

Happy Cooker

One day, we shop. A couple of days later, we carry out the garbage.

In terms of weight and bulk, out-go exceeds income by about one-quarter, I'm sure. Our household isn't unique. Per capita, Canadians throw out four pounds of garbage a day, on the average.

A little book called *The Garbage Book*, published by the Ministry of Energy, Mines and Resources, has introduced me to Garbage Gus. The energy people think Gus is overweight, and the 100 page booklet is full of ways to slim him down.

Garbage, when you think about it, represents a lot of energy. We have to conserve energy, and one way to do it is to cut down on our garbage.

The *Garbage Book* suggests ways to reduce garbage, and they are worth noting and remembering. For instance - learn to reject, or at least control your consumer impulses. Don't buy anything you don't really need.

Check packaging, and buy for contents, not container.

Avoid buying disposable anything - from diapers to dishes.

Look for re-fillable containers.

Buy durable goods and repair faulty ones, rather than throwing them out.

Save ribbons, string, paper clips, and the like. You can store them in the glass jars you have pulled from the garbage.

Make use of rummage sales and second hand stores for disposing of things you no longer need, and for sniffing out bargains for yourself.

Make a back yard compost heap. Use recycling depots where they exist. Buy recycled paper.

The book takes its own advice and is printed on paper containing recycled, post-consumer fibre.

A lot of waste originates in the kitchen and the Garbage Book has some useful tips to save garbage, energy and in the long run, money.

It suggests making your own bread crumbs for croquettes and casseroles by drying ancient bread in a 250 degree oven (try to use the oven when it's been on for something else). You then crush the bread with a rolling pin and store the resulting crumbs in a glass jar.

And here's an oven-cooked stew which will cut down on the supply of left-overs in your refrigerator.

Cut fish, meat, chicken or turkey in small pieces. Add an equal amount of cooked vegetables. If you wish also add cooked rice or diced boiled potatoes, mix well and moisten with gravy, cream sauce or undiluted cream soup.

If the mixture seems too thin add bread or cracker crumbs. Too thick? Add gravy, milk or tomato juice.

Season to taste with salt and pepper. Spoon into a casserole and sprinkle with some of your hoarded bread crumbs. Bake at 370 for 30 minutes.

Movie reviews

Exceptional double feature coming to Pen Theatre

by Terry Dupuis
"One Flew Over the Cuckoo's Nest"
"The Midnight Cowboy"
"Futureworld"

Beginning this Saturday for four evenings, the Pen Theatre in Penetang will

be running an exceptional double feature consisting of two top Academy Award winners - *The Midnight Cowboy* was the Best Picture winner of 1969 and *One Flew Over the Cuckoo's Nest* won the award for Best Pic-

ture of 1975, as well as a number of other top awards.

One Flew Over the Cuckoo's Nest is a most worthwhile movie, and one which can even be enjoyed a second time. In fact, I liked it even better

the second time I saw it. Once I knew the story I was able to concentrate on the exceptional Award winning performances of Jack Nicholson and Louise Fletcher, as well as the flawless performances by the entire

supporting cast. I also appreciated the humour of the film a lot more on the second viewing.

The Midnight Cowboy I have seen only once, when the movie was first released, and I am

looking forward to seeing it again. As I recall it, it is a downbeat but moving mixture of comedy and tragedy. Like *Cuckoo's Nest*, it is both funny and sad. *The Midnight Cowboy* won the Best Picture of its year and a number of other awards. It made an overnight star of Jon Voight and consolidated Dustin Hoffman's career as one of the finest actors of his generation. *Midnight Cowboy* was Hoffman's first movie after his

sensational debut in *The Graduate*. Hoffman went on to give excellent performances in *Straw Dogs*, *Papillon*, *Lenny* and most recently *Marathon Man*. But I think that his role as Rizzo in *The Midnight Cowboy* is his greatest performance.

about an adult playground where people can have their wildest futuristic fantasies fulfilled. Peter Fonda and Arthur Hill are the stars, and Yul Brynner appears again as the robot gun-fighter he portrayed in *Westworld*.

Beginning today at the Odeon Theatre in Midland is *Futureworld*, the long-awaited and well-rated sequel to *Westworld*. This science-fiction film is

Upcoming presentations

College offers oasis of culture

Midland is no cultural desert, but if you think it is, there's an oasis not very far away.

The well-appointed and comfortable theatre at

Barrie's Georgian College will be the scene of many delights for mind and spirit over the fall and winter season.

Closest to the horizon is the Theatre Passe

Muraille, which is coming to the Georgian Theatre under the auspices of the Georgian Foundation for the Arts. On Tuesday, November 9, the famous Canadian troupe will perform *1837 - The Farmers' Revolt*, devised by Passe Muraille members, and Rick Salutin.

Later in the month, the Foundation is bringing two theatrical giants to our area - Hume Cronyn and Jessica Tandy. On November 29 the famous husband and wife team will appear in *The Many Faces of Love*, a program of readings from famous writers, including Edward Albee, Dorothy Parker, Ogden Nash, Bertrand Russell and William Shakespeare.

The Georgian College Faculty Association has already presented one outstanding concert this

fall with the Gabrieli Brass Ensemble from Britain. Their next attraction will be an evening with Sylvia Tyson, on January 22.

On February 16, Leona Boyd, a young classical guitarist of great distinction, will be appearing in concert at Georgian under the sponsorship of the student association.

The Georgian College theatre is superb from the point of view of sight lines, acoustics and comfort. There are excellent facilities for relaxation and refreshment on performance evenings and parking is never a problem. And what happens on stage is not to be missed by anyone interested in the arts.

Farmer's revolt — startling realism

Theatre Passe Muraille brings startling realism to the passionate account of the farmers' rebellion against the tyranny of the Family Compact, at Georgian College Theatre, Barrie, on Tuesday, November 9th at 8:30 p.m.

Vastly entertaining, this remarkably gifted ensemble of young actors under Paul Thompson's inspired direction, bring the events of those troubled times to life with great accuracy and excitement.

Seen from the angry farmers' point of view, the uprising is depicted vividly, with William Lyon Mackenzie as the driving force behind it.

Brilliantly acted by the famous Theatre Passe Muraille Company, the

script by the members and Rick Salutin provides an evening of local history as the people saw it. Be sure not to miss it!

Brought to Barrie by The Georgian College Theatre for the Performing Arts, tickets may be obtained only from the Foundation office, 103 Dunlop Street East, Box 454, Barrie, Ontario L4M 4T7. (705) 728-4613. Lower level reserved; \$4.00. Upper level unreserved \$2.50.

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FLOWER NAME SCRAMBLE RULES

- Solve Flower Name Scramble by re-arranging the letters shown in the master squares at the bottom of each entry blank, in order to form the names of two flowers.
- Anyone is eligible to enter except employees of the Markle Community Newspaper Ltd. and Perrin's Flower Shop, members of their families and professional flower growers.
- You may send in as many entries as you wish on the official forms as they appear each week in the *Midland Times*, *Elmvalle Lance* or *Penetanguishene Citizen*. Note: All entries should be saved and submitted with Master Entry Form that will be published November 17th.
- Prizes will be awarded as follows: 1st. Prize \$50.00 2nd. Prize \$25.00 plus 63 Prizes of \$2.00 Gift Certificates redeemable at Perrin's Flower Shop 321 King Street, Midland.
- Prizes will be awarded on the basis of correct entries, neatness and legibility. In case of a tie, the entry with the earliest postmark will be judged the winner and prizes will be awarded accordingly. If two or more contestants are tied and their entries have identical postmarks, they will be required to solve a special tie breaking Flower Name Scramble. A participant can win only one prize. The decision of the judges is final, and all contestants agree to abide by the judges decision. All entries become the property of the Markle Community Newspapers Ltd.
- All entries must include complete entry form from each weeks publication in numerical order, along with master entry form which will be published November 17th. They must be securely fastened together and wrapped with sufficient postage attached, and addressed to the Flower Name Scramble Editor, c/o The *Midland Times* Box 609 Midland Ontario, L4R 4L3. All entries must be postmarked no later than midnight Nov. 24th. No entries will be accepted other than by mail.
- The Markle Community Newspapers Ltd. or Perrin's Flower Shop cannot be responsible for delays in the mails or non-receipt of an entry through any cause, and reserves the right to correct any typographical errors which may appear during the Flower Name Scramble with due notice in the publications which it is appearing in.
- The Markle Community Newspapers Ltd. and Perrin's Flower Shop cannot enter into correspondence or telephone conversations regarding individual entries.
- Authority for correct spelling of all the flower names used will be the Webster's International Dictionary.

FLOWER NAME SCRAMBLE ENTRY NUMBER 8

— SPECIAL INSTRUCTIONS —
Use each and every letter once only to form the complete and correct spelling of two flowers . . .

L			G	L
D	A		P	M
R	I	N	T	I
I	A	A	A	E

NAMES OF FLOWERS ARE:

Name _____
Address _____
Town or City _____

Note: Keep all entries until Master Form is published

Sisters honoured

Seven daughters of William and Matilda McWatters were honoured at a family reunion at Shady Acres, Orr Lake on Saturday, October 16. A total of 149 guests, all members of the family, dined, danced and applauded as each of the sisters was presented with flowers, and an inscribed plaque bearing a photograph of her parents, Mr. and Mrs. William McWatters.

William and Matilda McWatters were pioneers, who raised four sons and seven daughters in Tay and Medonte Townships. The seven surviving sisters are Mrs. Violet Drennan, Toronto; Mrs. Thelma Elliott, Midland; Mrs. Mossie Snider, Waverley; Mrs. Lola Kells, Toronto; Mrs. Fern Bennet, Toronto; Mrs. Gretta Faragher, Midhurst; and Mrs. Evelyn Willis, Waverley.

Morley Kells, of Toronto, prepared a book of family history and photographs called "An Early Canadian Family" and copies of the book were given to family members at the reunion.

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