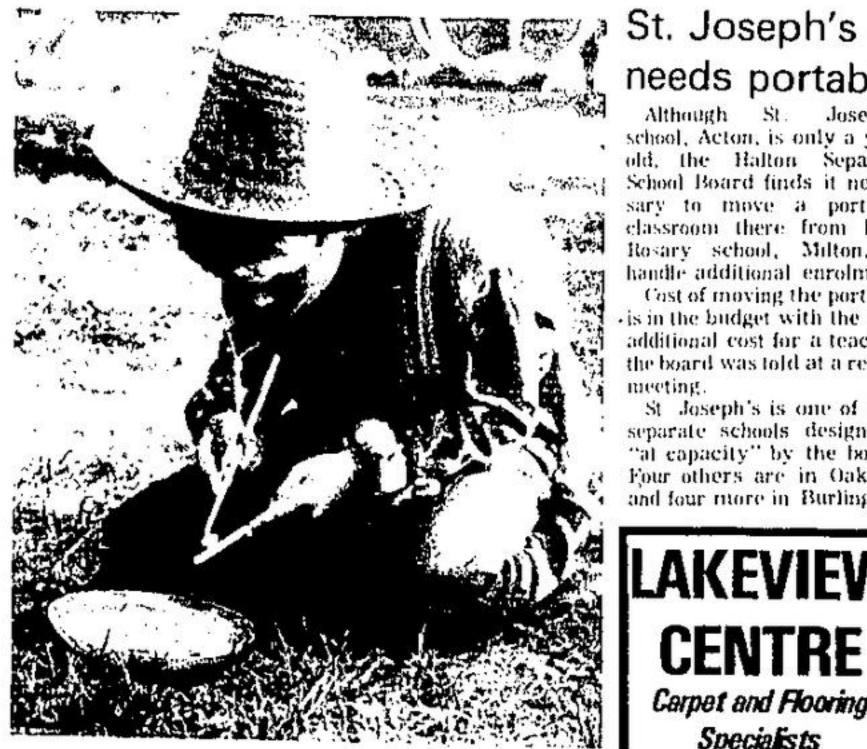
SENIOR BOYS at the day camp parent's night sway to the music. The boys were dressed as Hawaiian beauties and did a version of the famous Hawaiian dance.



JOANNE ROBBINS, left, Janet Rainbow, Kirk Cherwoniak and Christopher Lang represent the four nations at the day camp parents night last Thursday. Africa, China, Hawaii and Mexico were the countries represented by the students.



DUFF MCGILLIVRAY uses an old Chinese skill to get the jelly bean into his mouth with chopsticks. Duff was a part of the day camp council ring on Thursday evening, representing Mexico. Parents enjoyed the musical skit and games performed by the children.





JUST BECOME A MEMBER "WHERE PEOPLE HELP EACH OTHER"

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# Homemaking clubs being revitalized

4-H Homemaking program see their articles on display. this fall across Ontario.

across the province in the to attract the public. next 18 months, should spark interest among members, says Lorraine Holding, regional supervisor of home Holding. Recruits will learn economists, Guelph.

Edibles", will teach nutrition skits, planning demonstrain snack foods. Learning to tions and exhibits, conducting make a rain hat, searf or meetings parliamentary-sshawl will be the aim of a tyle and completing projects. project,

"Accessories-The Finat Touch". Girls will need canvas and yarn for the third project, "Needlepoint", to make cushions, coasters or wall hangings. All subject matter, activity

contained in the 4-H manual. "We think the improved keeping," says Miss Holding. ding minutes of meetings."

Changes will revitalize the bring family and friends to Shorter morning, afternoon New projects, to be rotated or evening events are planned

"Anyone aged 12 to 26 years is welcome to joint the new fall program," says Miss the 4-H motto, "Learn to do One project, "Essential by doing", by organizing

After completing one project, each member and leader will be rewarded with a silver spoon. Finishing six projects merits a county honor sward of a pin and certificate. Provincial and advanced honors suggestions and quizzes are received after completing 12

and 18 projects respectively. Information on becoming a manual will reduce record- 4-H homemaking member or organizing a club is available "There will be a separate from home economists secretary's book for recor- located at county or regional offices of the Ontario Achievement days will now Ministry of Agriculture and encourage 4-H members to Food.

## Doug McPhail top seed judge

By Mark J. Leagy Doug McPhail of R. R. 2 Georgetown was the overall winner in the Halton 4-H Seed Judging Competition Boyne Community Centre, Tuesday, August 8.

Each contestant evaluated classes of haylage, bay, oats and barley, identified 20 weeds, have and seeds and wrote a quiz on general crop production. Trophy winners are as

follows:

Cash Crop Trophy, Marilyn McNabb, Small Seeds Trophy, Doug McPhail and McClure, Trophy. Bank McPhail. Royal Trophy, Doug McPhail and Norval Junior Trophy, Marilyn McNabb. Winner of the Junior Section was Keith Middlebrook Intermediate, Richard Stanley and Senior, Doug MePhail Other competitors were:

Junior, Doug McCann, Intermediate, David McCann, Ruth Gillies and Bob Wilson. Senior, Glenn McClure, Marily McNabb, Mary-Jean Robinson, John Reid, Bill Robinson, Joseph Weeden, Elaine White, Randy Fish, Hans Treviranus and Ruth Anne Wilson.

Official judges were John Nurse, Cecil Patterson and

## Canadians filling up on pork, poultry now

Canadians ate slightly less chicken, but last year con beef and lamb last year, but samption reached a record more than made up for it with 36.3 pounds higher pork and poultry consumption. The average per capita beef consumption in 1977 was 108 pounds, down from the record 110 ppunds per person eaten the year

In 1977 we each ate 1.8 pounds of mutton and lamb, in 1976 we ate 3,3 pounds, o while in 1970 the average consumption was about five pounds. Pork was a more popular meat last year than

in 1976. The average Canadian ate 55.5 pounds in 1977, compared with 53.1 pounds the year before.

Poultry consumption has been mereasing steadily in the last 30 years. In 1948, the than 15 pounds of fowl and

needs portable

Although St. Joseph's school, Acton, is only a year old, the Halton Separate School Board finds it necessary to move a portable classroom there from Haly Rosary school, Milton, to handle additional enrolment. Cost of moving the portable is in the budget with the only additional cost for a teacher. the board was told at a recent

St Joseph's is one of nine separate schools designated "al capacity" by the board.

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BECKY ROBINSON was a member of the China dolls at the day camp council ring. The program centred on world unity with children representing the different countries.

### Wet roads are slippery

Showers come up quickly and frequently blow over just as quickly. For the motorist it means that visibility is decreased when the rains come and "slickibility" is increased especially where there's a film of oil on the road. The Ontario Safety

that reduced speed and increased awareness are the keys to safe driving in the

Free Press has contest for kids

be hosting their Back to School contest again this year for those returning to the days of books and homework.

Children are asked to look back on their summer holidays and write a short story on the funniest or happiest moment of this year's school break. Entries should not exceed 150 words.

Prizes will awarded for the first and second place in the

The Acton Free Press will following categories: five and six years old, seven to nine years old, ten to twelve years old and 13 and over.

In addition to the prizes. winning entries will be

published in the paper. Mail or drop entries into The Acton Free Press, Box 120, 59 Willow Street, Acton,

Ontario, L7J 2M2. Burry and enter. Deadline is August 25, 1978. Your summer fun could be

## Miss Acton represents fair at CNE pageant

a winner.

Miss Acton Fall Fair 1977-78. Susan Thibodeau, left Acton yesterday (Tuesday) to participate in Miss C.N.E. competition. The preliminary judging and interviews, were done yesterday. Fin a judging will take place today (Wednesday) with Miss C.N.E. chosen to reign over the 20 day fair. Today is the opening day of the world's largest annual Exhibition.

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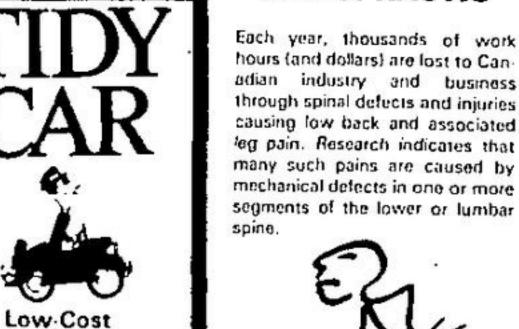
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The spine provides protection for the spinal cord. In order for it to function properly, each vertebra must be in normal relationship with the adjacent vertebrae, and he adaptable within a normal range of



The delicate balance and precision movement of a spinal segment may be disturbed by a slip or fall, poor posture, or heavy or awkward lifting. Such a structurally-altered spine may result in back pain. Slight strain on a structurallyweakened spine, or severe strain on a normal spine, may be sufficient to actually subluxate Imisalign) the vertebrae, resulting in nerve initation.

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# The Amazing '78 rabbit League reminds all drivers

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# CONTEST COL



Yes, kids — Summer is almost over.

# The Acton Free Press

wants to know about the **FUNNIEST or HAPPIEST** moment of your summer

#### **HOW TO ENTER**

Please mail or drop your entry in to: The Acton Free Press Box 120 59 Willow Street

Acton, Ontario L7J 2M2 Including your name, age, address, phone number.

Entries should not exceed 150 words.

Prizes will be awarded for the best and second best in the following categories:

5 and 6 years old, 7 to 9 years old, 10 to 12 years old and 13 and over.

Deadline Friday, August 25, 1978.

WINNING ENTRIES WILL BE PUBLISHED IN THE AUGUST 30 ISSUE