

Out-of-town trips end with opening of natural food store

Emily Lysholm eventually had to leave the door open for workers, and was getting a steady stream of customers as well.

Emily's Natural Foods, located in the newly-reconstructed Old Free Press Building on Mill St., unofficially opened last Thursday. Her ads and signs, however, said Friday. She didn't mind though! The extra day of business gave her a chance to meet some of her customers and spend a bit of extra time helping them with their needs.

The store, owned and operated by Emily and Keid Lysholm, is the answer to the natural food users' dreams. Mrs. Lysholm said when she

moved to the area a year ago, the only thing she missed from the city was such a Brampton or Mississauga to do her shopping. When she read in the Free Press in May of the reconstruction of Dills Printing and Publishing downtown, she decided she would start up her own store. After all, if she was travelling out of town, surely there must be more in her situation.

Until about eight years ago, Mrs. Lysholm was like the great majority of people feeding her family whatever she bought from the shelves. Then, she realized all the additives going into food and decided to go the natural route.

By this time, however, her family was already set in its

way as to food. It was a hard job converting them to natural foods, Mrs. Lysholm laughs, and even after all this time she is still questioned as to what is on their plates. But, after researching nutrition, and vitamins and mineral supplement, she is convinced her family is better for her switch over. She has always been a gourmet cook, and the conversion has just made for more interesting recipes.

Since May, Mrs. Lysholm and her husband have been doing price shopping at the various wholesalers. They get their stock from three wholesalers, and many private sources. The past few weeks have been spent buying the goods. She explains a lot of the stock is still not delivered, or they have overlooked something, but she asks her customers to please have patience for the first while. In order to assure customer

satisfaction and low prices, some confusion will sometimes be apparent at first. Customers are also asked to point out anything missing from the store which they are used to getting elsewhere. Mrs. Lysholm says she will soon get any products in. Later on, once she gets the store organized, she will be giving out recipes she has used herself.

Currently on the shelves are herbal tea, bulk honey, vitamin and mineral supplements, fresh ground peanut butter (customers watch it being ground), bulk spices, bulk nuts, breads, natural food cook-books and book pertaining to that subject, and natural candy. Customers help themselves from bins designed and built by local craftsman Jim Hall. Her husband built the shelves.

Mrs. Lysholm says her family and friends support her 100 per cent in her new business venture. In fact, it was a good friend Olga Husac, from Draperies and Things of Acton, who encouraged her to open the business. Sons Kevin 19, and Chris 15, both think it is a good idea and help their mother all they can both in the store and at home.

So, in just a few short months, Mrs. Lysholm has transferred a family habit into a thriving business. Her search for nutrition-packed meals eight years ago will now benefit many.



EMILY LYSHOLM is the owner and operator of Emily's Natural Foods in the Old Free Press building on Mill St. Fresh ground peanut butter is available. Mrs. Lysholm grinds it herself on a special machine.

FLORIDA

\$299 1 Week (per person double)
\$410 - 2 Weeks (per person double)

INCLUDES:

- * 7 or 14 nights accommodation, Days Lodge, 1 bedroom efficiency apartment
- * Return air fare
- * Transportation to and from Toronto International Airport (Acton, Milton, Georgetown)
- * Compact car for week (per couple)
- * Unlimited mileage for car

THESE ITEMS ALSO INCLUDED:

- * 4% Florida State Tax on room
- * 2% Florida County Tax on room
- * 4% Florida State tax on car
- * 8% Canadian Departure Tax
- * \$3.50 U.S. Departure Tax

LIMITED NUMBER OF SEATS AVAILABLE
BOOK NOW!

For More Information Call 853-1561

TED TYLER TRAVEL SERVICE - ACTON

TIDY CAR

Low-Cost Interior-Exterior Car Protective Cleaning Treatment call **877-6136**

ELKS BINGO

Monday Night Door Prizes
 45 Mountainview Road Georgetown
\$40 Prizes
 Early Bird Games 7:30 p.m.
5 PRIZES AT \$20 EACH
 Doors Open 7 p.m.
 Bingo Starts 8 p.m.
16 Regular Games at \$40 ea.
3 Special at \$70 ea.
\$600 Jackpot
 54 Numbers
GUARANTEED \$100
 Share The Wealth Projects and Deaf Detection In Small Children
FREE Bus Service
 From Acton and Georgetown
 Winner: Mrs. Elva Cross of Milton in 48 numbers

GUARDIAN DRUGS

PRICES EFFECTIVE UNTIL OCT. 14, 1978

BAN SUPER DRY ROLL-ON Anti-Perseptant \$1.39 71 ml	Dee-Tea 1.25 ML \$1.25	GARBAGE BAGS GIANT 26" x 36" 49¢ 10's
Stuffy Nostrils? MENTHOLATUM OINTMENT \$1.33 85g	Stayfree \$1.77 30's	ROSE MILK SKIN CARE CREAM \$1.07 240 ml
STAYFREE MINI-PADS \$1.77 30's	Clairol HERBAL ESSENCE SHAMPOO \$2.99 700 ml	SYLVANIA BLUE DOT MAGICUBES \$2.19 3's
BUFFERIN TABLETS 125's \$1.17 25's MORE BONUS	MAALOX PLUS 340 ML SUSPENSION OR 50 TABLETS \$2.17 YOUR CHOICE	SCOPE Mouthwash & Gargle \$1.99 750 ml
CONTACT-C COLD CAPSULES \$1.23 10's		MISS CLAIROL SHAMPOO FORMULA \$2.66

ACTON MERCHANTS MERCHANDISE VOUCHER DRAW

\$50 VOUCHER REDEEMABLE AT ANY ACTON STORE
 (DRAW DEADLINE 6 P.M. TUESDAY, OCTOBER 17)

NAME: _____
 ADDRESS: _____ TELEPHONE: _____

DEPOSIT THIS COUPON AT ANY OF THE ACTON MERCHANTS. ADVERTISING IN THE OCTOBER 11 ISSUE OF THE 'FREE PRESS'

Fall Values!!

20% off ALL IMPORTED **JEANS & CORDS** **SPORT SOCKS** (SAVE UP TO 50%)
 REG. \$2.99 NOW \$1.50 PAIR
LADIES' POLYESTER PULL-ON SLACKS \$7.99
 THIS WEEK ONLY!
 - HOURS OPEN -
 TUESDAY, WEDNESDAY, SATURDAY - 9:30 a.m. - 6 p.m.
 THURSDAY & FRIDAY - 9:30 a.m. - 9 p.m.

Larry's House of Buys
 124 MILL ST. EAST ACTON 853-3060

IGA Five Star Bingo

Hundreds of One Line & Full Card Winners of **\$10,000**
22 Sets of Luggage
3 Orlando Florida
 Weekdays at 10 a.m. and 11 a.m. on CFTO Television Channel 9

Whole Kernel Niblets Corn or Summer Sweet or Giant Size Peas 29¢	PRODUCE OF U.S.A. RED EMPEROR Grapes 59¢ LB.
Fresh Pork Loin Roasts RIB PORTION \$1.49 LB.	ONTARIO GROWN CANADA NO. 1 GRADE Cabbage 3 99¢ FOR
Pepsi-Cola 49¢	McIntosh Apples 89¢ EACH
Flaked Light Tuna 69¢	Heinz Soups 15¢
COOKED Smoked Pork Shoulders \$1.19 LB.	ABC Powdered Detergent \$1.79
Instant Fried Rice 49¢	Lancia Bravo Italian Festival
Fabric Softener \$1.09	Lancia Pasta 69¢
FRESH 7 CHOP ECONOMY PACK 2 RIB, 4 CENTRE, 1 TENDERLOIN PORTION Pork Loin Chops \$1.69 LB.	Spaghetti Sauce 77¢
FRESH CENTRE CUT Pork Loin Chops \$1.89 LB.	Bravo, Plain 55¢
Sliced Side Bacon \$1.69 1-LB PKG.	Peel'd Plum Tomatoes 55¢
Wiener's \$1.19 1-LB PKG.	Bravo Tomato Paste 4 1/2 OZ \$1
Breakfast Sausages \$1.19 LB.	Lancia Lasagna 55¢
Canadian Cheese Festival	Assorted Varieties Macaroni & Spaghetti 43¢
IGA ROYAL GOLD MILD, MEDIUM OR OLD COLORED Cheddar Cheese \$1.39 4-OZ. BLOCK	
CANADIAN PROCESS 4-OZ. SINGLES Kraft Cheese Slices 79¢ 8-OZ. PKG.	
KRAFT, GRATED Parmesan Cheese SHAKER \$1.89 8-OZ. PKG.	
IN MOLASSES OR IN TOMATO SAUCE IGA Beans with Pork \$1 14-FL. OZ. TINS	
RIO, FROZEN, CHOICE Sliced Strawberries 59¢ 15-OZ. CTN.	
FROZEN Rich's Coffee Rich \$1 3 1/2 FL. OZ. CTN.	
MFG. PRE-PRICED FOR HUMPTY DUMPTY, REGULAR Potato Chips 75¢ 225-OZ. PKG.	

ACTON PHARMACY LTD.

CORNER MILL and MAIN STREETS • ACTON • 853-1620

HARVEST SALE

Sofa - Loveseat Chair - Ottoman
ONLY \$535

HALTON HILLS Furniture & Appliances
 352 QUEEN STREET EAST, HWY. 7, ACTON 853-0211

HIT DISCO

The disco shoe. Pedwin has one purpose for the smooth leather, moc seam toe and platform sole. To help you stay in step in style. Move on a pair.

Pedwin
\$38
 Only

SIZZLER
 MADE IN CANADA
 leather's better naturally!

Swetman's

WEDNESDAYS ARE "GOLDEN AGE" DAYS AT ACTON IGA

ACTON I.G.A.

8 Main St. North - 853-1960