

Joyce Beaton

What are your mules?

A favorite writer and personality of mine is Adela Rogers St. Johns. Now 80 years of age, she is sharing her life in her recently published autobiography. She speaks of the problems she had throughout her life trying to hold the reins over three mules with style and ease. The three mules being a job, children and a husband.

I would have to include three additional mules, friendships, relaxation and my own personal needs. One conclusion I've reached is that a well-balanced life depends on the decision as to how much energy we're willing to give for what we want in return.

Realizing every person has her own allotment of energy, it still adds up to 100 per cent. We usually dole it out on things that interest us the most or on the things in our life it is imperative we do.

Time study

I decided to do a time study on myself, measuring the energy spent and analysing the importance of the activity. This is my finding:

-5 per cent is used up during the first hour of the day. Between seven and eight in the morning there are bad tempers to soothe, socks to find, fights over time allotted for the bathroom, breakfasts to prepare, school books and lunches to be in readiness for the exodus. By 9 a.m. a husband and three sons are dispersed (thank God the fourth son is of an age he now takes care of his own morning and is gone before the rest of us get up, otherwise I might have to add another per cent of energy spent!).

-1 per cent expended as I prepare myself for the day. Bathing, dressing, eating, arranging itinerary.

-1 per cent is returned to me as I drive to work. This time of the day is a joy to me, it's my time alone. I restore my energy reserve as I sing along with the radio at the top of my lungs and smile at the truck drivers (it's always such a harmless, ego-building way to flirt with a man!).

-50 per cent of my daily allotment is spent on the job (perhaps you'd better not tell my boss that I'm only using half my energy here!).

-10 per cent is used on what I'll refer to as extracurricular activities, more accurately described I suppose as my leisure (although sometimes my leisure can look like work to some people). At any rate I'm not giving away all my secrets!

-20 per cent goes to the dinner hour. The time between 5 p.m. and 7 p.m., as anyone with a family knows, can draw on more energy than one would imagine. From the preparation of the dinner to the washing up of dishes and the making of lunches for the following day, one depletes what little is left of the day's energy.

-5 per cent seems to be the figure left and this has to be classified under relaxation and recreation.

Our vitality

Some days the percentages get all screwed up and fall differently. It's interesting to study one's self and see how we really expend our vitality on what means the most to us. It really does work out to more than what is imposed upon us in the long run.

I can't believe the excuse that a man's job, or anyone else's, makes demands on him forcing him to have no energy left for his family. If he wants to spend the time with them he will, it's as simple as that.

We all set our own priorities and if we don't we're not truly in charge of our lives to the extent we should be. We end up running around willy-nilly, shooting off energies like blank cartridges.

We satisfy no one—least of all ourselves.



HARRY AND VERA KING are shown with their Golden Wedding anniversary cake in the hall of St. George's Anglican Church, Lowville. They were married 50 years ago at the home of the bride's parents, Mr. and Mrs. William Powell. They celebrated with a family dinner and an open house this past weekend.

Golden wedding

Harry and Vera King

Mr. and Mrs. Harry King of Lowville celebrated their golden wedding this past weekend with a family dinner Friday night in St. George's Church Hall and an open house on Sunday.

They were married 50 years ago at the home of the bride's parents, Mr. and Mrs. William Powell. The Rev. Ray Andrews officiated.

Harry and Vera settled on their farm on Five Sideroad where they still live. Harry was born in the Township of Nassagaweya and Vera in Nelson Township. They farmed all their married life and retired in 1972.

Four sons

They have four sons Ronald, Cecil, Jack and Stuart, all of Lowville. Jack and Stuart still operate the family farm. There are 18 grandchildren and one great-grandchild.

Guests attended the anniversary celebrations from Rockwood, Goderich, Acton,

Port Perry, Burlington, Hamilton, Carlisle, Galt, Oshawa, Milton, Guelph, Campbellville, Brampton, Clinton, Bayfield, Kilbride, Dundas and Bronte.

About the town

with Dolores Melanson

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Happy birthday wishes go to Lynda MacDonald, 621 Churchill Ave., who celebrates her birthday on Sunday, April 27.

Holy Rosary Men's Club held their annual stag night on Friday evening at Holy Rosary Hall with 150 in attendance. Sharing the M.C. duties for the evening were John Bradley, Angelo Tonelli and Dave Brush. Proceeds from the event will go to Holy Rosary Church. A list of prize winners will appear in The Champion next week.

Many happy returns of the day are wished for Marjorie Powys, Mill St., who celebrates her birthday on April 23.

Dennis and Anne Mackie from Aberdeen Scotland are visiting Milton for three weeks.

While here they are staying with Cliff and Marge Lopes and family, 8 Lorne Scots Dr. We hope the Mackies are enjoying their stay in our town.

Happy birthday wishes go to Edith Sharpe, 429 Pearl St., who celebrates her birthday on Thursday, April 24.

Best wishes go to Mark Grenke, Millside Dr., who celebrates his birthday today, (Wednesday) April 23.

Gord and Cheryl Harker are new residents at 587 Lord Simcoe Ct. We welcome the Harkers to Milton.

Many happy returns of the day are wished for Mrs. Sam Muddle, 122 Bronte St. who celebrates her birthday on Sunday, April 27.

Belated birthday greetings go to Stephen Marshall, Bell School Line, who celebrated his birthday yesterday (Tuesday) April 22.

Members of Holy Rosary Adult Choir enjoyed an informal meeting over coffee and doughnuts on Sunday morning following the 11 a.m. Mass. The get-together was arranged by Sister Francis and was held in the school library.

Father J. Murphy expressed his appreciation to choir director Doug Card and Choir members for their continued support.

Happy birthday wishes go out to Keith McWaters, Woodward Ave., who celebrates his birthday on Monday, April 28.

Best wishes go to Neil McNally, 617 Churchill Ave., who celebrated his fifth birthday with a party at his home on Saturday afternoon.

Happy birthday to David Krantz, 163 Main St., who

celebrates his birthday tomorrow (Thursday) April 24.

Former Milton reeve Bob McCuaig has been released from hospital in Naples, Florida, following a heart attack last month. He is recuperating in Florida before returning home to Milton.

The Halton Agricultural Society held another successful dance at the hall at the fair grounds Saturday night, with the Ivatones supplying the music. During the lunch hour the crowd received a surprise when Jane Bird treated them to the Gay Gordon on the bagpipes. The floor soon filled up with dancers and everyone had an enjoyable evening.

Pupils of Heather McNaughton who won in the competition in London Saturday were Doreen Lendvay and Ellen Hurren. Doreen came fourth in the sean triubhuais and second in the hornpipe. Ellen placed first in the sean triubhuais and the hornpipe. She also won a trophy for the open 13-year-and-under class.

—High winds accompanied the weekend rains and caused some damage around town.

Fasting helps hungry

Twenty-six members of Grace Anglican Church recently raised \$65 to relieve world hunger. During a period of fasting which began Maundy Thursday (Mar. 27) at 8 p.m. and ended Saturday at noon, these observing the fast were allowed only fruit juices and clear tea and coffee.

Those in the church not fasting sponsored those who were and according to Rosemarie Jensen, chairwoman of

the project, there is still money to be collected.

"We consider the fast a success," she said. Monies collected will be sent to the Primate's World Relief and Development Fund.

—This Sunday, April 27 is Ontario Hiking Day, a good time for the occasional walkers to go for a hike on the Bruce Trail which passes Milton on the escarpment.

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