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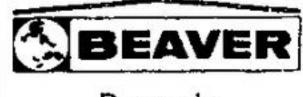
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FOLK MUSIC AT COFFEE HOUSE

Jorge Lasso, Brian Day and Peter McCormick provided the entertainment at the

Teen Program's coffee house held last Monday night. At the next coffee house more

talent will be on hand to help make the night a success.

Teen Program In Operation

started on July 2 and so far teens have had a successful dance at GDHS and hopefully the next one at Acton will be as well attended.

featuring Phil Sykes on guitar, school. and another with a trio conrelax the body and soul. It's dance in Acton. defintely worth getting out to

The summer Teen Program enjoy with your friends. The Teen Program also has free gym time where teens in attendance play basketball, badminton, floor hockey and gymnastics, to name only a few Teens have had two Monday of the unlimited possibilities night coffee houses, one that are available at the high

The Teen Program has been sisting of Jorge Lasso, Brian attempting, for the first time, to For quick sale everything goes Day, and Peter McCormick, provide an opportunity for The next Monday night coffee Acton teens to get together house will feature another during free gym time at Acton gifted talent to provide music to High as well as at the upcoming

The Thursday men's and

If you find you have nothing do, come to the Teen Program, get active and in-

OFF THE RECORD That Nasty Sweet Tooth

By JEFF MOUCKLEY Herald Staff

Sugar donuts, sugar daddys, sugar pills, soft drinks, chocolate bars and cotton candy. Nutrition Canada recently revealed that Canadians consume almost two pounds of sugar per person each week or about 105 pounds of sugar each year. In 1959 the sugar consumption level was a mere 25 pounds per person each

The results of this enormous increase of sugar ingestion are painfully evident. The occurances of tooth decay. diabetes, acne and cardio vascular problems have made startling gains in alarming proprotions, mainly because junk, snack and pop loods - high in calories, high in fats and sugars, low in nutrition - account for almost 35 per cent of a typical family's food budget.

WHO EAST SUGAR Who eats all that sugar? Not

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This immaculate four bedroom detatched sidesplit with attatched garage has a gracious 17'x10' entrance foyer. main floor family room with brick and marble bar. Bright living room with plush broadloom separate dining room, and large modern kitchen with quality light fixtures. Brick pillared driveway. An exceptionally fine home at a reasonable price. Call now for an appointment to view.

CAN BE BOUGHT AT THE RIGHT PRICE TERRIFIC VALUE There is immediate possession on this very sharp three

bedroom stone and brick backsplit. Tastefully decorated, L-shaped living room and dining room, attatched garage. Finished rec. room, woodburning fire place close to park

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me you say? Well if you drink There is evidence to show three cups of coffee or tea daily that excessive sugar causes and add two teaspoons of sugar to each cup and then add an equal amount of sugar to creased sugar in different morning breakfast cereal, you are eating about three and a half ounces of sugar a day or and increased blood fat have one and a half pounds a week.

The eating of excessive sugar is rampant among the poor, the privileged, the affluent and especially the young who have no difficulty finding money to spend at the soda and candy counters. They grow up with a sweet tooth encouraged by the thousands of television commercials and fad dlets.

Overeating continues to be a national habit. Raids on the vending machines, the coffee cart and the candy display only supplement proper meals, they don't replace them. What is the result of hot dog stands, drivein ice cream shops, and TV dinners? An unbellevable roster of diet-linked illnesses.

HIDDEN SUGAR insidiously found in the least LIGHT FIXTURES, ETC. likely places such as spaghetti sauce, baby foods, pickles, ketchup, canned stew, macaroni, pork and beans and dried breakfast cereal to name

It is practically impossible on 20 Sideroad. for a consumer to get past a supermarket checkout counter without having bought sugar in myriad guises. The white crystals seem everywhere. This is harmful for diabetics and for the obese, who may be eating sugar unknowingly, and it is infuriating for the consumer who likes to feel some control over

wht he buys. . SUGAR IS CALORIES Sugar is calories alone. Although it is found in all natural fruits and vegetables we add it to all our food. Those persons who eliminate potoatoes, bread and butter out of their diets to lose weight are only losing nutrition whereas a decrease in sugar intake is a

decrease in calories. Nutrition Canada committee revealed that one out of every two Canadians is overweight. Since every pound of sugar has just under 1800 nutrient-free calories we pay a high price for a sugar-sweet society.

LIMEHOUSE NEWS

We extend sympathy to the Victor Galliford's in the death of her father, Mr. J. H. Rutledge of Streetsville, hospital on Tuesday.

Mr. and Mrs. Walter Linham, Mr. and Mrs. Kelth Cairns, Mrs. C. Sinclair and Miss Dhleia Jamieson all attended the ceremonies at Mohawk College on Friday evening when Miss Velma Linham graduated as a nurse. Congrations Velma!

Mrs. Harvey Norton spent a week of holidays at Braeside Camp, near Paris recently.

Best wishes to Robert Andrews and Wilhelmina Poot who were married in Georgetown Christian Reformed Church on Saturday. Her parents, Mr. and Mrs. D. Poot, and sisters, Mrs. J. Hebden, and Mrs. R. Homan and daughter Angels Homan came from Victoria, B.C. for the wedding.

Mr. and Mrs. Bert Benton and John and cousin Barry King attended the King reunion at Thornbury on Sunday, visiting her parents, Mr. and Mrs. Gordon Quinton in

boys' basketball night is very well attended and with enthusiasm. The organizers of the Program, Janet Henderson and Bill Bonner, believe that it would be even better if girls and women were to show up and

form a female basketball team. This week the upcoming Golf Tournament at Georgetown Golf and Country Club promises to be challenging and

fun for all involved.

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in contributing to these

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on ourselves personally

because irresponsible food

producers, diet and eating fads

and a plethora of TV and ad-

vertising gimicks are equally to

be faulted. However, every one

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Two farm tractors, large six wheel farm or moving trailer with platform, large swather with cab, large New Holland Baler, manure spreaders, seed drill, disc, ploughs, harrows, hay and grain elevators etc.; trucks, steel beams etc. Large quantity of brand new boutiques imported from Spain, some furniture, light fixtures, some antiques.

Please take notice Boutiques will be sold at 2 p.m.. Auctioneers remarks:

Ladies and gentlemen this is a wonderful sale. Everything is in beautiful condition. Terms cash, no reserve as owner is going out of farming business. Owner or auctioneers will not be held responsible for accidents on his property day of sale.

Jerry Caughlen and George Pifher AUCTIONEERS

AUCTION SALE

SATURDAY, JULY 27

AT 12 NOON

THE MOFFATT GENERAL STORE

- AT -

located in the village of Moffat in the two. of Nassagawaya, on the 15th sideroad, approx. 5 miles north-west of Campbellville. Take the Guelph Line north of 401 hwy, past Mohawk Raceway for approx. 21/2 miles, on 15th sideroad go west approx. 21/2 miles.

Small roll top desk, large office desk, 7 store display counters, (good ones). 4 wire grocery baskets, 3 grocery buggles. Store counter with one board oak top, butcher block, (good one), meat saw, knives, etc. Store meat cooler, Berkel meat slicer, Berkel hamburg grinder, Toledo store scales, glass showcase, Coca-Cola cooler, Universal icecream cooler, Intercom system, (old) Woods deep freezer, working order, large quantity of old butter boxes, very old meat silcer, quantity of various sizes window glass (new), 4 Aladdin lamp chimneys, other Coleman and lantern glass, one old double burner Coleman lamp, McCaskey cash register, 4 double neon celling lights, quantity of hardware including wire, forks, shovels, bolts, and other misc, store stock. Quan, of misc, paint, 2 store paper holders, 2 wood lathe clamps, 2 work benches, air compressor with one third h.p. motor, small water pump with motor, coal oil pump and 200 gallon tank, 1,000 ib. farm scales, quan, of small hand tools, etc. etc.

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