

Georgetown girls out perform Brampton

The Georgetown "Y's" age 8 to 13 gymnastic groups signalled the end of their ten-week course of fitness and gymnastics by presenting a combination, competition and exhibition meet last Monday at Centennial Public School.

Head instructor, Mrs. Joan Aggles explained that the purpose of the evening was to give the girls some competitive experience and also to show the parents and public just how far the girls had advanced. In this respect the evening could be counted a success as the girls performed enthusiastically and the audience responded in a similar fashion.

To add a more competitive flavor to the meet, the

Brampton "Y" group was invited, and, although no team trophy was available there was a certain amount of friendly rivalry.

The Georgetown "Y" runs three, ten-week seasons annually, promoting physical fitness while at the same time, introducing the girls to gymnastics. Mrs. Aggles is assisted in the program by coaches, Jane and Ruth Aggles, Jenny Thompson, Kelly Frost, Joanne Lister, Barbara Brown, Sue Fournier and Diane Strachen. The junior leaders for the program include Kim Sopinka, Louise Morwick and Sabina Schmidt.

The evening was also used to present the Canada Fitness

Awards to the girls. Out of the group of 30 who took part in the meet and who participated in the fitness tests, including the instructors, ten girls received the bronze award, ten girls the silver and seven girls the gold. Three young ladies, Jenny Thompson, Ruth Aggles and Llette Primeaux received excellence awards.

In Monday's competition the girls were tested on three aspects of gymnastics; the vault, the beam and floor exercises. In order to make the meet as fair as possible the girls were divided into three divisions. They were eight and nine-year-olds, 10-11-year-olds and 12-and-13-year-olds.

In the eight-and-nine-year-old division, on the beam,

Georgetown took all five placings. Sally Frost won the event, Gail Cooke was second, Diane Hoare was third, Valerie Ingila placed fourth and Andrea Stafford finished fifth. In vaulting Georgetown again swept the field. Andrea Stafford was first, Leanne Murray placed second, Sally Frost took third place, Kelley Godley was fourth and Diane Hoare was fifth.

The floor exercises again belonged solely to the Georgetown girls. Valerie Ingila was first, Kelly Godley and Andrea Stafford tied for second, Diane Hoare was third, Stacy Sopinka placed fourth and Sheila MacDonald finished fifth. The All-Round Champion in the eight-and-nine-year-old division was Andrea Stafford of Georgetown. Diane Hoare of Georgetown was the runner-up.

In the 10-and-11-year-old division, on the beam, Patricia Turner of Georgetown was first, Kathleen Tamcoo of Georgetown was second, Janet Legler of Brampton was third, Valerie Murray was fourth and Margo Ledger of Georgetown finished fifth.

The All-Round champion for this age group was Kathleen Tamcoo of Georgetown, Janet Legler of Brampton took the runner-up spot.

In the 12-and-13-year-old division on the beam, Lynn Leger of Brampton was first, Lorraine Turner of Georgetown was second, Sheri Vodi of Brampton was third, Terry Worrall of Georgetown placed fourth and Patty Barber, also of Georgetown gained fifth place.


In the floor exercises, Patty Georgetown was fourth and Lee Schwartz of Brampton placed first. Terry Worrall of Georgetown was second, Lynn Leger of Brampton wrapped up third place, Patty Barber of

Rutherford of Brampton placed third, Lorraine Turner of Georgetown was fourth and Sherry Drysdale of Brampton was fifth.

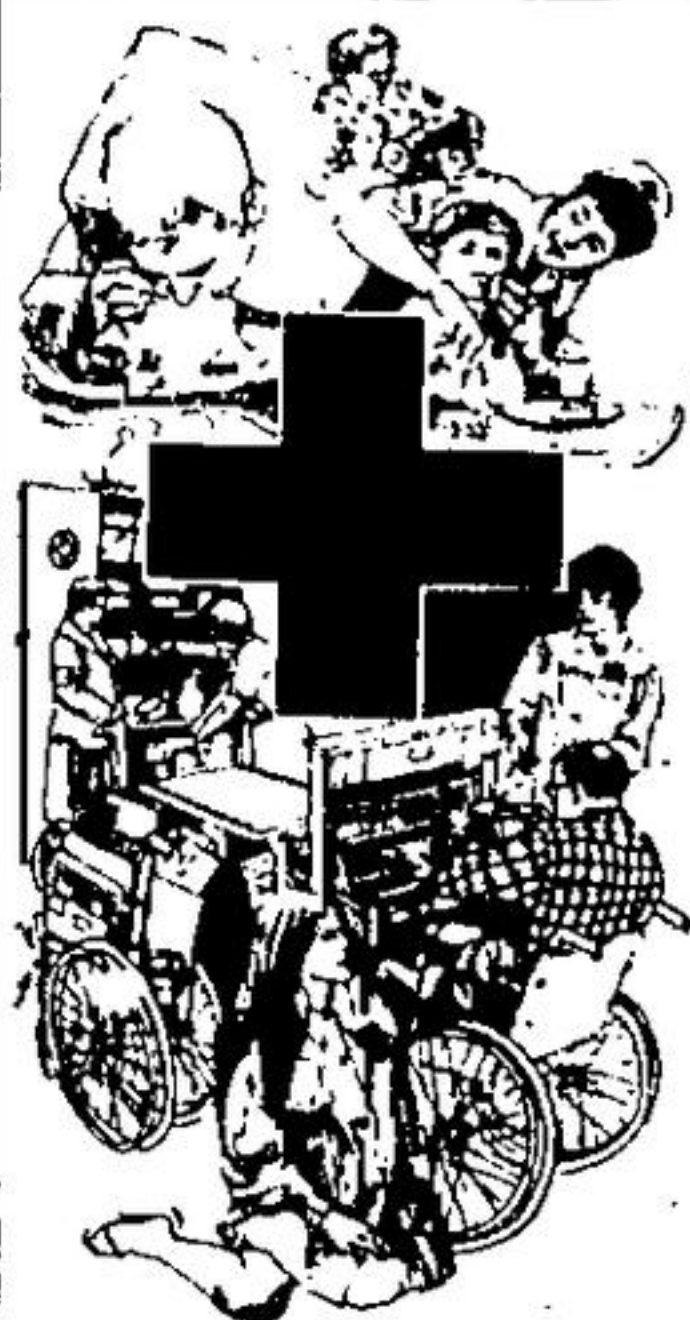
The All-Round champion in this age group was Terry Worrall of Georgetown while friend Patty Barber was forced to settle for the runner-up position.

LIONS' "CITIZEN OF THE YEAR AWARD" DINNER - DANCE
 Friday, March 21st - 7 p.m.
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RED CROSS MONTH
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March is Red Cross Campaign-for-Funds month. Anyone missed please phone 877-4843 or 877-1332 for pick-up or leave donation at your bank. A receipt will be issued. HELP us so that we can continue our FREE services as given on the information sheet, delivered by mail to each household in HALTON HILLS.




A TOKEN OF APPRECIATION and public recognition were given to John and Sarah Poulos and their brother, Keith (not in the picture) for all the help they give their mother, Ruth, senior services chairman, at the seniors night in Holy Cross school last week.

New library in future

Looking into the future 10 or 20 years from now, Beby Cornwell, chief librarian at the Georgetown Public Library, speculates the building of a new library.

Mrs. Cornwell feels that the present library is badly situated for it cannot adequately serve the population. According to Mrs. Cornwell the library, "does look after a sizable group from the older downtown core. However, an extension to this library would not serve the population where it is centred. The Delrex plaza area would be ideal for a new library."

If a new library was to be built, the present one would probably be maintained as a branch. The library's reference materials plus administration facilities would likely be situated in the new branch she predicted.

Mrs. Cornwell also predicted the consolidation of all the books on one floor of the old library, leaving the downstairs to be used for meetings and conferences. With Georgetown now labelled a 'fast-growing centre', perhaps a new library isn't all that far fetched.

Firemen cutting costs

All donations and suggestions gratefully received.

Halton Hills council will be considering a recommendation that the Georgetown Volunteer Firefighters Association be congratulated on their spendthrift attitude towards 1975 expenditures.


Referring to a report from Gord Inglis, District Fire Chief for Area 2, that the GVFA will not be asking for an increase in its annual remuneration this year the committee of the

whole Monday night considered preparing a vote of thanks for their efforts in keeping costs down.

Councillor Ern Hyde commented, "I think we should forward a commendation expressing the appreciation of this council in favor of what these men are attempting to do."

That commendation was expected to be drawn up for presentation at Tuesday night's council meeting.

The Horn Of Plenty



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	1974	1975
20 lb. bag	\$2.69	69¢

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Plenty of potatoes for pennies a pound.

This year is a very good year for potatoes. A bumper crop came out of the ground in the fall. And that's good news for anyone who wants to save money nutritiously.

The chart below illustrates just how much lower potato prices are this year over last year.

Class	Weight	1974 price	1975 price	Difference
Canada #1 P.E.I.	50 lbs.	\$5.89	\$1.99	\$4.90 (73%)
Canada #1 P.E.I.	20 lbs.	\$2.69	\$1.09	\$1.60 (74%)
Canada #1 P.E.I.	10 lbs.	\$1.37	\$1.09	28¢ (63%)
Ontario #1 OrNB, #1	20 lbs.	\$1.25	\$1.09	16¢ (70%)
Ontario Highland #1 Red	20 lbs.	\$1.25	\$1.09	16¢ (68%)
Alberta Baking	10 lbs.	\$1.49	\$1.09	40¢ (33%)

As you can see, the average difference in price between this year and last year is about 70%. And when price is your first consideration, potatoes are your best bet.

Plenty of things to do with potatoes.

The potato has been called, among other things, the "King" of vegetables. And

for a very good reason. The potato is undeniably the most versatile vegetable ever to pop out of the earth. Think about it. How many ways can you cook potatoes? Dozens of ways, right? That's what being a versatile vegetable is really all about. How many other vegetables can you do as much with?

Not many. And not any are as great a bargain as potatoes are right now.

Here are three nifty potato recipes for you to add to your files. They're all delicious. And they'll all help you stretch your food dollar a little farther.

Fresh Potato Soup

Otherwise known as vichyssoise

- 1 medium onion
- 3 leeks
- 2 tablespoons butter
- 1 pound potatoes (4 medium)
- Altogether

- 4 cups chicken broth
- 2 cups cream
- 1 teaspoon salt
- 3/4 teaspoon pepper
- chopped chives

sliced very thin

Chop the onion and leeks fine, saute in butter until crisp-tender in 3 quart saucepan. Add the potatoes and 2 cups of the chicken broth. Cover and simmer for 15-20 minutes, or until vegetables are tender. Remove mixture from heat, stir in remaining chicken broth and either blend until smooth in electric blender or put mixture through a fine strainer. Return to saucepan and stir in the cream, salt and pepper. Serve hot or cold sprinkled with chives. Serves 6.

Hot Curried Potatoes

- 1/2 cup butter
- 1/2 cup chopped onion
- 3 tablespoons flour
- 1 teaspoon curry powder
- 1/2 teaspoon salt

- 1/2 cup chicken bouillon
- 2 tablespoons white vinegar
- 4 cups cooked, sliced potatoes
- 1/2 cup celery, sliced diagonally
- 1/2 cup grapes, seeded and halved
- 1 red apple, cored and sliced into wedges (do not peel)

Melt butter in a large skillet, add onion and cook until crisp-tender. Blend in flour, curry powder and salt. Stirring constantly, cook for 1-2 minutes. Add the bouillon and vinegar slowly, cook mixture until thickened. Add the remaining ingredients and heat thoroughly approximately 5 minutes. If necessary add additional salt to taste. Serves 4-6.

Potato-Cheese Puffs

A tempting way to use left-over mashed potatoes

- 2 eggs, separated
- 1/2 cup mashed potatoes
- 1/2 cup milk
- 1/2 cup grated cheese
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 2 tablespoons melted butter
- 2 tablespoons finely chopped onion
- 1 tablespoon chopped green pepper (optional)
- 2 tablespoons melted butter

Beat egg yolks; add potatoes, milk and cheese and continue to beat until fluffy. Stir in remaining ingredients except egg whites. Beat egg whites until stiff. Fold into potato mixture. Place the mixture in muffins on well-greased baking sheet or pan. Brush the surface with butter. Bake at 375° F for 20 minutes or until golden brown. Serves 6.

Plenty of nutrition.

Potatoes are a good source of vitamin C. In fact, one medium size cooked potato supplies about 1/3 of an adult's daily vitamin C requirement. Potatoes also supply

appreciable amounts of thiamine, niacin (both B vitamins), iron and other minerals. Potatoes are good for you. So good, in fact, that Canada's Food Guide recommends that we eat at least one serving of potatoes a day.

Of course there are many people who don't eat potatoes every day. Because they believe potatoes are fattening. But the facts are very clear. The average potato has approximately 90 calories. Ten calories more than a slice of bread. Ten less than a banana.

And compared to an icee slice of chocolate cake with a whopping 235 calories, the potato doesn't really come off all that bad. Potatoes make a lot of sense. They're nutritious. They're very versatile. They're delicious. And this year, they're one of the best food bargains around.

Plenty of potato partners.

Potatoes go great with a lot of things. And Loblaw's makes the art of dressing up potatoes a lot more affordable, because in addition to great low prices on potatoes, we're offering everyday low prices on all the fixings too. Save on sour cream and aluminum foil and butter and margarine. Even good old salt.

All the things you'll need to make your potatoes really something. Available. Right now. At Loblaw's.



Where more than the price is right.