

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

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 onlons, heat and serve.

## CHICKEN BROTH WITH EGG CUBES

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

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

### TOMATO SAUCE FOR STEAK OR FISH

In small amount of oil, saute 1/2 cup sliced onion, I crushed clove garlic. Add a 20 ounce tin tomatoes. 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 J 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 breadcrumbs

21/2 tsp. salt 16 tsp. pepper 3 Tosp. dry onlon flakes 3 eggs alightly beaten 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 34 cup water, 1 (8oz.) can tomato sauce, 14 cup vinegar, 14 cup brown sugar, 1 tsp. salt, 12 cup sweet gherkin chunks.

As the meatballs brown, place them in the sauce. When they're all in, add a 13 oz. can pineapple chunks (drained) and simmer 10 minutes. Serve over rice.

### SPAGHETTI AND MEATBALLS

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

1 (12 oz.) can temato paste 214 cups hot water (swishing all the paste out of the can)

I tsp. each of basil and salt, is tsp. each, oregano, fennel, and thyme leaves

Pinch crushed chili seeds 1 clove garlic (minced) 1 chopped onion 1 Tosp. 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 4 Thate to say it, but last week's BROCCOLI SUPREME would very likely do better if it were baked at 350 degrees instead of 250.

burgundy velvet, with matching

Robert Monckton was grooms-

full length purple, with dark

velvet top. Both wore a white

The groom is employed in the

town of Georgetown engineering

office and the bride with

Simmons Ltd. in Bramalea. They

are living at 60 Raylawn

Parties held

Prior to their marriage,

friends had a party in their honor

at Acton Meadows Gold Club.

Mrs. Lynn Hay and Mrs. Peg

McMenemy were hostesses for a

shower; Mrs. Karen Bottomley

also gave a shower, as did Mrs.

Joyce Stuttard, the bride's sister-

in-law. Fellow employees at

Simmons Ltd. entertained in her

honor, and Mrs. Hazel Hall and

Mrs. Marian Inglis were shower

Bottomley were ushers.

attached.

Crescent.

# Georgetown vows of interest here

A wedding of interest to Acton Haigh and Mrs. Lynn Hay, sister friends took place in St. John's of the bride and sister-in-law of United church, Georgetown, the groom, and Mrs. Karen Bottomley were bridesmaids. when Linda Marie Stuttard and Dwayne Hay were married. Rev. They wore full length dark

H. Martin officiated. The bride, who is the daughter monk hoods. They carried white of Mr. and Mrs. George Stuttard, fur muffs with a single red rose 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 Meadows Golf Club, the bride's white chiffon and train. She carried a cascade of red roses. Attendants

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

# Kathy Barber heads 4-H club

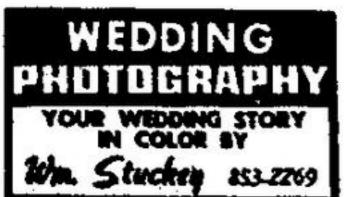
The first meeting of the Dublin Senior 4-H club was beld on Feb. 5 Mrs. Lasby's.

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

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.





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

-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 Duby presented the traditional gift from the town, a gold tea service. Beardmore and Co., where Mr. Masales worked for 32 years, sent

Mr. and Mrs. Masales were married in Toronto, February 17, 1923, and lived there for a while

flowers for the occasion.

before coming back to Acton. Mr. stint. 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

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

man. The groom's brother, Terry Ontario Landmark. Several matters came up in the Hay, Paul Presswood and Keith correspondence as reviewed by Mrs. M. Hunter. A food forum At a reception at Acton Around the World Dining will be mother wore a full length mauve held in Milton on April 10. Ofchiffon and the groom's mother a ficers' Conference will be held at

Film on Africa

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

devotional and Mrs. Force read

Scripture. Topic was Jesus' life

film on Africa which gave an

insight into the many differences

there in race, color and creed.

Mrs. Lorraine Shields had a

Mrs. Wilderspin had the

shown to U.C.W.

Waterloo University this year on May 1-3.

New competition

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

Coming dates

provincial U.C.W. will be held in

Milton March 8, and the World

Day of Prayer service Friday,

Mrs. Shoemaker gave her

usual report on sick and shut-ins

of the church. Roll call was

answered by 22 home calls and 20

and social half hour was enjoyed.

After benediction by Dr. Onlons

March 2.

hospital calls.

The annual meeting of

### 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. Plerce, the hostess.

Ditch stitching

given their kits.

Health appeal.

ladies that April will be Cancer

Month, when canvassers will be

Mrs. B. Rennick presented the

bags for the annual Mental

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.

Greenock Groovy Grizeldas 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.

a pickle and orange juice to drink and then a donut and oatmeal Free Press

Family Page

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

Jack Rol gives club

a preview of spring

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 only standing report was

Y's Menettes held their

President Lynn Robertson

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

Spring preview

Special guest for the evening

A group of Acton snowmobilers

spent the weekend together at the

Lucky 11 Hunt Camp at

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.

Corp. Bob Arbour expects to

return to work in Acton in

approximately six to eight weeks.

He is recovering under the

Mr. and Mrs. Wm. Carnochan,

90 Mill N., will be celebrating

their 30th wedding anniversary

on Sat., Feb. 24. They were

married in Brighton, England on

Feb. 24, 1943. Friends offer

Mr. and Mrs. Murray Scoyne,

John and Judy of Ridgetown

spent the weekend here with Mr.

and Mrs. Chester Allan and

family. (Son Gary was too

involved in hockey, so styaed

home with his other grand-

parents.) Murray and Doris

attended the Dills Printing

retirment party Saturday

The Coffee Hour, a joint

informal

venture of the Anglican and

United church ladies, has been

gatherings are on the first and

third Thursdays of each month in

St. Alban's parish hall at 10 a.m.

Newcomers to town are

expecially welcome. Children

play together while the women

chat and sometimes hear a

evening at the music centre.

resumed. The

speaker.

congratulations.

doctor's care in Tillsonburg.

Free Press

reported that the book sale held

February meeting at the home of

Mrs. Marg Wallis with a very

pleasing attendance.

successful one.

Vankoughnet.

The meeting was under the convenership of Curator, Miss their home.

given by the convener of Citizenship and World Affairs Mrs. Mary Graham.

Nora Kenney. Two members gave a most interesting history of

The first was given by Mrs. Wilderspin. Her home is the

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, deffodils 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

A delicious dessert and coffee

concluded a very interesting and

Personals

Two children were baptized

Sunday morning at St. Alban's

church by the Rev. Harry

Dawson. They are Carolynne

Louise, daughter of Mr. and Mrs.

Larry Porte, and Bonnie,

daughter of Mr. and Mrs. Bent

gardening tips.

Sorensen.

enjoyable evening.

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. Was church

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.

oldest home in Acton. It. It was

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 Shocmaker Funeral Home now is and it was known as Sutherland

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.

Tweedsmuir history Miss Kenney gave an interesting history of the manner in which the curator compiled the Tweedsmuir Book. Miss Kenney is making the Acton Tweedsmuir book, the first half of which pertains to the Institute and the second to the town.

A contest to see who could make the most words out of Tweedsmuir was won by Mrs. Lunch was provided by the

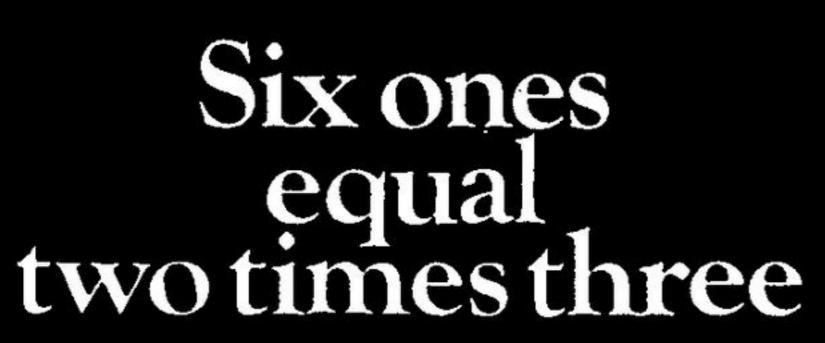
committee in charge.





Styles by Meri Lainit





Make up your own way to remember your

POSTAL COREPOSTAL

code. Then send it to your friends.

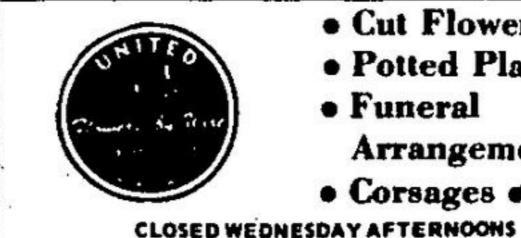
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# Donna Milton is hostess to club

The fourth meeting of the

They had a tuna casserole with

Caroline Flower & Garden Centre Letter to ording business Two Miles West of Acton South Side of Highway



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Norma Silcock.

 Potted Plants Funeral

Arrangements • Corsages • Etc.

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