



By Wendy Thomson

Well, everybody's back home and the house is now into its usual uproar. I think it would have been easier on me if they'd come back one at a time and sort of conditioned me to the noise and whatnot of family living, again.

Gord and Jim spent the past couple of months working with a trail-riding outfit in the Rockies, way off up the Pipestone River working with horses most of the day and square-dancing half the night. Tough life.

The stories that came home with them are quite something. One was about the bear that decided to move into camp one night and was running around peering into the riders' tents. He was chased off but returned later, ate one of the guides' supply of cigarettes and disappeared into the bush carrying a pair of jeans and a pair of rubber boots.

Wrestler

Gord wrote me from Banff about some of the people on the ride. There were two men from Hawaii, a father and son. "The son is a professional wrestler by the name of King Curtis, weighs 285 pounds and has a special built saddle that weighs 70 pounds. The father is smaller and weighs only 250, so we had a couple of tired horses."

Gord told me, when he got home, that the outfit used six horses in rotation for the two men, as two horses just couldn't handle the job of lugging them up and down the mountains.

All in all, I gather it was a very successful summer. David had one, too, staying with a grandmother in Craik, Saskatchewan, learning to swim, and getting a first hand knowledge of prairie living.

Am I glad that they're all home (and my 17 year old is home as well, from Edmonton)? I must be truthful and say "I'm glad — at times."

One salad I made while they were away that I'd like to try on them now is the following: **ONTARIO ANTIPASTO SALAD**

5 large fresh mushrooms, sliced
1 head lettuce, torn in chunks
1/2 cup celery, diagonally sliced
1/2 cucumber, sliced paper thin
3 green onions, chopped

1/2 cup sweet pickled onions, drained (optional)
4 ounces Ontario Mozzarella cheese, in julienne strips
1 3 pound thinly sliced pepperoni
1/2 cup garlic croutons (optional)

2 medium tomatoes, cut in eighths
About 1 3 cup grated Parmesan cheese

DRESSING
1 3 cup red wine vinegar
2 3 cup salad oil
1 tsp. fresh lemon juice
1/2 tsp. dry mustard
1 tsp. salt
1 tsp. fresh parsley, minced
Freshly ground pepper to taste

2 cloves garlic, crushed
2 tps. dried basil leaves
1 tsp. dried oregano

Combine ingredients for dressing and add fresh mushroom slices. Marinate 4 hours at room temperature or overnight in refrigerator. Toss greens and rest of ingredients except Parmesan cheese. Pour dressing over all, toss. Sprinkle each serving with grated Parmesan cheese. Serve immediately.

Makes 8 to 10 servings as an appetizer salad or 4 to 5 servings as a main course salad.

NOTE: Instead of pepperoni and mozzarella, I used ham and Swiss cheese, and was quite pleased with the results. I don't think I'd use croutons again, as they went soggy.

And now a recipe for a little something I can only afford to make when there's just one or two of us here: **SALMON STEAKS**

Blend 1 3 cup butter
1/2 tsp. salt
1/2 tsp. pepper
1/4 cup flour
1 tsp. Worcestershire sauce

Stir in 1/4 cup green pickle relish.
Spread evenly on four salmon steaks in greased shallow baking dish. Bake at 450 degrees for 20 to 25 minutes.



FRIENDS AND family congratulated Gord and Helen Rognvaldson Saturday as they celebrated their 35th wedding anniversary at their home at R.R. 4.

Free Press Personals

Winter memories in the summertime? Why not! The snowmobile club had a good turnout of members for a corn roast Saturday night at the home of Stella and Jim Wallace, fourth line.

Money raised

Monies raised through weekly bingos and banquets by the Legion Ladies' Auxiliary have gone towards two good causes this week.

The ladies have given \$600 towards the shelter for the mentally retarded in Hornby, and \$200, towards the Guelph Legion which was destroyed by fire in October.

Last Saturday, 50 ladies went on a bus trip to Goderich. On their way, they stopped at Stratford and were shown around the Shakespearean festival theatre. Mrs. Bessie Price organized the outing.

Women in the ministry

In the near future, up to half of the candidates for ministry in Canada's Protestant churches will be women. The United Church Observer predicts in its current issue.

The Observer reports that of the 53 new candidates for ministry in the United Church this year, 24 are women. A third of all students in United Church theological colleges this fall are women, in a church in which up to now under three per cent of the clergy have been female.

The situation will force the church to be flexible. The Observer says, in arranging pastorates, particularly for husband and wife ministerial teams who want to serve either the same charge or adjacent charges.

Miss Pat Braida of Kingston is here visiting her grandparents, Mr. and Mrs. S. Braida, and other relatives before returning to Queens University.

Mrs. Jack Stewart and granddaughter Miss Kim Adshade of Mississauga and Mr. and Mrs. J.J. Stewart of Guelph visited Sunday at the home of their Aunt Mrs. A. J. Murray in Acton.

Mr. and Mrs. Chas. Landsborough visited with Mr. and Mrs. Mac Sinclair and family in Ottawa last week.

In town for the Meet the Candidates night, Julian Reed told Acton friends that his mother, Mrs. Marion Reed, is presently in Brampton hospital. A former high school teacher here, Mrs. Reed has had ill health for several years now and friends here are sorry to hear of another setback.

Mr. and Mrs. Carl Lambert spent the weekend with their daughter Mr. and Mrs. Ron Gillespie and family at Hazeldean, Ottawa.

A bus full of jaunters went Friday to Marineland and Niagara Falls. The trip was sponsored by the Golden Age club.

The 23rd annual Wansborough reunion was held Sunday in Prospect Park and those attending sat down to two good meals and plenty of food. Relatives came from Ancaster, Burlington, Rockwood, Toronto, Willowdale, Agincourt, Mississauga and Acton.

Mr. Cam Leishman is recuperating well at home, after frightening family and friends with his illness a couple of weeks ago.

Free Press Family Page

Supper at the deli precedes I.O.D.E. meet

Twenty-eight members of Lakeside chapter of the I.O.D.E. met at the delicious dining room for a salad supper Tuesday, Sept. 2. Following supper the members travelled to the Legion hall for their regular monthly meeting.

September was chosen as the month for the ladies to hold a birthday party at Halton Centennial Manor and Sept. 23 the members will hold their first birthday party of the project. A light lunch of cookies and coffee was enjoyed by all.

A.C.W. gift for departing member

The Anglican Church Women met September 3 for a short business meeting. President June Hunter extended an invitation to all, to attend the Arts and Crafts show on October 25 at the Parish Hall. It was suggested that the Pioneer Luncheon become an annual event and the dates of the A.C.W. rummage sale were set for September 26 and 27 at the Parish Hall.

Engagement



MR. AND MRS. Henry DeVries, R.R.4, Acton, are happy to announce the forthcoming marriage of their daughter Irene to David William Ryder, son of Mr. and Mrs. Don Ryder, Acton, on Saturday October 4, 1975, at Knox Presbyterian Church, Acton, at 3.30 o'clock.

Family Life meetings begin for second year

With the new school year also comes the season for Family Life Education. The first of three monthly meetings will be held on September 24 at the University of Guelph. This special meeting will join with a course of Human Sexuality offered by the university.

Is moderator of Ryerson course

Bruce Brillinger of Park Ave. is the moderator of one of the Ryerson College radio courses advertised in last week's Free Press. He is the moderator for the course in Emotional Disturbance in Children.

Oxfam panel on green paper

A special Oxfam program on the government's green paper on population and immigration is planned for Friday evening, Sept. 19. Although organizers realize this is the first night of the fair, they are holding their program at a time that one of the guests, M. P. Frank Philbrook could attend. They expect that many will still find the night convenient for them.

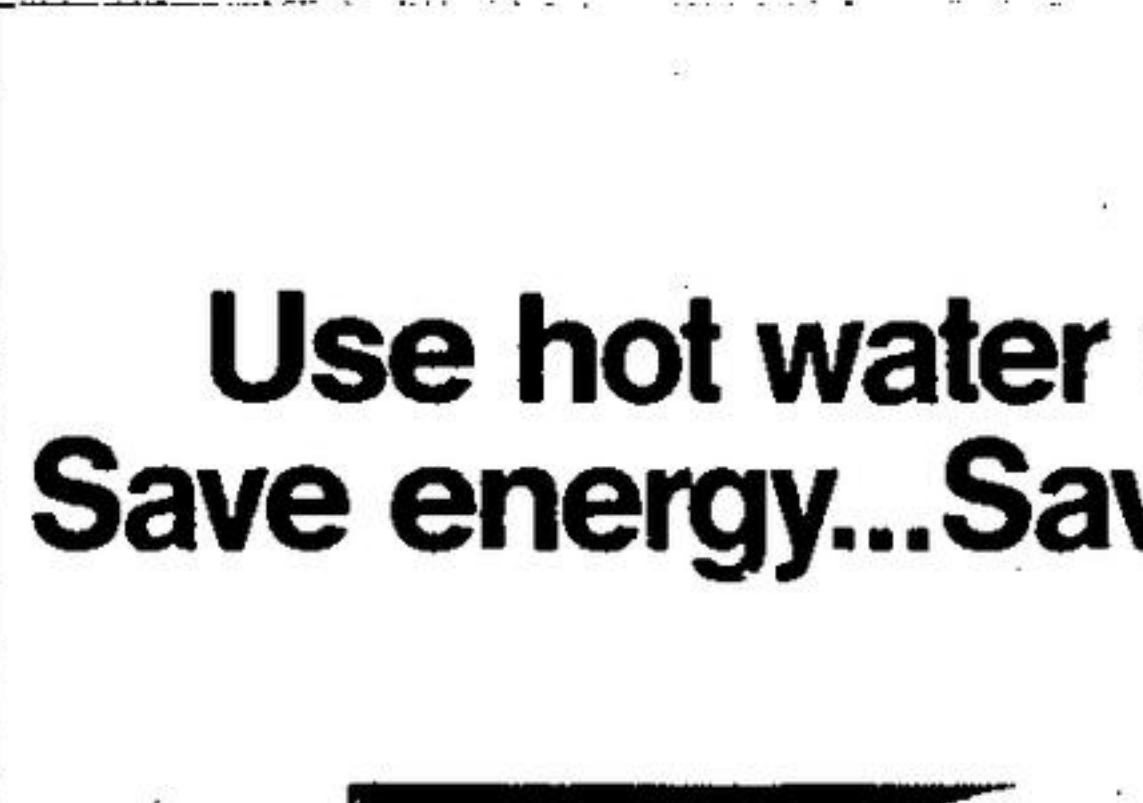
Golf day

Acton Rotarians hosted a golf day for their own Club and Georgetown Rotarians Monday at Acton Meadows. About 30 attended the combination meeting and tournament.

Rev. Moody at Evangel

Rev. W. H. Moody, of Burlington, who, for over 45 years has had a varied ministry as pastor, evangelist, teacher and executive administrator in the Pentecostal Assemblies of Canada, will be in Acton to conduct special services in Evangel Tabernacle, 33 Churchill Rd. N., Sept. 14 at 11 a.m. and 7 p.m. There will also be a special feature for the Sunday School at 10 a.m.

Use hot water wisely Save energy... Save money



Apart from home heating, a family usually consumes the most energy in producing hot water. Here are just a few small things you can do, that can add up to a considerable energy saving. Turn off hot water taps so they don't drip, fill clothes washers to match the size of the load, wait until you have a full load before using a dishwasher and remember showers usually require less hot water than baths. Try not to use more hot water than you need.

Cascade

The Cascade electric water heater will give you a dependable supply of hot water, but it's up to you to use it wisely.

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Pet of the week



WENDY DE GROOT of 51 Kingham Rd. holds up her six-week-old terrier Lucy whom she bought from some people in Acton. The puppy eats puppy chow, pablum, milk, water and a piece of weiner once in a while. Wendy had a dog previously but had to give it away because she lived in an apartment.

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Resolutions W.I. topic

The September meeting of the Acton Women's Institute was held in the board room of the Acton Library with 11 members and two visitors in attendance and the president Mrs. Coell Nelles in the chair. After the opening exercises two minutes of silence was held and a prayer given by Miss Dorothy Simmons in memory of second vice president Miss Nora Kenney. The September convener Mrs. Roy Lindsay gave a report on evergreens. Guest speakers Mrs. Bird, the guest speaker, spoke on resolutions stressing credit buying, nutrition, family harmony, discipline and respect, also gave a full report on the new adult residence at Hornby presently being constructed. Mrs. Campbell, another guest speaker, spoke on the Tweedsmuir History and showed the book she had been working on. Mrs. George Hargrave thanked the speakers and presented each with a gift. Lunch was provided by the lunch committee to bring an enjoyable afternoon to a close.

Given regalia

V. Wor Bro. Lorne Youngblut was presented with his Grand Steward's regalia at the meeting of Walker Lodge Monday evening. The formal presentation was made by Rt. Wor Bro. Chester Anderson, the past District Deputy Grand Master. Mr. Youngblut was appointed to the position of Grand Steward at the last session of Grand Lodge, in Toronto in July.

Give the gift

A blood donor clinic will be held in Acton high school gym on Tuesday Sept. 16 from 2.30 p.m. to 8.30 p.m. The Red Cross is sponsoring the clinic here. The last clinic was at the Legion.

See steer

Rotary club members have steer draw tickets for sale. The steer will be on display at the fair again this year.

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