

# Outlook on Lifestyle

## Smart cooking



It's Cancer Month and in recognition of the Canadian Cancer Society's fund raising drive, Gail Collett presented a book to the Halton Hills Libraries. Chief Librarian Betsy Cornwell (left) received the book, called Smart Cooking. Gail Collett is the education chairman with the Halton Hills Unit of the Cancer Society. Anne Lindsay is the author of Smart Cooking, which was published in co-operation with the Canadian Cancer Society.

## Driver charged in accident

Charges of failure to yield right of way have been laid against the driver of an Oldsmobile following an accident at the Ninth Line and Sideroad 10 at 6:14 p.m. April 11. Police say a Plymouth was driven eastbound on Sideroad 10 at approximately 80 kilometres. A 1981 Oldsmobile, driven by a 51-year-old Georgetown woman was travelling northbound on the Ninth Line and stopped at the intersec-

tion. The car then proceeded through the intersection and the Plymouth, driven by 64-year-old Samuel Ewart of Willowdale, swerved to miss the car and rolled over onto the ditch on the south side of Sideroad 10. Damage to the Plymouth was estimated at \$4,500 to the front and top. Mr. Ewart was taken to Georgetown District Memorial Hospital with minor injuries and released.

## POLLY'S POINTERS



Polly Fisher

DEAR POLLY — Can you tell me how to make a good furniture polish? I don't care for the commercial sprays. They are too perfumey and don't seem to give the furniture a deep glow like I remember from years ago. — D.G.

DEAR D.G. — Perhaps a real beeswax polish will meet your needs. You could try using any of the high-quality paste waxes that are made to be rubbed in and buffed thoroughly to give furniture a rich shine, or you can make your own with the following formula.

Shred or chip 4 ounces beeswax into a coffee can. Stand the coffee can in a

larger can or pan filled with hot water. (Don't leave the pan of water over a flame or heating element while you're preparing this mixture. Don't let any of the water spill into the can of wax.) Slowly add 1 cup turpentine to the wax. Mix thoroughly with a rotary egg beater until the wax has melted and is completely combined with the turpentine. Then just pour the mixture into small cans, allow to cool completely, cover, label clearly and store in a cool, dry place. Use as you would any high-quality paste wax.

I'm sending you a copy of my newsletter "Homemade Soaps and Cleaners," which has other recipes for furniture polishes and wood cleaners, as well as formulas for all-purpose household cleaners, laundry presoaks, and homemade laundry and hand soap. Others who would like a copy of this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to include the title. — POLLY

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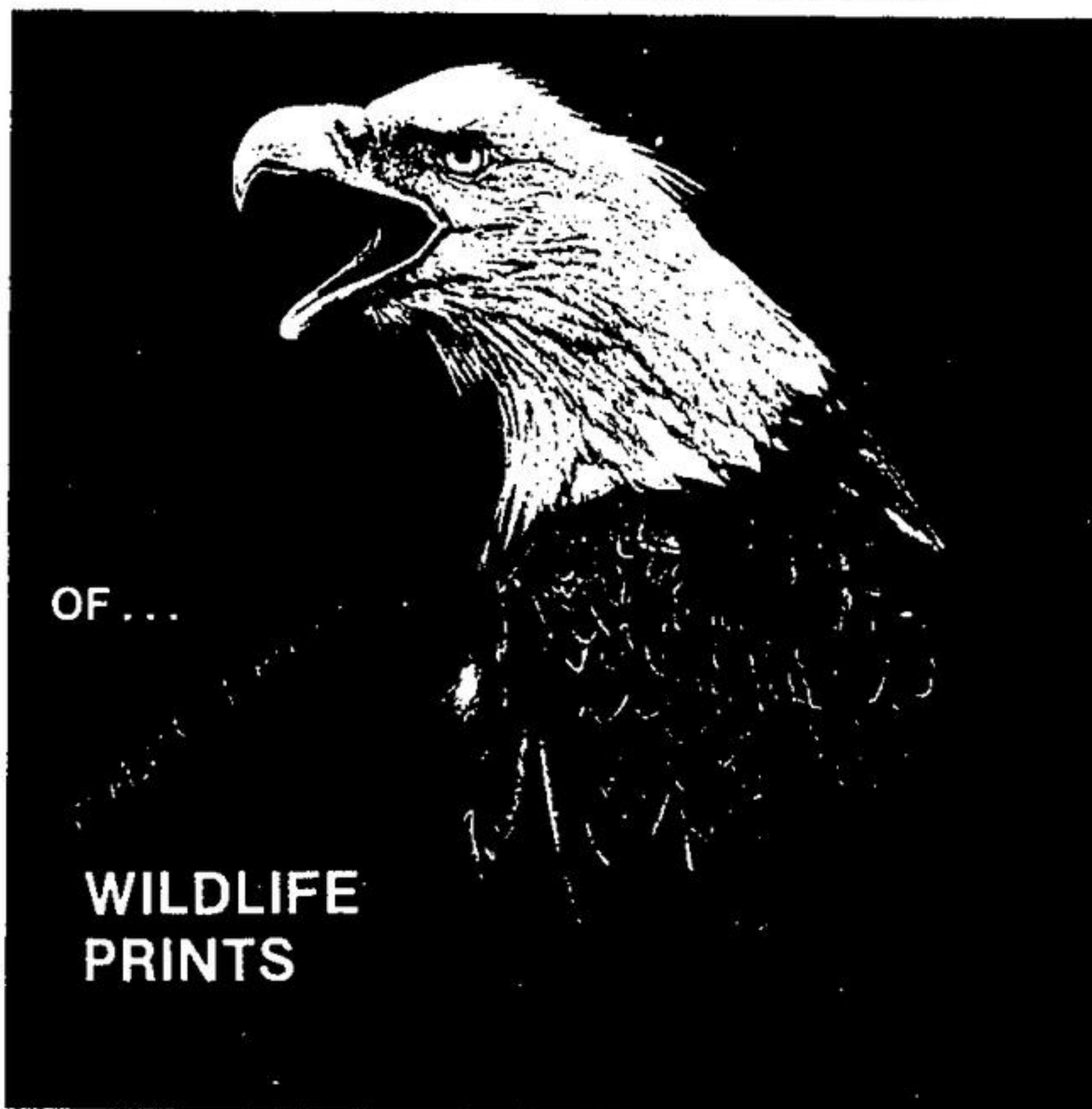
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## Photo Tips

by Peter Moss



### Polishing Off Your Portraits

By now I assume that many of you have had an opportunity to try some portrait techniques and check your results. In examining your photos I certainly hope that you have seen an improvement in your work over the last few weeks.

I have tried to stress throughout your 'portrait outline' not to waste space. As the portrait you take is supposed to be representative of that person's character, wasted space serves only to deprive you of every available inch in which to portray that character. Whether you are photographing a family celebration - (a birthday - an anniversary - a graduation) or you have a need to provide a friend with a formal business portrait, you must above all record that subject so that anyone viewing the finished product can and will say: 'Oh, now THAT! is Uncle George, Aunt May or Little Johnny!'

If your print does not do this, your technique needs a little more polishing, and a little more polishing brings you back to shooting more film!

Once you are comfortable with your subject (subjects) and you are familiar enough with all your possible shooting localities then you will find that portraits will come much more easily to you.

Try therefore to remember:

1. For portraits, colour negative film usually works best for you.
2. A longer than normal focal length lens also works to your advantage. (50 mm lens is normal to 35 mm cameras)
3. Where possible use your tripod, it will help you keep things squared up.
4. If you are more comfortable by starting off doing your shots outside, please do so.
5. A portrait can be a head and shoulders, a three quarters length, a full length view, a full face, a profile or several faces in any of the above views. There are many many possibilities.
6. You have the option of working in daylight (natural light) or by electronic flash. You can also shoot by candle light if you wish! again consider the possibilities.
7. Train your eye to take that second look through your finder in order to remove 'clutter' before you shoot.
8. Should you shoot horizontally or vertically? Make your choice before you press the shutter release.

If you take these eight basic points and keep them at hand when shooting portraits, you will find that all your elements will tend to fit into place quite readily, and you will no longer have to stop and think 'now what next!'. When you have reached that stage, your portraits will reflect, both to you and your subjects pleasure, your practised efforts. If you have some time, stop in at the library and take a long look through the books 'Karsh - Canadians' or 'Karsh - A Fifty Year Retrospective' and treat yourself to a simply spectacular collection of portraits at the hands of a master. Oh yes, don't let the images contained there-in discourage you; Karsh had to start out the same way, rather let the images inspire you!

Until next week.



Peter G Moss Photography

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