

Halton dairy workshop attracts 20

By Douglas B. Miller
Over 20 Halton dairy men took part in a dairy workshop at the Agricultural office, Milton, Feb. 19.

Harold Clapp, OMAF Dairy Specialist from Brighton, gave a presentation on heifer management programs. Heifer raising is a somewhat neglected area of many dairy farms that has great potential profitability, he said.

Health, housing, feeding, and breeding are all important in the management program. Harold demonstrated the graph he has developed and proven to evaluate heifer programs. Height and weight are excellent indicators of the growth. By charting these factors, weaknesses in the growth pattern are obvious. Quite often the problem is based in the feeding program. Harold then reviewed

the results from the Halton herds taking part in the program. For those farmers interested, more herds are presently being done in the region. Harold concluded his presentation with a review of heifer housing designs

presently in use. Dr. Don Davis of the OMAF Veterinary Services Branch at Guelph, discussed leucosis which is a cattle disease of considerable current interest. The disease has no effect on either growth or milk production.

Animals that are exposed to the disease will yield a positive test even though they may not die from the disease. The disease is being used for trade restriction purposes by foreign countries.

With this in mind, Dr. Davis suggested that dairymen interested in exports, attain leucosis free status in the herd. A lab test of the animals in the herd is available at a cost of \$4 per animal.

Farm News

Halton farm safety annual meeting held

By Douglas B. Miller
At their annual meeting, Halton Farm Safety Council members were told that eight out of 10 people will have back problems at some time in their life. The meeting was held Feb. 24 in Omagh Church.

the prevention of back problems.

Good posture, proper body weight and physical fitness are keys to avoiding back problems. Using common sense in everyday activities such as lifting is important as well.

With the help of several volunteers best position for sitting, standing and sleeping were illustrated as well as exercises useful in avoiding back problems.

Two representatives of the Workmen's Compensation Board of Ontario led a session on back problems.

After illustrating the structure and function of the back, they discussed

Following this, the Omagh Presbyterian Church women served lunch. Lance Pocock thanked the women on behalf of the group.

In the afternoon, the Ontario Federation of Agriculture and Jim Reid of the Halton Federation of Agriculture, gave a presentation on the structure and philosophy of the federation both provincially and locally.

There was some discussion about the federation's interaction with the Region of Halton.

Members were reminded of the upcoming St. John Ambulance course on March 2 and 9, and the Ontario Safety Association annual meeting at the Cara Inn, Airport Rd., Mississauga, March 9.

Cecil Patterson was acclaimed president for 1981.

Crossing signals going up

A 50 per cent Ministry of Transportation and Communication subsidy will be accepted to construct two pedestrian crosswalks.

A bylaw is now being prepared to place the crosswalks on Ontario St.

at George St. for senior citizens; and on Ontario St. at E.C. Drury School for students. Cost of the crosswalk installation would be \$9,180 which was the low bid submitted by Stacey Electric Co. Ltd.

Recipes Spinach salad



By Jane Muller
The eating habits of Canadians have been changing recently with a move toward more raw vegetables in the diet dressed with dips and dressings. Spinach, that well known strength giver, tastes even better raw than cooked, losing none of its valuable nutrients to heat or water.

Its dark green leaves should be torn into bite-sized pieces, not cut. Cutting will bruise and darken edges.

For a new flavor add a sliced hard boiled egg as garnish and omit the cashews.

One 10 oz. pkg. spinach (see below)
5 slices side bacon (see below)
1 C small mushrooms measured after slicing
1/3 c whole salted cashews

DRESSING

2/3 C cottage cheese
1 egg
1/3 C oil
1/3 C red wine or wine vinegar
1/4 tsp dry mustard
1/4 tsp salt
1/4 tsp salad herbs
1/4 tsp nutmeg
1/8 tsp black pepper
1/2 tsp Worcestershire sauce

In a small bowl beat all of the dressing ingredients. Beat with rotary beater until blended, about 1/2 minute.

Into a very large bowl put well washed spinach, stems removed, dried, and torn-up coarsely. Add bacon which has been fried until just crisp and drained well on paper towel and crumbled. Add washed, dried, sliced, small mushrooms. Pour blended dressing over and mix very well to be sure spinach is coated with dressing. Sprinkle cashews on top.

Church Services

ANGELICAN CHURCH OF CANADA
GRACE CHURCH
317 Main St., Milton P10

Sunday, March 8/81

Lent I
8:00 a.m. - Holy Communion
9:15 a.m. - Holy Eucharist
10:30 a.m. - Holy Communion
9:30 a.m. - Senior Church School
10:30 a.m. - Junior Church School

Thursday
10:00 a.m. - Holy Communion

Sunday, March 8/81

ST. JOHN'S
Nassagaweya (Guelph Line, N. of 401)
9:30 a.m. - Holy Communion
Church School

ST. GEORGE'S

Lowville (Guelph Line and Derry Rd.)
11:00 a.m. - Morning Prayer
Nursery and Church School
Rev. Charles Masters
Rector
878-4384

TRINITY BAPTIST CHURCH
4272 Appleby Line
Rev. W.E. Payne

Sunday, March 8/81

9:45 a.m. - Bible School for all ages
11:00 a.m. - Morning Worship Service, Sermon from the 1st Book of Samuel
7:00 p.m. - Communion Service, message by Mr. Kirk Wellum

Tuesday
7:00 p.m. - Trinity Boys & Girls Club

Wednesday
8:00 p.m. - Prayer Meeting & Bible Study. Rev. David Bugden of New Brunswick, guest speaker.

EPIPHANY LUTHERAN CHURCH

Rev. Thomas Prachar
878-2562

Sunday Worship Services beginning soon in Milton.
8:00 p.m. - Tuesday - informal Discussion and Bible Study
Listen to "The Lutheran Hour" on Sundays
8:00 a.m. - CKOC, 1150
12:30 p.m. - CHIN, 1540
"Come and Grow With Us!"

MILTON GOSPEL HALL
306 Ontario St. N.
878-2022

Christians Gathered In The Name Of The Lord Jesus Christ

Sunday, March 8/81

10:00 a.m. - Breaking Bread
11:45 a.m. - Sunday School
7:00 p.m. - Gospel Service

Wednesday

8:00 p.m. - Prayer and Bible Reading

All are Welcome To these Services

Believe on the Lord Jesus Christ, and thou shalt be saved. Acts 16:31.

THE PRESBYTERIAN CHURCH IN CANADA KNOX, MILTON

170 Main St. E., 878-6065

Rev. Trevor J. Lewis, Minister

Organist-Choir Director Mr. Brian Stoll

Wed. March 4

7:30 p.m. - Prayer Meeting

Sunday, March 8/81

Lent I

9:45 a.m. - Senior Church School

10:00 a.m. - Adult Bible Study

11:00 a.m. - Junior & Intermediate Schools

11:00 a.m. - Morning Worship

7:00 p.m. - Communicants Class

Adult Supervised Nursery All Welcome

EMMANUEL BAPTIST CHURCH

245 Commercial St.

Pastor Dr. J.R. Armstrong
878-3908

Associate Pastor Dr. Ken Campbell
878-6600

Sunday, March 8/81

10:00 a.m. - Sunday School and Adult Bible Class

11:00 a.m. - Assembly & Worship

Guest Speaker: Jean Pierre Portier of Hull, Quebec.

7:00 p.m. - Evangelistic Service with Pastor Ken Campbell

Tuesday

9:45 a.m. - Coffee Hour and Bible Study

Wednesday

7:00 p.m. - Family Night with Activities for All

Nursery provided at all Sunday Services and Tuesday morning.

MILTON BAPTIST CHURCH

Pastor: Kel'Yin F. Mutter
878-0035

Sunday, March 8/81

Sunday Morning

10:00 a.m. - Sunday Worship and Junior Church

Location: Auditorium of the Halton Centennial Manor.

Wednesday Evening

7:30 p.m. - Bible Study

Call 878-0035 for more information

HIGHWAY GOSPEL CHURCH

Pentecostal Assemblies of Canada

Corner of Wakefield and Ontario Sts.

Pastor: Rev. M. Christensen
878-2064

Sunday, March 8/81

9:45 a.m. - Sunday School

11:00 a.m. - Morning Worship

Also: Children's Church

6:00 p.m. - Family Prayer

7:00 p.m. - Evening Worship

On Wednesdays

9:00 a.m. - Ladies Prayer Meeting

Friday

7:30 p.m. - Family Night

Crusaders for Young People 7-14 years

ST. PAUL'S OF THE UNITED CHURCH OF CANADA

Main St. at James St.

The Rev. E.T. Jack Birch

Sunday, March 8/81

9:45 a.m. - Family Worship

11:00 a.m. - Lenten Project. Sermon: "Multiplying God's Gifts."

11:00 a.m. - Church School

All Welcome

Nursery Facilities

BOSTON and OMAGH PRESBYTERIAN CHURCHES

Rev. Larry A. Welch
878-3888

Sunday, March 8/81

BOSTON

3rd Line, Halton Hills

9:30 a.m. - Church School and Divine Worship

OMAGH

Britannia Rd. West

11:00 a.m. - Church School and Divine Worship

CHURCH OF CHRIST

1412 Britannia Rd. West

Minister: Brian Cox
878-5696

Sunday, March 8/81

10:00 a.m. - Bible School Class for all ages

11:00 a.m. - Morning Worship and the Lord's Supper

7:30 p.m. - "Preaching of the Gospel"

Thursday

7:30 p.m. - Bible Study "The Church of Christ salutes you." Romans 16:16

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For Further Information Phone:

876-1030

or 519-744-1861

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44 Main St. E.
Milton, 878-4168

17 Wilson Dr.
Milton, 878-8835

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