

# Free Press Youth Page

## Essential edibles

### 4-H Homemaking Club programs start soon

The fall 4-H Homemaking Club program will be starting soon in Halton Region. Anyone aged 12 to 26 years is welcome to join.

By enrolling in the project "Essential Edibles" members will learn how to make mouth watering dishes using the easy new metric measures.

They'll be surprised how they sparkle with lots of energy when following the Personal Food Guide. It will include all the food your body needs every day.

There's something new to cook at every meeting

for example, Energy Squares, Creamy Ham and Mushroom Supper and Healthy Peanut Bread. Members will learn how to prepare a whole dinner with energy conservation in mind. Oh yes...desserts! Shimmering Fruit Cocktail, Leaf and Creamy Smooth Maple Treasure will become your favourites, we're sure.

Discover how easy it is to develop cooking talents. Transform smooth white sauce into Potato Cheese Chowder or use fluffy tea biscuits to top a steaming meat pie. Friends and family

will be pleased to see how cooking can look so simple. Essential Edibles winds up with party fun. You can choose from an array of ideas for "get involved" party food. Leadership Workshops for the project will be held September 11 and 12 in Ligny Hall.

For more information with regards to forming or joining a 4-H Club please contact Mrs. Nancy Schmidt, Home Economist, Ministry of Agriculture and Food, Elizabeth St. S., Brampton L6Y 1P7, 451-5474, or 181 Main St. E., Milton, L9T 1N7, 878-2314.



GETTING READY for classes to begin, Acton High School teachers Roy McMillan and Barb Johnson unpack some of the books students will be using.

### Area residents to graduate

Canada's leading geneticist Dr. David Suzuki will be guest speaker at the 10th Convocation of Conestoga College, Saturday, September 30. Dr. Suzuki is being honoured for his outstanding achievement in interpreting Scientific Principles to the Canadian Community.

The ceremony will begin at 1:30 p.m. at the Kitchener Memorial Auditorium and a reception will follow at the Doon Campus at 4 p.m.

The following Acton area people are among the 560 Diploma and 1,617 Certificate graduates out of a total of 2,177 who are eligible to participate.

Anne Roszel of 339 Willow Rd. W., Guelph is a graduate of the Introduction to Non-Traditional Occupations Program at the Guelph Campus. Nancy Glendenning of RR 2, Rockwood is a graduate of the Secretarial-Medical Program at the Guelph Campus. Nancy received the

Gus Fantuz Memorial Scholarship Fund Award.

Rolf Reinhold of RR 2, Acton is a graduate of the Fluid Power Technician Program at the Guelph Campus.

Bonnie Gordon of 37 Main St. N. is a graduate of the Secretarial-Legal Program at the Guelph Campus.



ACTON HIGH SCHOOL Outers held their regular monthly glass drive. Here, Gwyneth Gibb, Bill McKenzie, Noel Blake and Pete Zions load a truck at their storage depot.

### REGISTRATION

ACTON FIGURE SKATING CLUB  
SATURDAY, SEPTEMBER 9  
and  
SATURDAY, SEPTEMBER 23

ARENA 9 a.m.-12 noon

FIGURE SKATING

PRE-SCHOOL	\$32.50
JUNIOR	\$62.50
INTERMEDIATE	\$72.50
SENIOR	\$62.50
ADULT	\$32.50
PATCH	\$15.00

Power Skating

2 WEEK SESSION \$25.00  
FROM OCTOBER 2 TO OCTOBER 13

### EVANGEL TABERNACLE

33 Churchill Road North  
Sunday,  
September 10, 1978

KIDS SUNDAY  
AT EVANGEL

Parents, more than ever, are

9:45 a.m. Special about Mrs. "SAMMY"

11:00 a.m. Morning Service

7:00 p.m. Parents, attend

to bring their children to see REV. PAUL POWERS

Marge with a Message

• THIS WEEK •

Monday thru Thursday  
7:35 B. Worship

KIDS KIDNAPED with Mr. Powers

### Halton 4-H scores well in judging

Many Halton 4-H members took part in competitions at the 1978 C.N.E. Following are some results:

4-H Judging Competition

Junior Section, first, Diana Boyce; fourth, Elaine White; 10th, Carol Ann Laidlaw; 21st, Mary-Jean Robinson; 27th, Marilyn McNabb; 28th, Norma Wilson; 45th, Ellen Hurren; 46th, Eartha May Senior Section, ninth, Holly Hurren; 24th, Joe Weeden; 36th, Loug McPhail; 47th, Carol Patterson; 52nd, Randy Pitt.

winner of a silver tray, Connie Patterson; third, Scott Patterson

Dual Purpose Shorthorn Heifer Call Class, first, Connie Patterson; second, Scott Patterson

Holstein Junior Calf Class, eighth, Suzanne Wingrove.

Holstein Intermediate Calf Class, second, Carol Ann Laidlaw; third, Donna Stewart; and fourth, Heidi Stadler.

Holstein Senior Calf Class, fifth, Kim Peddie; 11th, Steve Wingrove; 12th, Joe Weeden; 13th, Kim Wingrove.

Dual Purpose Shorthorn Showmanship, first and

second, Scott Patterson

third, Connie Patterson

fourth, Elaine White

fifth, Holly Hurren

sixth, Norma Wilson

seventh, Marilyn McNabb

eighth, Eartha May

ninth, Diana Boyce

tenth, Carol Ann Laidlaw

eleventh, Loug McPhail

twelfth, Kim Wingrove

thirteenth, Heidi Stadler

fourteenth, Donna Stewart

fifteenth, Steve Wingrove

sixteenth, Kim Peddie

seventeenth, Joe Weeden

eighteenth, Randy Pitt

## BACK-TO-SCHOOL SALE

Lined and Unlined 50 Sheets	REFILL PAPER	69¢	Sylvania B's	FLIP FLASH	\$2.19
	SCRIBBLE PADS	79¢	1" BINDER	DUO-TANGS	17¢ ea.
	CALCULATORS	\$8.99 and up	Paper Mate	MALIBU PEN & PENCIL SET	\$2.99
			Tickle 75 ml.	DEODORANT ROLL ON	\$1.44
			Guardian	TOOTH BRUSHES	2/99¢
			150 g	BROMO SELTZER	\$1.39
			Guardian 100's	MULTIPLE VITAMINS	\$1.69
			Drestan 15 cc	NASAL MIST	\$1.29
			500 ml	LISTERINE	\$1.47
			Adorn 13 oz.	HAIR SPRAY	\$1.88
			10's	NEO-CITRAN	\$1.44
			Nice 'n Easy	HAIR COLOUR	\$2.19

GUARDIAN DRUGS SPECIAL  
10 COLOR REPRINTS  
From already developed regular size colour negatives  
ONLY \$2.99 WITH THIS COUPON  
THIS OFFER EXPIRES SEPTEMBER 9, 1978.

### Acton Pharmacy Ltd.

Corner Mill and Main Sts. • ACTON • 853-1620

### Now course to help job hunters

A new evening course, How To Plan For and Find the Right Job, will be offered at the Hamilton Campus of Sheridan College, this fall. The course is aimed at those changing careers or trying to get back into the work force.

"Most people fall into a career. They hear about a job through friends and don't really think about whether or not that job is going to make them happy," he said.

The course will cover resume preparation, interview skills and company research. In addition, through small group sessions and role playing, students

will discover strengths and weaknesses and what kind of job they will find rewarding.

With today's uncertain economic conditions; more women entering the work force and people changing careers more frequently, this course is designed to help the student weather those changes with confidence and security, said Johnston.

## INVEST \$636.28

# GET BACK \$1000.06

If you invest \$636.28 in a FidMor Mortgage Investors Corporation 5 year debenture on the 1st day of any month and leave it there for 5 years, we will return \$1000.06 to you... a tidy profit of \$363.78. This plan is based on 9% interest compounded semi-annually and accumulated to maturity. A similar yield on investment is available on any amount from \$500.00.

Applications may be made at the FidMor head office or by completing the coupon below and mailing it with your cheque payable to FidMor Mortgage Investors Corporation.



Head Office: Fidelity-Equitable Trust Tower 10th Floor One James Street South Hamilton (416) 525-9411

FidMor is a registered and supervised Member, Canada Branch Insurance Corporation Rates subject to change without notice

Additional Debenture Plans from 1 to 5 years available.

Please issue a FidMor 5 year Debenture for \$ at 9% compounded to maturity, to yield approximately 11.43% simple interest annually.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/Town \_\_\_\_\_ Province \_\_\_\_\_  
Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_

# FANTASTIC SAVINGS SALE

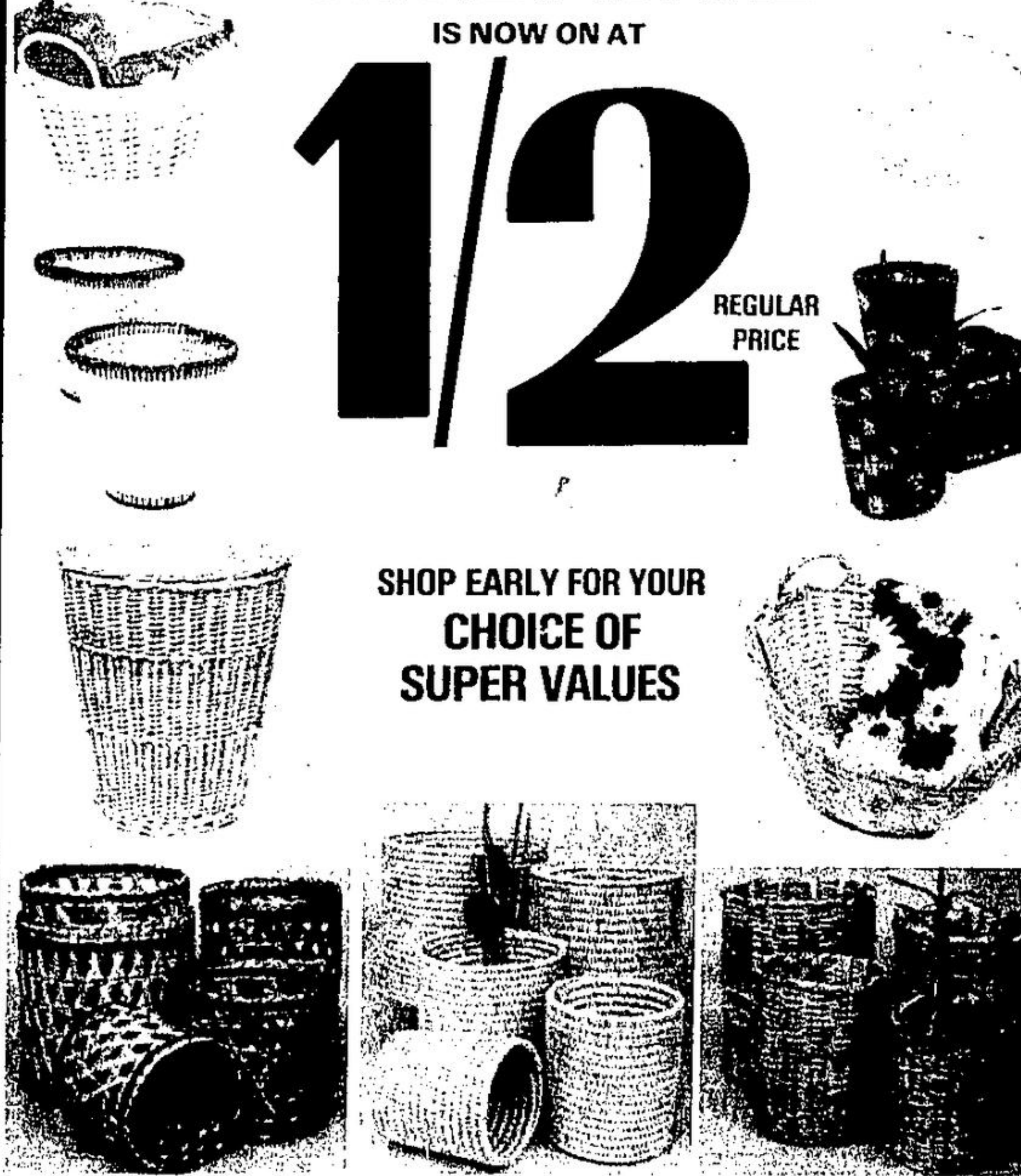
YES OUR COMPLETE SELECTION OF BASKET WARE

IS NOW ON AT

# 1/2

REGULAR PRICE

SHOP EARLY FOR YOUR CHOICE OF SUPER VALUES



### ZELLERS MILTON MALL

55 Ontario Street South

Open Monday-Friday 9:30-9:30 • Saturday 9-9 • Phone 878-8178

Zellers Has Low Prices... No Mistake About It.

ACTON DISTRIBUTORS WHOLESALE/RETAIL