

AT HIGH SCHOOL CAFETERIA

Students shun junk food, nutritious meals chosen

The stereotype of french fry munching, pop gulping teenagers is fading as students today are choosing nutritional meals over junk food, the heads of Georgetown and District High School's (GDHS) cafeteria says.

Olga Murden, in charge of the seven-member staff operating the cafeteria for Beaver Foods Ltd., has noticed the eating habits of students improve during her ten years there.

"Kids are being taught more about nutrition now," she said. "The Grade niners usually fill up on junk the first few weeks, and then the health nurse and teachers get at them and they change their ways and start eating good food."

Mrs. Murden added the cafeteria staff works closely with the public health nurse, physical education, home economics and health teachers.

For examples, the cafeteria served hot roast beef dinners at 11:30 a.m. to a football team before they left for a major out-of-town game last year.

Students on diets have special meals prepared for them. In the past the list has included students with ulcers, diabetes, and those trying to gain or lose weight to qualify for competitive sports activities. One pupil was on a wheat germ diet.

SENSIBLE EATING
"The kids on diets are good - they follow the rules," said Mrs. Murden. "And even the kids who aren't watched usually know enough to eat sensibly."

The first day of school, as usual she said, the dinner special was undoubtedly the best seller. Hot turkey accompanied by mashed potatoes, mixed vegetables, bread and butter was offered for 70 cents.

Mrs. Murden said that Beaver Food Ltd. wanted to price the full meals at 65 cents, but the school board forced them to charge a nickel more.

"Even at that, it's a bargain" said Mrs. Murden, pointing out that it doesn't take students too long to realize that chips and gravy, a piece of cake and a glass of pop not only costs more than a well-balanced meal, but leaves their hunger less satisfied.

Milk is in high demand. The first day of school, almost 600-ounce cartons of milk were consumed by thirsty students, but the soft drink

tank, containing 400 servings, was not drained empty. "There's no way you can get milk drinkers to switch to pop - it's easier to get pop drinkers to drink milk," said Mrs. Murden.

"If we run out of milk, we've got big problems."

DESSERTS
Though the majority of cafeteria patrons steer clear of sweet beverages, desserts are good sellers. Pies, cakes, muffins, puddings and jellies freshly made at the cafeteria, disappear quickly. So does fresh fruit. Mrs. Murden estimated a bushel of apples is purchased daily by Georgetown high school students.

She has observed many pupils who bring packed lunches from home round out their meal with desserts, side salads and beverages from the cafeteria.

In the morning the cafeteria opens at 8:30 a.m. to serve tea, coffee, juice and bran muffins freshly baked by the staff which arrives at 7:00 a.m.

Sometimes a batch of scrambled eggs and toast is whipped up for hungry teachers.

This year, Mrs. Murden said they will experiment by preparing hot porridge and other breakfast foods for students.

"A lot of kids come by bus, and if they get up late there's no time for them to eat," she said, stressing the importance of starting a busy day with a substantial breakfast.

Mrs. Murden said some of the teachers she has talked to are in favor of introducing breakfasts for students because they "are interested in their health."

ATHLETES
She pointed out that Georgetown high school can boast of talented athletes, who need to stay in top physical condition.

The teachers and health nurse have taken the right route by educating students on the subject of nutritional value, instead of force-feeding them high vitamin and protein foods, Mrs. Murden believes. She said it's difficult to estimate the percentage of students who buy cafeteria lunches, bring sandwiches from home or patronize restaurants.

Yet during the three 90-minute lunch periods at GDHS, the 600 cafeteria seats are often all filled, she said.

Mrs. Murden described the cafeteria as "a transient trade."

"If the weather's good, the kids go out; when it's stormy they eat in."

She joked that cafeteria companies are one of the only businesses who pray for rain. However, last Wednesday, the first day of high school, was warm and sunny, yet the cafeteria ran out of hot dogs, hamburgers and sandwiches. There were six half-pints of milk left over though.



TOM RYAN AND TIM TURNER SAMPLE THE FOOD

Bag lunches need ingenuity

"My mother will never know," said a Georgetown and district high school student as he tossed his packed lunch into the cafeteria garbage pail.

"Why did you throw it away?" a reporter asked. "It's no good," he said. "What is it?" the reporter pursued.

"I dunno," was his reply. Every day many students, lured by the aroma of hot roast beef and freshly baked cake from the cafeteria kitchen, discard brown-bagged lunches.

Perhaps these students should simply tell their mothers they prefer to purchase a meal, to avoid waste.

Other students packed with, praised the lunches taken from home, and said they would rather save their money for clothes and records.

It seems the key to enticing a student to consume the contents of a brown bag despite the smell of chips and gravy, is to make interesting lunches.

One student complained that one week her mother would buy a package of bologna so every day she would have bologna sandwiches. If the next shopping trip yielded a jar of peanut butter, she's have peanut butter sandwiches every day that week. And so on. No ingenuity.

Sandwiches, the focal point of most packed lunches, can take on infinite variations. Available are a potpourri of tasty breads, cheese, rye, whole wheat, crack wheat, bran, raisin and hois. Like kaiser rolls, sesame buns and bagels, they provide a delicious diversion from white, sliced bread.

Fillings should compliment the bread used in sandwiches. Treats include raisin bread with any cheese, bagels with cream cheese and pickle or liverwurst, cheese bread with beef, or rolls converted into mini-submarines with the addition of cheeses, cold meats and lettuce.

Something which should be taken into account when packing a student's lunch is that it may sit in a hot locker for hours. Lettuce droops; mayonnaise and fish may turn bad; bread will become soggy if unrefrigerated.

Pack salad (egg, tuna, chicken) separately in a plastic yogurt or margarine container. Put lettuce in a small plastic bag. Wrap up buttered bread by itself. This ensures maximum freshness.

Nuts, raisins and seasonal fruits make portable, nutritious snacks and desserts. Perishable pies and cakes are impractical.

Banana Nut Bread
Cream 1/4 cup of soft butter with 1/2 cup of white sugar. Beat in two eggs.

Mash three large or four small bananas in a separate bowl. Use a fork. Mix bananas well into butter mixture.

In a separate bowl, sift 2 1/2 cups white flour with 2 teaspoons of baking powder, half a teaspoon each of salt and baking soda, and one cup of nuts. Coating the nuts with flour prevents them from sinking to the bottom of the cake.

Alternately, add flour and half a cup of sour milk to butter mixture.

Sour milk by adding a few drops of vinegar to it. Lightly grease a loaf pan and bake at 350 for about one hour.

Bran-Raisin Muffins
Mix together 1 heaping tablespoon soft butter, 1 heaping tablespoon soft shortening, two-thirds cup brown sugar, 1 large egg, 1 teaspoon salt, and 1/4 cup corn syrup.

In separate bowl, sift 1 cup white flour with 1 teaspoon baking soda, then add 1/2 cups raw bran, and 1/2 cup chopped dates or raisins.

Add flour mixture to butter mixture, but do not stir until you pour 1 cup sour milk over it. Stir until just moistened; do not beat.

Fill oiled muffin tins two-thirds full. After three minutes, pop muffins into an oven preheated to 375. Bake for about 15 minutes. Cover muffins with a towel immediately after removing pans from oven.

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OLGA MURDEN PREPARES A ROAST BEEF IN GDHS CAFETERIA

Lionettes become Lioness Club

The women's auxiliary of the Georgetown Lion's Club, formerly called the Lionettes, received its charter Saturday at the Lion Hall and now is a separate club called The Lioness Club of Georgetown.

Club president Joyce Gosling, who received the charter from District Governor Ted Sheehand of Dundas, said the 25 member strong club is only the sixth in Ontario to receive the honor.

The club was first formed in 1970. Although the Lioness Club is independent of the Lion's Club, Gosling said, there are still close connections. Becoming a Lioness Club means that women wishing to join the club do not need to have their husbands members of the Lion's Club.

Gosling said the Lionettes, as they were formerly known, have participated in many projects and currently are helping the Block Parents of Georgetown. The club raises funds through bazaars and dances, she said.

The Lioness Club executive are: Kay Ledwidge, 1st vice-president; Pat Dello, 2nd vice-president; Doreen Merrill, 3rd vice-president; Sylvia Egan, secretary; Mary Zorge, treasurer; Bernice Rolison, Lioness tamer and Bev Breen, Bustle Buster. Immediate past president was Lois Barranger.

Mrs. William F. Smith of Vancouver, B.C., has been visiting her niece and family, the John E. Evans of Edith Street Georgetown.

Mrs. Smith attended the wedding of Ernest Evans and Janet Meulise in Toronto last Saturday.

Social Note
Halton Hill's Mayor Tom Hill said Monday after 17 days imprisoned in Georgetown at District Memorial Hospital, he is looking forward to going home. However, he hasn't yet had doctor's permission to do so.

The infection in his left foot, which was operated on over two weeks ago, still hasn't healed. Regular doses of antibiotics are applied to the formerly abscessed spot where a blood blister became infected.

Mr. Hill said he is not experiencing pain.

Wedding anniversary

Saturday, Sept. 4 was a pleasant occasion for Morley and Lauretta Mills of 41 Delrex Blvd. Georgetown, when

members of their family honored them on their thirtieth wedding anniversary. Arriving at "Someplace Else" supposedly for a family dinner, they were surprised by a number of relatives who had gathered to celebrate the happy event with them.

After dinner, the guests were invited to the couple's home where a pleasant evening was spent. Several gifts were presented in honor of the occasion. Relatives attended from Kincardine, Goderich, Toronto, Tillsonburg, Guelph and Windsor. Among the guests was Lauretta's 88-year-old mother, Mrs. Belle Collins of Kincardine.

Sunday afternoon, several friends and neighbors called at the home to express their good wishes for many more happy years of wedded life.

Mayor still hospitalized
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JOAN HARRIS

Called to B. C. Bar

Joan Marie Harris, daughter of Mr. and Mrs. John Harris of Georgetown, was called to the British Columbia Bar, June 30.

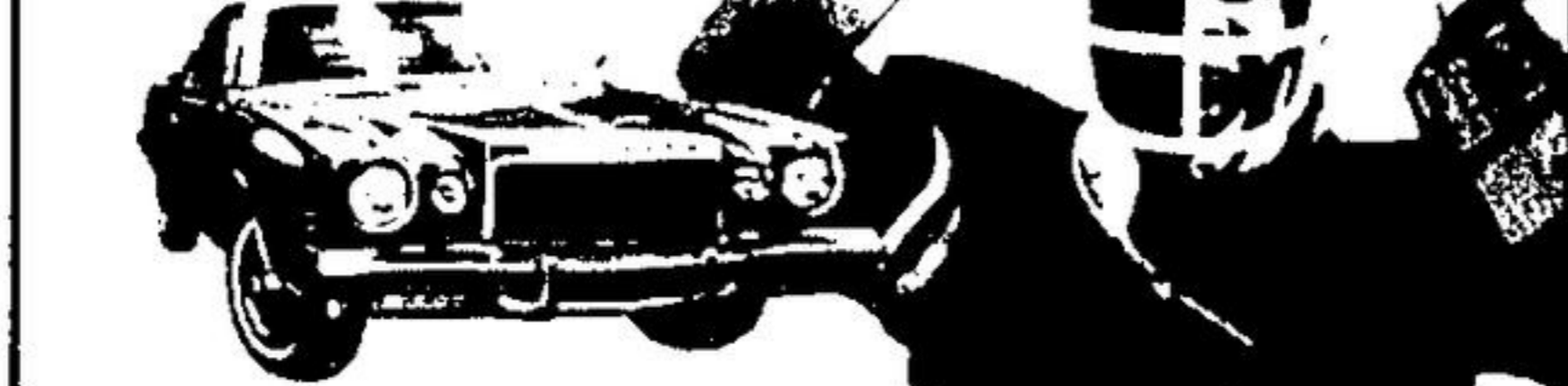
Ms. Harris, who received her elementary and high school education in Georgetown, holds a bachelor of arts degree from the University of Ottawa, a bachelor of education degree from the University of British Columbia, and a bachelor of law degree from the University of Windsor.

For a year preceding her call to the bar, Ms. Harris articulated with Heather & Company in Prince George, British Columbia.

She lives there with her husband, Denis Archambault, who is also a lawyer.

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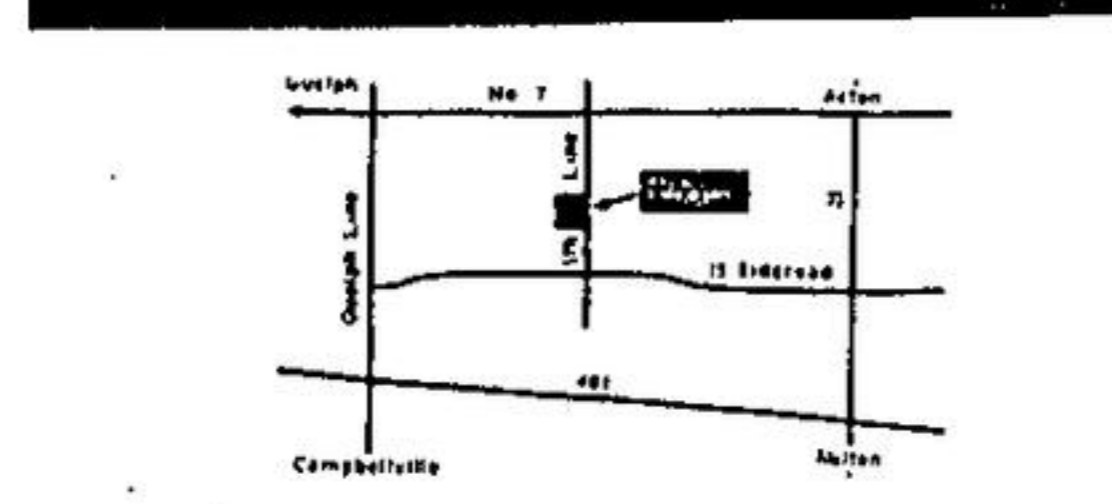
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