

Couple was employed at Oakville Basket Factory

By Kathy Yanchus
SPECIAL TO THE BEAVER

The bride wore a simple blue dress and matching blue hat. She was accompanied down the aisle by her sister Margaret, and the groom, by his brother Herb.

It was a small function at St. Jude's Church with the reception at the bride's aunt's home on Stewart Street. The honeymoon was short because more important than pampering themselves with a holiday, was work.

Tough times: small weddings, home receptions and an insecure economic environment in which workers dared not venture too far from their jobs.

Well, it does for Nellie and George Dowdle except that in their case, the year is not 1995, but 1935. Yes, 60 years ago on Nov. 6th, the young couple, she 27 and he 25, took the matrimonial plunge. Franklin Delano Roosevelt was President of the United States and William Lyon Mackenzie the Prime Minister of Canada. Newfoundland was not yet part of Confederation. Neil Armstrong was decades away from walking on the moon, television had not been invented so were many more historic moments yet to be.

And in Oakville, where George Dowdle was born in a small house on Queen Mary Drive, there was a small blip in the hospital statistics when the couple wed. But although there were no doubt many more marriages in town that year, the Dowdles' union has become increasingly more important and significant than the others as it has withstood the test of time.

Nellie and George courted for five years, George restoring Nellie to movies at the old Gregory Theatre in town and often carrying his love to their respective jobs at the Oakville Basket Factory on the handshirts of his bicycle over the dirt roads.

Queen Elizabeth Park fashions

Queen Elizabeth Park School is presenting a student-run fashion show, "Forever Young," on Monday Nov. 20th, 7 p.m., at the school, Yolanda Drive. Tickets are \$6 at the door. Proceeds go to Covenant House, a centre for streetkids in Toronto.



Nellie and George Dowdle

"It was all a struggle, times were tough," recalls George. Despite those tough times, George always managed to present his special girl with a box of chocolates every Saturday.

While his wife earned 15 cents for every 100 square baskets she made, he put in 55 hour weeks creating fruit, meat and mutton baskets. After more than a decade with the Basket Factory, one of two major employers in town in those days, George joined General Stairings and "in between" worked on the building of the Queen Elizabeth Way.

The Dowdles also raised seven children without benefit of parenting shows, books and magazines. There were no major appliances to simplify life for each a big family, there was a cozy life, rich in family values.

Daughter Barb Mander - the Dowdle's children range in ages 48 to 59 - recalls her mother ironing the sheets to warm up their beds because their first home on Kerr Street was heated with just a coal stove.

"Mother and dad always stood behind each other," she says. "They were always there when you needed them, they still are."

In 1973 George retired and the couple have since devoted much of their time to gardening. Nellie does lunchbox and they still, with the help of a housekeeper service twice a week, maintain their own home and do their own mowing although both well into their 80s.

The family continues to expand with 15 grandchildren and eight great-grandchildren (and one on the way). The most recent addition to the Dowdle clan? An electric wire, a 60th wedding anniversary gift from their children.

The years have gone "awful fast" says George and although they may have joked at newlyweds about someday celebrating their 60th anniversary, the years they took on Nov. 6th, 1935, were as jobless as a serious matter to both. "When you were married back then, it was for life," says Nellie.

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HEALTHY ALTERNATIVES

Lorri King

A BIG FAT HEADACHE!

Did you read the article in the Globe on Saturday about fat in our diet? The current rage is to eat everything "fat" in our diet is going the way of the dinosaur and magazine covers. Nutrition studies are showing that we need a broad range of all nutrients or natural oils. Eliminating eggs, saturated fats, or butter and ingesting fat has not been found in many low fat cheeses and other products does NOT make us healthy. In fact, studies are showing that these saturated, thickened, artificially sweetened, and processed foods are making us unhealthy and stopping us from making necessary dietary changes that will allow us to enjoy a full range of vitamins, minerals, and other nutrients from our food, not food.

Excluding essential elements in our diet causes disease. Fat is a necessary part of our diet - especially at age 50. We need essential fatty acids (Omega-3, Omega-6, and linolenic) to stay healthy and produce the hormones we need to keep our bodies functioning. Just as we need complex carbohydrates, protein, protein, vitamins, minerals, enzymes - we need fat. The problem comes when we ingest too much of one dietary essential like fat, and not enough of another.

Our children get fatter, we find them slumped, lethargic, hungry. Fresh diet, more fruits, cheap ice cream, candy bars, artificially colored, flavored and textured foods that teach them to crave salt, sugar and oily meats that offer them few nutrients. An occasional adventure into the world of deep fried "fried" won't hurt but as mealtime past, days turn into weeks and months, and then great intentions just don't materialize. As you know, "just one more" (or "two") drinks, nutrients are being inhaled and health deteriorates slowly and eventually. It's cheap, it's simple, it fills us and our kids up - what are your alternatives?

Quality and balance are the keys. Quality carbohydrates, quality proteins and quality fats in a reasonable ratio and in reasonable amounts keep us happy, healthy and help us feel good. When we eat a broad range of proteins on a regular basis, when our day starts with whole grains (without lots of salt and sugar), when our lunches include fresh fruits and vegetables (without heavy dressings), when our dinners include vegetables, grains, and a wholesome protein choice, when these kinds of meals make up 75-80% of our diet, we can eat what we essentially desire (fat) and still be healthy. The 20-25% of our diet that includes 20-25% fat, and 50-70% carbohydrates we will be able to enjoy that delicious piece of apple core or extra old cheddar, that decadent piece of buttery cake, that trip under the covers, that then it's time to get back to work without concern about the "fat" in our diet. Fat is more than health. Fat is deep social activities, fun, adventure, pleasure and friendship. Delicious food can be enjoyed, enjoyed and enjoyed while providing healthy nutrition and a great balance of fats, carbs, and protein. Eat quality, eat well!

This ad is provided by Lorri King, owner of Alternatives Market. She can be reached at 844-2575

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