

Nature's Emporium

Glen Williams natural food store owners interested in nutrition because of children



Jim Manning eyes these models with an envious look. The models ran the gamut from a Cylon ship, out of the television series, "Battlestar Galactica", to desert jeeps.

(Herald photo)

LARGE CROWDS GATHER TO VIEW DISPLAYS AT GDHS CRAFTS SHOW



Sharon Brown demonstrated the use of the potter's wheel at the Georgetown High School craft show and sale Saturday, and was surrounded by interested spectators for much of the day.

(Herald photo)

By LORI TAYLOR
Herald staff writer

It's a big step from being concerned about nutrition to owning a natural foods store, but for Elaine Morris, it seemed like the obvious move.

Mrs. Morris and her husband, Don, own and operate Nature's Emporium, a natural foods store in Glen Williams. Mr. Morris actually works for an engineering company in Toronto, and it is his wife who runs the store.

Mrs. Morris has been running Nature's Emporium for 2½ years. Before that, she was on the nursing staff at Georgetown and District Memorial Hospital. But it was motherhood which drew her interest to nutrition.

"When we had our children, (Andrew 5, and Carrie, 3) we became very conscious of what I was going to feed them and it evolved from there," Mrs. Morris says.

"It evolved gradually. We started by trying to keep our children away from sugar and sweets, and we tried to avoid artificial colorings and flavorings. I found I was doing less and less shopping in grocery stores and more and more in natural food stores."

NO STORES

There were no natural foods stores in Georgetown at the time and so Mrs. Morris decided to start her own.

"I created this type of store while trying to keep in mind what I wanted," Mrs. Morris said. "I tried to create the store as a conscientious consumer, as well as a nutrition-conscious person."

Such items as bulk-buying and self-packaging are among those which appeal to many consumers, Mrs. Morris adds. She also has a large variety of spices, and customers can refill their spice bottles.

The store carries a large variety of stock and is constantly expanding. In addition to bulk beans, whole wheat pastas, a large assortment of nuts, dried fruits, cheeses, herbal teas, and natural ice creams, Nature's Emporium also carries vitamins, beauty aids, nitrite-free luncheon meats and organic meats. Organic meat comes from cattle fed on organically grown grains.

Most of the consumers in the store come from the Georgetown area, Mrs. Morris says. She added that many people come to the store regularly from Brampton and other nearby towns.

"There are a lot of nutrition-conscious people who shop here. A lot of them are well-educated people, and many of them are people who've done some research into food."

"When I talk to groups about natural foods, I encourage those who do the family shopping to read the label of the products they pick up off the shelf, and then decide whether or not they want the product," Mrs. Morris says. "When you look up some of those chemicals to find out what they mean, the results can be frightening."

NATURAL FOODS

"More and more people are becoming conscious of what they're eating," she continued. "The customers come in for some products and they gradually become more committed to natural foods. They buy fewer commercially prepared foods, with additives, and preservatives."

Mrs. Morris says she learn-



Elaine Morris, owner of Nature's Emporium in Glen Williams, scoops out a selection of nuts for a customer. The store, which specializes in natural foods, has been in business for 2½ years. (Herald photo)

ed about nutrition mainly through reading. She recommends the Nutrition Almanac, and says the store carries a number of cookbooks, from baby food on up.

"If young parents start out with a good baby food cookbook, they won't have to fight to keep their children well-fed," Mrs. Morris says.

"The store carries small machines for making baby foods," Mrs. Morris says, "to encourage new mothers to make their own baby food."

Mrs. Morris says her own children are not very nutrition-conscious themselves. Her son, Andrew was quite surprised to see other children at school bringing chocolate bars and cookies for a snack at recess, she said. He is quite happy with a handful of assorted nut, or some raisins, she adds.

Mrs. Morris says that as far as her own family is concerned, she doesn't go about planning weekly menus. The family eats meat only about once a week, although they are not heading towards vegetarianism, she says.

"We eat a lot of fresh fruit and vegetables," she says. "We use products from our store, and we go to a fruit market regularly, and that's it."

RAW SALAD

The family eats raw salad once a day, usually twice. The

children always have fruit for breakfast along with their cereal, and instead of pie or cake for dessert, they get unsweetened fruit with yoghurt, Mrs. Morris says.

Natural foods have become a habit, Mrs. Morris says.

"If I make a meatloaf, I shake a little bran or some wheat germ in it for fibre. We still have spaghetti, but I use whole wheat noodles instead. I bake my own bread with stone-ground flour."

Mrs. Morris said that young parents are definitely concerned about what their children eat.

"More and more young parents are becoming aware of what they feed their children, and through the children they become conscious of what they're eating themselves," she says.

"There is more being published all the time about nutrition. It's not just a trend, it's an education thing. It's something they can come to believe in."

Those who want to change their eating habits can start gradually, Mrs. Morris says, and she recommends that the change be a slow one, to adjust the family time to their own baking can switch to stone-ground flour, and they can avoid foods with artificial coloring and flavoring. She also recommends that the family cook brown rice instead

of mashed potatoes, although it might take longer to cook.

HANDLE QUESTIONS

The staff at Nature's Emporium is equipped to handle questions about natural foods, and it's just as well, Mrs. Morris says, because many people come in and ask a lot of questions.

"People want to know about it—they're willing to listen and read and try," she says.

Changing their eating habits has made a difference for the Morris family, Mrs. Morris says. They feel healthier and get sick less often.

The Morrises jog together, but Mrs. Morris says that although they'd like to become more physically active, there isn't time. She also wants to take a course in herbs some time soon, but running the stores leave little time for such things at the moment.

Mrs. Morris says she has done a lot of talking to various groups about health foods natural foods, and she usually takes along some basic products to show people.

"I show people how they can fit natural foods into their lifestyle," she says. "If they're like me, it becomes a habit very quickly. I find excessively sweet foods or refined foods don't appeal to me at all."

Nature's Emporium is located on Main Street in Glen Williams, and is open Tuesday through Saturday.

Lorne Scots regiment has a proud history

by MAGGIE HANNAH
Herald staff writer

Halton's militia unit the Lorne Scots, has earned numerous honours through the years including that of having a member of the royal family as its honorary colonel-in-chief and having the exclusive right to wear the personal tartan of the Duke of Argyll and the Marquis of Lorne.

Speaking to the Esqueping Historical Society at the Georgetown Armouries Monday evening one of the regiment's former commanding officers Col. John R. Barber traced the regiment's history from the beginning of militia units in

1793 to its official beginning in 1835 December.

The legislative assembly of Upper Canada voted in favour of establishing militia units to protect the "home countries" and all men aged 18 to 50 were drafted into the Sedentary Militia in 1793. The men used their own weapons and their own ammunition and had no uniforms. They trained one day a year.

The second regiment of York Militia spread from Toronto to Hamilton to include the area which became known as Toronto township, Trafalgar Township and Nelson township. Halton's men were in-

involved in this regiment as were men from Peel and Dufferin and the Chisholm family known as the founders of Oakville and the town's original mayor were closely involved in the regiment.

FORM FLANK

When war with the United States became a distinct possibility each militia unit was called on to form flank companies to support British garrisons. The Peel and Halton flank companies served at Detroit in the war of 1812 and Capt. John Chisholm of the Halton company took General Brock's last orders "push on, York volunteers" at Queenston

Heights. The company also served at Stoney Creek.

Boundaries were changed after that war and the Gore district, which included Halton County, was formed. John, William and George Chisholm all served as captains with the Gore militia and Col. William Chisholm became its commanding officer in 1830.

When the Upper Canada Revolution broke out in 1837 under the instigation of William Lyon Mackenzie the Halton regiment under Col. Chisholm went to Montgomery's tavern in Toronto where the only real fighting of

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