



I must tell you about the laundromats here. Having sold our washer and dryer before leaving Ontario, we found a trip into town once a week an absolute necessity.

We had a choice of where to go. We could drive 16 miles north to Drayton Valley with a large modern laundry, or 16 miles east to Breton's tiny laundromat. The latter was always an experience.

There were seven washing machines — one large, four medium, two small — and three dryers. Of those, only the large, two medium, one small, and two dryers ever worked. And even some of those were very erratic.

Half the time, the two medium washers would quit partway through. Not to worry — along would come the old man or the old woman who kept an eye on these things. Down on their knees, they would disappear halfway under the machine, or would lift the whole top and climb halfway inside. With their ever-present screwdriver, they'd make a few adjustments and away it would go.

Magie

If worst came to worst, the wash would be taken out of the ailing machine and stuck in another. A few taps of the magic screwdriver and the second would take up where the first left off.

Although the Drayton Valley laundromat was understandably faster, I went there only once and was bored stiff with nothing to watch. In Breton, there was always at least one overflow which necessitated frantic efforts with a mop for the water and a garden-watering-can for the suds.

If I hadn't stuck faithfully to Breton until my own washer and dryer arrived, I'd have missed acquiring a gorgeous 1976 three dimensional calendar which (we found out the hard way) gave anyone who inspected it closely a splitting headache.

And I was there propped up on the wooden bench the day all the users of one washer were complaining about great quantities of fluff on their newly-washed clothes.

No one could figure where it was coming from.

Sheepskin

And just by chance I happened to be there the following week when a little old man came trotting in to inquire about the sheepskin he left there that morning. Quite an argument ensued.

Apparently, a few hours earlier he (I found out later that under the earflaps and the coveralls it was a she) had brought in a frozen sheepskin and stood it in the corner to thaw.

Now this wasn't a sheepskin rug, but a freshly skinned hide, still pretty gory on the one side. The fleece side looked as though they'd used the dead sheep to scrub out a pretty dirty barn before skinning it.

Once it thawed in the laundromat to a fairly pliable state, the old woman wanted to stick it in the washer and clean it up, like she'd done with the one last week. Came out lovely, it did.

However, there was no way the laundromat was going to let that mess anywhere near her washer. Sheep's wool clogs up the machines something terrible, she insisted. Wouldn't even take it as a gift!

So away the sheep lady went, in her half-ton, sheepskin in the back, sheepdog perched in front.

I wonder if patrons of the Drayton Valley laundromat were fuming about fuzzy washes the next day.



ACTON LIBRARY entrance-way was just short of chaos Saturday as children of all ages gathered to see "a real live lion cub." Terry Tremaine, of the public relations department of Rockton African Lion Safari, brought along one of the lion cubs to show the youngsters along with films and a talk.



ANY BETS TERRY Tremaine of the Rockton African Lion Safari won't be carrying that lion cub in a few months? The cub and Terry were at Acton library Saturday to promote their Safari and to teach the local children about lions. A full house was on hand to meet the cub.

Lion cub Sheeba — roaring success

The Acton public library's special guest on Saturday was a "roaring" success.

Sheeba, an 11-week-old lion cub from the African Lion Safari in Rockton, was the centre of attention for between 200 and 300 excited children, says librarian Isabel Watson.

Sheeba was here with her friend Terry Tremaine, and was allowed to visit the children after a film and talk on lion habits.

After a hectic several minutes with the children, Sheeba was whisked away. It was later reported she was on television Saturday evening.

Mrs. Watson told the Free Press Sheeba was raised by the people at the Safari when her natural mother rejected her. "She thinks she's human," Mrs. Watson chuckled.

The librarian also laughed at the growling sounds Sheeba would make. "Mr. Tremaine told us she was talking to us, not really growling."

Sheeba the lion cub was the first of many attractions the library plans to have before the end of April. A puppet show will be entertaining youngsters in a few weeks, and many other surprises are in store.

The board director has been chosen as one of ten voting delegates from Ontario to the 8th triennial F.W.I.C. Convention in Charlottetown, June 20-25.

The Canadian Medical Association has asked women's organizations not to support or participate in a "Keep Women Alive" breast cancer control research investigation by Dr. Richards of British Columbia. This warning is signed by Dr. D. A. Geekie.

F.W.I.O. contributed \$200

W.I. executives meet at Acton library Jan. 28

The provincial board director of Subdivision 12 of the Women's Institute, Mrs. John Reid, held a meeting at Acton library on Jan. 28 for the executive of the three districts in her area.

Mrs. Reid reported on the activities attended by the F.W.I.O. president and she asked that the board director convey her thanks to the members at large for the hospitality shown and interesting meetings that our visitors attended.

The new Provincial Project is a hall to be reconstructed on the site of the Ontario Agricultural Museum. Don't throw away anything of historical value, old books, school text books, pictures, members were told.

The 28th Officers Conference will be held at Guelph on May 4, 5, 6 and will be for branch presidents, P.R.O.s and members at large, District and Area P.R.O.s.

There were 1754 guests at the Hoodless Home last year. Two porches and the cellar were rebuilt and the exterior painted, a new flag and pole were donated by Mr. and Mrs. Loveless, and two hardwood trees were given by a branch. 1976 is named as Hoodless Homestead year and each branch is asked to donate \$1 or more for repair payments.

for a W.I. picnic nook at the Peace Gardens in Manitoba.

The Erland Lee Home Committee report the water supply and restroom facilities quite acceptable and signs posted. The 1976 aim is to restore verandah and paint the house and furnish the child's room. All articles are to be photographed and catalogued and slides and tape set, loaned free.

The 4-H girls are reporting good progress with 74-75 units—273 completed projects by 160 girls.

A.C.W.W. Conference

Theme is Building for Tomorrow.

The Ontario Food Council promotion is the use of Ontario grown grapes and cherries. The Food Forum will be held on Feb. 19, at 7:30 p.m. in Knox Pres. Church, Milton.

The Provincial board sustained 43 resolutions. It is not an exercise in futility. "I will do something to solve more problems," rather than "something must be done."

Each member was reminded to keep a house log in their home.

Free Press Personals

Miss Elva Pearen and Mrs. Calvin Aitken accompanied by Miss Doris Pearen of Kitchener, attended the funeral of their cousin Miss Clara Pearen last Thursday in Woodbridge. Miss Pearen, formerly of Mount Dennis, died at Pine Grove Nursing Home in her 101st year.

Four new families have recently moved into town, according to Hi Neighbour Welcome Service Hostess Marlene Steckley.

Mr. and Mrs. Joe Azzopardi have moved here from Scarborough with their two children. From Georgetown are Mr. and Mrs. Bill Heaton and daughters Christine and Lori. Mr. and Mrs. Bill Houdewyn come to town from Willowdale. From R. R. 4, Acton are Mr. and Mrs. Bruce Pondergast with their son David and daughter Suzanne.

The Rotary Club made a quick donation for one of the residents of Meadowcroft

Place in Guelph who was brought to Halton Hills rest home after a fire in their own quarters. One of the women had only her night clothes when she arrived here.

A local store provided clothing. Rotarians paid the bill.

Denis Gibbons was the Rotary club guest speaker Tuesday. He spoke on his trip to Scandinavia and showed slides.

A very enjoyable Birthday Party was held at the home of Mrs. Beswick in the church St. apartment. Special guest was Mrs. Lena Cleave who had a birthday Jan. 31. All six sisters were present. Mrs. Beswick's daughter Mrs. Alberta Dick and her daughter Marie Dick came from Hamilton. Mr. Thomas Allan, a brother, was here from Bolton. Mrs. Marie Allan was another guest.

Fashion and beauty '76

by Marilyn Ottaway



You can't just buy the latest thing in fashion. You have to change the way you think. Moving from inside out with a plan. An intelligent plan you lay out for yourself.

This plan should include a professional haircut every three to six months just as it should include regular medical and dental checkups. It's a daily routine of maintenance that doesn't get in the way of what you do.

Beauty is the amazing after-effect of following an intelligent plan. We are talking about beauty, not in the sense of quick cover-up but in long range feeling better.

It has little to do with wrinkles or grey hair - fairly inevitable badges of honor and wisdom, in my mind. But rather it begins with energy and enlightenment. That can begin anytime!

Start with your own self-awareness, convince yourself of your worth as an individual and go from there. Develop a routine that includes good skin care, proper diet, rest and exercise. The goal is not to become a boring beauty drifting away the days drowning in mirrors of despair over each blemish and line, each eyebrow that won't lie down.

The goal is to stick to your

maintenance program plan to grow and grow as only a well-groomed person can.

You'll have days, as we all do, when your hair looks like a rat on alert, when you're working triple time and you feel as if you've been through a war. But if you're sticking to your maintenance plan there is so much about you that is beautiful - the rest takes over and your body can take it.

Smart Dressing "smart" is only a matter of choosing clothes that suit your personality and life style. Your clothes will move right with you through those hectic days and they will be expressing your feelings about yourself.

Remember a fashionable beautiful woman isn't born, she is created by her own hand. She is a woman who knows she is her own best investment.

In this weekly column we will talk about what affects fashion, individual interpretations of present-day styles and how to do your own wardrobe analysis.

Readers are welcome to write Beauty and Fashion '76, in care of The Acton Free Press, with any questions or comments.

Fashion column beginning today

An innovation for the Family page is a fashion column, which begins this week. Contributor is Marilyn Ottaway, a former nurse who is now enjoying her new job as owner of The Village Boutique.

Ms. Ottaway finds good health and good style equally enjoyable, and she will be ranging over a wide range of subjects. She will be glad to hear from readers.

NEW ARRIVAL!!!

LEVI'S

CHECK and GINGHAM SHIRTS

Open Monday Through Saturday

Tack & Togs

128 Guelph St., Hwy. No. 7, Georgetown, 877-1818

The timeless realities of Christ's earthly ministry... **by Johnny Cash**

The GOSPEL ROAD

World Wide Pictures presents

to be shown

SUNDAY EVENING, FEBRUARY 8th

at 7:00 p.m.

at the

Acton Baptist Church

FOODLAND SUPER VALUES

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

PRICES EFFECTIVE FEBRUARY 4, 5, 6, 7

Nescafe INSTANT COFFEE 10 oz. \$2.69	Society ALL VARIETIES DOG FOOD 15 oz. 3 FOR 89¢	Pamper ALL VARIETIES CAT FOOD 6 1/2 oz. 5 FOR 99¢	Pam AEROSOL VEGETABLE OIL 12 oz. \$1.39
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CHICKENS 68¢ lb.

WIENERS 78¢ 6 oz. Pkg.
COOKED MEATS 44¢
SWEET PICKLED CORN BEEF 1.49 lb.
ENGLISH STYLE SAUSAGE 1.19 1 lb. Pkg.

CHICKEN IN A BASKET 79¢ lb.
CHICKEN QUARTERS 89¢ lb.
CHICKEN WINGS 68¢ lb.

MUSHROOMS 2 FOR 89¢
COFFEE MATE 99¢
ORANGE CRYSTALS 99¢
LIQUID BLEACH 65¢

Canada No. 1 USA Large Head Canada No. 1 MUSHROOMS 89¢ lb.
Florida Size 48's GRAPEFRUIT 8 FOR 99¢

LETTUCE 39¢

MIX or MATCH 'EM

Green Giant 14 oz. FANCY GREEN BEANS 2 FOR 99¢
Green Giant 14 oz. FANCY PEAS 2 FOR 99¢
Niblets 14 oz. CREAM STYLE CORN 2 FOR 79¢

MACARONI DINNER 2 FOR 49¢

WOODLAND MARKETS ACTON ONTARIO

FROZEN FOOD FEATURES

Carnation 2 lb. Bag HASH BROWN POTATOES 3 FOR 99¢
McCains 20 oz. REGULAR PIZZA \$1.79
McCains 22 oz. Deluxe PIZZA \$1.99

L'Arche Auxiliary plans events soon

The January meeting of the L'Arche Auxiliary for the mentally retarded was held at the home of Mrs. Shirley Ann Krause on Tuesday, January 27. Seven members were present. The meeting was opened with a prayer said by Mrs. Gail Ferguson, the new president.

A generous donation by the Royal Canadian Legion was acknowledged. Upcoming events were discussed, such as a Valentine bake sale by the ladies of the Christian Reformed Church; a family cookery program by the Ida Burns and Associates Inc. to be held on May 4, and a dance at the Band Hall on April 3.

Appliances

L'Arche Auxiliary has recently purchased ap-

pliances for the new North Halton Association for the Mentally Retarded residence, in Hornby. Further purchases for the residence are being made by the Auxiliary.

The draw for a child's sweater set held on December 16, was won by Mrs. Leslie Hale, R. R. No. 5, Georgetown with ticket No. 073. The second prize was won by Mrs. Marianne McGrath, 96 Kingham, Acton, with ticket No. 379.

Give!

It's Heart Month in Acton and district. Canvassers will be calling at your door soon.