



SPECIAL GIFTS GROUP

SOME OF THE MEN who are assisting in special Gifts Leadership discuss plans during a recent meeting. Left to right are George Mitchell, James Linton, Jim Jones, who is chairman and Ted Arnold.

Chatting

M.H.E.

PLOPI — THERE it goes into the garbage again! Every week it's the same I go shopping and buy a carton of fresh cottage cheese determined to eat it when I serve something really elegant to the rest of the family. But I never seem to gather up enough willpower to make myself do it. More often than I care to admit the cottage cheese is still sitting in the frig when I clean it out prior to the weekly shopping expedition. Always by that time it has achieved a sad state of dehydration, making it palatable for neither man nor beast. So it gets the heave-ho along with the rest of the tag ends and leftovers. I had thought we might use up some time.

Not that cottage cheese isn't nutritious and well, pleasantly to eat. It's just that I like many other things much better. Why do I buy it then? Well, in case you aren't aware of it cottage cheese is a must for calorie-conscious people. And this is the most diet-conscious time of year for women.

THERE ARE MANY reasons for this. First of all I think that being in the house so much during the dreary of the winter weather gives housewives more time than usual to think about nurseries. We may be prodded into a diet-conscious mood by such a little thing as filling out the form for renewal of our driver's licence. It contains some pretty uncompromising questions about age, weight and colour of hair. Until the moment of filling out the form, those changes had seemed imperceptible. Well, we may philosophize we can't do much about changing those statistics, but we certainly can get that weight figure down to where it was this time last year.

OR THE NOTION to diet may be triggered by the shock we get while standing in one of those three-way vision mirrors while trying on a dress to pep up a winter wardrobe — or by finding it a struggle to get last year's suit skirt zipped. — We may even feel impelled to shed a few pounds after seeing ourselves illuminated in a slide project screen in an all-in-one snappy shot. Cameras never lie, so they say. But honestly, I do think they add about ten pounds to

the figure. That's what I try to tell myself anyway, and last but not least, it is your imagination or does your husband seem to prefer to what the winter ones around the dance floor while we expect our conversational prowess on the sidelines? A horrid thought, and one quartered to galvanize even the most complacently plumpish wife into action.

ASIDE FROM personal jitters, however, let us not forget the tremendous impact the printed word has upon the world of feminine vanity. In all the magazines and papers, articles and ads constantly plead with us to REDUCE. They assure us that shedding a few pounds will solve most of our problems. I read these things religiously, and I tell you I get more and more confused.

THERE ARE SO MANY conflicting views and theories. For instance, most reduction diets do not include much, if any, fat. In fact, I have read that eating fat is questionable even in a normal diet because it is suspected of being clogging our arteries. On the other hand just recently I read an article by a research scientist who lived in the Arctic for six years. During that time he subsisted solely on the Eskimo diet which includes large amounts of both beef and whale fat. When he returned to civilization, he was lighter in weight and in much better health generally than when he left the northland. When I mentioned this to a friend recently she suggested that maybe it wasn't so much the diet, but the quiet life he must have had in that frozen north that improved him so much. You see, that illustrates my biggest trouble. There are so many sides to every theory. I have difficulty making up my mind.

THEN AGAIN comes the question of sugar in reducing diets. On many of them no sweets are allowed. But in refutation of this the sugar companies climbed on the advertising bandwagon and big ads point out that there are only 17 calories in a teaspoon of white sugar. They stress the fact that we need a certain amount of sugar for quick energy, and also sometimes point out that food with high sugar content destroys appetite, and is therefore a valuable aid to reducing.

IT'S ALL VERY confusing too much so for a mere woman. Especially one who really enjoys food. It's a constant struggle between vanity and appetite. This makes me

Nurses Hear Speech On Mental Health

The Registered Nurses' Association of Ontario, Halton Chapter, met at the Oakville - Trafalgar Hospital for a meeting on February 17th at 8 p.m. Dr. Bow of the New Toronto Ontario Hospital and psychiatrist for the Oakville - Trafalgar Hospital spoke to the group on Mental Health.

Mrs. Scull's Pupils Music Exams Results

Following are the results of the December Theory exams of the Georgetown and district pupils of Dorothy Richardson Scull RMT.

- Grade 1: June Green 92, Kay Ann Cochran 90, Janet Watson 100, Terry Papillon 93
- Grade 2: Sharon Bradlee 99, Joanne Buz 98, Donald Bove 98, Michael Wolfe 92, Doree Cochran 87
- Grade 3: Jean Hart 95
- Grade 4: Helen Landsborough 94, Bonnie Beer 77
- Grade 5: Barbara Champion 99, Lynn Bastwick 77
- Grade 6: Ann Barbour 90, Linda Patterson 90
- Grade 7: Sandra Brown 96, Victoria Newton 96, Alison Smith 96, Lynn MacIntyre 96, Just Ditty 81, Joanne Landsborough 80
- Pupils of Barbara Champion: Grade 1: Carol Coulter 96, Grade 2: Beth Cameron 92, Peter Gordon 90

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- SAVE 16¢ YORK FANCY 15 oz. tin Cream Style Corn 7-51
- SAVE 17¢ REGULAR OR CHUBBY KLEENEX 6 pkgs \$1
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