



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 Cheroniak 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.

## Homemaking clubs being revitalized

Changes will revitalize the 4-H Homemaking program this fall across Ontario. New projects, to be rotated across the province in the next 18 months, should spark interest among members, says Lorraine Holding, regional supervisor of home economists, Guelph.

One project, "Essential Edibles", will teach nutrition in snack foods. Learning to make a rain hat, scarf or shawl will be the aim of a second project, "Accessories—The Final Touch". Girls will need canvas and yarn for the third project, "Needlepoint", to make cushions, coasters or wall hangings.

All subject matter, activity suggestions and quizzes are contained in the 4-H manual. "We think the improved manual will reduce record-keeping," says Miss Holding. "There will be a separate secretary's book for recording minutes of meetings."

Achievement days will now encourage 4-H members to bring family and friends to see their articles on display. Shorter morning, afternoon or evening events are planned to attract the public.

"Anyone aged 12 to 26 years is welcome to join the new fall program," says Miss Holding. Recruits will learn the 4-H motto, "Learn to do by doing", by organizing skills, planning demonstrations and exhibits, conducting meetings, parliamentary-style and completing projects.

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 are received after completing 12 and 18 projects respectively.

Information on becoming a 4-H homemaking member or organizing a club is available from home economists located at county or regional offices of the Ontario Ministry of Agriculture and 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 at Boyne Community Centre, Tuesday, August 8.

Each contestant evaluated classes of haylage, hay, oats and barley, identified 20 weeds, hays 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 Glenn McClure, Coarse Grains Trophy, Doug McPhail, Royal Bank Trophy, Doug McPhail and Norval Junior Farmer Trophy, Marilyn McNabb. Winner of the Junior Section was Keith Middlebrook, Intermediate, Richard Stanley and Senior, Doug McPhail.

Other competitors were: Junior, Doug McCann, Intermediate, David McCann, Ruth Gillies and Bob Wilson, Senior, Glenn McClure, Marilyn McNabb, Mary-Jean Robinson, John Reel, Bill Robinson, Joseph Weeden, Elaine White, Randy Fish, Hans Treviranus and Ruth Anne Wilson.

Official judges were John Nurse, Cecil Patterson and Kay Hansen.

## Canadians filling up on pork, poultry now

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

In 1977 we each ate 1.8 pounds of mutton and lamb, in 1976 we ate 3.3 pounds, 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 increasing steadily in the last 30 years. In 1948, the average Canadian ate less than 15 pounds of fowl and chicken, but last year consumption reached a record 36.3 pounds.

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## Free Press has contest for kids

The Acton Free Press will 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 be awarded for the first and second place in the 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.

Hurry and enter. Deadline is August 25, 1978.

Your summer fun could be a winner.

## Miss Acton represents fair at CNE pageant

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. Final 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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## THIS IS CHIROPRACTIC

Each year, thousands of work hours (and dollars) are lost to Canadian industry and business through spinal defects and injuries causing low back and associated leg pain. Research indicates that many such pains are caused by mechanical defects in one or more segments of the lower or lumbar spine.



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 be adaptable within a normal range of motion.



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 structurally-weakened spine, or severe strain on a normal spine, may be sufficient to actually subluxate (misalign) the vertebrae, resulting in nerve irritation.

A series presented in the public interest by The Acton Area Chiropractors



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 "slickability" is increased especially where there's a film of oil on the road. The Ontario Safety League reminds all drivers that reduced speed and increased awareness are the keys to safe driving in the rain.



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# BACK TO SCHOOL CONTEST



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

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