

Mountain Union W.I.

"Dollars and sense" 4-H club discussed

Mrs. Andrew Woodley, 360 Ontario St. S., opened her home for the November meeting of Mountain Union Women's Institute with a splendid attendance. Mrs. F. Hadley, president read a fitting poem, "Good stewards of the Land". One visitor, Miss Myrtle Cartwright and seven members were present.

Roll call was answered by "an experience I had while shopping". Many comical incidents were related, as one lady lost a full cart of groceries, until she found it in an entirely different section of the store. Another lady lost her purchase of whipping cream, finding it later in her car, but it was then sour cream.

A remarkable copy of "The Beaver, 74" was received by the Institute from the O.S.D. (E. C. Drury) and viewed by the members. A folder from Chad, Africa, and greeting cards from Korea were acknowledged.

Good motto
The motto, "Dollars and Sense - You can't have one without the other" was well thought out by Mrs. Lorne Dixon. One comment she stated was that it takes a lot to make a dollar and it takes a lot of sense to spend it, now. We eat too much rich food. Cut down on the sugar, eat an apple a day and keep the doctor away. Three essentials each household needs are an electric meat grinder, a blender, and a deep freezer. Freeze your own vegetables, pick up favorite pieces of meat and have your butcher grind it; use rolled oats and grind it, return to basic foods. We are responsible for what we have, and are dependent on others, she pointed out.

Two cards from Canada were signed by all to send to friends overseas. Donations were voted to the "Meals on Wheels" project; to the Santa Claus parade and to the leader of the 4-H girls, Mrs. A. Britton.

Mrs. Velma Norris was appointed delegate to the

Bar at Manor


The Community Services Committee of Halton Regional Council was advised by Halton Centennial Manor administrator S. A. Allen that the Liquor Licence Board of Ontario has approved an application from the Manor for a bar.

Manor clean

After an inspection at the Halton Centennial Manor Oct. 23, Milton physician Ivan Hunter found the facility to be clean in all areas and made no recommendations to the Community Services Committee of Halton Region Council.

A fire inspection of the Manor Oct. 25 by Milton Fire Chief A. E. Clement also found everything satisfactory, the committee learned.

BULK DRY CLEANING
50¢ a pound at
MAIN SPEED QUEEN
Laundry & Dry Cleaning
26 Main St., E., Milton

FAY'S ELECTRIC

COMPLETE ELECTRIC SERVICE
* INDUSTRIAL MAINTENANCE
* ELECTRICAL CONTRACTING
* ELECTRIC HEATING
* WATER HEATER RENTALS
878-2048
FREE ESTIMATES

Area Conference at Kitchener Nov. 25 and 26.

60th anniversary
Mrs. Elaine Britton, leader of the 4-H Homemaking Club, was speaker and gave a fine talk on their work. Their motto is "Learn to do by doing". She secured copies of the Bank of Commerce Commercial Letter, and gave each of her eight girls a copy, which marks the 60th anniversary of the 4-H program in Canada. In honor of the occasion, many special activities are planned by Canada's 78,000 4-H Members. The W.I. is invited to the 4-H Achievement Day for Halton West, on Dec. 7 at the E. C. Drury School for the Deaf.

Mrs. F. Hadley and Mrs. A.

Britton attended the Nutrition Workshop Nov. 14. Mrs. Britton gave a complete survey of this meeting, stating that most people are nutritionally lacking, and the question was asked, how do you find out what is needed; one answer was, go back to normal foods and plainer living. If you wish to eat sweets, serve them right after your meals.

Mrs. Britton made a Christmas arrangement of flowers and evergreens and berries that you might have around your gardens; it was Christmasy and was drawn for by numbers.

A miscellaneous sale and social cup of tea and lunch ended the meeting.

Helen Miller

St. John honors Milton woman

"Our visit to Ottawa was one of the most important events in my life," said Mrs. Helen Miller of Milton who was recently honored for her work in the Order of St. John.

The Investiture was held in the Ballroom of Government House with the band of the R.C.M.P. in attendance. The presentations were made by Commissioner L. H. Nicholson, Bailiff and Cross, in place of His Excellency Governor-General Jules Leger, who was not well enough to attend. Mrs. Miller was appointed a Serving sister of the Order of St. John.

Following the ceremonies, a reception given by Mrs. Leger was held in the Tent Room. "Mrs. Leger is a charming person," says Mrs. Miller. "She feels that her husband is making good progress and will return to his duties very soon."

Open house
In the evening, Priory Headquarters held an open house where visitors met the staff and toured the various offices. In the stores department, guests could purchase their choice of articles bearing the St. John insignia.

The next morning, the visitors were taken on a two hour tour of Ottawa. "Our guide was very informative and his quick wit made the tour most enjoyable. We saw so many places that the ordinary tourist wouldn't know how to find," said Mrs.

Miller. "Ottawa is a really nice place."

The Priory Luncheon was held in the Ballroom of the Chateau Laurier and was presided over by Chancellor Judge Redmond Roche. Among all the formal festivities, the Millers had time to do some shopping, take in a movie and dine in the revolving restaurant.

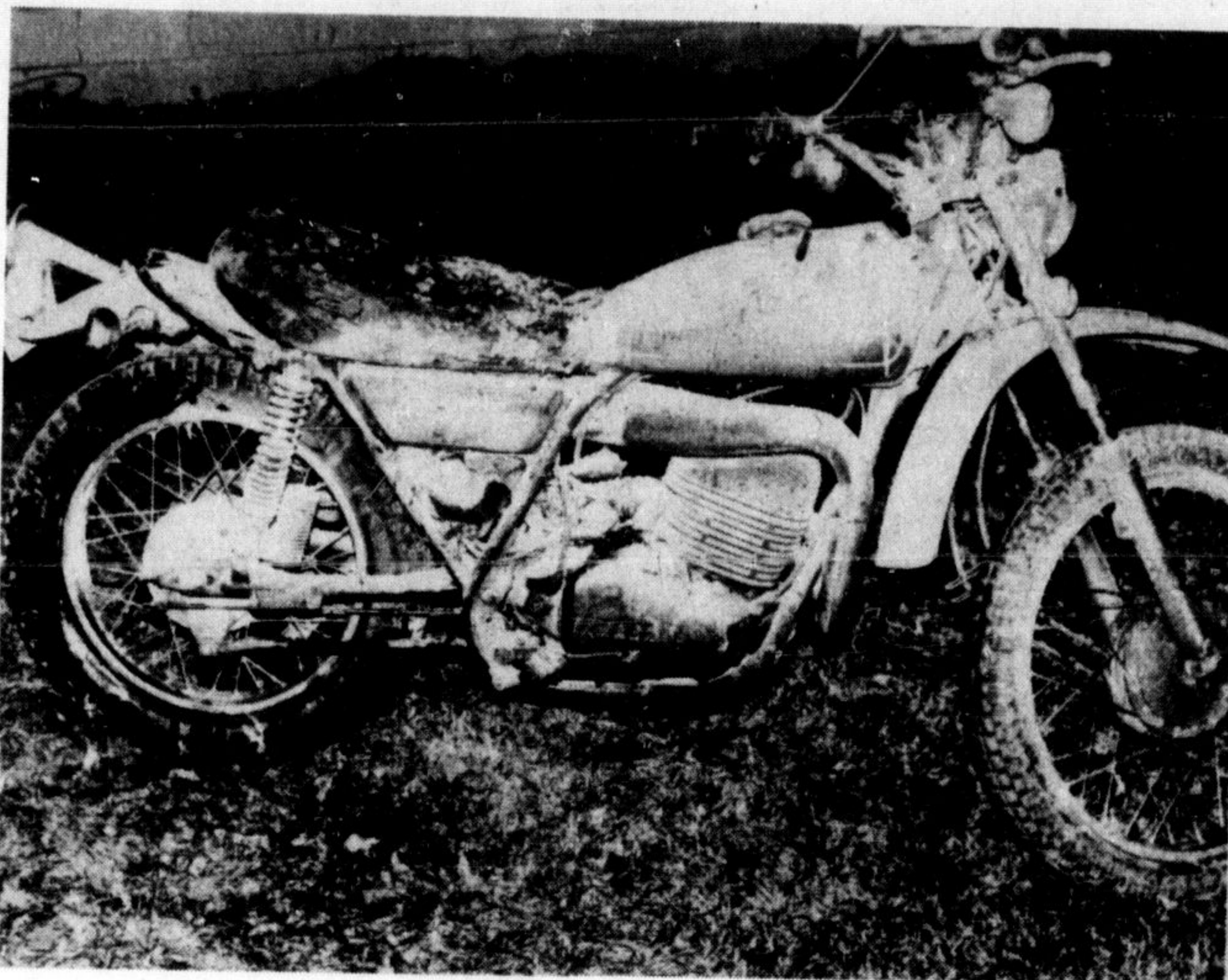
"We had a lovely time and will have some happy memories of this important occasion," she said.

Back new laundry

The Community Services Committee of Halton Region Council was informed that the Ontario Ministry of Community and Social Services is willing to share the cost of a new laundry facility at Halton Centennial Manor, Milton.

The letter was received at the committee meeting last week.

Although less than four per cent of Quebec's area is classed agricultural land, this industry was the basis of the province's early economy.



DAMAGED BY FIRE Friday night was this motorcycle owned by Ken Blythe of 23 Robert St., Milton. The owner had just put the bike away in the basement hours before the fire broke out. Firefighters suspect flames from a nearby heater ignited gasoline fumes. The basement room in the house was also damaged in the fire but neighboring firefighter Barney Coulson was on the scene promptly and emptied three fire extinguishers, putting the blaze out in a hurry.

ST. JOHN NEWS

First Aid Us



To Aid Others Later

St. John Tips

Accidents from work with wrenches show two main causes - unsafe surroundings and unthinking, St. John Ambulance reports. In practically every case, you can either get rid of the hazards around the job or set the job up in a way to avoid them. It just takes a little planning, a little headwork and some carelessness.

When you have a job to do that calls for a wrench, take time to look it over and size it up. St. John Ambulance cautions. Can you do it from the floor? If so, you will need good footing. If it's near the ceiling, don't try to do a balancing act but use a scaffold if necessary. Protect yourself from electric wiring and steam pipes.

Delicate equipment should be protected against you if you are using a wrench. St. John Ambulance advises. One man lost his eyesight when his wrench slipped and broke the water gauge glass on a broiler.

Fixed jaw wrenches are preferred, if possible, for a job, according to St. John

Ambulance. The jaw sizes in these are set to give just the right fit on nuts of standard size. Adjustable jaw wrenches are not as strong as the fixed ones.

Potato "show-tell" at Nassagaweya W.I.

Consumer Affairs was the theme of the November meeting of the Nassagaweya Women's Institute. Mrs. L. De Blauw gave ratings on fabric softeners and vacuum cleaners.

Mrs. M. Norrish did a "show and tell" with two potatoes, one from P.E.I. and the other from Ontario. The potato is a true native of the Western Hemisphere and was taken back to Europe by the early explorers. Ireland was found to be the ideal climate for cultivating potatoes. The first potato patch in Canada was grown at Port Royal in 1623. Potatoes are the food for the rich and the poor.

The ladies were asked to name potato products in use today but unknown to their grandmothers. A potato salad was included in the tasty lunch provided by hostess Mrs. Norrish and Mrs. De Blauw.

President Mrs. S. Anderson read a poem about November rain. The Institute made a money donation to the second Campbellville Brownie Pack toward the purchase of a Brownie flag. Mrs. F. Pearce thanked the hostess and the speakers.

October meeting
At October's meeting Carl Schenk of the Niagara Escarpment Commission was the guest speaker. Since the roll call was questions about quarrying on the Escarpment, Mr. Schenk answered them during his talk.

The Commission's plans for the Escarpment Central

Region were discussed and the point made that the quarried land would be eventually turned back to the Conservation Authority. The Commission would like a control zone of two miles from the crest of the Escarpment to avoid defacement of the scenic qualities of the area, and also to protect wildlife and vegetation.

Mrs. M. Small's quilt patch was selected to be put into the quilt for the Erland Lee home.

Mrs. Small thanked Mrs. E. McLaren and Mrs. J. Kenton and their capable and smooth running organization for the Institute's part in the plowing match banquet in September. Mrs. H. Heist thanked the hostess Mrs. C. Freeman and the lunch conveners.

The Bay of Fundy, separating New Brunswick and Nova Scotia, has the world's highest tides.

SERVICE
ELECTRON CHASERS
TV - STEREO - INTERCOM
AUTHORIZED WARRANTY DEPOT
● Quasar ● Philips
● Panasonic ● Sylvania
— Repairs To All Makes —
B.E. SOUND
539 Main St. E.,
Milton
878-7295

FARMER JACKS
DISCOUNT WAREHOUSE
HWY. NO. 25 JUST NORTH OF HWY. 401
DISCOUNT WAREHOUSE
826-5371 OR 878-2373
Weekly till 9 p.m.
OPEN SUNDAYS 12 - 5

Invites you to clean-up on these **Gibson** sale-priced appliances.

THE GIBSON DISHWASHER
Soft-Food Disposer! It swishes away just about anything that's left on a plate. We call it the "Goo-Gulper".
Self-Cleaning Tub! Its tough, porcelain-lined steel tub won't stain or damage. It scrubs itself as it washes your dishes.
2 Sanitizing Phases! Dishes are scalded twice to make doubly sure they're sparkling and hygienically clean.
Fast Front-Loading! Two big slide-out racks are faster and easier to load and unload.
Nevamar Woodgrain Top! Its laminated plastic top provides extra counter space. And it's a swish to clean.

THE GIBSON WASHER
Efficient! Its giant 18 lb. tub can easily handle any family-sized wash. Economical! Smaller loads can be washed in less water - because you control the water level. Safe! An automatic safety feature locks the lid during (and for 60-seconds following) the spin cycle. Durable! All the water in the world won't rust or corrode its porcelain top and lid.

THE GIBSON DRYER
Big Capacity! It will dry and fluff-up everything its lookalike will wash. Speedy Efficiency! Its high-velocity fan drives out moisture at a rate of 200 cu. ft. every minute. Beautifully Tough! Its durable Poly-Lure enamel cabinet will keep its mirror-like finish forever.

FALL CLEAN-UP PRICE: \$3499
BOTH WASHER & DRYER FALL CLEAN-UP PRICE: \$5999

Come on in and clean-up on **Gibson**

- NO MONEY DOWN
- NO PAYMENTS 'TIL JANUARY '75
- E-Z CREDIT

OPEN 7 DAYS A WEEK



Building a new home? Be sure to build in the proper wiring and insulation

Adequate wiring makes sense for two good reasons. It avoids the danger of overloaded circuits and it helps you get the best performance from your appliances.

Good insulation is no less important. So make sure your new house is insulated to the requirements of the Ontario Electrical League to ensure maximum efficiency from your heating system.

Your Hydro will provide complete information.

milton hydro
250 Main St. your hydro
Phone 878-2345