

SERVICES

ALUMINUM
DELREX ALUMINUM
 Specialists in Aluminum siding, soffits, fascia trough, also storm windows, doors and awnings.
877-5383
 9 a.m. to 9 p.m. 511

CARTAGE
ANN'S CARTAGE
 and
PIANO MOVERS
 FULLY INSURED
 We Move Everything
 WILL DISMANTLE
 877-6183

RADIATORS
RADIATORS
 REPAIRED & CLEANED
 PEEL RADIATOR SERVICE
 126 Nelson St. West
 Bramp ton
 rear of Dixie Cup
 Phone 451-7177 11

INSURANCE
 ALL KINDS
 For prompt Service call your Independent Agent

BARBER & HENLEY
 TRAVEL & INSURANCE
 33 Main St. S.
 877-7214

SWIMMING POOLS
SWIMMING POOL MANUFACTURER
 REQUIRES FACTORY OUTLET
 for in ground and above ground pools, health pools, pool enclosures, insulated covers, and home pool heaters.
 International Pools Distributors
 700 Halden Ave., Oshawa, Ont.
 L1H 0L3
 or call 418-723-0345
 or after hours call 416-459-6078

CARPENTRY
 Hall's CUSTOM
 CARPENTRY SHOP
 —Custom Woodworking
 —Furniture Repairs
 —Plywood cut to size 135
853-3481

MISCELLANEOUS
Horseshoeing
 Hot or Cold
 John Halko
 Farrier
 Graduate C.N.S.H.
838-2828
 Terra Cotta

UPHOLSTERING
UPHOLSTERING
 UPHOLSTERED furniture recovered and repaired
 Quality workmanship
 T. H. Briggs
 Stewarttown
 877-9212 11

PRINTING
 Your Letterheads Custom Designed
 Little Things... They Count!
 The Herald — 877-2201

ENLARGE AND RENEW
 Those old family pictures of the early 1900's. The price is right. Framing available. Call after 5 p.m. 55.
877-0227

deSigns
 COMPLETE SIGN SERVICES
 HALTON HILLS
853-3958

ELECTRICIANS
LENZ ELECTRIC
 Quality Residential and Commercial Wiring
 CALL
877-3414

T. S. ELECTRIC
 Commercial Domestic Wiring Industrial Maintenance
 TERRY PEER: 877-2413 11

ROBERTSON ELECTRIC
 Industrial—Commercial and Residential
 PHONE: 877-2924
 Georgetown

CARNEY ELECTRIC
 Industrial—Commercial Residential Contractors
 NORVAL
 Charles Carney, 877-9711 11

DAVE WILLIAMS
 Electric & Heating Ltd.
 R. R. 1 Georgetown
 Registered Bonded Master ELECTRICIAN
 Electric, Heating and Water Heaters
 877-3322
 1/2 Mile North on 8th Line 11

PLUMBING & HEATING
Air Conditioning Plumbing & Heating
 Industrial—Residential and Commercial
BILL GARBUTT
 Plumbing & Heating Ltd.
 16 Elgin St. 877-3638

WATER SERVICES
AQUAFINE
 WATER SOFTENERS
SOFT WATER
 THE WAY IT SHOULD BE

FREE INSTALLATION and Service
 LOWEST MONTHLY Rental Rate
 COMPLETE LINE of Water Treatment Equipment for Homes, Farms and Business
 SELF SERVICE
 Self Pickup or Delivery
 PHONE
877-6242
 348 GUELPH ST.
 GEORGETOWN

DRIVING SCHOOL
TED'S DRIVING SCHOOL
 41 Shelley St. Georgetown
 DAY OR EVENING INSTRUCTION
 M.O.T.C. LICENSED INSTRUCTORS
 FULLY INSURED
 DUAL CONTROL
 Operated by TED SCOTT
 DIAL 877-4006

LEARN TO DRIVE THE EASY WAY
B.T.S. DRIVING SCHOOL
JACK BEER
 Instructor
 O.S.L. Graduate
 M.O.T.C. Licence
 Dual Control
 Fully Insured
 Complete Training.
 CALL 877-5844

SIGNS
deSigns
 COMPLETE SIGN SERVICES
 HALTON HILLS
853-3958

HOME IMPROVEMENTS
JAYNAR ROOFING LIMITED
 R. R. 3 Acton
853-2869
 Specialists in Re-roofing, aluminum siding and ironing. Terms available. Free estimates. Answering service to take all calls promptly. 11-ser

PAINTING & DECORATING
MAURICE GRANGER
 Interior—Exterior PAINTING
 Free estimates
 Telephone: 877-8237 11

GEORGETOWN DECORATING CENTRE
 Headquarters for
 
PAINTS
 We stock
WALLPAPERS
 At discount prices
 STORE HOURS
 Mon., Wed. 9 a.m. - 6 p.m.
 Thurs. Fri. 9 a.m. - 9 p.m.
 Sat. 8:30 a.m. - 5:30 p.m.
 65 Main St. S.
 877-4193
 Downtown 11

RENOVATING CONTRACTORS
B and C MASONRY
 Block Laying and Concrete floors, chimneys, fireplaces
 For free estimates call
CLAUDE 878-3240

HOME RENOVATIONS
 Minor to Major Repairs
 Alterations, Family Rooms, Patio doors, decks, etc.
Unisal Construction Ltd.
 Wayne - 453-1462
 Allan - 853-3902

Burghgraef Con'st
 PLASTERING - REPAIRS ALTERATIONS and TILE WORK
 Work Guaranteed
 Estimates Given
 Phone (416) 877-0493

LAFFERTY HOME RENOVATIONS
 Foundation cracks, patio doors and decks, carpentry, and aluminum products.
 LES LAFFERTY
877-4080

Burts Home Renovations
 • Finished Carpentry
 • Family rooms
 • Ceramics and repairs
 • Quality workmanship
853-1159

INSULATION
INSULATION
 CARTER INSULATION
 Blow cellulose fibre
 FREE ESTIMATES
877-1120

EXCAVATING
TOP SOIL
 BULLDOZER AND SAND AND GRAVEL BACKHOE WORK
 GRADER WORK
 SEPTIC BEDS
853-2490
 NORMAN CROWDER

TRENCHING
 Will do trenching, back filling and septic tank systems
877-1307
 After 5 Monday Friday
 Anytime on Weekends

STONE SUPPLIES
HILLTOP STONE & SUPPLY CO.
 Supplier of all types of natural stone and patio slabs
 12 miles north of No. 7 high way on Mountainview RKS. GEORGETOWN
877-8587

SHARPENING
Clare's Precision Sharpening
 Prompt Service, Economical
 All work guaranteed
 Saws, chain saws, Carbide saws, planer blades, knives, shears, cutlery, hedge trimmers, rotary lawn mowers, etc.
 8 GIBBONS PLACE
 GEORGETOWN
877-4976

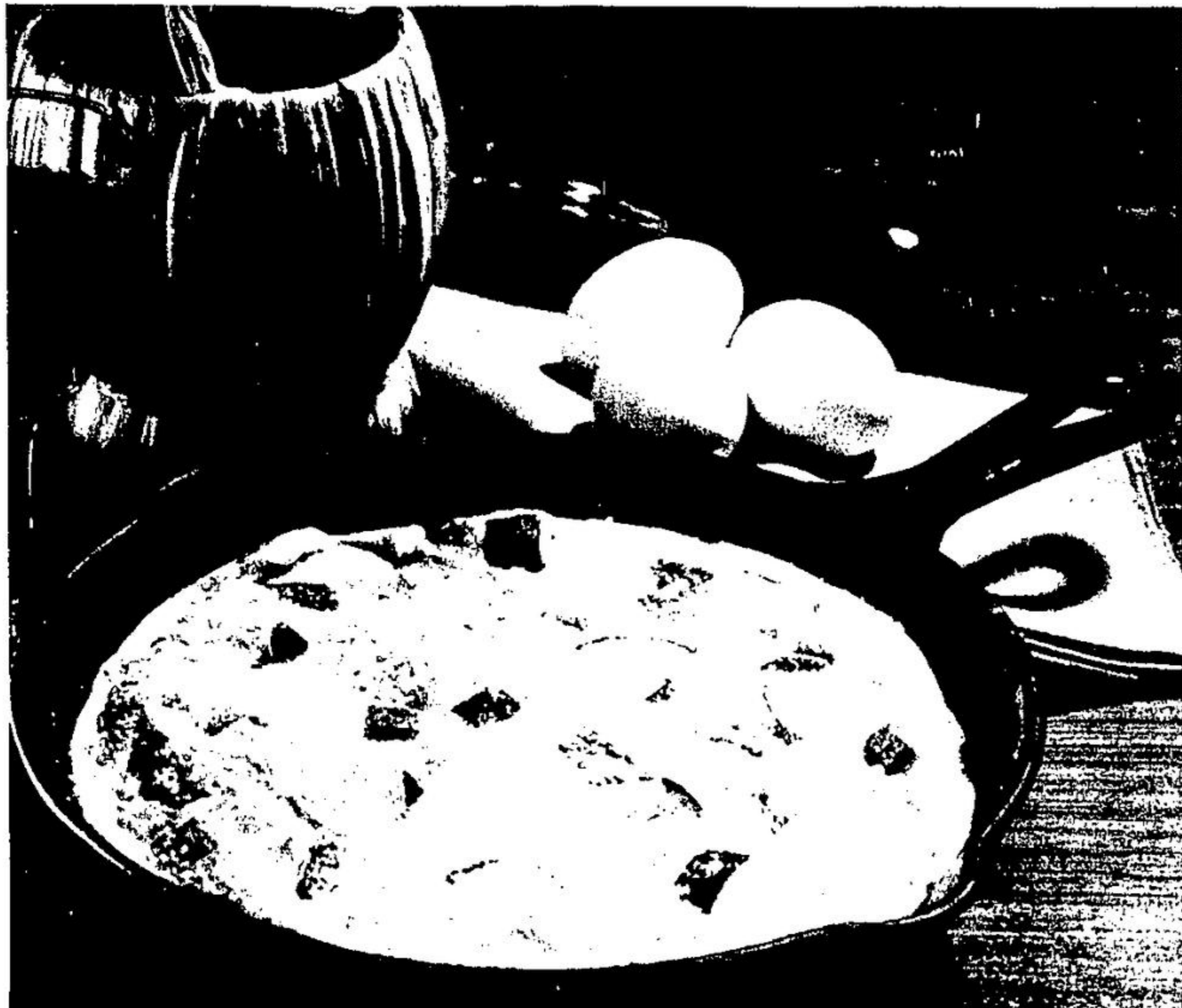
MONUMENTS
Brampton Monument Works
 MONUMENTS MARKERS LETTERING
 451-0445-1-876-1263
 375 Main St. N.
 BRAMPTON

CLEANERS
HOUSEHOLD
SERVICEMASTER
 THE NAME OF PROFESSIONAL CLEANING
 Carpets
 Furniture, Walls
 Floors or your entire house!
 CALL
877-1121

SELL YOUR SERVICE
 Call 877-2201

GLASS SERVICES
HALTON HILLS GLASS & MIRROR
 348 Guelph St.
 • Glass & Mirror cut to size
 • Commercial & Industrial
 • Commercial mirrors (show room)
 • Repair storm windows and Basement & Picture window s
 Open Monday to Saturday
 9-6 Wednesdays, Fridays and Saturdays
877-6310

CARPET CONTRACTORS
THE CARPET CLINIC
 PROFESSIONAL STEAM CLEANING OF CARPETS AND UPHOLSTERY
 In your home or in our modern plant. Free pick-up and delivery.
459-4140 11



FRITTATA

2 tbs. olive oil or butter
 1 small onion, thinly sliced
 1 cup diced, unpeeled zucchini
 1 clove garlic, minced (optional)
 6 eggs
 1/2 tsp. salt 1/2 tsp. pepper
 1/2 cup grated Parmesan cheese

Preheat broiler. Heat oil or butter in medium skillet. Sauté onion, zucchini and garlic until onion is limp but not brown.
 Beat eggs until just blended. Add salt, pepper and half the cheese; stir gently. Pour over vegetables in

skillet. Cook over medium heat, lifting the mixture with a spatula to allow uncooked egg to run to the bottom.
 Cook until just set, but still moist (5 to 10 minutes). Spread evenly in pan and sprinkle with

remaining cheese. Place under broiler (about 1 minute) to brown top lightly. If handle of skillet is not oven-proof, wrap well in aluminum foil.
 Serve immediately. Makes 4 servings.

CANADIANS WHO EAT WELL SKI WELL SAY THE EXPERTS

From coast to coast, Canadians who have never before ventured to poke their noses out of doors in the dead of winter, are now doing just that. They have discovered cross-country skiing.

A sport particularly suited to family participation, cross-country skiing has the added advantage of costing little money, after the initial outlay to purchase the equipment. And even those costs are markedly less than the cost involved in purchasing down-hill ski equipment.

Asked what makes the sport so fascinating, devoted cross-country skiers agree that the main joys of the sport are the pleasures of being out-of-doors with family and friends, enjoying the exercise and... stopping for a bite to eat and bit to drink.

Eating, it seems, has become a necessary part of cross-country skiing. But there's a catch. It has to be healthy eating. With all the physical exercise that contributes so much to overall fitness, must go nutritious food.

Cross-country skiers are quick to point out that food in many cases becomes the major highlight of the day.

Since the food has to be backpacked, care is taken to choose, light-weight, compact foods.

The product can lighten, brighten, cover grey. Colors are true-to-nature, what we want when we've colored our hair for years or are about to start. Built-in conditioning and creme rinse properties mean that even wet hair combs easily, without snarls and tangles.

Reading the simple instructions, following them to the letter and carrying out the procedure takes less than 30 minutes: one of the simplest, quickest ways to a more attractive look.

So, if we want to make a change in our lives, our looks, our hair, we shouldn't wait. There's no time like the present to make up our minds. Chances are excellent that we'll feel much better about ourselves right away, and that's one thing we just can't afford to procrastinate.

Because of the cool temperature outside, the food must be tasty when eaten cold.

Like the sport itself, Canadians have gleaned from the Scandinavians when it comes to the food most suitable to carry while cross-country skiing.

A typical packsize with lunch items will usually contain an unopened package of crispbread - the Scandinavian bread used everyday for the world-famous open-faced sandwich. Why crispbread? Because it is compact, comes in neat slices so there is no waste and it tastes good no matter how cold it gets. Not so with conventional bread.

Along with the crispbread you'll find a variety of sandwich toppings separately packaged in plastic wrap, hard-boiled eggs, pickles, cubes of cheese, and fresh fruit. Nothing fancy, just good, nutritious food.

For beverage, anything goes, as long as it's hot. But it's usually a thermos of hot soup, hot apple cider or hot chocolate.

To add a little variety, cross-country skiers select different varieties of crispbread. The Ry-King brand, for example, comes in three varieties - golden rye, wheat and slim light. These are particular favorites with many

United Biscuits (Canada) Ltd. can help you add more sandwich ideas to your packsize. They have a free full-color booklet available. Write to them at 2141 Jane Street, Suite 204, Downsview, Ontario, M3M 1A2.

loans because they are 100% free of all preservatives and contain no added chemical vitamins.
 Because these crispbreads are made with whole grain flour and are baked very slowly, the natural minerals and vitamins of the grain are preserved. For food purists, this is an added bonus.

Here are some packsize favorites from keen cross-country skiers. Add them to your list the first or next time you hit the trails:
 liver pate with slices of hard-boiled eggs on golden rye crispbread
 egg salad on slim light crispbread
 ham and swiss cheese slices topped with pickle slices and a dab of mustard on wheat crispbread
 cream cheese and reccurrant jelly or dried apricots on wheat crispbread
 shrimp garnished with mayonnaise and egg slices on slim light crispbread

Personal savings deposits in Ontario rose slightly more than 20 per cent to \$18.99 billion from \$15.81 billion. The figures are the latest available from the Bank of Canada and cover the 12 months ended June 30, 1977.

Banks double support for Ontario farmers

The farm sector in Ontario continues to be one of the more dynamic areas of banking in the province, according to the Canadian Bankers' Association (CBA).

Bank loans to farmers in the province have doubled since 1973 and now exceed \$1 billion, the CBA says in a review of banking trends in the province.

During the latest 12 months farm loans were up almost a quarter of a billion dollars or 28 per cent. This compares with a rise of less than 22 per cent for all provinces combined during the period.

Ontario accounts for about 30 per cent of the

\$3.58 billion in bank farm loans across Canada.

The agricultural industry is a vital one and the banks have tailored specialized programs and services for its requirements. In total the banks now provide well over half of the credit extended to the farm sector, the CBA said.

In other lending categories there was also a strong rise in home financing. The banks' residential mortgage loans in Ontario rose 25 per cent to \$3.81 billion from \$3.04 billion during the 12 months.

Total loans to businesses in the province were up some 16 per cent but loans



New conditioning color lights up locks, looks
Let drab days inspire a change for the better

SOONER or later, as the long grey days of winter drag on interminably or a significant birthday approaches, we get the urge to look a little more vibrant or a little younger.

The changes we must make to look better and feel more confident are often much more difficult to contemplate than to actually carry out.

A real desire to do something better for ourselves is the first step in any change.

Whether we decide to go on a diet, color our hair or enrol in night courses, the steps to achieving our goals will seem much easier once we are convinced the change we have in mind is really right for us.

Sometimes the simplest things we can do to make ourselves more interesting and attractive are the very things that seem most difficult... especially if we are trying them for the very first time.

For example, a decision to make our hair a more flattering color may be put off for years, only because we are not sure if we can do it easily and also achieve the natural look we want.

So we get a bit greyer than we would like and often feel older because of it. Or we stay with our dull, drab natural shade, which makes us feel less attractive and confident than we should.

Clairol Canada says shampoo-in haircoloring is a very easy, quick procedure, even for the beginner, and a new formula leaves hair silkier and more beautiful than ever before.

In just one easy step, the company's new shampoo-in color lotion, Clairess, gently and effectively shampoos, colors and conditions the hair. Color and conditioning happen together, for the first time.

The product can lighten, brighten, cover grey. Colors are true-to-nature, what we want when we've colored our hair for years or are about to start. Built-in conditioning and creme rinse properties mean that even wet hair combs easily, without snarls and tangles.

Reading the simple instructions, following them to the letter and carrying out the procedure takes less than 30 minutes: one of the simplest, quickest ways to a more attractive look.

So, if we want to make a change in our lives, our looks, our hair, we shouldn't wait. There's no time like the present to make up our minds. Chances are excellent that we'll feel much better about ourselves right away, and that's one thing we just can't afford to procrastinate.

Red Barrel Room
 IN THE
HOTEL BRAMPTON
 Nightly Entertainment
 Feb. 6-11
WIRELESS
 NEXT WEEK
DAVID MATHEWS
 226 Queen St., East
 Brampton 451-4000

Open House
HALTON HILLS MONTESSORI SCHOOL
 at Norval Community Centre
 Hwy. No. 7, Norval
SATURDAY, FEBRUARY 18, 1978
 10 a.m. to 11:30 a.m.
CHILDREN, PARENTS, FRIENDS, ALL WELCOME
REFRESHMENTS SERVED

 Parents meeting at the school to discuss future plans
 Monday, February 20th, 8:30 p.m.
 For information phone 457-6873