

the painted box

By Wendy Thomson

Spring cleaning has been turning up all sorts of interesting odds and ends, especially when I get to work at my desk. It is in a constant state of confusion and, when poked, yields the most unexpected things. Like a clipping of a letter sent by some poor cluck in Barbados to his employer, following an accident:

Respected sir,

"When I got to the building, I found that the hurricane had knocked some bricks off the top. So I rigged up a beam with a pulley at the top of the building and hoisted up a couple of barrels full of bricks. When I had fixed the building, there was a lot of bricks left over.

"I hoisted the barrel up again and secured the line at the bottom. And then went up and filled the barrel with extra bricks. Then I went to the bottom and cast off the line.

"Unfortunately, the barrel was heavier than I was and before I knew what was happening the barrel started down, jerking me off the ground. I decided to hang on and halfway up met the barrel coming down and received a severe blow on the shoulder.

"I then continued to the top, banging my head against the beam and getting my fingers jammed in the pulley. When the barrel hit the ground, it burst its bottom, allowing all the bricks to spill out.

"I was now heavier than the barrel and so started down again at high speed. Halfway down I met the barrel coming up and received severe injuries to my shins. When I hit the ground I landed on the bricks, getting several painful cuts from the sharp edges.

"At this point I must have lost my presence of mind because I let go the line. The barrel then came down giving me another heavy blow on the head and putting me in hospital.

"I respectfully request sick leave."

I hope he got it.

Now here's three recipes I unearthed, used, and liked. They're nothing fancy, but quite easy to mix up, and add a nice touch to a light lunch.

CHEWS

Melt 1/4 cup butter, and add 1 cup brown sugar. Stir well and cool slightly. Beat in 1 egg and 1 tsp. vanilla, then 1/2 cup flour and 1/2 tsp. salt. Stir in 1/2 cup chopped nuts or dates. (I intend to try coconut next time, and suppose anything you find in your baking cupboard might do). Bake in an 8 inch buttered pan for 25 minutes at 350 degrees. Top should still be quite soft to touch.

WHOLE WHEAT BISCUITS

Mix 1 1/4 cups whole wheat flour, 4 tsp. baking powder, 1/4 cup powdered milk, 1/2 tsp. salt. Add one-third cup oil, and cut it in well with two knives, then stir well.

Pour in 3/4 cup plain yogurt and mix quickly, kneading lightly 12 to 15 times. Pat out to about an inch in thickness and cut with a biscuit cutter. Bake at 450 degrees for 12 to 15 minutes.

CORN BREAD

Mix 1 cup flour, 1 Tbsp. baking powder, 1/2 tsp. salt, 1/2 cup sugar, 1/2 cup yellow corn meal. Add 1 cup milk to 1 beaten egg and 1 Tbsp. corn oil. Add to first mixture and blend. Pour into greased 8 inch square pan. Bake at 400 degrees for 20 minutes. Cut into squares and serve hot, with butter.



ACTON LIONETTES, the distaff branch of the local Lion's Club held their first meeting last week. Examining the Lionette constitution with president Lynn Fountain are, front row, l. to r., Dorothy Roach, vice-president Virginia Gordon, secretary Diane Handy, treasurer Beryl Diggins, Rigmar

Nielsen, Barbara Trotter. Standing l. to r. are, Gail Bottenham, Medina Scutt, Jenny Boudreau, Gloria Upton, Lynn Kryczik, Leticia Evelan, Jessie Ingleby, Margot Matheson, Theresa Matheson. (Photo by D. Gibbons)

Study on Africa

The study group of Trinity United church met at the home of Mrs. William Coats Wednesday, April 19. Mrs. Ian McGillivray opened the meeting with scripture and prayer. She conducted a question period concerning the scripture she had read.

Bedroom Sweets club successful

Another club is nearing its end. The last meeting of the Greenock Bedroom Sweets was held at the home of Mrs. D. Milton on Monday, April 17 at 7:00. It was the end to a very interesting and successful club for both the leaders and the members.

The leaders, Mrs. A. Gates, and Mrs. D. Milton, were always on hand with answers and assistance whenever a member required help, and also at the close the meeting with a much appreciated snack.

Some of the more interesting meetings of the club include a visit from our area's home economist, Mrs. B. Flewelling at our seventh meeting, which was held at the home of Mrs. C. Upshall on April 4.

This year the Greenock 4-H Homemaking Club was very fortunate in having quite a large number of members; a large percentage of which were new to 4-H, as well as to the area.

Near, Mrs. J. Van Fleet, and Mrs. E. Wilson; Booth Mrs. W. Britton, Mrs. E. Wilson and Mrs. C. Thomson.

In resuming her office as president, Mrs. H. Blyth summarized the work of the branch in the past year. A busy and satisfying year had been experienced with full co-operation from all the members.

Mrs. M. Nellis was courtesy convener.

The May meeting will be held at the home of Mrs. F. Kirton, Fourth Lane, Nassagaweya.

Free Press Family page

Skin care, cosmetic use explained to 90 ladies

An enthusiastic group of 90 ladies spent an enjoyable evening at Acton curling club Thursday, April 20. Guests of the evening were Lorraine Rolfe of Lorraine's Merle Norman Studio in Islington and her assistant Suzanne.

Lorraine spoke on the use of cosmetics and proper skin care, with the emphasis on "staying young" with young-looking skin.

Using club member Dolores Tyler as her model, Suzanne gave an interesting demonstration of the proper application of facial make-up.

Wigs were also shown, with an invitation for anyone to try on different styles and colors. A man's wig was also modelled.

A door prize of a flower arrangement, donated by Caroline Nurseries, was won by Greta Heller. Other draw winners were Helen Waterhouse, Marilyn McArthur, Barbara Smith, Lorraine Kennedy, Joan McCristall and Kit Dowling.

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Golden Age club Red Cross guests

By Mrs. Elsie Reed
The Golden Age Club altered their routine last week and accepted an invitation from the Red Cross Society, Georgetown, for an evening's entertainment in Wrigglesworth School.

Tyler's Co. kindly donated one of their school buses to safely transport the club to Georgetown and home afterwards and the bus was filled to the rear with the fun loving group.

At the school they joined several of Georgetown's Senior Citizens, and several from Halton Manor in the spacious auditorium. The Holy Cross Folk Choir were on stage to sing many numbers which were very much enjoyed. The mayor gave an official welcome and all stood to sing O Canada.

Some of the Home Nurses put on a hilarious skit "How not-to-be a Home Nurse." The Home Nurses who had just finished their course were called forward by their chairman, Mrs. Clark and were presented with their awards, by vice-president, Richard Perrott. Another lady was presented with the highly coveted Award of Merit in lifesaving.

Nearing goal
Mr. Perrott is also the chairman for the current fund campaign and said that although their objective of \$6,000 had not been reached they hoped it would be before the campaign ended.

A very talented group "The Toronto Crops Capers" then took over the entertainment, with orchestra, singing and tap dancing, also gave a parody of the ballet "Swan Lake". They were very generous with their talent, singing song after song in wonderful harmony. All 15 of these ladies were very versatile and appeared in various costumes and personalities, and they put on a wonderful show.

Everyone was very enthusiastic in their praise and appreciation, and were very grateful to the Red Cross

president, Mrs. Elaine Sales and the chairman of the senior citizens, Mrs. Hughes for all the work and planning entailed. The evening ended with a bountiful and delicious lunch which was efficiently served to the large crowd.

Better weather
The next meeting of the G.A. Club will be Tuesday, May 2, in the Laxton Hall as usual. Now the snow and ice are gone, it will be easier and more enjoyable to get out for the social afternoon. More trips and pleasures will be coming up so, Senior Citizens, come out and be ready for the fun.

Spring program Alert Auxiliary

The Alert Evening Auxiliary of Knox Church held their April meeting in the Ellen Anderson room.

The committee Mrs. Eli Masters, Mrs. John Davidson, and Miss Florence Elliott presented a spring-time program. Mrs. Masters opened with a poem Take Time. The devotions and timely readings were read by Mrs. Masters and Mrs. Davidson. Miss Jessie-Anne Davidson favored with two delightful piano solos.

Mrs. Clarence Coles, the president, was in charge of the business. Eleven members answered the roll call with their favorite Easter hymn.

After the Mizpah benediction the conveners served lunch.

L.O.I. winners

L.O.I. euchre results: ladies' high Edith Storey 118; low Sylvia Williamson; men's high Bill Service 117; low W. Sanders; lone hands Bill Service, six, door prize Edgar Barnstable.

Election, plans at Dublin W.I. annual meeting

A very satisfying smorgasbord preceded the annual meeting of the Dublin Women's Institute on Thursday evening, Mrs. E. Wilson was hostess for the meeting at her home on the Fourth Line, Nassagaweya, with a splendid attendance.

The annual Halton T.B. Association Dinner will be held in Oakville on May 10, and the branch will be represented there. Correspondence was dealt with, and donations were approved to the Acton Decoration Committee, Canadian Cancer Society and Pennies for Friendship.

Sale at Manor
Contributions of baking will be given to the annual sale at Halton Centennial Manor, Milton on May 10, and all baking may be left at the home of Mrs. Willard Britton, First Line by 11 a.m. that day.

Several members will attend the meeting of Halton District Annual at Campbellville Presbyterian Church on May 24.

Tentative plans were made for a booth to be held at an auction sale on May 1 near Acton.

It was announced that the Guelph Area Convention will be held in Stratford November 2 and 3 this year.

Rewarding year
A resume of the financial standing of the Branch was given in detail by Mrs. M. Hunter, treasurer, and showed it had been a very busy and rewarding year. Mrs. D. Moffat on behalf of herself and Mrs. C. McIntyre, presented the auditors' report.

75th year
Members were reminded of this year being the 75th anniversary of the founding of the Women's Institutes, and were asked to submit written suggestions at the next meeting as to how the branch may celebrate this historical occasion.

A short course held recently in the Acton public library on "Parliamentary Procedure" had been a noted success with Mrs. C. Diamond, of New Hamburg, as moderator. Representatives of four Institutes had attended. Highlights of the course were outlined by Mrs. C. Armstrong, Mrs. A. Near, Mrs. W. J. McIntyre and Mrs. J. C. Dennis.

New officers
Mrs. McIntyre took the chair for the election of officers. Mrs. E. Norton, on behalf of herself, Mrs. Near and Mrs. C. Thomson, of the nominating committee, presented the following slate: Past president, Mrs. M. McCullough; president Mrs. H.

Blyth; 1st vice president Mrs. C. Armstrong; 2nd vice president Mrs. E. Norton; secretary-treasurer Mrs. M. Hunter; Ass't secretary-treasurer Mrs. N. Douglas; pianist Mrs. M. McCullough; Ass't pianist Mrs. W. Frank; press reporter Mrs. J. C. Dennis; Ass't press reporter Mrs. C. Armstrong.

Branch directors Mrs. D. Moffat, Mrs. W. J. McIntyre and Mrs. A. Near. District director Mrs. H. Blyth; Alternate District Director Mrs. D. Moffat; auditors Mrs. D. Moffat and Mrs. C. McIntyre; Public Relations Mrs. W. Lasby; Agriculture and Canadian Industries Mrs. H. Besley and Mrs. C. Davidson.

Citizenship and World Affairs Mrs. F. Kirton and Mrs. C. Britton; Education and Cultural Activities Mrs. M. McCullough and Mrs. D. Hunter; Family and Consumer Affairs Mrs. W. J. McIntyre and Mrs. J. C. Dennis; Resolutions Mrs. M. Nellis; Social Mrs. E. Norton, Mrs. O. Manes and Mrs. C. Britton; Mental Health Mrs. B. Rennick; Curator Mrs. W. J. McIntyre, Mrs. W. Frank and Mrs. E. Norton.

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