

# GLEN WILLIAMS

A "Fisher's Party," was held last Wednesday, December 26 in the home of Mr. and Mrs. Bob McMaster, for approximately 50 people. The afternoon and evening were spent entertaining a group of fishermen, their family's, and friends, showing slides and films of their trips to both Baffin Island, and the Albany River, last July and August. The five men who attended the fishing trip to Albany River were, Gerald Inglis, Gordon Preston, Doug Sargent, Bud Bishop, and Bob McMaster. The group to Baffin Island, consisted of 19 men, including Bob Reynolds, Gerald Inglis, Gordon Graham, Bud Bishop, Gordon Preston, Bob McMaster, and other members from the Oakville area. A Chinese dinner was enjoyed by 23 of the people, during the evening visit with the McMasters, followed by an exchange of several humorous fish stories, and experiences. The pictures shown, were all taken by Mr. Gerald Inglis.

The Bell Canada repair department employees, and their family's held their annual Christmas party, in the basement of St. John's United Church, Sunday afternoon, December 23, here in the Glen. Movies were shown, refreshments were served, and Santa presented each child with a gift, and a bag of candies. One little four year old boy created a roar of laughter, when he asked Santa, if he would be coming to his house tomorrow. When Santa replied "Yes, this little boy very politely asked Santa, "Would you please take off your boots, because my mommy just got a new rug."

Mr. and Mrs. James Frank enjoyed the company of relatives for Christmas dinner. They were, Maureen Frank's sister and husband, Mr. and Mrs. George Heaver, and their family from Oakville, Maureen's mother, Mrs. Isobel Hepburn of Burlington, Jim's parents, Mr. and Mrs. Bud James, and his aunt and uncle, Mr. and Mrs. Gordon Silcock, of Georgetown.

Christmas day guests with Mr. and Mrs. Lyle Armstrong, and Craig, were Mr. William Bennett, Harold Bennett, Mr. and Mrs. Robert McMaster, George McNally, senior, missing from the family gathering, was Mrs. Margaret Bennett, who is a patient at the Georgetown and District Memorial Hospital. We extend our best wishes for her speedy recovery. Mr. and Mrs. Walter Firth of Peterborough, who usually spend a few days of the Christmas holidays with the family, are visiting this year, with their daughter and her family, in Brazil.

Bea and Burt Snyder, and family enjoyed the pleasure of relatives, visiting for Christmas dinner. Members of the family attending were, Bea's parents, Mr. and Mrs. William Stefanowich, and her brother

Ken from Oak Ridge, Mr. and Mrs. Richard Glasser, and children from Newcastle, and Guy Stefanowich of Etobicoke. They all exchanged gifts and enjoyed a Christmas dinner. Bea's brother Guy, entertained the family, singing and playing the guitar.

Mr. and Mrs. Tom Haines entertained their family gathering and Christmas dinner with Mr. and Mrs. John Haines, and their children, Jeff, Terry, Scott, and Chris, of Glen Williams, Mr. and Mrs. Bud Haines of Georgetown, Mr. and Mrs. David Smallwood, Mr. and Mrs. Jack Crichton, and daughter Jackie of Limehouse, and Mr. and Mrs. Terry Perry from Burlington. A very enjoyable time was had by all.

Sunday morning, December 16, a family service was held in St. John's United church. The choir consisted of members from the Glen Explorers group, and accompanying the choir, was organist, Brenda McNeil. Rev. Harold Martin, gave the morning service. St. John's United church celebrated Christmas on Sunday, December 23. The church was decorated with the Nativity scene, poinsettias, and a Christmas tree. The music was provided by the Senior choir from St. John's United church in Georgetown, and the service was conducted by Rev. Harold Martin.

St. Alban's Anglican church, also celebrated their Christmas morning communion, Sunday December 23. The Christmas Eve service was held at St. Paul's church in Norval, with the combined singing of an anthem, by the choirs from both churches.

Mr. and Mrs. Ed. Green, enjoyed the pleasure of relatives for their sharing of Christmas festivities. Members of the family attending were, Mrs. Albert Green, Mr. and Mrs. Al Mckaig and family, Mr. and Mrs. James Haighway, Alan Sayer, and Mr. and Mrs. Bob DeBeer, and their family.

Mr. and Mrs. Horice Bell spent Christmas dinner with their daughter Bonnie, and Don Maveal, and their family. Other relatives attending the festivities were, Mr. and Mrs. Fred Maveal, Susan and Bill Maveal of Georgetown, and Mr. and Mrs. W. Maveal, grandparents, from Erin. Visiting with Mr. and Mrs. Bell over this past week-end, was their son, Richard, his wife Mary, and their two sons, Derek and Craig.

Angie and Joe Lamoureux celebrated Christmas with Angie's brother, Lou Ricci, his wife Linda, and their son Randy.

Mr. and Mrs. Albert Dewdney enjoyed the pleasure of a visit, over Christmas, by their son Stephen from London, and Mr. and Mrs. Eric Dewdney of Galt. Several of

their neighbors, including ourselves, observed with fascination, the joint effort displayed by the Dewdney family, on Boxing day, as their creation of a snow sculpture gradually took the form of a huge totem pole, estimating close to 20 feet in height. Unfortunately, the earlier evening rains disfigured the structure very quickly, but a very exciting time was spent during its construction.

Many young skaters have been attracted to the Credit River, during the Christmas holidays. Children should be cautioned of the extreme danger of its thin ice, at this time, which cannot be overstressed, in protection of their safety. I would like to express my sincere wishes to everyone, for a safe, and very Happy New Year.

-Gail M. Williamson

# BALLINAFAD NEWS

Mrs. Lloyd Marshall, welfare convener for the WI, made the usual rounds at this season of the year and presented a plant or suitable gift to the sick and others confined to their homes in the Ballinafad community.

Mr. and Mrs. Dan O'Connors and daughters attended a family gathering at his parent's home in Erin on Christmas Eve.

Mr. and Mrs. John Kanusek spent the Christmas holidays in Manitoba where they visited with her parents and sisters.

Mr. and Mrs. Lloyd Marshall had their family home on Christmas day. They were Mr. and Mrs. Jim Miller, Debbie, and Jamie from Toronto and

McLean and family from Brampton spent the holiday in the village.

Guests on Sunday with Mr. and Mrs. Lloyd Marshall were Mr. and Mrs. Sam Cotter from Toronto and her mother Mrs. Hurren who is visiting with Mr. and Mrs. Cotter. She is from Swan River, Manitoba.

Mr. and Mrs. Willard Sanderson and sons were guests at the wedding of Miss Linda Linkham and Mr. Keith Cairns at Limehouse Presbyterian Church on Friday evening, Dec. 28.

Mr. and Mrs. Leo Jamieson had their family all home for Christmas. Leo's mother, Mrs. Jamieson Sr., also spent Christmas Day with the family.

-Mrs. Winnifred Smith

# HORNBY NEWS

North Trafalgar Euchre club held its weekly euchre party Dec. 22 at the North Trafalgar Recreation Centre with nine tables of euchre in play. Men's prizes were won by Donald Douglas, Tom Brownridge and Wilbert Nix; women's prizes were won by Marie Peacock, Lena Hamilton, Violet Nix and Isabel Stout. Draws were won by Harvey Dunn and Myrtle Cunningham.

Mr. and Mrs. George Treanor and son Scott, were dinner guests on Sunday evening with Mr. and Mrs. Garry Hamilton of Hornby.

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Get-well wishes are extended to Mrs. Lloyd Pickering, who is a patient in the Oakville-Trafalgar Memorial Hospital.

Mrs. Irma Tyndall, Laurie and Danny of Clinton, spent the Christmas holiday with Mr. and Mrs. Les Rutledge of Hornby.

Friends of Walter Bernard are sorry to hear that he is a patient in South Peel Hospital following surgery. His many friends wish him a speedy recovery.

A candlelight service was held on Sunday evening at Eden United Church, when several Carols were sung under the leadership of Mrs. Harry Lowden. Lunch was served and tea was enjoyed.

Mr. and Mrs. Robert Rutledge of Bramalea, were dinner guests at the home of Mr. and Mrs. Leslie Rutledge. Mr. and Mrs. John Drummond of the Ninth Line, Hornby, were guests of Mr. and Mrs. Les Rutledge on Sunday. Mr. and Mrs. Ron Plant entertained friends at their home on Friday night. Those attending were Mr. and Mrs. Les King, Mr. and Mrs. Ben Devlin, Mr. and Mrs. Ted Jennings, Mr. and Mrs. Don Arnold, Jim Plant, Mr. and Mrs. Bruce Pevitt and Mrs. and Mrs. Ian Break. -Mrs. Jim Hamilton

**DID YOU KNOW**  
Persepolis was an ancient Persian city.

# YOU CAN DEPEND ON US FOR GUARANTEED QUALITY!

This Week... Make The Switch to A & P WEO!

For Quality You Can Count On... Serve A&P WEO Meats Tonight!

Pork Loin Quarters Cut Into

## PORK CHOPS

9 to 11 Chops in a pkg.

No Centre Slices Removed

# 99¢

lb

SUPER-RIGHT BRAND, SLICED, SIDE

ROULETTES, EITHER END

**Pork Loin Roasts** 1b \$1.38

ROULETTES

**Pork Loin Chops** 1b \$1.58

SUPER-RIGHT QUALITY, MEATY

**Pork Hocks** 1b 59¢

SUPER-RIGHT QUALITY, PORK SIDE

**Spare Ribs** 1b 99¢

BURNS BRAND, STORE PACK, BEEF & PORK

**Sausages** 1b 88¢

SCHNEIDERS BRAND, RED HOT

**Wieners** 1-lb vac pac 88¢

SCHNEIDERS BRAND, SLICED, 7 VARIETIES

**Cooked MEATS** 6-oz vac pac 44¢

MAPLE LEAF, RANCH STYLE, BY THE PIECE

**Bologna** 1b 56¢

5X BRAND, SLICED

**Cooked Ham** 6-oz vac pac 88¢

5X BRAND, FROZEN

**Beef Steakettes** 1b 98¢

RUPERT BRAND, FROZEN

**Cod** FISH & CHIPS 20-oz pkg 99¢

ACTION PRICED!

California, Sweet, Seedless, Navel

## ORANGES

dozen 59¢

Size 138

SWEET PICKLED, BY THE PIECE

**BACON** 1-lb vac pac \$1.18

End Cuts Centre Cuts

**BACK BACON** 1b \$1.38 1b \$1.48

MEADOW GLEN - PICES & STEMS

## MUSHROOMS


10-FL-OZ TIN 39¢



WHERE ECONOMY ORIGINATES

## GOOD HEALTH IN '74

By: Mary Henry Home Economist



Remember that old saying: "YOU ARE WHAT YOU EAT"? In a world where processed and convenience foods make up a large part of our diets, it is important to consider the nutritional quality of the foods our families enjoy. Our bodies can only operate at their best if we provide them with the right "fuels" (or nutrients) in the proper proportions. Since no one food provides each of the nutrients our bodies require, it is necessary to choose a variety of foods. To help us choose wisely, foods have been arranged into four basic groups. Each of the foods within the group will provide similar nutrients. If we eat a variety of foods from each of the groups, each day, we are assured of a well-balanced diet.

**MILK AND MILK PRODUCTS:**  
Children up to 10 yrs.—2 to 3 servings  
Adolescents—4 servings  
Adults—1 to 1½ servings  
Expectant and Nursing Mothers—4 servings  
One serving equals: 8 oz. milk, cottage cheese or yogurt—3 scoops ice cream—1 oz. cheddar cheese—2 oz. processed cheese.

**FRUITS AND VEGETABLES:**  
3 servings including an excellent source of Vitamin C.  
One serving equals: ½ cup raw or cooked fruit or vegetable or their juices.

**CEREALS, BREADS AND PASTAS:**  
3 servings of whole grain or enriched cereals, breads or pastas.  
One serving equals: ¾ cup oatmeal—1 cup bran flakes—1 slice enriched bread—¾ cup enriched macaroni or pasta.

**MEAT AND MEAT ALTERNATES:**  
2 servings (1½ servings for children under 10 and persons over 60 years)  
One serving equals: 3-4 oz. meat, fish or poultry—2 eggs—4 tablespoons peanut butter—1 cup of baked beans.

**VITAMIN D:** The 400 INTERNATIONAL UNITS per day required by all growing persons and expectant or nursing mothers is found in fortified milk and margarine or in Vitamin Preparations. (Prepared by: Department of Nutrition, School of Hygiene, University of Toronto.)



MR. AND MRS. MICHAEL CARNEY

Knox Presbyterian Church was decorated with white and pink mums for the Dec. 1 wedding of Michael Philip Carney and Mary Ellen Gudgeon. The bride is the daughter of Mr. and Mrs. Jack Gudgeon and the groom is the son of Mr. and Mrs. Philip Carney.

The bride wore a floor-length satin and nylon empire style gown, a long veil trimmed in satin with matching trim on the dress. The long veil was held by a garland of seed pearls and flowers (apple blossoms). Rev. Peter Barrow officiated at the 4 p.m. ceremony. Bellringer was Marsha Fry. A local folk singing group, Sage, presented several selections, two being For All We Knew and We've Only Just Begun. The bride was given in marriage by her father at the double-ring ceremony.

She carried a Bible which also had been carried by her mother and sister. Maid of honor was Miss Susan Gudgeon, sister of the bride, and bridesmaids were Mrs. Ann MacKenzie, sister of the bride, and Miss Elizabeth Carney, sister of the groom.

Flower girl was Miss Karen Gudgeon, niece of the bride. Ring bearer was Peter MacKenzie, nephew of the bride.

The girls wore long burgundy jumpers and pale pink blouses. They carried nosegays of white mums with long pink streamers.

Groomsman was Bob Callaghan, while ushers were David Carney, brother of the groom, and Jack Gudgeon, brother of the bride. Reception was held at the Oddfellows Hall. Receiving were Mr. and Mrs. Gudgeon and Mr. and Mrs. Carney, parents of the bride and groom. Mrs. Gudgeon wore a long green and white chiffon gown, with pink carnation corsage. The couple honeymooned at St. Petersburg, Fla., and have taken up residence at 35 Raylawn Cres.

Miscellaneous showers were held by Miss Ellen Copeland, Mrs. Ann MacKenzie and Mrs. Donna Varey.

A linen shower was given by Mrs. June Beoney and Miss Liddy Carney. A tea was held at the bride's home.

## OVEN-FRESH BAKERY TREATS!

MIX OR MATCH—Sliced Vienna Bread 24-oz, Pumpernickel, Plain or Seeded Jewish Rye 16-oz (Buy 3 loaves—Save 17¢)

## Jane Parker Bread

3 LOAVES \$1.00

- JANE PARKER **Pumpkin Pie** full 8-inch pie 65¢ (ACTION PRICED!)
- JANE PARKER **Lemon Pie** full 8-inch, 24-oz pie 65¢ (ACTION PRICED!)
- JANE PARKER, VANILLA MACAROON (SAVE 6¢) **Cup Cakes** pkg of 6 43¢ (SAVE 8¢)
- JANE PARKER **Jelly Roll** 9-oz cake 45¢ (SAVE 4¢)
- JANE PARKER, APPLE RAISIN **Coffee Cake** 12-oz cake 53¢ (SAVE 10¢)
- JANE PARKER, DANISH (COFFEE CAKES) (SAVE 10¢) **Lemon Whirls** pkg of 6 69¢ (SAVE 4¢)
- JANE PARKER, PLAIN, SUGAR, CINNAMON **Cake Donuts** pkg of 12 39¢ (SAVE 4¢)
- JANE PARKER, SLICED **Cheese Bread** 12-oz loaf 39¢ (SAVE 4¢)
- JANE PARKER **English Muffins** pkg of 6 39¢ (SAVE 4¢)

## SCOTT PAPER PRODUCTS

- PINK, WHITE, YELLOW **BATHROOM TISSUE** PKG OF 2 ROLLS 39¢ (ACTION PRICED!)
  - DISPOSABLE **SCOTT DIAPERS** PKG OF 30 \$1.39 (ACTION PRICED!)
  - CORAL, WHITE, YELLOW, DECORATOR **SCOTTOWELS** pkg of 2 rolls 63¢ (ACTION PRICED!)
  - WHITE OR COLOURED **Scott Napkins** pkg of 60 29¢ (ACTION PRICED!)
  - SANITARY NAPKINS **Confidets** pkg of 12 59¢ (ACTION PRICED!)
  - A, B, C, D, SIZES **Scott Baby Pants** each 49¢ (ACTION PRICED!)
  - SCOTT **Towel Holders** each 67¢ (ACTION PRICED!)
  - CUTRITE **Wax Paper Refill** 100-ft roll 39¢ (ACTION PRICED!)
- SAVE WITH COFFEE COUPONS
- A SUPERB BLEND OF 100% BRAZILIAN COFFEE SAVE 9¢
- ## 8 O'CLOCK BEAN COFFEE
- 1-LB BAG 88¢
- 3-LB BAG \$2.55 - SAVE 30¢

Action Priced!

POWDER DETERGENT



# TIDE

KING SIZE 5-LB BOX \$1.69


THE BIG JOB CLEANER FOR LINOLEUM, TILE, WALLS, WOODWORK, ECONOMY 4-15 6-OZ BOX ACTION PRICED!

## SPIC & SPAN \$1.69

### Check These Low Prices!

- DOG OR CAT **Bonnie Pet Food** 4-15-oz tins 59¢ (CONCENTRATED)
- Downy** FABRIC SOFTENER 66-11-oz plastic bit \$1.39 (NESTLES, RICE, TAPIOCA, CHOCOLATE, BUTTERSCOTCH)
- Mini Puddings** pkg of 3.5-oz tins 49¢ (READY CUT MACARONI OR)
- Catelli Spaghetti** 16-oz pkg 34¢ (CANADA No. 1 GRADE, LIQUID)
- Bee Maid Honey** 26-11-oz jar 85¢ (CANNED)
- Prem Luncheon Meat** 12-oz tin 85¢ (KRAFT SALAD DRESSING)
- Miracle Whip** 16-11-oz jar 53¢ (MARGARINE)
- Blue Bonnet** 3-lb pkg \$1.29

WE REDEEM ALL FOOD STORE COUPONS




WITH THIS COUPON - SAVE 9¢

100% BRAZILIAN COFFEE ACTION PRICED!

## 8 O'CLOCK BEAN COFFEE

1-lb bag 88¢

OFFER EXPIRES JANUARY 31st, 1974.



WITH THIS COUPON - SAVE 30¢

100% BRAZILIAN COFFEE ACTION PRICED!

## 8 O'CLOCK BEAN COFFEE

3-lb bag \$2.55

OFFER EXPIRES JANUARY 31st, 1974.

ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SATURDAY, JANUARY 31st, 1974.