



the painted box

By Wendy Thomson

A friend from Oakville was up, a few days ago, and asked what a person could do with flank steak. She had three or four stashed away in the freezer, mainly because one came with each side of beef they'd bought over the last few years.

I dove into my little painted recipe box and came up with the following.

Italian Marinated Flank Steak

At least 3 hours before cooking, place 1 flank steak in a shallow baking dish. Score by cutting large "diamonds" on both sides of meat. Pour 1 cup bottled Italian dressing over meat. Cover and refrigerate for 3 hours.

Savory Flank Steak

1 flank steak, scored salt and pepper
2 Tbsp chopped fresh parsley
1 minced clove garlic
1 1/3 cup parmesan cheese
2 Tbsp shortening
2 cans tomato soup diluted with same amount of water
1 tsp vinegar
1 tsp oregano

Sprinkle one side of steak with salt, pepper, parsley, garlic, and cheese. Roll steak up jelly roll fashion, and secure with string. Brown on all sides in shortening in large skillet or dutch oven.

Combine soup, (and water), vinegar, and oregano. Pour over meat and simmer, covered 3 to 4 hours.

Serve with noodles or spaghetti. Serves 4 to 6.

The next recipe might seem a little vague, but it's one that I've never written down. Flank steak in any way is one of my favourite cuts, and I've been using this recipe off and on for 16 years now.

???? Flank Steak

Lay a flank steak out on a cutting board. Spread it lightly with mustard and sprinkle with salt and pepper. Peel one carrot that is as long as the steak if you can find one, or use two shorter ones.

Lay the carrots on the long edge of the steak and roll the whole thing up so the carrot is inside. Tie firmly, knotting the string every two inches or so. Cut the steak into pieces, slicing between the knots, and brown in a little fat in a heavy pan or dutch oven.

Drain liquid from a can of peas and add water to make 3/4 cup. Add 3/4 cup catsup, mix well and pour over meat. Simmer 3 or 4 hours or until meat is tender. Thicken sauce with a little cornstarch, add peas, heat thoroughly and serve four, with noodles.

Now, something rather nice I came across last month. The recipe called for Whiting (fish) which I couldn't find so the logical choice seemed to be Bluefish.

Broiled Bluefish

4 bluefish fillets
4 Tbsp butter
season salt
4 ounces cream cheese
2 Tbsp lemon juice

Lay fillets on buttered broiler pan. Mix softened cream cheese with lemon juice. Spread on fish and sprinkle with seasoned salt.

Broil for approximately 8 minutes under moderate heat or until fish will flake easily when poked with a fork.

Serves four.



MOTHER AND FATHER of the year for the Third Acton Brownies were Mrs. Don McIntyre and Maurice Gerth with daughters Lisa McIntyre and Jaye Gerth backing them up. Last Father of the Year Al Bowen crowned Mr. Gerth, Mrs.

Bowen substituting for Mrs. Rowe, crowned Mrs. McIntyre in a ceremony attended by Brownie Citizen of the Year, Doris Browne, Brownies also celebrated with a birthday cake for Mrs. Gerth. (Photo by D. Pink)

Free Press Family Page

Wellington Centre W.I. 69th annual meeting

Mrs. Roy Black president of Living Springs W. I. and hostess W. I. welcomed 96 members to their 69th district annual meeting in St. Andrews Presbyterian Church, Fergus.

Over \$9,000 was raised by 11 W. I.s and a new Alma Institute formed, making a total of 12 in Wellington Centre.

Mrs. John Bird, alternate provincial board member, spoke on needs and coming events.

Newfoundland was the theme: Y executive director Ben Hannan showed a film and roll call was facts of life there.

There are 49 homemaking clubs. Other reports, in Memoriam and speakers were included.

New slate

Past president, Mrs. Lloyd Lang, Hillsburgh R. R. 2; president, Mrs. Albert Sobol R. R. 5, Rockwood; 1st vice Mrs. C. Beatty, R. R. 1 Orton; 2nd vice, Mrs. John Burnett, R. R. 3 Belwood; 3rd vice, Mrs. Mathew Leuty, R. R. 3 Fergus; sec. treas., Mrs. Reg. Brett, 150 St. George Str., Fergus; assis. sec. treas., Mrs. E. S. Duffield, R. R. 1 Rockwood;

Federation Representative, Mrs. Lloyd Land R. R. 2 Hillsburgh; alternate, Mrs. Enock Kraft, 176 Smith St. Elora; district delegate to area convention Mrs. A. Sobol, R. R. 5 Rockwood; alternate, Mrs. Clarence Beatty, R. R. 1 Orton; public relations officer, Miss Elva Pearen, R. R. 3 Acton;

auditors, Mrs. Fred Hampton R. R. 4 Fergus, Miss Isabel Cunningham, R. R. 3, Elora.

Standing committee conveners: Agriculture and Canadian Industries, Mrs. J. R. Baldwin, R. R. 1 Erlin; Citizenship and World Affairs, Mrs. C. Warming, R. R. 1 Orton; Education and Cultural Activities, Mrs. D. Barbour, R. R. 1 Hillsburgh; Family and Consumer Affairs, Mrs. Doug Lindsay, R. R. 2 Elora; Resolutions, Mrs. Lloyd Stauffer, 321 Union St. Elora; Curator, Mrs. J. Irvine Black R. R. 3 Fergus; In Memoriam, Mrs. W. A. Young, 201 Smith St. Elora; Wellington County Farm Safety Representative, Mrs. Clarence Beatty, R. R. 1 Orton.

G.T.T.A. recital at Ballinafad

The first annual recital of the Georgetown Trinity Teachers Association played to a packed house on Thursday, May 17 at the Ballinafad Community Hall. Many friends were forced to stand during the program.

The hall was beautifully decorated with baskets of mums and roses. Adding to the beauty of the scene were many pieces of art loaned by Dorothy Richardson Scull, her pupils and Sonja Bell, a Georgetown artist. Dorothy Richardson Scull, honorary president of the G.T.T.A., introduced the president of the Association Mrs. Faye Pink who in turn introduced each of the

executive members: vice president, Julie Smith of Acton; treasurer, Ruth Wightman of Erin; Secretary, Norine Noble of Limehouse; Press Secretary, Judi Petherick of Alton; awards chairman, Anne Melcombe of Georgetown; Chairman of the Constitution and Bylaws, Andrew Cherry of Erin; Social Convener, Debra Bousfield of Acton.

Presentations With the exception of the guest artists, all participants were pupils of the executive members. The guest artists were pianist and former pupil of D. R. Scull, Julie Smith, and Joe Petric, free bass accordionist. After Julie's Debussy number she was presented with a bouquet of roses. Joe was also presented with a gift.

Following the varied and enjoyable program the Awards Chairman made the presentations to the participating honor students for the 1972 piano forte and theory examinations. One of the outstanding awards was a trophy presented to Julie Ashley for honors in Grade 4 theory. At the close of the evening the honorary president received a beautiful bouquet of pink roses.

New stores

Passers-by are watching renovations at new stores with interest as they pass by. A fruit store and pizza store will open on Mill in a week or so.

Graduates

Any more graduates this spring? The Free Press would like to hear about them and publish pictures if available.



MR. AND MRS. WALTER DUBOIS were honored by the curling club Saturday for their service to that organization. They were given a handmade daisy pattern ceramic bowl made by Mrs. Bancroft of Georgetown. Mr. Dubois will be retiring from teaching at M. Z. Bennett school this year and the couple will be leaving town.

(Photo by D. Pink)

Earn badges at Cubaree

The Acton Cub pack had three silver badge and six bronze badge winners at the North Halton District Cubaree held at the Georgetown exhibition grounds Saturday.

Keith McQuade, Mark Dawkins and Mark Staley won silver badges, while Rod Witherly, Brian Witherly, Jeffrey Why, David Allen, Jock Garton and Steve Muckle earned bronze badges.

Among the events held were 15 sit-ups, 15 push-ups and 15 knee bends for each boy, running on the spot, running around the field and touching toes. This physical fitness program is laid out by the Department of Health.

New tickets for police

New uniform minor offense tickets came into O.P.P. use June 1. Paper work and court time will be reduced by the new tickets, which will include the amount of fine payable at the town office. The ticket now constitutes a legal personal service summons. It is similar to the former traffic ticket but includes provincial statutes and municipal by-laws except parking. Acton detachment began to use the new forms on the weekend.

Leaders Forbes and Karen Cole took the following boys from Acton, Kevin McIntyre, Jeffrey Why, Bruce Wilson, Michael Henry, Steven Matheson, Steven Muckle, Mark Staley, Mark Dawkins, Dale Anderson, David Allen, Jock Garton, Keith McQuade, Robbie Grant, Andy Grant, Rod Witherly and Brian Witherly.

Secret of time told Ladies' Aid

The Ladies' Aid of Knox Church met Tuesday afternoon, May 29 in the Dr. Stewart Hall with 15 members present.

The president opened the meeting with a poem recipe for happiness, a hymn and Mrs. McIntyre led in prayer.

Roll call was answered by something good to say about your neighbor sitting next to you.

After reports business was dealt with. Scripture was read by Mrs. McCutcheon and Mrs. McPherson led in prayer.

Interesting talk Mrs. Mainprize gave a very interesting talk on The Eternal Secret of Time and Mrs. McPherson gave a reading on Growing Older, both of which were enjoyed by all.

A delectable lunch was served by the committee and a social half hour was spent over the tea cups.

Highway 25 condition produces W.I. petition

Mrs. K. Echerich was the hostess for the May meeting of the Greenock Women's Institute. President Mrs. J. McCulloch opened the meeting by reading a poem written by Mrs. Margaret McNabb, Rockwood, which was written for the Acton Free Press. Mrs. C. Allen gave the meditation

on kindness, in the absence of Mrs. E. Patterson. It was decided to give a donation to the Federation of Agriculture. Twenty ladies from Newfoundland are to be the guests of Wellington Centre W.I. for four days.

Sign petition Letters from the Guelph Mercury and the Acton Free Press were read about the condition of No. 25 highway between Acton and Ospringe and a petition was signed by all the members to do something about more guard rails and to put the sign back at No. 5 sideroad which was taken down at the time of construction.

Mrs. C. Binnie's name was omitted in last month's report of officers for 1973-74 as one of the conveners for cards, fruit and flowers.

Roll call was, "my specialty in crafts". Later each person displayed her work including beautifully embroidered table cloths, crewel work, knitting, crocheting, jewellery and many other things.

The meeting closed with Institute grace and the hostess, programmer and lunch conveners, were thanked.

Hamilton conference meets at Laurentian

Hamilton conference of the United church sent over 700 to Laurentian University, Sudbury last Thursday, Friday, Saturday and Sunday. Trinity United church Presbytery representative Bob Hart attended as the congregation's delegate. Other clergymen and lay people from this district also attended representing their congregations. Rev. Ken Campbell, Burlington was elected conference president and says he hopes to visit each Presbytery from Lake Erie to Sudbury.

Various sessions Audrey McKim told of her missionary work in Kenya. A presentation for church union was made and Very Rev. Dean A. Nott of the Anglican church pointed out similarities between this conference and the general synod. Moderator Rt. Rev. Bruce McLeod appealed to delegates to

Craft exhibition set for Hamilton

The Artisans Guild of Hamilton is already making plans for a huge exhibition of crafts in Hamilton Place exactly a year from now. Crafts people from this area are to be included in the juried exhibition; entries are under Mrs. A. Carlton, 5 Victoria St., Dundas.

At the same time the first world craft show will be held in Toronto.

Work of high calibre is expected for the Hamilton exhibition, to be called Image '74.

BINGO

Lic. No. 137554

\$1000. JACKPOT

20 Games

57 No's. at **40⁰⁰** Per Game

No Admission Charge

CARDS 3 FOR \$1.00

Burgundy Club - Norval
Monday at 8 p.m.

A-B SUPERMARKET

9 MILL ST. ACTON 853-0650

DEPARTMENT SPECIALS		(Save 24c)	
Canada—No. 1 Fresh		TOMATO SOUP	8 ¹ / ₀ \$1
SIDE SPARE RIBS	99¢/lb.	Rise 'N Shine 5 pak	(Save 10c)
Swift's Premium 1/2 cut Cry-o-vac		ORANGE CRYSTALS	79¢
S.P. COTTAGE ROLLS	89¢/lb.	White Granulated	
Swift's Premium		SUGAR	5 lb. bag 69¢
WIENERS	1-lb. Pkg. 75¢	Lyon's pkg. of 60	(Save 20c)
Swift's Eversweet 6-oz. Pkg.		THE TEA	69¢
COOKED HAM	59¢	Clarks—19-oz. Tins	(Save 23c)
Schneider's 6-oz. Pkg.		PORK & BEANS	3 ¹ / ₀ 89¢
COOKED MEATS	2 ¹ / ₀ 79¢	Dr. Ballards 14 1/2 oz. Tins	(Save 23c)
Mac & Cheese, Chicken Loaf, Dutch Style, Luncheon Meat, Head Cheese, Bologna, Pickle & Pimento.		Beef Chunks	
PRICES EFFECTIVE JUNE 6-7-8-9		Beef Stew	DOG FOOD 5 ¹ / ₀ \$1
Laura Secord 4-pak		Meat Ball Stew	
Chocolate		FRESH PRODUCE DAILY	
or Choc. Fudge		U.S. No. 1 Large Head	Lettuce 49¢
MINI PUDDINGS	59¢	U.S. No. 1 3-lb. Bag	Cooking Onions 49¢
Procter & Gamble		Ont. Fancy CA. 5-lb. Bag	MacIntosh Apples 79¢
CREST TOOTH PASTE	50 ML 59¢	U.S. No. 1	Bing Cherries 59¢/lb.
Rose 48-oz. Jars	(Save 26c)		
Sweet Mixed		Christie's 24-oz. loaf	(Save 21c)
PICKLES	79¢	(Thin sliced & Upper crust)	SANDWICH BREAD 3 ¹ / ₀ 89¢
Frozen Foods			
Somerdale 2-lb. Bag		FRENCH FRIES	35¢

FLOWERS

Dress Up Any Occasion!

NOW'S THE TIME TO PLANT

- Shrubs • Potted Plants
- Evergreens • Box Plants
- Rockery Plants

• PEAT MOSS • FERTILIZER

CUT FLOWERS & FLOWER ARRANGEMENTS
OPEN 7 DAYS A WEEK

Phone 853-2739

4TH LINE FLOWER SHOP
1 1/2 Miles North of No. 7 Hwy on Expressway 4th Line