

Seniors for the Future

By Audrey Milward

Seventeen years ago I suddenly found myself with time to spare. My children were all grown up and had flown the coop; and so I was given the opportunity of doing the many things I never had time to do before.

Instead of washing, cooking and cleaning, my options were now painting, sewing, traveling and generally filling my time and keeping myself happy. One day friends and I visited an "Arts and Crafts" show at the Riviera in Norval and a whole new world opened up for me. Two local ladies, Audrey Deere and Shirley Lyons, manned a display of "Traditional Rug Hooking". Both ladies were teachers of the craft and, I believe, two of the best in their field.

Beginner classes were offered and of course I signed up right away. I was full of enthusiasm and could hardly wait for my first lesson. The classes were held at the Georgetown and District High School, one evening a week for ten weeks. Our first project was a beginners rug. I chose one called "Victoria", an oval rug approximately 30"x46", an assortment of flowers graced the centre - roses, pansies, lilies, etc. The first lesson

was learning the mechanics of using the hook smoothly and evenly. Each week we would learn how to hook a different flower and by the end of the ten week course, I had created this beautiful work of art. My family were all so proud of me and of course, I lapped up the praise. Since that time I have completed many, many pieces including rugs, wall hangings, pictorials and even coasters and hot pads; each piece bringing me such a great feeling of joy and achievement. Many of the hookings have been done with recycled wool such as old blankets, skirts and coats. I've found treasures at garage sales and rummage sales. I have been known to "eye" a garment that was still being worn by someone, so compared to many other crafts, it can be relatively inexpensive.

Apart from the joy of creating something lastingly beautiful, along the years I have made many new friends who have become as precious to me as my hooked pieces. I have enjoyed years of companionship and fun with my fellow hookers, and God willing, I hope to enjoy many more.

The hooking I am writing about is "Traditional Rug Hooking" not to be confused with latched hook-

ing. I am sure there are many among you who remember Grandmother hooking a rug with cut up strips of wool clothing and a home made hook. The results were often very pleasing although primitive.

Today the craft has been refined and we are able to buy commercial products such as designed canvasses, hooks, and wool stripper machines. In this day and age when most women work, it probably is a great help to have these products available.

Our teacher in Georgetown, Mrs. Shirley Lyons, has taught us to dye our own wool, but if we are short of time we can purchase it from her, which I chose to do. She encourages us to recycle. I have made two rugs from an old blanket that I was given as a wedding present 43 years ago. Absolutely nothing goes to waste, and what satisfaction can be gained from creating something beautiful out of an old rag bag!

Anyone interested in learning this craft can call Shirley Lyons at the "Lyons Den" on Moultray Cres. in Georgetown, 877-5485. Mrs. Lyons will give you information on any future classes she may be having.

From the kitchens of Weight Watchers



CHICKEN AND MELON SALAD

French Bread with Reduced-Calorie Margarine
Reduced-Calorie Chocolate Pudding with Whipped Topping
Iced Tea with Lemon Slice

MAKES 2 SERVINGS
2 ounces julienne-cut cooked, skinned, and boned chicken
2 tablespoons dry sherry
2 tablespoons seasoned rice vinegar
1 tablespoon teriyaki sauce
2 cups shredded lettuce
1 cup cantaloupe chunks

1/2 cup julienne-cut red bell pepper
1/2 cup julienne-cut carrot
1/2 cup diagonally sliced scallions (green onions), white portion and some green
1/4 cup alfalfa sprouts
1/2 ounce shelled roasted unsalted peanuts, coarsely chopped

1. In small glass or stainless-steel mixing bowl combine chicken, sherry, vinegar, and teriyaki sauce; set aside.
2. Line serving platter with lettuce, decoratively arrange cantaloupe, pepper, carrot, celery, scallions, and sprouts on lettuce. Using a slotted spoon, arrange chicken on salad. Drizzle sherry mixture over salad and sprinkle with peanuts.
3. Add beets and pasta and toss to coat; cook until heated through, 1 to 2 minutes.

EACH SERVING PROVIDES: 1/2 FAT; 1 1/4 PROTEINS; 4 VEGETABLES; 1/2 FRUIT; 15 OPTIONAL CALORIES
PER SERVING: 212 CALORIES; 13 g PROTEIN; 24 g CARBOHYDRATE; 6 g FAT; 83 mg CALCIUM; 510 mg SODIUM; 25 mg CHOLESTEROL; 4 g DIETARY FIBRE; REDUCED CHOLESTEROL AND FAT.

Recipe from "Simply Light Cooking 250 Recipes from the Kitchens of Weight Watchers", ©1992 Weight Watchers International, Inc.
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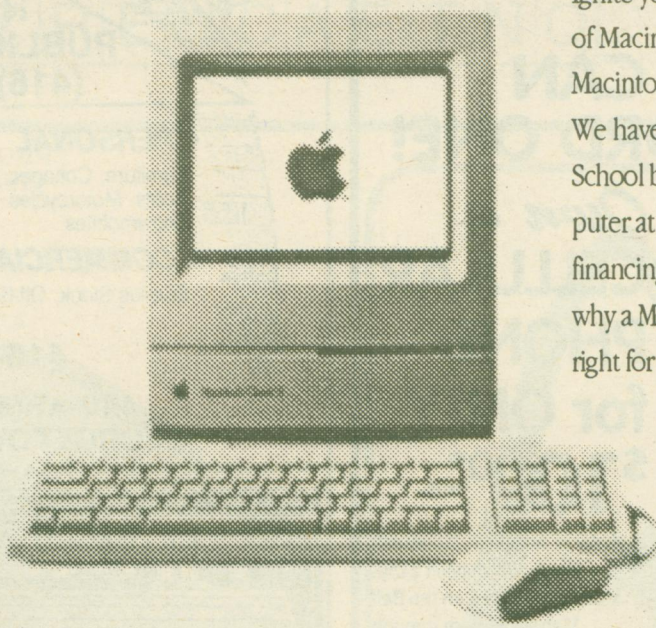
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You Were Asking:

With Don Hearn*

ARTHUR F. JOHNSON & ASSOCIATES LTD., REALTOR

Is home restoration right for you?

Q My husband and I prefer the quality of pre-drywall or plaster homes. With so much new construction in our area, are older homes a good investment?

A Almost every home is a good investment. In fact, purchasers of older homes have many advantages in the marketplace. Older neighborhoods often have larger, mature lots with room for expansion of the existing home. Expansion and renovation can give you all the amenities of the newer home while maintaining the character of an older home.

Some neighborhoods are ripe for revitalization. All you need is a creative outlook. When you look at an older, run-down house, what do you see? Do you see the paint peeling or can you picture a family room at the side or rear? Do you see the sagging roof, or can you imagine an alcove with bay windows on the second floor? Are you deterred by the outdated decor, or do you appreciate the craftsmanship hidden behind layers of old paint? If you see the positive side, you could be a good candidate for home restoration.

Buying an older home to restore may be more affordable than other properties. Consult a REALTOR who is familiar with the area and who understands market trends. With vision and professional guidance, you could be on your way to restoring your own home.

Before you buy the particular property you have selected, it is time to determine the amount of restoration needed. Hire a contractor to inspect the basic systems to make sure you understand the costs involved. Remember, restoration is a time-consuming process. Your objective should be to hold down costs without sacrificing a quality finished product. Try to arrange for low down payment on the home so that all your money will not be tied up in the purchase price; leave some for restoration work.

An old home in need of restoration can be the beginning of a great adventure. With "sweat equity" and a little luck, your dream home can be realized at an affordable price and with a great deal of satisfaction and personal pride.

For more information on this series of articles or help with your own real estate needs, please call Don Hearn Sales Rep* at the office 877-5165 or at home 853-4244.