



the painted box

by Wendy Thomson

I had a phone call this morning asking for recipes to make up for a salad buffet. It's been quite a few years since I made up one myself, but much searching through my recipe box turned up the following, some of which I've already made up this year and have stashed in the back of the frig.

Pickled Beets
2 (19oz.) cans sliced beets
1 cup vinegar
1/2 cup sugar
1 tsp salt
1 medium onion, sliced
1 medium bay leaf
2 tsp whole cloves
Drain beets, saving 1 cup juice (or whatever you want to call it). Mix juice with vinegar, sugar, and salt and heat till boiling.
In a bowl (I use a 3 pound peanut butter jar) place rest of ingredients and pour vinegar mixture over. Cover and refrigerate for a day before using.

Bean Salad
3 tsp prepared mustard
1/2 cup salad oil
1 cup vinegar
1 1/2 tsp Italian herb seasoning
1/2 tsp salt
1 1/2 tsp paprika
1/2 cup finely sliced celery
1/2 cup sugar
3 medium onions, sliced
1 (20 oz.) can each of kidney beans, yellow beans and green beans.
Mix well, cover, and refrigerate overnight.

Cole Slaw
1 medium cabbage
2 medium carrots
1/2 cup mayonnaise
2 Tbsp vinegar
1 tsp salt
1 tsp oil
Shred cabbage and carrots, mix remaining ingredients, pour over, and mix well. Tastes better after standing overnight.

Marinated Mushrooms or Whatever
1 1/2 cups water
juice of 1/2 lemon
1 cup vinegar
1/2 cup salad oil
1 or 2 cloves garlic, quartered
1 or 2 bay leaves
4 green onions sliced thinly

1/2 tsp thyme
1/2 tsp basil
4 peppercorns
1 tsp salt
1 1/2 pounds mushrooms or other vegetables.
Cut stems of mushrooms off flush with their caps, to preserve shape. Mix all ingredients except mushrooms in saucepan and bring to boiling. Add vegetables and simmer for 5 to 10 minutes depending on the kind of vegetable. Pour into jars or bowl and refrigerate for 2 or 3 days before using. The liquid can be reused.
Note: I've used broccoli, cauliflower, carrots and celery this way, and like them all.

Shrimp and Pea Salad
2 cans shrimp
2 1/2 cups frozen peas, cooked
3 hardboiled eggs, sliced
2 1/2 cup thinly sliced celery
1/2 cup mayonnaise
1 Tbsp lemon juice
2 Tbsp shrimp juice.
Mix last three ingredients. Add peas, shrimp (drained and rinsed) eggs and celery. Mix gently but well.
Chill for one or two hours.

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To fill up the page, I have a cooking hint left over from Christmas, kept because I found it so amusing.
It was part of a recipe for Christmas cake and it gave directions for wrapping thoroughly before baking. It concluded "Listen carefully—if the cake is not cooked there will be a distinct humming noise."
I couldn't help but laugh at the picture of this cake, wrapped in everything but the bath towels, sitting in the oven, humming away quite happily to itself.



PLANNING THE Oxfam trade fair in May are Pat Nobbs-Lees, a weaver, and Oxfam president Daphne King. They are amused by one of the articles from the Oxfam supply, a bone decorated with beads. It will be selling for all of a dollar. Also shown are a shawl, purse, lampshade, wall hanging and beads.

Oxfam to benefit from trade fair

An innovation for Acton is a Trade Fair being planned for May 10, with the profits to go to Oxfam. There will be 16 tables at St. Alban's hall exhibiting a great and fascinating variety of crafts. The artists, artisans and craftspeople will sell their own goods, contributing a portion of their money to the organizing Oxfam group.

Oxfam will also have a booth, selling some of the exotic things made by impoverished working people all over the globe. These range from a large caftan, woven in India and rugs to small decorative items from Africa. The Trade Fair will be held morning and afternoon at St. Alban's hall and the organizers are expecting people to come from afar, as well as Acton and district people.

Their invitations to local people to participate brought a couple of contributors. Mrs. Pat Nobbs-Lees will be selling weaving. She is the owner of the former gift shop The Anonymous Benefactor. Kicking Horse Leather of Rockwood will be selling its products. Mrs. Margaret Brillinger will be showing articles made by Indians in the Canadian north. These have been written about in the Free Press previously.

Music teachers prepare for next recital

The monthly meeting of the Georgetown Trinity Teachers' Association was held at the home of the honorary president, Mrs. Dorothy Richardson Scull, on April 13. The business part of the meeting primarily concerned preparation for the upcoming recital which will be presented by the Trinity pupils of the G.T.T.A. Positions regarding responsibilities for the recital were also given to members.

And a member of the Oxfam group, Eldon Comfort and his wife, will be selling maple syrup from their own property. (Being particularly interested in the cause, they have promised more than the usual percentage for Oxfam.) Many others Organizer Mrs. Daphne King thinks they have about one of each type of craftspeople lined up for the show and sale. Coming from out-of-town are a potter, leatherworker, weaver, printer, illustrator, batik artist, jewellery makers, ceramic makers, painters and sewers. One woman is bringing a collection of articles made by old-age pensioners in the Toronto area. There will also be quilts for sale.

The Local Oxfam group has decided to charge 25 cents admission to the sale. Refresh-



Engagement

Mr. and Mrs. Harvey Kirkwood of Acton, and Mr. and Mrs. Reginald French of Ballinafad are very pleased to announce the forthcoming marriage of their children, Ruth Elaine, and Wayne Wesley. The wedding will take place in Acton on May 24, at 5.30 in Trinity United Church.

Free Press Family Page

Golden Agers enjoy many different guests

Business was kept to a minimum at the evening meeting of the Acton Golden Age club so as to allow time to enjoy the very fine program that had been arranged. President Bert Davidson presided and welcomed the 83 who were present. An invitation was read from the Auxiliary of Halton Manor, to attend the annual bazaar and tea on May 14. Mr. Smith of Georgetown Red Cross asked anyone knowing of senior citizens who are shut-ins who would appreciate a friendly visit to please note the names and hand them in to the president. J. Hargreaves moved adjournment seconded by Ivan Harris. Mrs. M. Milne presided for the excellent variety program.

Singing group
"The Fearless Five" (The Bridgeman Family) of Cambridge Hespeler are a family of four sons and a daughter, who sing with guitar and accompaniment Troy, Tim, Todd, Becky and

Tyler, who range in age from 6 to 12 endeared themselves to all, as their repertoire had something for all, secular or sacred from "Silver-haired Daddy of mine" to "Amazing Grace" and "Put your hand in the Hand."
These children are well worth hearing. They expect to cut a record later in the summer and needless to say, they are very much in demand. Their engagements include a blue grass festival at Port Dover and an Orange Blossom festival in Virginia, U. S. A.

Gives recital
Mrs. William Ballentyne of Guelph always a great hit, recited several selections including Being Clinched and Eggs and The Elevator.
Mrs. Cecil Graham, Guelph soloist sang "There's a wee house by the hillside" and "Little old Lady", accompanied by Mrs. A. Mann. Miss Lynda McLaughlin of Waterloo provided a number of tapping selections on the harmonica.
Mrs. Grace Reed of Guelph conducted a cake contest with Mrs. Earl Lambert as winner.

Bert Davidson expressed sincere thanks to all who had given so freely of their time and talents to make the evening such a memorable one: hearty applause was given for each number.
Fruit bread and cookies were served to conclude a pleasant evening.
Birthdays noted were for Mrs. E. Near, Mrs. I. Terry, Mrs. D. Robertson.

1975-'76 exec. named for W.I.

Greenock Women's Institute held their annual meeting April 8 at the home of Mrs. J. Veerman and all enjoyed a pot-luck noon lunch. Mrs. J. McCulloch presided for the meeting. The roll call was payment of fees and which program did you like best. The meditation was given by Mrs. A. Gates. Reports of standing committees were given. Mrs. R. Sinclair presided for election of officers. Mrs. J. McCulloch, retiring president, spoke of her term of office and thanked everyone for their co-operation during her three years and welcomed the new president Mrs. Ralph Sinclair to the chair.

Greenock Women's Institute officers for 1975-76 are: past president, Mrs. J. McCulloch; president, Mrs. R. Sinclair, 1st vice-pres., Mrs. C. Storey, 2nd vice-pres., Mrs. G. Johnston; secy. treas., Mrs. G. Wallace; and secy. dress., Mrs. G. Hacke. District director, Mrs. A. Gates; alternate district director, Mrs. J. McCulloch; public relations office, Mrs. G. Johnston; branch directors, Mrs. G. Leslie, Miss E. Pearen, Mrs. E. Patterson; cards, fruit and flowers, Mrs. C. Allan, Mrs. C. Storey, Mrs. C. Blinnie; agriculture and Canadian industries, Mrs. G.

In memoriam for Mrs. Moran

The afternoon auxiliary of Knox Women's Missionary Society met March 10, in the May Ellen Anderson room. The meeting took the form of an "in memoriam" for former member, Mrs. Oliver J. Moran, who passed away in Brampton a short time ago. For 21 years, from 1953 to May of this year, when she moved to Brampton, Mrs. Moran had been a very active and valued member of this society. She served as pianist for almost all of this time, and had also filled the office of president. Miss Anderson, the president, paid fitting tribute to Mrs. Moran, and following a moment's silence, led the group in a prayer of remembrance. After singing the

hymn, Asleep in Jesus! Blessed Sleep, the scripture lesson was presented in three ways. The twenty third psalm was first repeated by every one in unison. Then it was read by Mrs. Miller in an explanatory version. Finally, it was read by Miss Anderson in a very appealing Korean version. Soloist Miss Bella Maye Roszell, guest soloist, sang the lovely old hymn, Safe in the Arms of Jesus. Another scripture portion, in which Jeremiah is advised to go down to the potter's house to observe his care in making a perfect vessel introduced Miss Anderson's story, The Missing Piece. This story brought home the fact that sorrow and

even death are necessary in the composition of the perfect human vessel. The meeting closed with a time of fellowship over the tea cups.

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V8, P.S., P.B., Lic. No. AU8949. Was \$2295. Now \$2195

1971 Torino
2 DR. Hardtop
V8, P.S. Finished in orange-red with black vinyl top. Lic. No. DP249. Was \$2395. Now \$2195

AND MANY MORE TO CHOOSE FROM ALL RE-CONDITIONED AND GUARANTEED

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Theft

One of the cashiers at IGA had her purse stolen while she was away for lunch. Police were notified.



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FAMILY LIFE PROGRAM
Thursday, April 24th
7.30 to 9.30 p.m.
Open Meeting
At Acton High School Resource Centre
High School Students and Adults are invited to participate in a VALUES CLARIFICATION CLASS.
If you plan to attend, call The Student Services at the High School 853-2920

Institute names officers

Nearly 30 members attended the annual meeting of Dublin Women's Institute on Thursday evening, April 17, at the home of Mrs. Edward Wilson, Fourth Line, Nassagaweyn (Milton). A pot-luck luncheon at 7 p.m. included a large variety of foods enjoyed by the ladies. Mrs. C. Armstrong presided over the opening exercises, and roll call was answered by the payment of fees, and offer of honors for the next year's meetings. After the minutes read by Mrs. N. Douglas, secretary, correspondence included a request for baking for the baking sale on April 25, sponsored by the local Canadian Cancer Society in the former Dills Stationery Store, Acton. All Achievement Day will be held in the E. C. Drury School, Milton, on May 24. The jacket dress has been the course the girls have been having instruction on. Mrs. C. Armstrong will represent the branch at the meeting of the Decoration Day Committee on April 23 at Acton library. A request from Campbellville Brownies for a donation of money was approved.

Mrs. M. Hunter gave a full report of a district directors' meeting she had attended recently. Halton district annual will be held in St. Paul's United Church, Milton, on May 21, which several members hope to attend. The minutes of the last annual meeting were read by Mrs. Douglas, followed by the 1974-75 financial report. A fine balance remains from the busy year's activities. Mrs. W. J. McIntyre presented the auditors' report on behalf of herself and Mrs. M. Hunter, substituting for Mrs. H. Dadds who was unable to act. Summaries from the chairmen of standing committees were given by Mrs. W. Lasby, Mrs. K. Smith and Mrs. D. Appleyard; citizenship and world affairs, Mrs. H. Blyth and Mrs. H. Besley; education and cultural activities, Mrs. M. McCullough and Mrs. J. C. McIntyre; Mrs. H. Dadds and Mrs. C. M. Davidson on their respective committees. A committee composed of Mrs. M. Hunter, Mrs. F. Kirtson and Mrs. A. Diamond was named to look after a wedding reception on May 24. As quilt convener, Mrs. M. Nellis exhibited a quilt which had recently been quilted at the home of Mrs. Norton. Mrs. A. Near reported on the progress of the work of the fifteenth anniversary committee.

A contribution of \$300 was approved toward the work of the Canadian Cancer Society. Most of the ladies have completed their canvass of the area. Upon retiring from the presidency, which she has served for two years, Mrs. Armstrong gave a summary of the work that had been undertaken and accomplished. The past year has been a very busy one with many projects, and catering at sales and wedding receptions. A booth at the International Plowing Match last fall near Georgetown was a large undertaking, but was a financial success. Helped books compiled of the members' favorite recipes were well received. Mrs. Armstrong was presented with a past president's pin by Mrs. Norton, who thanked her for her good leadership for the past two years.

Election of officers Mrs. Mansell Nellis took the chair for the election of officers. Mrs. J. C. McIntyre, on behalf of herself, Mrs. W. Frank and Mrs. G. McMillan, of the nominating committee, presented their report. The following slate of officers was presented and adopted, and will be the officers for Dublin Women's Institute for the year 1975-76. Past-president, Mrs. C. Armstrong; president, Mrs. E. Norton; first vice-president, Mrs. M. Hunter; second vice-president, Mrs. W. Lasby. Secretary-treasurer, Mrs. N. Douglas; assistant secretary-treasurer, Mrs. D. Hunter; district director, Mrs. G. Armstrong; alternate director, Mrs. H. Blyth; public relations, Mrs. C. Davidson; branch directors, Mrs. M. Nellis, Mrs. M. McCullough and Mrs. J. C. McIntyre; pianist, Mrs. M. McCullough; assistant pianist, Mrs. W. Frank; press reporter, Mrs. J. C. Dennis; assistant press

Free Press Personals

Curling season ended at the club Sunday afternoon with an event that wasn't even curling — a skating party. Families enjoyed the afternoon on the ice and some of the men ended the day with a broomball game. The ice-making machine is turned off now.

Whipper Billy Watson was a speaker, fighting for the rights of the handicapped, and Lieutenant-Governor Pauline McGibbon another. The monarchy every chance we get and back up our arguments with facts," urged Mrs. Morley Keogan, Ontario representative on the national Crown and Canada committee. "I believe an overwhelming number of people in this country favor maintaining the monarchy. But they must speak up," she said.

Orwell Johnson is asking people who were here at the time of church union to get in touch with him. The United church is observing the 50th anniversary of church union this year.

Billy Gordon, who is eight, suffered a broken jaw when he fell off his bicycle while playing near Beardmore. He's a Robert Little student. Friends send sympathy.

Attending the annual provincial meeting of the I.O.D.E. in Hamilton April 16 and 17 were Mrs. J. Joque, Mrs. D. Frizzell, Miss E. Braida, Mrs. G. Currie, Mrs. C. E. Nellis, Mrs. Ron Cookles and Mrs. G. Young. All found it a great inspiration. "We must speak in favor of

Lottery sales Ontario lottery tickets, on sale at two grocery stores in town, are selling well. They have had to be reordered. The draw is May 15.

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