

## Women's Institute elects officers

The Port Rowan Women's Institute met at the Community Centre for the 52nd annual meeting of the Branch and election of officers for 1975-76.

The president, Mrs. Edyth McKinley, opened the meeting in the customary manner, with the Mary Stewart Collect and the Institute Ode. Annual dues were received by secretary-treasurer Mrs. Bruce LaChapelle. Fourteen responded to roll call.

Several communications were received, including an invitation to meet with Langton W.I. at the Langton Community Centre on May 7.

8 as part of the exchange visit plan.

A report on the recent District Directors' meeting in Simcoe was given by Miss Flora Aker, who noted that the District Annual will be hosted by the Lakeshore Branch at Grace United Church, Port Dover, on May 7.

A slate of officers for 1975-76 was presented by Mrs. Charles LaChapelle and Mrs. Harry Franklin, who comprised the nominating committee, and with no further nominations from the floor, it was accepted as presented. The new officers

were installed by Mrs. Clayton Bouck.

President is Mrs. McKinley; 1st Vice President, Mrs. Frank Long; 2nd Vice President, Mrs. Bouck; Secretary-Treasurer, Mrs. Bruce LaChapelle; District Director, Miss Aker; Public Relations, Mrs. Harry

Franklin; Branch Directors, Miss Aker, Mrs. Martha Moulton and Mrs. Leighton Brown; and Tweedsmuir History Curator, Miss Aker. Chairman of Standing Committee are as follows: Resolutions, Mrs. Bruce LaChapelle; Agriculture, Mrs. H. Franklin; Canadian

Industries, Mrs. Chas. LaChapelle; World Affairs, Mrs. Long; Education, Mrs. Clarence Franklin; Cultural Affairs, Mrs. Bouck; Consumers' Affairs, Mrs. Clare Moulton; Cards, Mrs. Charles LaChapelle.

Mrs. McKinley returned

to her chair for the remainder of the meeting.

In new business, the annual North and South Norfolk Rally was announced for October 27 at the Junior Farmers' Building, Simcoe; the Branch will assemble a layette again this year to turn in at the rally. Miss Aker reported that 228 dozen of the Norfolk County Commemorative plates have been sold by South Norfolk W.I.'s.

Information on the metric system, presented by Mrs. Harry Franklin, was followed by a program prepared by the citizenship convener, Mrs. Bouck with special reference to proposed legislation for the establishment of new rights for women, including co-equal rights concerning property. The group decided to send for 20 copies of the publication "Law and the Women in Ontario".

Lunch was served at the close of the meeting by Mrs. J.C. Gladall and Mrs. Ben Clemens.

Mrs. Robert LaCroix, 4-H leader and 10 4-H girls attended 4-H Achievement Day on Saturday April 19. The girls presented a very comical skit called "A Big Job for Little People". Mrs. Robert LaCroix assisted

Mrs. Carson in distributing the 4-H certificate and spoons. Marilyn Whitby presented Mrs. Robert LaCroix with a dozen red roses for her birthday.

Mrs. Morley Dedrick gave a surprise birthday party for Morley. Among the guests were Mr. and Mrs. Glen Foster, Scott and Patti of Tillsonburg, Mr. and Mrs.

Donald Dedrick and Kimberly, Mr. and Mrs. Robert Jenny and Mr. and Mrs. Brian Dedrick.

Mrs. Donald Dedrick, home, Mrs. Earl Nelles of Waterford.

Brian Dedrick attended a shower in honour of Ann Nelles. The shower was held at the girl's grandmother's home, Mrs. Earl Nelles of Waterford.

## Langton Lions meet

Following a delicious fried chicken dinner and Roll Call, Lion John McGuire reported that the plans for the upcoming Card Night were completed, and the Walsingham W.I. will do the catering.

The assistant secretary, Sam Lammens, read a letter from the organizers of the N.H.L. Old Timers game, thanking the local Service Clubs for their donation of over \$600. This was the profit of the bar, set up in the Community Centre on the night of the game.

A letter of thanks from Brian Knack, one of the Scouts who will be attending the Scout World Jamboree in Norway this year, was read also.

Lion Frank VanLeuvenhage reported that the two teams from the Langton Lions Club had recently attended a Lions Bowling Tournament. Team Two almost brought the Trophy home again. They lost by only three pins.

Lion Stan Garnham reported the information

received from the heating engineers had indicated the difference in operating costs between gas and electricity would be negligible. They suggested a number of Electric Units that would produce the equivalent B.T.U.'s. These could be bought and installed cheaper than the gas fired units. The Club decided to go ahead with the Electric Heaters, for the Area.

The plans for the improvements to the Ball Park are also underway. This is also a project of the Lions.

Lion Andy Bodnar reported a very successful Pig-Tail and Spare-Rib Dinner and Stag held last week. Max Underhill was the Major Prize Winner.

Lion Frank DeDobbeleer said plans for the upcoming Golf Tournament were well underway. This event will be held on July 19th and is for 100 members of the local clubs.

The Belgian Fair Booth was discussed and a new Committee was formed to

make it another successful event.

The Fish Fry and Dance in June is being planned now and the Band has been hired.

Lion L. VanHooen reported that the Convention in May will be held in Hamilton, Ont. this year, and it is expected that about eight people will attend.

The evening closed with a vote on the slate of officers submitted at the last meeting for the 75/76 season. This was accepted with one change, Lion Merlin Howse was replaced with Lion Wayne Slaght as treasurer.

## Mothers meet

LANGTON - The Minor Hockey mothers held their April meeting in the warm room of the Langton Arena 2 p.m. Sunday with nine members present. President Mrs. George Handsaeme opened the meeting. Following the secretary's and treasurer's

reports, two letters of thanks were read. One from the Township of Norfolk for the help with the old timers hockey game, the other from the Langton Minor Hockey Association for the help from the women during the year.

Plans were made for the final Euchre Party to be held in the warm room at the arena 8 p.m. Sat. April 26th. A donation will be sent to the Boy Scouts Association with our thanks for the use of their chairs for our euchre parties. A motion was passed to pay for the Midget Banner from last year, which is now hanging in the Arena, also to purchase future banners, and Crests for the hockey banquet which will be given to each boy on behalf of minor hockey mothers. President Mrs. Handsaeme will look after the flowers for the guest and head table for the banquet.

Mrs. Ed Zamecnik chaired the meeting for the election of officers for the year 1975-76 as following: President, Mrs. George Handsaeme; Vice-President, Mrs. Theo Kersten; Secretary, Mrs. Marcel Anseuw; Treasurer, Mrs. Roland Vanderhaeghe. President Mrs. Handsaeme thanked past treasurer Rose Sinnesael and past secretary Mrs. Mary Louise Vandermeersch for their help during the past two years. The meeting was closed.

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## Walsingham personals

Mr. and Mrs. Gordon Thompson, Mrs. J. Saunders, Mr. and Mrs. Adolf Beausaert, Mrs. Jack Bridgeman, Mr. Barney Yzerman and Beckie, Mr. and Mrs. Maynard Long, Kippy Hearn, Colleen McConnell, Mrs. Millie Allport and Bert Luce gave Mrs. Maurice Beausaert a surprise birthday party on Thursday night.

Thirty-four students from Walsingham Public School left for Ottawa Thursday morning. While in Ottawa they visited the Dominion Observatory, Parliament Buildings, The Public Gallery to view Question Time in the House of Commons, The Royal Mint, War Museum, Tour of The Public Rooms of the Governor General's Residence, National Art Centre for a Theatre Presentation, National Aero nautical Display, Rockcliffe Base, National Gallery of Canada, Museum of Science and Technology. They departed from Ottawa at 4:45 p.m. and arrived at Walsingham at 1:30 a.m. Sunday morning.

Mrs. Robert LaCroix, 4-H leader and 10 4-H girls

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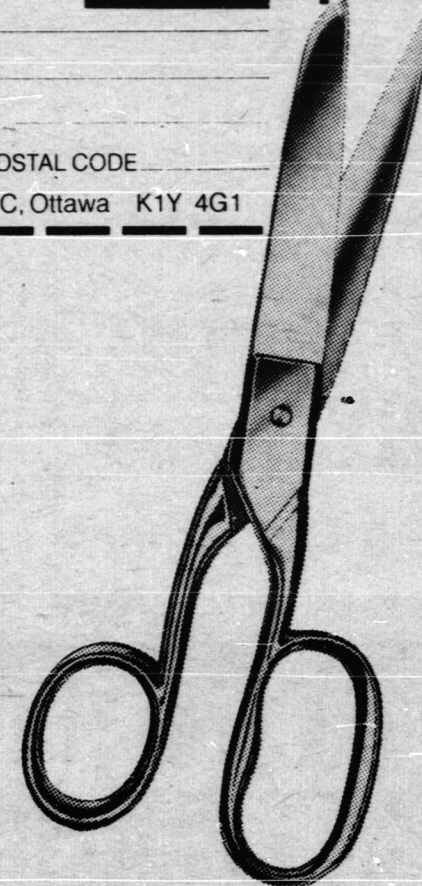
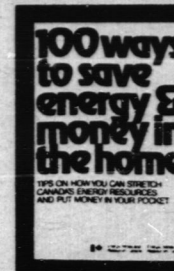
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## 100 ways to save energy & money in the home

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Don't drown the beans



WHEN you're cooking vegetables, use little water and cook only until they're tender. You'll save vitamins and flavour. Well-designed cookware, used on the proper settings, will also conserve energy. Try cooking the entire meal in the oven, or on one or two burners.

Saving energy is often a game of pennies, but they all add up - and so do the savings for Canada.

Do you really need a crushed-ice dispenser?

A FROST-FREE refrigerator uses 50% more energy than a standard model. A crushed-ice dispenser is a big energy drain. And a self-cleaning oven uses 20% more energy than a standard model. Ask yourself how many of these extras you really need.

When you go shopping for a new appliance - refrigerator, dishwasher, range, dryer, washing machine - look beyond the price tag. What's the energy cost of running it? Often the better-built, more expensive model is also more energy-efficient. A better buy in the long-run.

Five ways to save on home heating

HEATING is the biggest item in a family's home energy budget. Here are a few simple ways to save:

Lower the thermostat.

Each degree over 68 adds about 2 1/2% to your heating bill. By dropping the setting from 72 to 70 you can save 5%. Dropping it from 72 to 68 will save 10% - about \$30 a year. It helps to lower the temperature further at night, and when you're going to be away from home for a few days.

Check your furnace filter.

A dusty, clogged filter forces the system to work harder, and wastes energy. Inspect it every 30 days. (The book shows you how.) An annual or semi-annual furnace cleaning can save you another 10%.

How's your insulation?

Many Canadian homes have inadequate insulation. Ceilings should have 6" or more of mineral wool or glass fibre insulation. Wall cavities should be completely filled. Basement walls should also be protected to 2 feet below grade level. To avoid fire hazards, don't use foamed plastic insulation in exposed applications.

Use storms and weather-stripping.

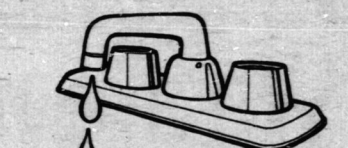
Storm windows and doors will reduce heat loss in winter by up to 15%.

Weather-stripping is a must. A tiny gap of 1/4" along the bottom of a door is the same as having a 9 square-inch hole in your living-room wall. 100 ways to save energy and money in the home explains how to weather-strip joints and caulk the frames of windows and doors.

Let the sunshine in.

Energy from the sun is free, so it makes sense to use as much of it as we can. In the winter, open curtains and drapes during the bright part of

the day and close them at night, for their insulating value. In summer, do the opposite.



Drip, drip, drip, drip  
ONE DRIP per second from a leaky hot water faucet or shower-head sends about 175 gallons a month down the drain. That's money down the drain. You can probably fix it yourself with a new washer and a few minutes work.

Be sure the size of your water heater matches your needs. Don't set it for more than 140 degrees, and turn it off when you go on vacation. Have you tried a cold-water wash for clothes? It usually works just as well. Remember, too, that your average shower bath uses only 5 gallons of hot water, while a tub bath takes almost 10 gallons.

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