



Instructor Bill Gage watches Carrie Ingram working on love seat.

Focus on Night School The Furniture Refinishers



Jerry Hoffos applies stain to wash stand.

'Shed Pounds' is Idea in Clinic Planned by 'Y'

by Mary Simpson

EXCESS WEIGHT is a real problem for many women and this spring the Y plans to do something about it through an 8 week 'Weight Reduction Clinic' so that local women who wish to shed excess pounds may get together in this common cause.

Two Toronto YWCA's are having similar clinics this year, but two innovations make Georgetown's Y Clinic a little different. In view of the fact that much of the cause of overweight is inner tension and conflict, learning to consciously relax will be a major part of the agenda. As the saying goes 'Misery loves company' and so the clinic will have a 'buddy system' whereby one weight reducer can help and encourage another during the week.

THE ATTITUDE at the clinic will be that of fun, positive thinking and optimism to offset self consciousness and the defeating feelings of "I'll never be able to do it" and "I'll never change!" Suggestions for reading and a number of books will be on loan at the clinic. Each participant will be urged to read as much as possible about subjects relating to the clinic.

Basically the idea of the Weight Reduction Clinic is an attempt to help women reduce and above all to maintain that weight loss where other methods may have failed. "A weigh in" each week will be confidential and there will be no comparisons unless the women wish to do it themselves.

UNLESS THEIR doctor states otherwise, the diet to be followed will be the low carbohydrate type which many people have found to be the most successful. Each 2 weeks will alternate between strict diet and maintenance diet and each person's desired (or advisable) weight loss will be divided into segments since it is easier to lose five pounds several times than 20 pounds all at once.

During the eight weeks of the clinic several topics of interest will be covered, including the changing of eating habits and patterns, proper nutrition for the family, massage of hard fatty areas, posture and body mechanics. In addition there will be open discussion of problems.

WHILE THE Toronto Y clinics are limiting their classes to those who are 20 pounds or more overweight the Georgetown Y will not have a weight limit. Those women who should lose over 25 pounds, who have not had a medical check-up within the past year or who have any problems are being asked to see their doctors and get his written permission to participate in the clinic. If her doctor feels she should have any restrictions or that she should follow a particular diet, he will have our complete cooperation.

What about exercise? Women who are truly obese should not exercise until they have lost a considerable amount of weight, therefore the actual exercise time during the clinic will be limited to non-strenuous movement geared to relaxing and stretching in order to release tensions. Women who can benefit by more vigorous exercises will be allowed to participate (without additional charge) in the 'Slim and Trim for Spring' class which follows the clinic.

ACTUALLY the 'Slim and Trim' class is often sufficient for those who have less than 20 pounds to lose, since diet, posture and relaxation are also covered in this class, with less

emphasis on weight and measurements. We are hoping to do follow-up studies on the women who participate in the clinic so that we may do some comparison with

HORNBY

Girls Show Culinary Skills at 4-H Meeting

The fourth meeting of the Hornby North 'Dairy Mates' was held at the home of Mrs. Tom Bousfield, March 22. The meeting was opened with the 4-H Pledge. The roll call — "What I thought of the custard I made" was answered by the twelve members present. Connie Course was named as the press reporter for this meeting. Following the business the girls went to the kitchen where Margaret Kubinec and Louise Bakker made a white cake mix; Betty Jean Marchmont, Janet Cooper and Julie Snow made Cottage Cheese and potato salad; Connie Course, Lorraine Cooper and Janet Schreiber made a chocolate tapioca pudding; Lynne Stewart whipped cream; Julie Sieben whipped cream; Julie Sieben and Mary Bakker whipped Condensed Milk. A menu for a day was tried without using dairy products.

The North Trafalgar Euchre Club held their weekly Euchre Party on Saturday night, Mar. 27th, at the North Halton Trafalgar Community Centre. There were 12 tables of euchre in play with high score going to Mrs. Jack Thorne, Mrs. V. Preston, Mrs. V. Sinclair, Donald Douglas, Harold Reed and Wilmer Mason. The lucky draws were won by Mrs. Wilmer Mason and Clara Wilson.

The annual Variety Show put on by the St. Stephen's Anglican Church Sidesmen will be held at the church on Friday night, April 23rd. They promise a better show than ever with plenty of laughs. They will also be at St. John's Anglican Church at Stewarston on April 24th and on May 1st at the Percy Merry School.

Mervin Tuck of Oshawa, visited last week with his mother Mrs. Fred Tuck of Britannia Road.

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March 24th. There were 55 men in attendance. They enjoyed a delicious chicken dinner.

— Mrs. Jim Hamilton.

IN THE MAIL BAG

Not Harassed, Was Misquoted in Daily

4 Delrex Blvd.

Sir: Criticism of any nature directed at law enforcement agencies is all too often mislabelled "police harassment", and used to sell papers by an overly enthusiastic press.

Being at this very time involved in discussions with town council regarding the enforcement of an anti-loitering-by-law (66-49) I have been on one occasion misquoted by a Toronto daily paper, regarding an accusation of harassment. The truth of the matter is that I have at no time been party to any such accusation. I do feel that I am a victim of a certain degree of misconduct on the part of the municipal police however, I would certainly hesitate in terming it an instance of harassment.

I am however, satisfied with the Herald's account of the March 22nd council meeting and take this opportunity to compliment you on your down to earth reporting. I realize that sensationalism all too often distorts the issue and delays results.

Respectfully,
Farley Helfant.

DID YOU KNOW?
The ancient Egyptians shaved.

THE MAIL BAG

No Benefits, Soaks Everyone, Teachers Fight Plan for U.I.

Dear Sir:

On behalf of the Halton County Elementary Teachers, we wish to clearly express our feelings concerning the white paper that includes teachers as contributors to the unemployment insurance fund. It includes teachers but excludes small businessmen or the self-employed worker who for one reason or another may need this insurance more than teachers do.

Let us suppose that teachers will have eventual need of such insurance. Under the present terms of reference in the Unemployment Insurance Act, there are few, if any, benefits to teachers. The most important provision in the Act is for retraining the unemployed but the Act does not provide for sending teachers back to University for retraining. It is highly doubtful if many teachers will be dismissed, except for reasons of incompetence, because the annual retirement rate will take care of the presently decreasing pupil enrollment. Those who have just graduated from colleges must hold a job first before they are eligible for benefits. It can be clearly seen that no benefits are forthcoming to teachers. In short, this is not 'insurance' but an unemployment tax — so let's call it what it is.

Furthermore, did you know that you, our employers, the taxpayers, must match our payment dollar for dollar? This means that a conceivable one quarter million dollars could be collected, from the Halton County taxpayers as the employer's contribution. This money will not benefit the students but go to the federal government to support an "insurance" scheme that teachers neither need nor want.

In Ontario, approximately 80 million dollars will be collected as part of education taxes and be sent to Ottawa. It is estimated that of this 80 million dollars only 26 million will return to Ontario in benefits to the unemployed. As teachers and

taxpayers, we are opposed to this unemployment legislation on three counts:

1. It is not insurance because it offers no benefits to us.
2. It squeezes money out of the taxpayer for unemployment under the pretence that it is for education.
3. Most important, it is a devious method of collecting money to patch up an antiquated system that should be completely scrapped and rebuilt to make it more useful and equitable.

We as teachers are not against helping those who are unemployed through a legitimate means of taxation but we do oppose paying for insurance that has no benefits. We offer this information for both our benefit and that of an already burdened taxing public.

Sincerely,

HALTON ELEMENTARY TEACHER'S ASS'N.

(Mrs.) Vera Macdonald, President, Halton Teachers' Association, 57 Confederation Street, Glen Williams, Ontario.

SAFETY TIP

Sweden has very strict laws, and enforcement, to prevent drunk driving. The result, according to the Hon. John A. Volpe, U. S. Secretary of Transportation is that only 10 per cent of traffic fatalities in Swe-

den are attributable to impaired driving; in the U. S. the figure is over 50 per cent.

The Ontario Safety League says that the risk of arrest for anyone who drives after drinking in Sweden is 1 in 200; in the U.S. it is 1 in 2,000.

Elizabeth Arden



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Rodeo Coming Back

The rodeo returns to town May 29th and 30th for the second year.

The fairgrounds park will again be the scene of calf-roping, bronco busting, calf scrambling, cutting and all the other events which go to make up a rodeo.

Brahma bulls will be an added thriller this year.

Youthful organizer, 22 year old Hugh Graham of Limehouse will again stage three performances, two on Saturday and one on Sunday.

All program advertising will be handled by the Georgetown Big Brothers who will receive advertising proceeds.

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Besides the 4 doors you get a 102 hp engine, over 30 miles per gallon, power-assisted front disc brakes and a 4-speed synchromesh transmission. (The automatic is optional).

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But the most beautiful door is the one with the sticker in the window. Because on that sticker, following a long list of standard equipment, is one of the most beautiful things about a Toyota — the price. Corollas start at under \$2,000. The 4-Door is \$2,250* but it's a luxury car. With luxurious accommodation for four. Separate entrances.



TOYOTA

*Suggested list price F.O.B. Toronto. Freight, license, provincial and local taxes extra. Toyota cars are sold and serviced from coast to coast in Canada and throughout the world.

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