

# the painted box

By Wendy Thomson

While in town yesterday, I was asked enough questions about cooking and food, that maybe I'll just use up a column on answering them.

First, three low-calorie-type recipes.

## EGG DROP SOUP

Heat 1 cup beef broth or bouillon. When almost boiling, drop in one egg that has been slightly beaten. Stir to shred egg slightly. Add sliced mushrooms or chopped green onions, heat and serve.

## CHICKEN BROTH WITH EGG CUBES

Beat 2 eggs, 1/2 tsp. salt, shake pepper, and a few chopped green onions.

Pour into a very small oiled frypan and cook as for omelet, turning over carefully. When cooked solidly, cool, cut into small squares. Sprinkle on two bowls of chicken broth as a garnish.

## TOMATO SAUCE FOR STEAK OR FISH

In small amount of oil, saute 1/4 cup sliced onion, 1 crushed clove garlic. Add a 20 ounce tin tomatoes, 1/4 cup chopped fresh parsley, 1 tsp. salt. Simmer 30 minutes.

A household hint that might come in handy some day: Sour milk makes a light spongy cake; sweet milk one that will be more like pound cake. Soda alone should be used with sour milk; baking powder, soda, or cream of tartar with sweet milk. If you substitute cream of tartar and soda for baking powder, allow 2 tsp. cream of tartar and a smaller one of soda to every 3 cups flour and sift well together 2 or 3 times.

And now recipes for busy people who find it handy to have half-way prepared things in the freezer.

## BASIC MEATBALLS (for 4 or 5 meals)

5 lbs. ground beef  
Two-thirds cup dry bread-crumbs  
2 1/2 tsp. salt  
1/4 tsp. pepper  
3 Tbsp. dry onion flakes  
3 eggs slightly beaten  
1/4 cup parmesan cheese.

Combine everything but meat

In large bowl, then add meat. Mix well. Shape into about one-inch meat balls, and freeze on cookie sheets. When solid, divide into 4 or 5 piles, store in freezer containers. Remove from freezer about 5 hours before making into the following recipes.

## SWEET AND SOUR MEATBALLS

Thaw one package of meatballs and brown well in heavy frypan. In a saucepan, combine 3/4 cup water, 1 (8 oz.) can tomato sauce, 1/4 cup vinegar, 1/2 cup brown sugar, 1 tsp. salt, 1/2 cup sweet gherkin chunks.

## SPAGHETTI AND MEATBALLS

Thaw one package of meatballs and brown well in heavy frypan. Add sliced mushrooms. In a bowl, mix:

1 (12 oz.) can tomato paste  
2 1/4 cups hot water (swishing all the paste out of the can)  
1 tsp. each of basil and salt,  
1/4 tsp. each, oregano, fennel, and thyme leaves  
Pinch crushed chili seeds  
1 clove garlic (minced)  
1 chopped onion  
1 Tbsp. sugar

Pour over meatballs and simmer, uncovered, for one hour. Serve with spaghetti and parmesan cheese.

I'm still trying out other meatball recipes, and will include them in later columns. One last note - That's to say it, but last week's BROCCOLI SUPREME would very likely do better if it were baked at 350 degrees instead of 250.

## Georgetown vows of interest here

A wedding of interest to Acton friends took place in St. John's United Church, Georgetown, when Linda Marie Stuitard and Dawn Hay were married. Rev. H. Martin officiated.

The bride, who is the daughter of Mr. and Mrs. George Stuitard, Georgetown, was given in marriage by her father in the double ring ceremony. The groom is the son of Mr. and Mrs. Gilbert Hay, Georgetown, formerly of Acton.

The bride was in full length white chiffon and train. She carried a cascade of red roses.

### Attendants

Marilyn Evis of Montreal was maid of honor; Mrs. Bonnie

## Kathy Barber heads 4-H club

The first meeting of the Dublin Senior 4-H club was held on Feb. 5 at Mrs. Lasby's.

Officers are as follows: president Kathy Barber; vice-president Penny Kirton; treasurer Cathy Hinton; telephone girls Heather McEachern, Marie Parker; press-reporter Laurie Pierce. Other members are: Liz Ferrier, Cathy Lasby, Karen Pierce, Marilyn Barber, Doris Black and Bonnie Armstrong. Leaders are, Mrs. Lasby and Mrs. Kirton.

Notes on knits were read by Mrs. Kirton. They were told to have material and pattern for the next meeting.

### Second meeting

The second meeting was held on Mon., Feb. 12 at Pierce's. They voted on the name Knifty Knits for the name of the club. After talking about books they decided to have the next meeting at Mrs. Kirton's on Feb. 20. For the remainder of the meeting they talked about knits and some girls cut their material out.

**WEDDING PHOTOGRAPHY**  
YOUR WEDDING STORY IN COLOR BY  
Wm. Stuckey 853-2269



PREPARING FOR THEIR GUESTS, Lloyd and Elva Masales pinned a corsage on his wife Elva at their 50th Anniversary reception in the Acton Music Centre Sunday afternoon. -J. Jennings Photo

## Mark golden anniversary at Music Centre Sunday

Fifty years married, Lloyd and Elva Masales marked the special occasion at a party in the Music Centre on Sunday afternoon. Over 100 called to congratulate the couple, longtime residents of Acton. Mayor Les Dudy presented the traditional gift from the town, a gold tea service. Beardmore and Co., where Mr. Masales worked for 32 years, sent flowers for the occasion.

Mr. and Mrs. Masales were married in Toronto, February 17, 1923, and lived there for a while before coming back to Acton. Mr. Masales was born here, but his wife came to town from Waubashene in 1919. He worked first with Hewitson shoe factory here until it closed, then in Arnold's glove shop and finally at Beardmore until his retirement in 1966.

### Social convener

He worked as a steward at the Legion for a while but is fully retired now. Mrs. Masales was social convener for the Legion Ladies' Auxiliary for a 20-year stint.

The happy gathering on Sunday was arranged by their family. They have one son Owen who lives in town with wife Joyce; and two grandsons, Terence, his wife Margaret and young daughter also live in Acton; their granddaughter celebrated her first birthday the next day, Gary and his wife Jennifer live in Willowdale and have one son, Jason, four. All of them were present for the golden wedding anniversary.

## Proper way to prune shown by nurseryman

The timely theme chosen for talk at the Dublin Women's Institute meeting on Thursday evening was Pruning. The guest speaker who was introduced by Mrs. H. Besley, convener of agriculture, was Burke McNeill of Milton. He is a nurseryman of Ornamental Horticulture, Department of Agriculture, illustrating with slides, the speaker was able to explain the proper way of pruning trees, shrubs and vines. A question and answer period followed and many problems were clarified by the speaker.

Despite the very cold winter night, a good turnout of members attended the meeting at the home of Mrs. W. Pierce, Blue Springs Road, Nassagaweya. Mrs. H. Blyth presided for the opening exercises. Roll call was answered by naming the location of an Old Ontario Landmark.

Several matters came up in the correspondence as reviewed by Mrs. M. Hunter. A food forum Around the World Dining will be held in Milton on April 10. Officers' Conference will be held at

Waterloo University this year on May 1-3.

### New competition

A Home Improvement competition will be introduced this year for residents of Halton County in anticipation of many visitors to this District to the Provincial Plowing Match in 1974. A liberal donation in its interests was approved by the branch.

Mrs. C. Armstrong gave a concise account of the Summary Day held recently at the Master Feeds Hall, 7th Line, Esquesing. About 150 ladies attended. An excellent showing of garments was displayed following the different training schools in which the leaders had instructed on The Knack of Sewing with Knits. It had been a very successful course.

### Show quilt

Some of the members have been quilting lately, and one of the finished quilts was exhibited by Mrs. William Frank, convener. Two others are near completion.

Mrs. E. Norton reminded the

ladies that April will be Cancer Month, when canvassers will be given their kits.

Mrs. B. Rennie presented the bags for the annual Mental Health appeal.

A happy time was spent over the tea-cups when Mrs. M. Nellis, Mrs. D. Hunter and Mrs. C. McIntyre served a bounteous lunch, assisted by Mrs. Pierce, the hostess.

## Ditch stitching topic for 4-H

The second meeting of Dublin Junior 4-H club was held at the home of Sherry Ismond. The meeting was opened by Jean MacLeod. Cathy Burke is a new member.

Mrs. McCarron showed how to stitch in the ditch. This stitch is used around arm holes and necklines. Mrs. Ismond showed how to put in an invisible zipper. When sewing a knit material you must either stretch the material or use a zig-zag stitch.

## Donna Milton is hostess to club

The fourth meeting of the Greenock Groovy Grizzlies was held in the home of Donna Milton on Feb. 12.

Roll call, a supper dish featuring cheese or eggs, was answered by all. They discussed casseroles and ground meat.

They had a tuna casserole with a pickle and orange juice to drink and then a donut and oatmeal squares.

Mrs. Shoemaker gave her usual report on sick and shut-ins of the church. Roll call was answered by 22 home calls and 20 hospital calls.

After benediction by Dr. Onions and social half hour was enjoyed.

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# Free Press Family Page

## History of old homes retold at W.I. meeting

The February meeting of the Acton W.I. was held in the board room of the library on Wed. afternoon, Feb. 7. The president Miss Simmons opened the meeting with a poem in a Stew followed with prayer. Roll call was answered by 14 ladies showing a baby picture of yourself.

The first was given by Mrs. Wilderspin. Her home is the oldest home in Acton. It was the first Presbyterian church which was organized in 1845. The first timbers for the new church were taken out in the same year and it was finished in 1896 and opened in March 1897. The first church was closed in 1895.

John Cameron, an elder, bought the property. Part of the property he added to his planing mill; the remainder was converted into a three dwelling home on the street frontage of the old church law. Mrs. Wilderspin purchased her home from Stuart Sinclair in 1946.

## Jack Rol gives club a preview of spring

Y's Menettes held their February meeting at the home of Mrs. Marg Wallis with a very pleasing attendance. President Lynn Robertson reported that the book sale held recently in the Y was successful. Members spent part of the evening making plans for their annual spring fashion show to be held sometime during May and also gathering some new ideas to make this year's show a very successful one.

was Jack Rol of Caroline Nurseries who was introduced by Lynn Robertson. His slides of the Holland bulb fields were very interesting and most beautiful as tulips, daffodils and hyacinths shown in blooming colors made spring seem just around the corner! On behalf of the club, Shirley Broostad expressed her appreciation and thanks to Mr. Rol for his visit and helpful gardening tips.

The second history was of the home of Mrs. Earl Lambert on the corner of Bower and Elgin Sts. Bower Ave. was originally the farm lane leading from the barns and farmland owned by Zenas Adams. This was later the site of the Canada Glove Works erected by W. H. Storey. The Storey family lived where the Shoemaker Funeral Home now is and it was known as Sutherland Villa.

A delicious dessert and coffee concluded a very interesting and enjoyable evening.

The second home was built on Bower Ave. by Alex Secord in 1893 and he called his new home Villenore after his wife Lenora Storey; the eldest daughter of W. H. Storey, who was Acton's first Reeve. Rev. and Mrs. Poole bought this home in 1948 and Mr. and Mrs. Lambert purchased it after Mrs. Poole passed away.

# Free Press Personals

A group of Acton snowmobilers spent the weekend together at the Lucky 11 Hunt Camp at Vankoughnet.

Two children were baptized Sunday morning at St. Alban's church by the Rev. Harry Dawson. They are Carolyne Louise, daughter of Mr. and Mrs. Larry Porte, and Bonnie, daughter of Mr. and Mrs. Bent Sorensen.

Mrs. Howard Allison was at Brantford Friday for the funeral of her niece's husband, Mr. Norman Hart, who passed away suddenly from a heart attack at the General Hospital, Brantford.

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## Film on Africa shown to U.C.W.

Unit 2 of the United Church Women met in Trinity church parlors Feb. 13 and 22 answered the roll call. Mrs. Lidkea in the chair opened the meeting with a poem.

The annual meeting of provincial U.C.W. will be held in Milton March 8, and the World Day of Prayer service Friday, March 2.

Mrs. Wilderspin had the devotional and Mrs. Force read Scripture. Topic was Jesus' Life on Earth.

Mrs. Shoemaker gave her usual report on sick and shut-ins of the church. Roll call was answered by 22 home calls and 20 hospital calls.

## Six ones equal two times three

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