



the painted box

By Wendy Thomson

For the past few weeks, I've been poring over my cookbooks to find recipes that can be made ahead and left in the oven or in the electric dutch oven. With that handy little preset timing bit on the stove, I can arrive home from work knowing that a fair bit of supper is all ready. Something simple the family likes is

PLANKED STEAK

2 pounds hamburger
1/2 cup evaporated milk
2 tsp. salt
1/4 tsp. pepper
Mix ingredients together. Form into a large flat loaf about one inch thick in a shallow baking dish (on a rack that is mostly metal with few holes, if you have one.)

Score the top in a diamond pattern and bake at 425 degrees for 40 minutes. Serves 6 or 8.

The next recipe is for a little fancier meatloaf. With the extra richness, we can stretch it to two meals plus a third left for lunches.

SPECIAL MEAT LOAF

3 pounds ground beef
2 beaten eggs
3 cups soft bread crumbs
1 (7 1/2 oz. can) tomato sauce
1 (5 1/2 oz.) can tomato paste
1 cup water
1 tsp. salt
1/4 tsp. each pepper, thyme, curry powder
1/4 tsp. garlic powder
1 tsp. dried onion flakes
Mix all ingredients well. Shape into loaf in the centre of a 9 by 13 pan (I dislike using loaf pans, as the fat can't drain away). Bake at 325 degrees for 1 1/2 hours.

By having your own beef butchered and put in the freezer, I end up groaning over cuts of meat I would never go out and buy, wondering what to do with the things. My least favourite is beef short ribs, and after many years I've finally found a recipe I'll stick with.

SHORT RIB DINNER

7 beef short ribs (about 5 pounds)
2 medium onions, sliced
2 tsp. salt
1/2 tsp. pepper
1 tsp. sugar
1 tsp. WHOLE allspice
4 bay leaves
2 beef bouillon cubes
2 cups hot water
Brown ribs well in large dutch oven, add onions and stir till brown. Add rest of ingredients and simmer, covered for 2 hours. Remove meat for a minute and fish out allspice and bay leaves.

Thicken stock with 1/4 cup flour blended with 1/2 cup water, and 1 tsp. sugar. (You might need more flour). Return meat to gravy.

Add 2 1/2 cups cooked peas, heat well and serve over noodles. Feeds 6 or 8 people.

The next two recipes are for Halloween. It's probably easier to buy bags of junk to hand out to the kids, but if you're feeling industrious, try these.

EASY POPCORN BALLS

1 small pkg. Jello powder
1/4 cup white sugar
1/2 cup corn syrup
Mix and bring to boil stirring constantly over medium heat. Pour over 4 quarts popped popcorn, mix and let sit for one minute. Butter your hands and form the mixture into balls. (Kids are great at doing this.)

Incidentally the cherry flavour powder is nice to start off with, if you're not too sure what to try. I just realized there's no room for Popcorn Balls with Molasses, so I'll save it for next week.



APPEALING YOUNG salesgirls at the Scout and Guide Mothers bazaar are Allison Rennie, Patty Miller and Tracy Gordon. The event was held in the Y, to raise money for Scout and Guide work.

Lockett - Wright wedding held in Eden Mills

Eden Mills Presbyterian church was the scene of the marriage of Beryl Gwendoline Wright of Eden Mills to Eric James Lockett of 46 Harts Lane, Guelph. The bride is the daughter-in-law of Mrs. R. Wright of Eden Mills.

The ceremony took place Saturday Sept. 7, at 3 p.m. with Rev. Don Sinclair officiating. Organist for the occasion was Mrs. Donald Blacklock who played selections. We've Only Just Begun and the theme from Love Story.

The bride wore a floor-length gown of pale blue crepe, shoulder cape, white hat and matching accessories. Matron of honor was her eldest daughter Brenda Lawson from Kingston who wore a floor length dress of ivory crepe with blue flowers and matching accessories. The bride's bouquet was a single white orchid tinted with blue. The matron of honor carried a single large mum.

Escorting his mother up the aisle was the bride's son Robert Howard Wright of Camp

Borden. Kevin Lockett, the groom's son, was groomsmen.

Dinner
A family wedding dinner was held at Mohawk Inn immediately following the ceremony where guests included Mrs. R. Wright of Eden Mills, Pat and Richard Mills of Acton, Kevin and Sarah Lockett of Toronto, Robert Wright from Camp Borden, Joanne Wright, youngest daughter of the bride, and Jim Frankow, both from Toronto, and Brenda and Peter Lawson of Kingston.

An evening reception was held for friends and neighbors of the happy couple at the Eden Mills community centre where ladies of the club catered to 120 guests. The Eric Page quartette provided music and the reception line consisted of all members of the Wright and Lockett families.

The couple left Sept. 8 and returned Sept. 30 after a three week honeymoon to England where touring southern England and visiting relatives and friends was part of the overseas agenda. The bride and groom visited his sister

and brothers and the bride's mother and sister in England. Since their return Mr. and Mrs. Eric Lockett have taken up residence in their Eden Mills home.

Showers
Before the wedding the bride was feted by a personal shower given by her friends at Simpson-Sears in Guelph where she is employed. Gifts given the couple included silver goblets, china, and a chest of silver from the bride's sister in Australia. Telegrams of congratulations were received from the groom's brother in South Africa and one from the bride's sister in Australia.

Out-of-town guests included friends from Toronto, Guelph, Kingston, Acton and Eden Mills. During the ceremony a tape recorder was set up to tape the entire service to be sent to members of the families in England and Australia who could not attend.



EDEN MILLS PRESBYTERIAN Church was the scene of the wedding of Beryl Gwendoline Wright and Eric James Lockett with Rev. Don Sinclair officiating.



Wedge soles popular for spring '75 wear

"The wedge is here", says Marie Lawson of Sweetman's Shoe store who has recently returned from a four day international shoe convention, full of enthusiasm over spring shoe fashions which will be part of the Acton scene in the new year.

Projection '75 was the Canadian footwear exposition held in Montreal at Place Bonaventure hotel. Buyers and retailers came from many areas of Europe, U.S. and Canada to learn what the fashionable madame will wear to coordinate with her springtime clothing fashions. The convention was one of learning where Canadian shoe manufacturers had the opportunity of displaying their own shoe styles at the biggest show held annually in Montreal. Mrs. Lawson explained that top models displayed the wares of what's new for spring in the shoe fashion lines.

Contrary to last year's understanding, the platform sole is not out. Alma Sweet-

man, proprietress of the Acton shoe store said manufacturers tried to kill the platform but it wouldn't stay dead.

According to Mrs. Lawson, the platform will be modified for the spring and incorporated into the popular wedge shoe. Pumps of all varieties were featured at the show with stress on the basics including the casual spectator. "Higher heels, slim and spindly," is the word of the Acton clerk who says they are being brought back for dress wear with square and rounded toes. "Trapezoid soles were also shown," says Mrs. Lawson who explains they have been very popular this fall. For the spring they will continue to top the list for shoe comfort.

For men the bubble toe was shown as the height of male shoe appeal with, again, the crepe sole shown frequently in sport and casual shoe lines.

What pleases the Sweetman staff is the knowledge gained at the international show which, says Mrs. Sweet-

man, will be tremendous help in purchasing a variety of springtime shoes for Acton customers.

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Legion Ladies meet in hall

The Legion Ladies held their first meeting in the new Legion hall on Oct. 3. They entertained the vets from Sunnybrook hospital Saturday, Oct. 5. They had lunch and a good day, and the Chorallers, Bill Taylor and his daughter entertained. The ladies are making plans for the bazaar Saturday, Oct. 20.

Fair ladies quilt draw

The beautiful Rose of Sharon quilt, made by the ladies' board of the Agricultural Society, will be drawn for at a euchre party this month. Many tickets on the quilt were sold at the fall fair. The industrious women who made the quilt are Mrs. G. Wallace, Mrs. C. Aiken, Elna Pearson and Mrs. Ed Archibald.

Save pennies

Hallow'een is approaching, so don't forget to be saving all those loose pennies for the familiar orange and brown UNICEF boxes. Remember, it is for a good cause.

Donation made by Acton W.I.

The Acton Women's Institute meeting was held on Oct. 2 in the board room of the library. The meeting opened with the president Mrs. Grace Nelles in the chair. Invitation An invitation was extended to the branch to attend the Fifth Annual Exhibition of the Acton Arts and Crafts to be held in Lunton Hall on Saturday, Oct. 26. Tickets were distributed to members for each to sell on the applique quilt. This quilt is being displayed in the Variety Store window and to be drawn on November 8. Remembrance The branch is ordering a wreath or spray for the cenotaph for Remembrance Day Service.

Donation A donation was to be given to the library in appreciation for meetings which are held in their board room. Convener reports were given: Agriculture and Canadian Industries by Mrs. Roy Lindsay; Education and Cultural Activities Mrs. Mabel Denny; Citizenship and World Affairs Mrs. Doris Cook. Lunch was served by the committee in charge.

Chapter meets at new Legion

For the first time the Lakeside chapter of the I.O.D.E. met in the new Legion hall, Tuesday of last week. Members enjoyed their surroundings in the board room and the use of the spacious kitchen. Das Sydney, pastor of Acton Baptist church, spoke of the Middle East, showing pictures of places mentioned in the Bible. Two projects in connection with the order's 75th anniversary were discussed, the sale of roses and work with children. Members of the Duke of Devonshire chapter will be invited to the next meeting, to hear a speaker on these projects. Plans for the bazaar Nov. 16 were made. The location has been changed to the new Legion hall. Members are working on a special centennial quilt, embroidered with names for a draw.

Activity group holds meeting

The Trinity Activity Group held their September meeting at the home of Mrs. Dianne Butler. Mrs. Dianne Butler, leader of the group, took charge of the meeting. A letter of thanks from Mr. and Mrs. Allan Lauder, Portage La Prairie, for the bale sent by the group was read. Mrs. Gloria Coats gave a reading on the handicapped child and stressed that the parents of these children need help and the child needs love. Mrs. Dianne Butler and Mrs. Coats read stories concerning the handicapped. A brief summation was followed by prayer. Lunch was served by the hostess and a social time spent.

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