



Lance Corporal Paul D. Poirier and Captain Anthony Williams reunited after 45 years when they met in Milton recently. Mr. Poirier and another soldier are credited with saving Captain Williams' life.

## Veteran reunited with soldier who saved his life

Two World War II veterans, who had not seen each other since Nov. 1944, reunited recently in Milton.

Lance Corporal Paul D. Poirier of Moncton New Brunswick, was in Milton earlier this month visiting his daughter and son-in-law, Frank and Pauline DeCarlo.

He was visited by Captain Anthony C.S. Williams, who now resides in Newcastle. Both men served in D Company of the Queen's Own Cameron Highlanders of Canada.

The last time they saw each other was the night of Nov. 29, 1944. Captain Williams was seriously injured when he stepped on a land mine. Lance Corporal Poirier was responsible for bringing the man to safety, along with another soldier, whose name, to this day remains unknown.

It was a cold dark night, Lance Corporal Poirier and Captain Williams slowly worked their way

back to safety, traversing a two-mile stretch, through enemy lines. Both men agreed the walk seemed more like a thousand miles at the time.

Captain Williams spent several months in hospital and did not return to active duty.

Two years ago, through a mutual friend, Captain Roy Sampson, both Capt. Williams and Lance Corporal Poirier contacted each other by letter, for the first time since the war.

Again through Capt. Sampson, who has kept in close contact with both soldiers, Capt. Williams received news that Lance Corporal Poirier would be in Milton. He decided to arrange the reunion.

"I had always hoped to meet with Lance Corporal Poirier," said Capt. Williams. "If not for his willing devotion to duty, his spirit of loyalty and courage, I might still be lying on the flooded flats of Mook in Holland."

## RECIPE FILE

### Mothers love TLC gifts

Breakfast in bed is a favourite Mother's day gift... even young children can prepare this delicious treat!

Looking for a Mother's Day gift? T.L.C. (tender loving care) is one of the most appreciated gifts a mother can receive from young children and breakfast in bed is a favourite. Moms count it as a welcome treat "provided" they don't end up, doing the shopping or worse yet, the cleanup.

If you know some youngsters who'd like to pamper their mom on Mother's Day, pass along these simple ideas. (Even mothers are allowed to drop hints!) Here's a breakfast plan which children can follow and serve with pride.

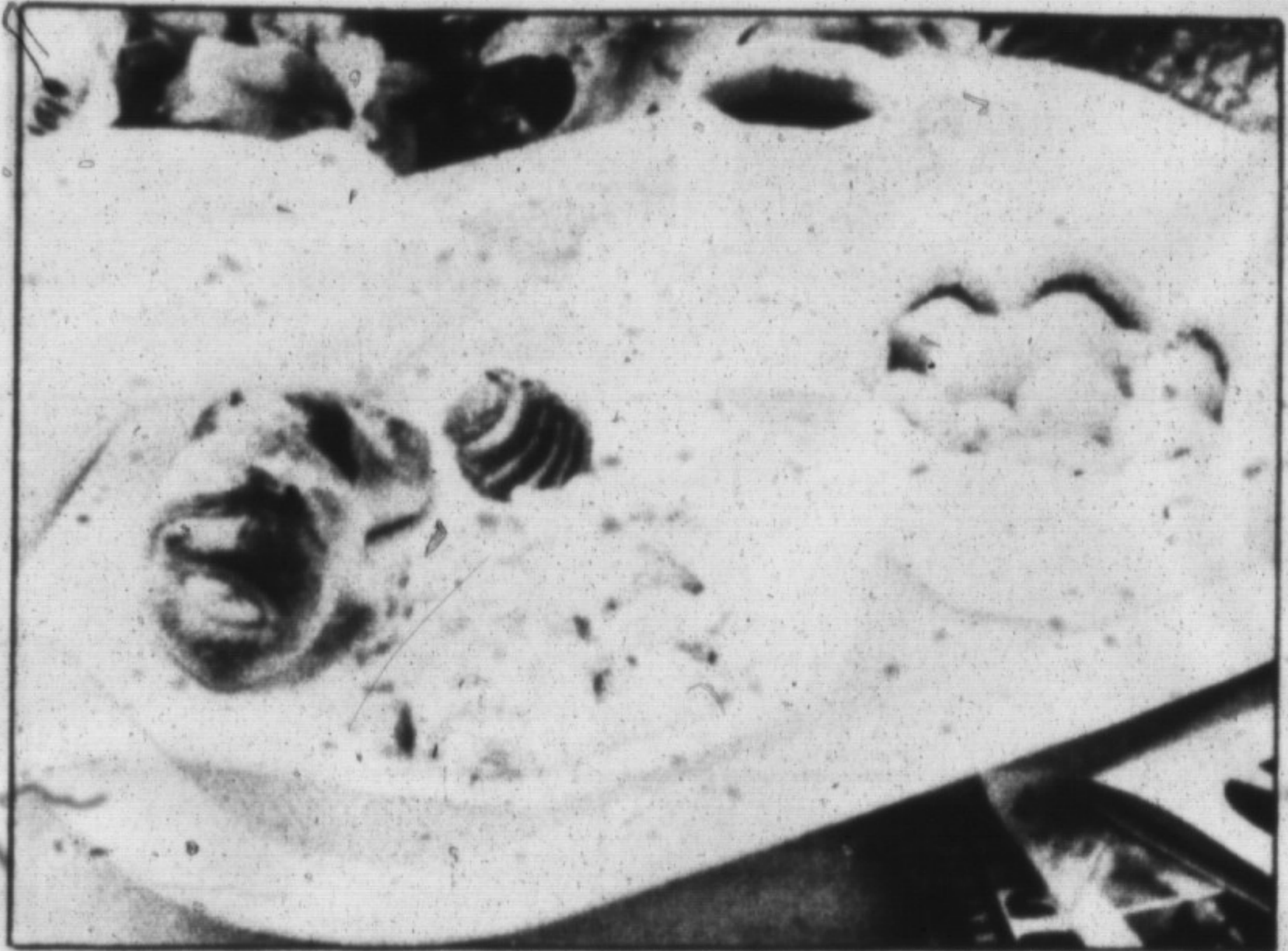
Enlist dad's help.

Keep the menu simple.

Sante Fe Scrambled Eggs are a colourful, delicious breakfast dish and extra easy for young cooks to prepare in a microwave oven or via conventional cookery. The day before, choose some special breads like croissants or Danish from a favourite bakery. Or, stick to delicious basics like toasted whole wheat bread, English muffins or bagels and add a selection of jams to the breakfast tray.

Include fresh fruit such as cantaloupe melon balls with kiwi. Preparing the fruit the evening before will simplify the morning tasks.

Complete the menu with a fragrant pot of freshly brewed tea so mom can enjoy the luxury of her morning. Tea has been appreciated around the world for centuries and has become synonymous with a feeling of tender loving care. It's just the ticket for mom on her special day. Beginning cooks will want to review



Treat your moms to a special breakfast on Mother's Day. There are many recipes available which are easy to prepare. Don't forget to clean up once you're finished, though.

the directions below for making the best cup of tea for mom.

Prepare a pretty tray with a fresh flower and a small gift such as her favourite magazine, chocolates or perfume.

#### Sante Fe Scrambled Eggs

- 2 eggs
- 1/3 cup milk
- Salt and pepper to taste
- 1/2 cup chopped ham
- 1/2 cup grated white Cheddar or brick cheese
- 2 Tbsp butter
- 1 small ripe tomato, chopped.

**Microwave Directions:** Combine eggs, milk, salt, pepper and ham. Set aside. In a 6-cup (1.5L) round microwavable bowl or casserole, melt butter at High (100%) for 30 to 50 seconds. Stir

in egg mixture, cover and microwave at High (100%) for 3 to 4 minutes, or until eggs are almost set but still moist. Stir every minute. Stir in chopped tomato and sprinkle with cheese. Cover and let stand for 1 minute to melt cheese. Serve as above.

**Conventional Cookery:** In a medium bowl lightly whisk eggs, milk, salt and pepper. Stir in ham and cheese. Melt butter in a medium skillet over medium heat. Add egg mixture. Use a wooden spoon or metal spatula to gently stir mixture from outside the edge of pan to centre to allow uncooked egg to flow to bottom of pan. Cook until set but still moist. Sprinkle with chopped tomato and serve with toasted whole wheat bread, English muffin or bagel. Serves 3 to 4.



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