

the painted box

by Wendy Thomson

A little note came in the mail, the other day, asking what I thought the best way to travel out west (or anywhere in Canada, for that matter) might be. And all I can say is "It all depends."

When Gord and I head out this summer, we'll be flying, mainly because time is rather important. If we went by train, bus, or car, we could figure on almost an extra week being tacked on to our holidays, and I'd rather spend that time here.

Air ways
On a plane, the seats are comfortable, the food quite good, but the trip a little on the boring side if you've got nothing to read or nobody to talk to.

The train is nice if you want to relax and unwind before you get to where you're going. It's better for sightseeing, of course, and you can wander around and stretch your legs whenever you like.

A few years ago, we went west by CP Rail and returned by CN. CP had far better food and was far cleaner than CN. I was a little put out by CN's lack of cleanliness.

The bus was the best of all, as far as sight-seeing, but it wasn't too good for sleeping, although we managed to doze when we got tired enough. The food, of course, was at rest stops, and wasn't particularly good. One thing I'll have to remember if I go by bus again, is to make sure I have a good supply of dimes to get in the ladies' washrooms. I always had to go hunt up Gord for some change.

All in all, the prices vary so little, by the time you've added up all expenses, that you might as well travel which ever way suits your purpose best.

Remember meals
Back to fares, for a minute - the bus might sound cheaper, but we found the meals added a fair bit on. Some of the train fares include meals (good ones), and both the plane and train have family rates. I'm not sure, but I don't think the bus did.

By car? Well, as I said, we've tried it. I wouldn't mind a vacation where we were just putting along, going no place in particular and in no hurry, but it

seems that when we're driving, we always have to be somewhere at a certain date. And that means no extra stops or sidetrips.

As a matter of fact, if Gord had his way, he wouldn't even stop at night. Once he gets going, he hates to stop. Me, I get car-sick when I'm either tired or hungry, and have no interest in just going "a little further". The only time I get any co-operation is when I threaten to follow through from the queasiness to its natural conclusion.

To go out west, I think by the time we added up the expense of motels, restaurants, and wear on the car, (as well as gas,) it would cost us less to fly.

The one advantage is that you can stop when you like, or take a sidetrip to visit somebody (if you have time).

And that's all I can think of off-hand.

And now a recipe. I've been digging around and finding low-calorie ones to get me back in some sort of shape for the summer. They might be of some interest to somebody else.

SUKIYAKI
1 1/2 pounds steak sliced very thinly cross-wise
1 cup celery slices
1 bunch green onions, cut 2 inches long
1 cup sliced fresh mushrooms
1 or 2 cups bean sprouts
1/2 bag spinach, cut 2" long, partially boiled
Preheat a large iron skillet, coat lightly with oil and add vegetables, keeping them in separate groups. Add meat and sauce (below). Turn vegetables and meat over once during cooking. Serve with brown rice, while vegetables are still crisp. Cooking time about 15 minutes, serves four.
SAUCE: 2 ounces tomato juice, or wine,
2 tsp. honey
1 tsp. accent
1/2 cup soy sauce
1/2 cup beefstock
seal all ingredients until thoroughly blended.



EVENING GOWNS are worn by their makers last Wednesday night at M. Z. Bennett school. Anne Usher modelled her long green dress, Margaret Wilson her long print and Cecilia Ryan her long green dress.
—Photo by D. Pink

Jackie Lemon, Yvon Gionet wed in Baptist church

Jacqueline Karen (Jackie) Lemon and Yvon Gionet were married at Acton Baptist church April 22. The Rev. Stanley Gammon and Father O'Neill officiated at the double-ring, evening ceremony when the church was decorated with white and yellow mums, pink carnations and white gladioli.

Charles Landborough played the organ. The bride is a daughter of Mr. and Mrs. Frederick Lemon, 3 John St., and is a student at the University of Guelph.

The groom is the son of Mrs. Raymond Gionet and the late Mr. Gionet and is a supply teacher in French at the M.Z. Bennett school.

The bride wore a long white princess style gown with over-skirt and a walk-length veil. She carried yellow and white shasta daisies with baby's breath.

Her attendant was Mrs. Neil Anderson, who wore a long gown of blue tulle and carried yellow and white shasta daisies with baby's breath.

The bride was given in marriage by her father. Groomsman was Jesse Gionet, brother of the groom, and the ushers were Dean Lemon and James Gardner, brother and brother-in-law of the bride.

The reception was held in Acton Music Centre. The bride's

mother wore mauve with white carnations and the groom's mother yellow with white carnations.

Leaving, the bride wore a blue corduroy jacket with matching plaid slacks. (Guests were present from Elliott Lake, Kirkland Lake, Montreal, Welland, Wardville, North Bay, Guelph, Mississauga, and Acton.)

Live in Guelph. They are living at 215 College St., Guelph.

On April 14 a shower for the bride-to-be was given by the ladies of Acton Baptist church. Another shower was held March 21 by Nancy Winter, and a third on March 24 by Mrs. Ashley, Mrs. Neil Anderson and Carol Masales.

Dr. Onions gives talk on Bible

The Trinity Activity Group (Tag) met at the home of Mrs. Elsie Johnston for their May meeting. Mrs. Kathy McGillivray opened the meeting. For the devotional Mrs. Dorothy Rognavaldson read the scripture

and Mrs. McGillivray led in prayer.

A short business meeting was conducted. Dr. Onions gave an interesting and informative talk on the bible and the group asked questions about certain passages in the bible which he answered.

Lunch was served by the hostess and social time spent.

The June meeting will be one week earlier, to be held June 13 at the home of Mrs. Joan Johnston and will be pot luck at 8:30 p.m.

Principals honored

G. W. McKenzie and Elmer Smith were among the guests of honor when the Principals Association of Halton County honored their retiring members. There are six men retiring altogether. The event was held at the North Halton Country Club and gifts were presented.

Edgar Foster spoke about Mr. McKenzie and Bob Hopkins about Mr. Smith.

Hazen Allen is president of the association and Garry Dawkins the vice-president. They're the incoming Acton principals.

Local artists in exhibition

Mrs. Jean Garrett and Mrs. Laura Dittich will be showing some of their paintings at the 7th annual Exhibition and Sale of the Georgetown Palette and Pencil Club to be held at the Cedarvale Park, Main St. and Maple Ave., Georgetown, on Friday, Saturday and Sunday, May 25-27.

CARPET

from CELANESE and BIGELOW

plus Armstrong "Vinyl" Corlon G.A.F. Luran and Assorted Floor Tiles

We have our own flooring installation division on staff

See us for all your decorating and renovation requirements

Lakeview Centre

128 Main St. N. ACTON 853-1190

Club observes silence for deceased member

by Mrs. D. G. Robertson
Two minutes silence was observed in memory of Mrs. Robert Worne, when members of the club met for their evening meeting in Luxton Hall.

Bert Davidson, Ivan Harris and Mrs. David Robertson were named as a games committee for the up-coming zone picnic in June.

Gifts are to be sent to two members who have moved from Acton.

Donation made
A cash donation of \$15. was voted to the Decoration Day committee to help defray expenses.

Mrs. Donald Reed extended an invitation to their 50th wedding anniversary tea to be held June 17, 1:30 to 4:30 p.m. at Luxton Hall.

Prizes for euchre were awarded to Mrs. Sylvia Williamson, Mrs. Frances Fimmimore, Ivan Harris and Joe Fuller.

Crokinole winners were Mrs. Donald Reed, Mrs. Daisy Barker, Bert Davidson and John Cossar. Birthdays noted were for Mrs. Grace Nellis. A tasty lunch of biscuits, jam and cookies was served.

DON'T BE A "LITTER SITTER" DONATE

unwanted items to your "Y".
Let the Acton Y's Men's Club turn unwanted articles into cash!

All proceeds go to help support the Acton Y.M.C.A.

Just Phone
853-1658 or 853-0926

and club members will pick them up in time for their annual auction sale.

Pick-ups this week . . . Sale June 16th



KIM McCRISTALL modelled her long jumper and Carol McKenzie her blazer and skirt for the Y's Menettes last Wednesday night. —Photo by D. Pink

END OF MAY CLEARANCE

Take your pick of everything in the store

10% off

for the finest in fashions

come to

betts
IN DOWNTOWN GEORGETOWN

Quality & Low Price
Visit the
CARPET BARN
in the old Cdn. Tire Building
or phone
Tom or Al at
877-9896
28 GUELPH ST. — GEORGETOWN
"BARGAINS BY THE YARD"

HINTON'S ANNIVERSARY SALE

Polyester 18" x 25" PILLOWS \$2²² EA.	Floral or Plain SHEETS & CASES TWIN FITTED OR FLAT \$2 ⁷⁷ Ea. DOUBLE FITTED OR FLAT \$2 ⁹⁷ Ea. PILLOW CASES \$1 ³⁷ Pr.	For Cottage or Home HOUSEHOLD HELPERS Dish Pans, Laundry Baskets, Cutlery Trays, Juice Decanters, Mixing Bowls, etc. Your Choice 66¢ Ea. Clear - 7 oz. COLA GLASSES 12 88¢	Picnic Special! PAPER PLATES 80 - 9" Colored Special 88¢ For the Barbecue 3-PCE. TOOL SET Fork, Turner & Tonga Only \$1 ⁴⁹ Set
Ladies' SUNGLASSES \$1 PR.	Facelle TISSUES 5 BOX 99¢	Aluminum SAUCEPAN SETS 3 Sizes 99¢ Set	Sturdy 24" BARBECUE \$7⁹⁷
Baby - Permanent Press SUNSUITS \$1⁹⁷ in Pink, Yellow, Blue 2-3X	Frosted (Save 39c) LIGHT BULBS 6 FOR 99¢	Aluminum ASSORTED COOKERS Saucepans, French Fryer Set, Non-Scald Kettle, Percolator, Egg Poacher, Frypan, all with Heat Resistant Knobs and Handles. Your Choice \$1 ⁹⁹ Ea.	Lawn 24" CHAISE LOUNGE \$8⁷⁷
Plastic - 10 to Pkg. GARBAGE BAGS 28" x 36" 3 FOR 87¢	FLATWARE Teaspoons, Knives, Forks and Tablespoons Each Piece 19¢	Wilkinson - Pkg. 5 RAZOR BLADES 69¢	Versatile Patio - 19" Diameter METAL TABLES \$1⁷⁷
Ladies' SHIFT DRESSES \$4⁷⁷	AM RADIO Plastic Cover & Strap Only \$3 ⁷⁷	Wilkinson - Bonded RAZORS Plus 5 Blades \$1	For the Handyman TOOLS, FLASHLIGHT BATTERIES (C & D Size) PAINT BRUSHES Your Choice 57¢ Ea. Or Set
Ladies' S-M-L JAMAICA SETS AND SHORT SETS \$3³³ Set	Fresh Blanched PEANUTS 2 lb. Bag 87¢	Quality Brand STYROFOAM CUPS 50 to Pkg. 7 Oz. Size 2 FOR 88¢	For All Occasions GREETING CARDS 77¢ Box
8-Track STEREO TAPES \$3⁴⁷ EA.	Ladies' - One Size Fits All PRINT BIKINIS 3 PR. \$1	McVitie's BISCUITS 5 Packs \$1	Men's 100 per cent Polyester Double Knit Sizes 30 - 40 PANTS \$13⁹⁹
Ladies' - Colored - Sizes 7-14 T-SHIRTS 99¢	SHIRTS & TANKS Size 22-38 Size S-M-L SPECIAL \$1 ⁹⁷ Ea.	Toddler - Misses Boys SHORT SETS For Toddlers 2-3X Little Misses 4-6X Little Boys 4-6X \$1 ⁷⁷ Set	Men's S-M-L-XL SPORT SHIRTS \$2⁹⁹ Ea.
Ladies' - Summer HANDBAGS \$3³³	Infants - 12-18-24 Months Nylon SHORT SETS \$1⁴⁷ Set	Sized 5-M-L-XL PANTY HOSE 97¢ Pr.	Boys' 8 to 18 KNIT BAGGIES \$5⁹⁹ Pr.
	Girls 4 to 6X Ladies Ass'd. Sizes CUFFED SHORTS 87¢ \$2⁴⁷	Women's Misses' DECK SHOES \$2¹⁹ Pr. \$1²⁹ Pr.	Boys' - Sizes 7-14 MUSCLE SHIRTS \$1³³ Ea.