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**YORK NORTH
OTTAWA
REPORT**



By BARNETT J. DANSON, MP

**Ladies, Here Is How To Make
Your Own Soap Free Of Phosphates**

I keep on identifying my main areas of concern as inflation and pollution. To my surprise, I had a letter from Mrs. C. S. Northcote of Deep River, Ontario, who offers a suggestion which helps us to deal, in one small way, with both.

Mrs. Northcote makes her own soap, which cuts costs and contains no phosphates. It's a bit of fun too and, depending on your degree of diligence, you can make eight pounds of soap for between 33 cents and \$1.29. That doesn't count the cost of your own labor, but no husband could afford that even if his wife settled for half the minimum wage.

Rather than try to interpret Mrs. Northcote's letter, I think I'll just repeat the pertinent parts. She has an engaging style and I think you — including husbands — will enjoy it as much as I did.

"Dear Mr. Danson: Enclosed some home-made soap — the grated bagful is for laundry. We find ¼ cup sufficient for a load (we have soft water). If you have hard water, add ¼ cup of washing soda. (Do not use phosphate — it's loaded with phosphates!) Add enough to achieve minimum sudsing. This particular bagful is a mixture of one-year-old and six months' soap. Soap improves with age; ie, hardens. All soap should always be removed from its wrapper and exposed to air. The wrappers should be tucked into drawers and linen closets as sachets.

The green soap is only one month old — the separate bag has been "shaped" by my friend for display! Please open it all to the air to age.

From the money point of view, one recipe makes eight pounds of soap. Made from leftover fat, the only cost would be for lye - 33c today. To buy lard, the cost would be 96c for four lbs. at 24c, plus 33c = \$1.29 for eight lbs. (watching sales can reduce this).

To color and perfume, add that which you buy from Gillet Lye Co. by sending in 25c and a label, plus 6c for a stamp — \$1.60. They also send their book on uses for lye. (Bulk perfume oil obtainable at drugstores).

Home-made soap is 50% glycerine and 50% sodium stearate. Commercial soap has had the glycerine reduced — or the soap is specialized as superfatted or glycerine soap, at extra cost.

Persons with mysterious, unaccountable rashes often cure these by using this soap. It is excellent for babies and red-heads.

We find husbands intrigued with soap-making. We are also excited to find our whites are whiter! Our perma-press white shirts are coming back: We too have been guilty of believing the commercials!

You will find complete rejection of the idea of making soap. One reason given is the danger of lye. This is true but headache tablets, furniture polish, etc., are all in the same "use and store with caution" category. (One makes soap while the children sleep).

The other objection is "all that work". There's no work — just time and patience as one waits for the fat to be 100° and the lye 95°! (Cools faster in a glass pitcher).

You will find I have written in the book. The recipe is the original one — before plastic and pyrex and corningware. I put the 100° fat into a plastic pitcher — I've dissolved the lye in a plastic pitcher. I find a candy thermometer gives me confidence. (The recipe is on the inside of every Gillet Lye label.) This is not my recipe — it is the Gillet Lye Co's. I am not alone in making soap and it is nothing new. However, plastic has made it possible to make in every home.

The best way we have found to get "converts" is to invite friends over for coffee and/or bridge and make it.

Our cause was to fight pollution first, inflation second. Attached is an up-dated version of the soap recipe. Feel free to publicize it. I hope you'll try it. It is fun.

We were so pleased to see an MP make a leadership move — to make the citizen aware he has the personal power to control inflation — that it is not a "thank you. Good luck — and thank you. June Marie Northcote (Mrs. C. S.)"

**SOAP
(NEVER USE ALUMINUM)**

Recipe: 1 small can Gillet's Lye (9½ oz.), 2½ pints of cold water, 4 lbs. of clean lard (9 liquid cups), ¼ oz. perfume oil (optional).

Utensils: rubber gloves, 1 plastic or glass pitcher, 1 plastic or glass pail, 1 wooden spoon or stick, candy thermometer (not essential, but nice), plastic or glass dishes for moulds.

Method: Pour lye crystals into cold water in pitcher. Stir to dissolve, wearing gloves. Set aside to cool to 80°-85°F. Melt fat in pan. When cooled to 100°F pour into plastic pail.

When these temperatures are reached, pour the lye solution slowly and steadily into the fat which you are stirring slowly. Stir slowly for 10-20 minutes until texture of liquid honey. Add perfume oil at end of stirring (if using). Pour into moulds. Cover with cardboard. Wrap in blanket or big towel. Twenty-four hours later, cut into bars and remove to paper bag or box. Place in draft-free location (closet) open to the air. (Date the container) Two weeks later it is soap. Soap improves with age. Yield - eight lbs. For laundry use, grate or put through mincer. For shampoo, add water and cook to liquefy. To clean fat: Place fat in large pan. Place equal or more quantity of water with fat. Bring to the boil - turn off burner as soon as fat is liquefied. Allow to settle - skim off fat or wait until solidified and remove. Repeat.

I can't guarantee this as Mrs. Danson has yet to succumb to my persuasion — actually I don't seem to be home enough to be very persuasive. In addition, every time I mention using fats, she talks about putting me on a diet. C'est la vie!

Rambling Around

(Continued from Page 2)

private practice, either alone or with a private survey firm. He may be also employed in an industrial concern but the most extensive surveys are carried out by surveyors employed by municipal, provincial and federal governments. There are approximately 1,800 licensed land surveyors in Canada.

SURVEYING IS A WAY OF LIFE

Ontario has 565 land surveyors, a little over one half of them in private practice. More than a third of Ontario's surveyors live in Metropolitan Toronto.

Twenty-seven-year-old Chris Sexton of Thornhill is a licensed Ontario Land Surveyor. He and his wife Marilyn have lived on Woodward Avenue for five years. They have a baby son named Paul.

When Chris was just a school boy in England, he first thought of being a geologist. He always wanted to do something that involved being out-of-doors. He also had a grandfather who told him stories about Canada. Accordingly, Canada was chosen as his land of opportunity.

So the student, who attended Dulwich College in London, came to Canada when he was 16. He completed high school in Downsview and Northview Collegiates.

It was a "Careers Day" at Downsview which turned Chris Sexton to surveying. Accordingly, he became an apprentice to an Ontario Land Surveyor and eventually went into business for himself.

He admits the life of surveying is not easy, and sometimes his own hours are long. "It's enjoyable if you're the type that likes wading through swamps. There is also something to be said for being in a different place every day and seeing many different parts of the country," he said.

Chris has been around a good many locations in the past 10 years. He has surveyed in Central America and all through Northern and Southern Ontario.

Not all of his work is done out-of-doors. He spends a considerable portion of his time in his own and other offices as well as in field work. Because he is on his own, he can vary his routine from day to day, even from hour to hour. He likes to operate on his own because he is an intense individualist. In his employ are two survey crews and a draftsman.

Surveying may not be for everybody, but it certainly provides a satisfying life for Chris Sexton and those who work for him.

In The Spotlight

(Continued from Page 2)

hood instead of drugs and alcohol. One of those very much involved in the movement is actress, interviewer and writer Paisley Maxwell Glen of Thornhill, vice-chairman of the Markham Township Baha'i Assembly. Mrs. Glen tells me that the mixed media "Happening" which has been travelling across the country as a vehicle for the message of Baha'u'llah, will be coming to Rochdale College, (Bloor Street and St. George Street, Toronto), April 25, 26, 27 and 28, with two shows nightly at 7.30 pm and 9.30 pm.

The "Happening" includes a slide presentation, tape recordings of the words from Baha'u'llah's writings, songs and music live with guitar, films, modern art and module displays, with special lighting effects in keeping with the presentation. There will possibly be a guest appearance by Seals and Crofts, who were recently seen at the Riverboat in Yorkville, and on CBC's "That's Show Biz". Informal conversation between guests and performers will accompany refreshments served between the various sections of the show, and there is no admission charge. All funds gathered by Baha'is must come from among themselves.

"The Happening" has been prepared by a number of people eminently suited to their work. Art direction is by Don Rogers, a well-known Western Canadian painter and associate professor of Fine Arts at the University of Saskatchewan. Alex Frame, formerly with CBC Television, is in charge of sound and film, the environmental design is by Philip Cunliffe, an industrial designer who worked on the creation of the theme pavilions for Expo '67, and Jim Milne an environmental designer with the CNR's Architectural Department.

Glen Eyford, who is in charge of communication, is currently completing a doctoral dissertation at the University of Toronto, on the theme "The Artist As Educator". The group's manager, Dick Stanton, has travelled in many parts of the world, including the Canadian Arctic and the countries of the Far East.

"The Happening" was first presented at the National Art Centre at Ottawa, January 12, and is visiting 25 cities. Seven young people from the Saskatchewan area have taken three months' leave of absence from their studies to act as hosts on the tour. The Baha'i "Happening" has received an enthusiastic reception wherever it has been set up, and it is hoped that in a city as large as Toronto it will again be well received, appealing as it does to youth by using the excitement of sound, light and visual effects and communicating in the language of youth.

The Wonderful World Of Books

(Continued from Page 2)

And His Camera Look at Toronto". This stunning collection of photography by one of the world's greatest press photographers is an invitation to see as never before, Boris Spremo's uniquely alive, uniquely stirring portrait of Toronto.

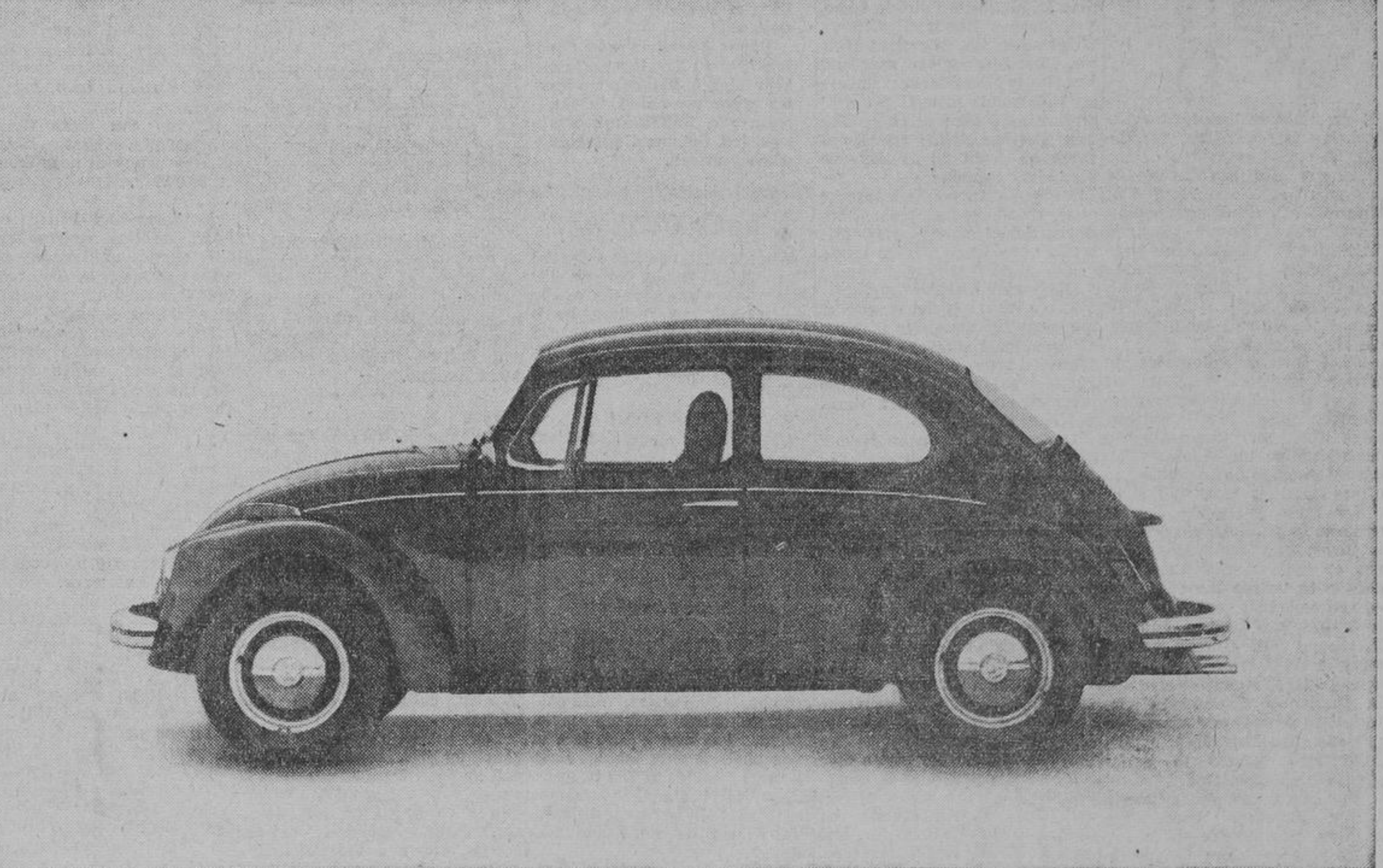
Stern, Philip, "The Oppenheimer Case". In 1953 an obscure ex-official wrote the FBI that Robert Oppenheimer was a Soviet agent. The charge was credible, for Oppenheimer was "father of the atomic bomb" and one of the nation's most respected scientists. Yet suddenly, powerful persons throughout the government were rushing to bring him down. The result was a notorious "trial".

Sullivan, George, "Touchdown!". The story of the American Football League and how it attained its present eminence is one of the most colorful and explosive in sports annals. Touchdown! traces this rousing story from the bleak early days when the league was being formed to the glittering success it is today.

Taylor, Harold, "Students Without Teachers". This is a book about the student revolution — how it started, what it means, and where it is going.

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