



the painted box

by Wendy Thomson

When I began writing about Scotland and using pictures I'd taken there, I didn't realize the response would be so enthusiastic!

There have been not only people who came to Canada from Scotland years ago get in touch with me, but also those of Scottish ancestry who are keenly interested in the country they've never seen.

So far, I've heard from the McCaig clan of Oban, the McNabbs of Killin, a Macintosh, a MacTaggart, and a McNeil.

And I know my husband's family will be all ears when they hear I did get to Cruden Bay, birth (and burial) place of four centuries of the Thomson clan.

For pictures this week, I'll try various scenic ones, although there'll be a great gap in the overall picture of Scotland due to my losing two films (which could turn up in the house at any time.)

The recipe is one from Ullapool, on the west coast. Although I myself haven't tried it, it's a favourite of the family I stayed with.

SCOTS DUMPLING

2 teacups each of flour and breadcrumbs

2 tsp sugar (brown if possible)
1 level tsp each ginger, cinnamon, allspice
1 beaten egg
4 oz (1/4 lb.) suet
1/2 lb. raisins
1 tsp baking soda
1 tbsp syrup or treacle
a little milk

NOTE: According to the conversion charts I have, 2 teacups would be 1 1/4 cups. I hope that works out right.

Mix all ingredients together to a fairly soft consistency. Tie in a scalded and floured cloth, leaving room for dumpling to swell. Put into a pan with enough boiling water to cover, and an old plate at the bottom. Boil steadily for three hours. Lift from pan, drain well, unwrap cloth, and turn out carefully on hot serving dish.

I SAW many tides come in and go out on various shores in Scotland. It was ebb tide on this sandy beach south of Scarastavore, Isle of Harris, and I picked pocketsful of pink shells.



ON THE WEST shore of Harris, I picnicked and watched white caps pounding on weathered rocks as the tide came in again.

Steam color tour

After the recent heat wave thoughts of Fall are very pleasant. This year the Credit Valley Conservation Authority are sponsoring the annual Steam Train Colour Tour on September 28.

The Tour, held through the co-operation of the Ontario Rail Association, starts early in the morning at West Toronto station, proceeds through Streetsville and up to Orangeville for lunch. The tour returns in the afternoon after viewing many of the areas colourful woods from the train.

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THERE WERE few places on the west coast where a person could look toward the sea without one or two moody isles adding interest to the skyline. This is north of Dunvegan on Skye.

Leave trees on hydro land—C.V.C.A.

Mr. Bogart of the Ministry of Governmental Services appeared at a recent meeting of the Credit Valley Conservation Authority to discuss the proposed Hydro right-of-way through the Meadowvale Conservation Area.

Bogart explained the various methods for acquiring easement land: outright purchase; or easement on a term plan which would still allow the Authority use of the land.

Hydro plans for clearing all trees and brush under the 175' line and replanting were questioned by Authority

member Alec Raeburn of Caledon. Describing a similar Hydro meeting he attended in Elora last year, he explained eight engineers present at that meeting declared it unnecessary now to follow the clearing and replanting procedure. The brush could be left virtually intact, he said.

Member Ken Williams from Mississauga moved an offer of perpetual easement on the term payment plan conditional on leaving existing growth.

Authority members agreed.

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How to waste energy, without lifting a finger.

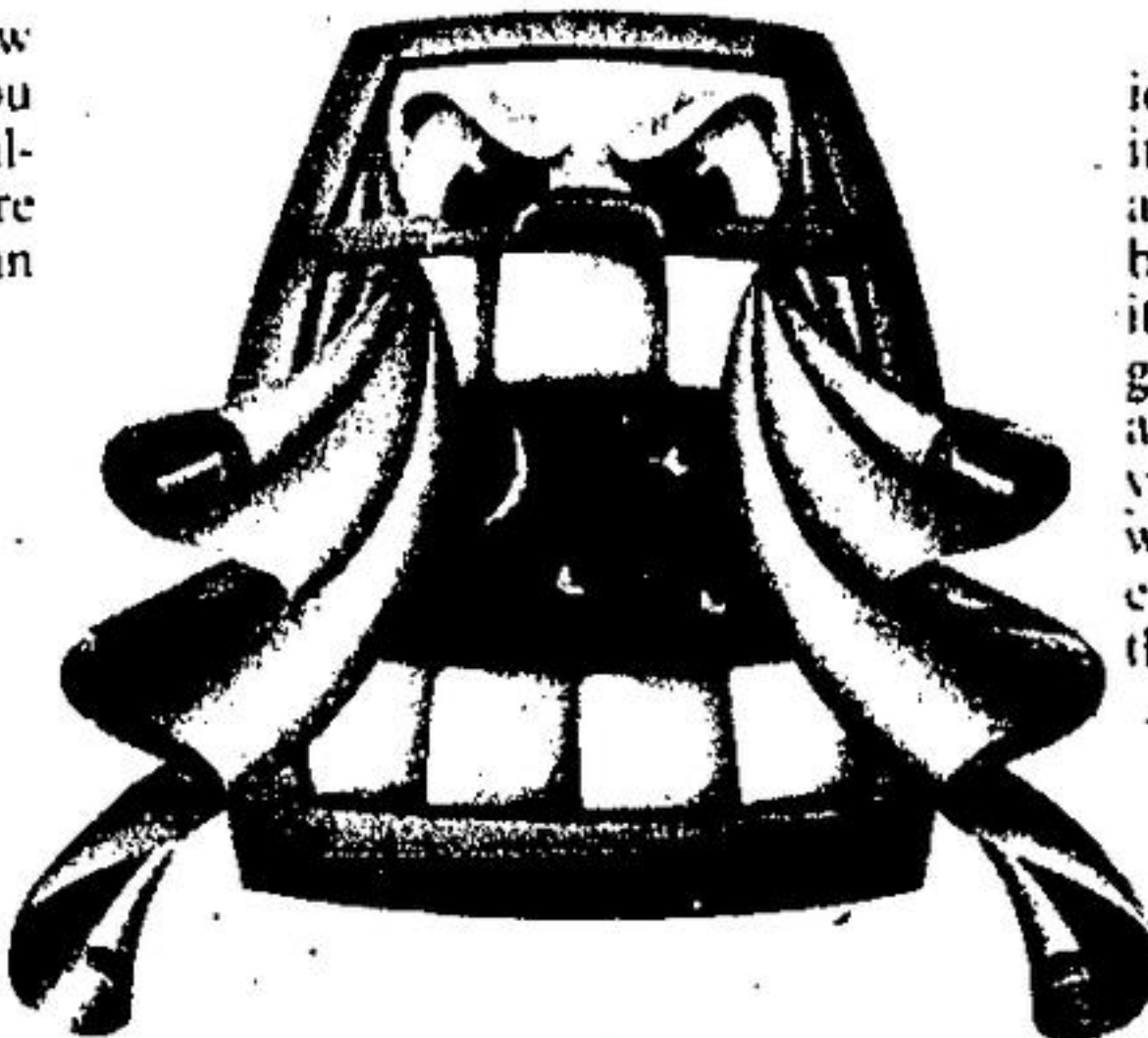
YOUR FIRST TAP LESSON.

Why bother shutting a tap off? Show your friends what an affluent person you are. After all, wasting as much as 40 gallons of hot water a day, and a lot of pure Natural gas energy certainly makes an impression.



THE GREAT ESCAPE.

Don't bother insulating. Let your walls breathe. Of course, heat may be escaping in winter and air conditioning in summer. But that insulation stuff is so itchy anyway.



BRING THE OUTDOORS INDOORS.

Never lift a finger to shut the window. Once again, you may be wasting heat, but all that fresh air will qualify you as a genuine nature boy with a genuine year-round cold.

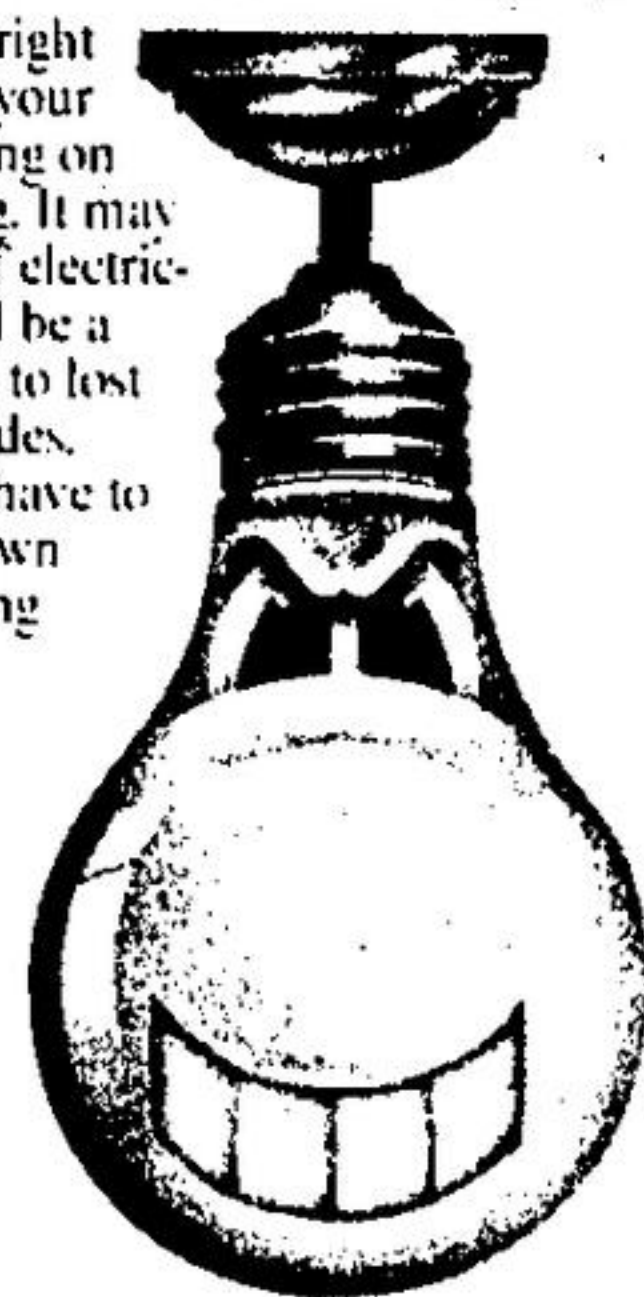


THE WHEEL OF FORTUNE.

Pick a number. Any number. But keep that thermostat wheel spinning. If you're lucky, you might even reach 100. In any case you're bound to win a fortune in heating bills.

LET YOUR LITTLE LIGHT SHINE.

Here's a bright idea! Leave your indoor lighting on all night long. It may be a waste of electricity, but you'll be a guiding light to lost aircraft. Besides, you'll never have to waste your own energy flicking them off.



CREATE A BURNING SENSATION.

Here's a new quickie recipe idea you can create just by never turning the gas down on your stove. Let the flame cook the sides of your pan as well as the handle for an unusual flavour sensation. Charcoal flavoured steamed vegetables. They're sure to jar even the least discriminating taste bud.



THE SWEAT BOX.

By letting your dryer run on endlessly, your permanent press will be permanently wrinkled. But at least you'll be setting a whole new trend in fashion. Think of the individuality you'll achieve as a prune.



If you fail to see the logic in all of this, then lift a finger. Now point it at yourself.

Energy conservation starts with you. And you can be a great help. Just by remembering to do all those little things that are so hard to remember.

And much as we hate to preach, we have to. Because some people are still wasting energy.

So think before you waste. It's your own money you're saving.

Remember. Lift a finger to keep that pot from boiling over. Shut the windows. Keep the thermostat set at a constant temperature. Insulate. Shut the taps completely off. In other words, do your part.

Now lift your whole hand and give yourself a pat on the back, from all of us, at Union Gas.

AT THE PORT of Mallaig, one rocky point was almost covered with seagulls, waiting for the fishing boats to come in.

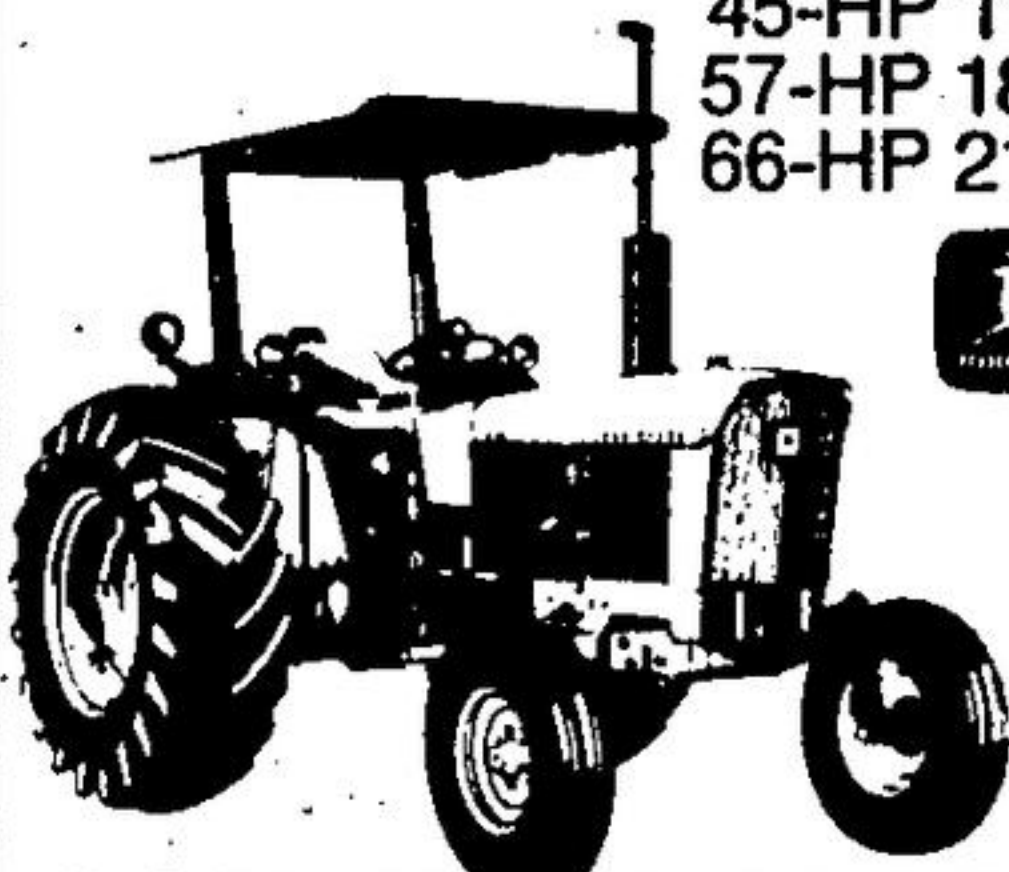
Scottish seas

The Acton Free Press, Wed., August 6, 1975 15

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