educational secretary Mrs. D. Taylor, Echoes Mrs. E. Foditt, standard bearer Mrs. J. Jocque, services secretary Mrs. A. Waldie, Mrs. D. Frizzell, citizenship secretary Mrs. R. West, public relations Mrs. E. Smith, membership convener Mrs. W. Coon, pianist Mrs. M. McCullough, flower and gift convener Miss E. Braida, centennial committee representative Mrs. Syme, card convener Mrs. M. Hunter.

Convener of councillors Mrs. J. Mann, councillors Mrs. C. K. Browne, Mrs. Cooksley, Mrs. J. Inglis, Mrs. A. Talbot, Mrs. H.

Helwig, Mrs. F. Terry.

Gift presented

Mrs. Cooksley presented a gift to retiring regent Mrs. Orr in appreciation of her leadership. Reports of secretaries and conveners were approved.

A delicious pot luck supper was enjoyed before the annual meeting. Mrs. West gave a report on the cancer film preview and read a report on new citizens and judge Alice McKeown.

Mrs. Owen Coultrap and Mrs. Matheson are new members of the chapter.

Euchre winners

Winners at last Saturday's I.O.I. euchre: ladies' high Peggy Campbell 124; ladies' low Doris Cook; men's high Fred Robinson 136; men's low David Hargrave; lone hands Mary Swackhamer 7; door prize Inglis, Mrs. A. Talbot, Mrs. H.

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Free Press Family page

Now 72nd birthday of I.O.D.E. in Canada

Are you interested in joining an organization in which you feel you are needed by being of service to others in our community, in our province, in our country, and even in remote areas of the world?

"If you feel this need, and there are many women of all ages in Acton who do, we need you to help carry on our services at home here in Acton by supplying food and clothing, by contributing to community causes, by co-operating through the use of our time and talents with other local organizations," says Mrs. E. Smith, public relations convener of Lakeside chapter, I.O.D.E.

"Unfortunately we are not in a position to know all who are interested, so feel free to call Mrs. Smith, 853-0005 (evenings), and you will receive a warm welcome to be a guest at a future meeting of Lakeside chapter of the I.O.D.E. to become acquainted with our members and our work, previous to expressing your desire to become a member. This is our invitation to you on the 72nd birthday of the I.O.D.E.," she says.

Record of service

On February 13 I.O.D.E. celebrated its 72nd birthday.

A Canadian organization born on native soil, the I.O.D.E. has maintained a record of outstanding service since it was founded in 1900. The Order, with members in every province and territory, is dedicated to give service on behalf of Canada and Canadians.

I.O.D.E. members through its Citizenship Committee have accepted the challenge and responsibility of promoting good citizenship. They actively participate in plans for combating pollution and take a keen interest in assisting in safety programmes in many communities. Members work in co-operation with Indians, especially in Friendship Centres, providing clothing, household goods and, for the children, after-school coaching in their studies.

Give awards

Working closely with education authorities in their communities, chapters have given scholarships, bursaries, grants and loans to students at the secondary post-secondary and university level. Within the year scholarships under the Commonwealth Relations were awarded to six students studying in their homelands of Nigeria, India and the West Indies.

In 1971 over \$50,000 was

expended under the I.O.D.E. First and Second War Memorials.

In the past year a total of \$31,109 was expended by the I.O.D.E. on Education.

The "Services" program is extensive and varied in scope and is based on the principle of "helping people to help themselves." Building materials and equipment were supplied by the members of a Provincial Chapter for a Community Centre in the Indian settlement of Attawapiskat in the James Bay area. Sixteen Nursing Incubators were supplied to six Nursing Stations in the Yukon Territory and ten in the Northwest Territories at a cost of \$400 each. A Transport Incubator costing \$1,200 has been sent to Fort Rae in the N.W.T.

Special layettes and radio-stereos also were sent to some of these isolated nursing stations in the Canadian north. "Help-a-Baby", a Junior Chapters' project, resulted in the collection and distribution of thousands of new articles for babies, wherever needed. Four tons of milk powder, X-Ray equipment and five hundred cases of clothing and bedding were shipped overseas during the year. A total of \$548,872 was spent on the I.O.D.E. "Services" work, over two-thirds of this amount was expended in Canada.

W.M.S. meet in Knox church

The Afternoon Auxiliary of Knox Women's Missionary Society met Thursday, Feb. 10 in the church. The president, Miss Isabel Anderson, opened the meeting and conducted the business period.

The roll call was answered by 14 members who responded by naming books of the Bible. The president reminded those present that on March 3 the World Day of Prayer's service will be held in the Christian Reformed Church. Next meeting is to take the form of a party.

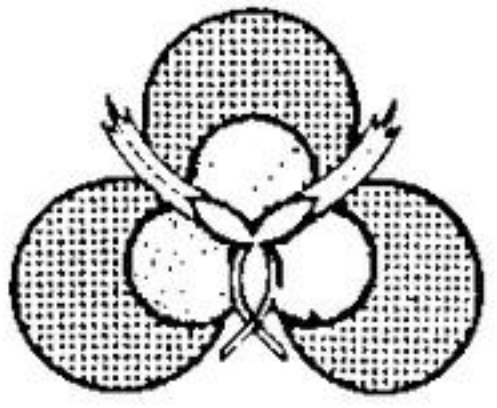
The study, Some Thoughts on Mission, was taken by Mrs. McKenzie. During the worship service the scripture lessons were read by Mrs. Alex Near, and Mrs. H. Allison led in prayer. A very fitting solo, Today Is What I Make It, was sung by Miss Bella-Mae Rozzell.

Concluding the meeting, lunch was served by the committee in charge.

The I.O.D.E. members across Canada maintained an I.O.D.E. Youth Travel and Exchange program.

A submission was made on behalf of I.O.D.E. to the Joint Commission of the Senate and House of Commons on the Constitution of Canada stating in clear terms the Order's support for the Monarchical system of government and its present relationship to Canadian life.

There are two chapters in Acton, both accepting new members, Lakeside and the Duke of Devonshire.



Centennial notes:

CENTENNIAL DONATIONS

Saturday breakfast club \$2.55. A fraternal order \$1.61, Mrs. Acton, Sask. \$1.00, 21-31 Club CK-CD-TV 40, Thomas and friends .25, The Blue (room) Bombers \$2.00, Acton Rotary Club \$10.57.

Have you started your nickel and dime collection? Try it. All donations received will be acknowledged. Give yourself a group title and send those crazy names and collections to the centennial fund. Any of the Acton banks will accept them. Out of town just mail to Centennial Commission Box 100, Acton. We are now working on our second one hundred dollars.

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Drop-in hour changes church

The drop-in coffee hour is transferring from the parish hall to the United church basement starting this Thursday, Feb. 17. It's thought that more, smaller rooms would be more convenient for the women and for the nursery held in conjunction. The drop-in hour is the same

time, 10 to 11 a.m. on the first and third Thursdays of the month. Everyone is welcome, particularly mothers with young children who don't get out too much. Newcomers to town will be especially welcome. This week a brief film will be shown, The Dangerous Years.

L'Arche names '72 executive

The monthly meeting of L'Arche auxiliary was held at the Acton Public Library with four members present. It opened with the prayer for the mentally retarded read by Mrs. Ruby Lausten. The minutes of the last meeting were read by Mrs. Patricia Garton.

The executive of 1972 was elected as follows: president Mrs. J. Conroy, vice-president Mrs. Jenny Kuiken; secretary Mrs. Patricia Garton; treasurer Mrs. Ruby Lausten; Press secretary Mrs. Patricia Garton and correspondence secretary Mrs. V. Hilliar.

Plan dance

Tickets are now available for the "Sadie Hawkins" dance, which will be held at the Acton

RED CROSS MEETING

WHERE? Acton Public Library Board Room
WHEN? Monday, Feb. 21st at 7:30 P.M.
WHO? Interested Persons
FOR FURTHER INFORMATION
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