

St. Alban's hosts diocesan meeting

A general meeting of the Anglican Church Women was held here at St. Alban's church last Wednesday. The event was held here to coincide with the parish's centennial year. The diocese includes Welland, Guelph, Milton, Georgetown, Hamilton and Burlington.

About 30 representatives of the A.C.W.S. of churches, involved attended the meeting.

There was communion in the morning at St. Alban's and each woman had brought her own lunch. Tea and cookies were served in the afternoon by the A.C.W. members of the host church.

Local A.C.W. president Penny Bristow welcomed the group.

Silver tray

A special presentation was made to Mrs. Heber J. Wilkinson, Hamilton, wife of one of the bishops of the diocese. A beautiful engraved silver tray commemorates her many years of service to the A.C.W. While in

Amritsar, India, she organized the W.A. there.

Diocesan president Mrs. R. Austen of Campbellville made the presentation.

Heritage conference

Those attending were much impressed by the enthusiasm and dedication of the guest speaker, Mrs. Douglas Jennings, Toronto. Involved in a variety of volunteer groups, she spoke on the upcoming conference in Toronto called Our Heritage. Foundation for the Future. Her specific topic was multiculturalism. She will be heading the citizenship them at this conference.

She serves as a volunteer with the Canadian Scene, a foreign language press service which supplies information to the ethnic press. She is a founder and vice-president of this group.

She's past president of the Indian centre and active in the Canadian Save the Children Fund, as well as other groups.

Free Press Family page



SILVER TRAY marking many years of service to the Anglican church women was presented to Mrs. Heber Wilkinson (centre) at the diocesan A.C.W. meeting in Acton last week. Admiring the gift with her are diocesan president Mrs. R. Austen (left) and guest speaker Mrs. Douglas Jennings (right). (Photo by K. Dills)



By Wendy Thomson

A couple of months back, I mentioned Fiddleheads and shortly after, the McCain people from New Brunswick, sent me their information release entitled The Romance of Fiddlehead Greens. It was quite interesting.

I had thought that the greens grew only in New Brunswick, but apparently this isn't so. According to McCain's, fiddleheads are the early growth of the Ostrich Fern which grows across the breadth of Canada and in some States, as well, although there are only one or two places that actually recognize them for what they are,—a real epicurian treat.

Pop Ups

Fiddleheads require a generous soaking just before they begin growing, usually by swollen streams in the spring, then pop up pretty quickly,—fast enough that it is a truth that they are heard to grow. During the evening and night, they push aside debris left from the streams, and this makes a small noise which can actually be heard by fiddlehead-pickers who bed down near where they are harvesting.

When these leaves first poke through, they are unopened and curled, and should be snipped off when they are about three inches high. In New Brunswick, the Maliseet Indians camp out for as long as two weeks, while harvesting.

Green magic

The discovery of Fiddleheads is credited to the Maliseets who considered them as magic, and had the shape marked on all their belongings.

Now, Fiddleheads are a delicacy served at all state banquets by the Governor

General of Canada, and such. My husband read the Romance too, and for a few minutes we sat and looked very thoughtfully at each other, both thinking the same thing. At the back of the pasture, we have five acres or so, where we don't usually go as it's so wet, and there are hundreds of ferns growing there.

Now all we have to do is find out whether they're Ostrich Ferns or not. If they are, we're well away! We'll throw a huge big party where all everybody will get is a large plate of Fiddleheads dripping with butter.

They're served with Atlantic Salmon in New Brunswick, but I'm afraid our pond will yield nothing but pollywogs.

FRUIT NECTAR SALAD

Mix 1 envelope unflavored gelatin, 2 tsp. sugar, ¼ tsp salt, in a small saucepan. Add 1 (12 oz) can apricot nectar, ½ cup water, 8 whole cloves. Stir over low heat until gelatin is dissolved. Simmer 5 minutes.

Remove from heat and remove cloves. Add 1 tsp lemon juice. Chill until slightly thickened. Fold in 1 ½ cups fruit, (I use apples, bananas, and strawberries) either fresh, drained canned, or thawed frozen. Chill until firm.

Several reports received at Dublin W.I. meeting

Many items of business were dealt with at the regular meeting of Dublin Women's Institute held last Thursday evening. The hostess, Mrs. F. Kirton, 4th Line, Nassagaweya, was the hostess for a good attendance of members.

Roll call was answered by "Something I have learned from the new handbook." Members were urged to read and study the new book, and keep updated with the rules.

Proceeds from a booth at an auction sale, eucure and the sale of a quilt were turned in to the treasurer.

Three resolutions

Mrs. M. Nellis presented three resolutions which had been sent in from two branches of the district. These were all approved and will be voted on at the District Annual. The resolutions referred to the recycling of waste and materials, corporal punishment in the schools and courts when required, and noise pollution.

The members had been approached regarding a catering event the latter part of June and a full discussion followed. A committee was named to get full details.

Written suggestions for the annual bus trip were submitted and the committee, Mrs. D. Moffat, Mrs. C. Davidson and Mrs. N. Douglas will finalize plans.

Mrs. W. Frank spoke about making another quilt, and members will help with it presently.

Mrs. E. Norton spoke on the Canadian Cancer Society canvass held recently and thanked all the collectors for their efforts. As a result a fine amount of money was turned into the Acton Branch.

As a result of an appeal from

Mrs. M. Hunter, speaking on behalf of the Nassagaweya Baseball Club, for extra equipment, a donation of \$30 was approved.

Address on asthma

Mrs. F. McCarron had attended the annual T. B. Dinner in Oakville recently, and she reviewed some of the findings as outlined by Dr. Williams in his address for the evening. Dr. Williams spoke on "Asthma and Asthma Attacks," especially as they affect children.

Meetings had been held by the Decoration Day Committee in Acton, and Mrs. J. C. Dennis reported that tentative plans had been made for June 4 in Fairview Cemetery. The Branch was requested to send representatives to the cemetery on June 1 at 7 p.m. to prepare for the planting.

Officers' conference

Mrs. C. Armstrong gave a full report on the Officers' Conference held at Guelph University early in May.

As Public Relations Officer this year, Mrs. W. Lasby gave a most interesting and thought-provoking talk on the subject and brought out many good points as to how all Women's Institute members could further public relations in the community. Her address was followed by the reading of a timely poem "Speak to Strangers now and then," by Mrs. W. J. McIntyre.

Plans on preparing for a special 75th Anniversary celebration by the Branch will be undertaken by the executive, after receiving suggestions from the members.

With the District Annual coming up on May 24, competitions were judged for squares and fruit leaves with Mrs. W. J. McIntyre winning in the first class and Mrs. D. Moffat in the second. They will compete at the District Annual this week.

A dainty lunch was served by the committee composed of Mrs. D. Moffat, Mrs. W. Lasby and Mrs. E. Wilson.

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Free Press Personals

Mr. and Mrs. Norman Smith of Montreal visited here on the holiday weekend with his family.

W.I. district annual meeting today at Campbellville.

Friends will be happy to learn that Mrs. Doris Kentner is now home from hospital.

Enjoying a bus trip and tour to Upper Canada Village and Ottawa over the long weekend were Mrs. Herb Helwig, Mrs. Jim Ingles, Mrs. Ray Mason and Miss Jessie Coles. The group visited the Parliament buildings and many other places of interest in Ottawa and district including the Gattineau Hills, Hull, Que. and the lovely estate of the late Mackenzie King before returning home Monday. Night stops were at the Lord Elgin hotel, Ottawa.

Mr. and Mrs. Miller Gray, of Bridgen, and Mrs. R. T. Macdonald and Miss Wilma Macdonald, of Sarnia, visited with Mrs. J. C. Dennis during the holiday weekend.

Visitors at the home of Mr. and Mrs. Fred Lemon over the weekend were Mr. and Mrs. Fred Cooper, Tillsonburg, and Mr. and Mrs. James Gardner, Wilfred, Dennis, and Debra, Wardsville.

BRIDAL PHOTOS

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Canvassers' dinner

Smoking - cancer link

The Acton Branch of the Canadian Cancer Society held a very successful pot luck supper for their volunteers last Thursday, May 18, at the Curling Club.

Mayor Les Duby congratulated all 80 volunteers present and said how proud the town was of them for their services.

Mrs. Helen Cummins, well known among the volunteers and instigator of the very active Activity Group, under the leadership of Miss Mary Pappillon, will be sadly missed in

the area due to her husband's promotion and transfer to the Ottawa Area. Mrs. Cummins said a few encouraging words to the volunteers and reminded them to remember to little things they do for others; they're most appreciated.

Dr. P. Scholefield accompanied by his wife, was guest speaker. At the national office he is in charge of fellowships for the Canadian Cancer Society and is assistant executive director of the research program. He spoke on types of research being carried out and how important research

is and how expensive. That is why 50 per cent of the givings goes to research, a most important role in the quest against cancer.

Dr. Scholefield stressed the importance of the Pap Test and self breast examination for women. He also spoke on the hazards of smoking and of the known fact that smoking does lead to lung cancer. In comparison the chance of getting polio today with the use of the polio vaccine is 1: 25,000; your chance of getting cancer if you smoke is 1:50.

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