

Outlook on Lifestyle

Smith-Taylor wed at Norval United Church

By JULIE HOLMES
Outlook Special

Kimberly Diane Smith, daughter of Don and Ellse Smith, and Michael Philip Taylor, the son of Mr. and Mrs. Larry Taylor of Georgetown, were married Nov. 28, 1987, at 3:30 p.m. at Norval United Church.

Reverend Walter Ridley performed the ceremony, and Mrs. Marg Ridley was the organist. A friend of the bride's family, Mr. Julian Reed, sang "Sun Rise, Sun Set", and "Wedding Prayer", for the occasion.

The bride wore the gown that her mother had worn 25 years before. The floor length tulle gown, with chantilly lace, long sleeve bodice over taffeta, was trimmed with sequins and seed pearls. The full double taffeta skirt had a tulle overskirt trimmed with chantilly scalloped lace edging, and was parted in front to show a tulle underskirt trimmed with rose lace applique. The bride also wore a matching hat with an elbow length veil, and carried a bouquet of white poinsettias and burgundy roses.

The matron of honor was Mrs. Lori Kent, sister of the bride. The bridesmaids were Miss Diane Taylor, a friend of the bride, Mrs. Maryanne Townsend, cousin of the bride, Miss Julie Taylor, sister of the groom, and Miss Kelly Taylor, sister of the groom.



Mr. and Mrs. Michael Taylor

Mr. Larry Taylor, brother of the groom, was the best man. The ushers were Mr. Dave Allen, friend of the groom, Mr. Gord Morinko, friend of the groom, Mr. Geoff Kent, brother-in-law of the bride, and Mr. Kevin Donaldson, cousin of the bride.

The reception was held at St. George's Church Hall, in Georgetown, and over 185 people attended. The hall looked festive with red and white Christmas garlands decorating the tables, and a Christmas tree with ornaments made by the bride's sister, Lori Kent. The wedding cake was made by the bride's mother and grandmother.

A dance followed the reception, and Santa Claus paid a visit. Santa first danced with the bride and was later swamped with the eager ushers who wanted to sit on his knee - all at once.

Honored guests at the wedding were Mrs. Laila Smith, grandmother of the bride, and Mrs. Bunny Kingswell, grandmother of the groom.

The couple spent their honeymoon at Niagara Falls, and they now reside in Oakville. The bride is employed at Queen Elizabeth Hospital in Toronto as a lab technician, and the groom is a general machinist at Mold Masters in Georgetown.

POLLY'S POINTERS



Polly Fisher

Brown rice beats white for nutrition

DEAR POLLY - Is brown rice really better for you than white rice?
- GAYLE

DEAR GAYLE - Brown rice is definitely a better nutritional bargain than plain polished white rice. Not only does brown rice have valuable fiber that is almost totally lacking in white rice, but brown rice has appreciably more protein, thiamin, riboflavin, niacin, pyridoxine, pantothenic acid, folic acid, biotin, inositol and choline than white rice. Brown rice is a valuable grain food; white rice is little more than a starch. Brown rice also has an interesting nutty flavor and a chewier texture than bland, dull old white rice!

Enriched white rice has some of the B vitamins restored to the grain, but it is still lacking in fiber and several of the nutrients present in brown rice.

If your family really balks at eating brown rice at all, the best choice would be converted enriched rice. This is rice that has had some of the nutrients in the outer bran layers (normally lost in milling plain white rice) pushed into the grain of the rice in a special pressure-cooking process. Fiber and protein content are still lower than in brown rice, but it is definitely more nutritious than regular white rice.

If you'd like to introduce your family to brown rice, a good way to start would be with very flavorful rice mixtures or sweet dishes such as rice pudding. (I've never known anyone to turn down a delicious rice pudding, even when made with brown rice!)

ASK KATHY

Losing Weight May Be All in Your Head!

A large part of losing weight may actually be mental. If you have always been overweight and feel that maybe you always will be, what you are really saying is that there's nothing you can do to take control of your life. You're destined to be overweight. Your body responds to this psychological statement by seeing that it comes to pass.

At Diet Center we teach you how to visualize yourself as a slender, healthy person. This process, coupled with a sound nutritional diet and exercise, will help you be able to lose your excess weight and keep it off forever. Call today for a free consultation and let us show you how you can release the slender person who is locked inside your overweight body.



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TURKISH RICE

Wash 3/4 cup short grain white rice well and add to 2 cups boiling milk. Cook in double boiler over hot water until thick, stirring often. Cream 4 tbsp. butter with 3/4 cup sugar and add to rice. Add 1/2 tsp. cinnamon and cool. Peel and thickly slice 5 apples. Fry in butter until lightly browned on both sides. Place rice in buttered casserole. Make depression in centre and fill with fried apples. Cover with meringue made by beating 3 egg whites with 1/3 cup sugar and 1/2 tsp. vanilla. Beat eggs until foamy, then add sugar gradually; add vanilla and beat until eggs are stiff and hold peaks. Spread over pudding and bake in 300° oven for 15 minutes or until meringue is golden brown.



SPECIAL

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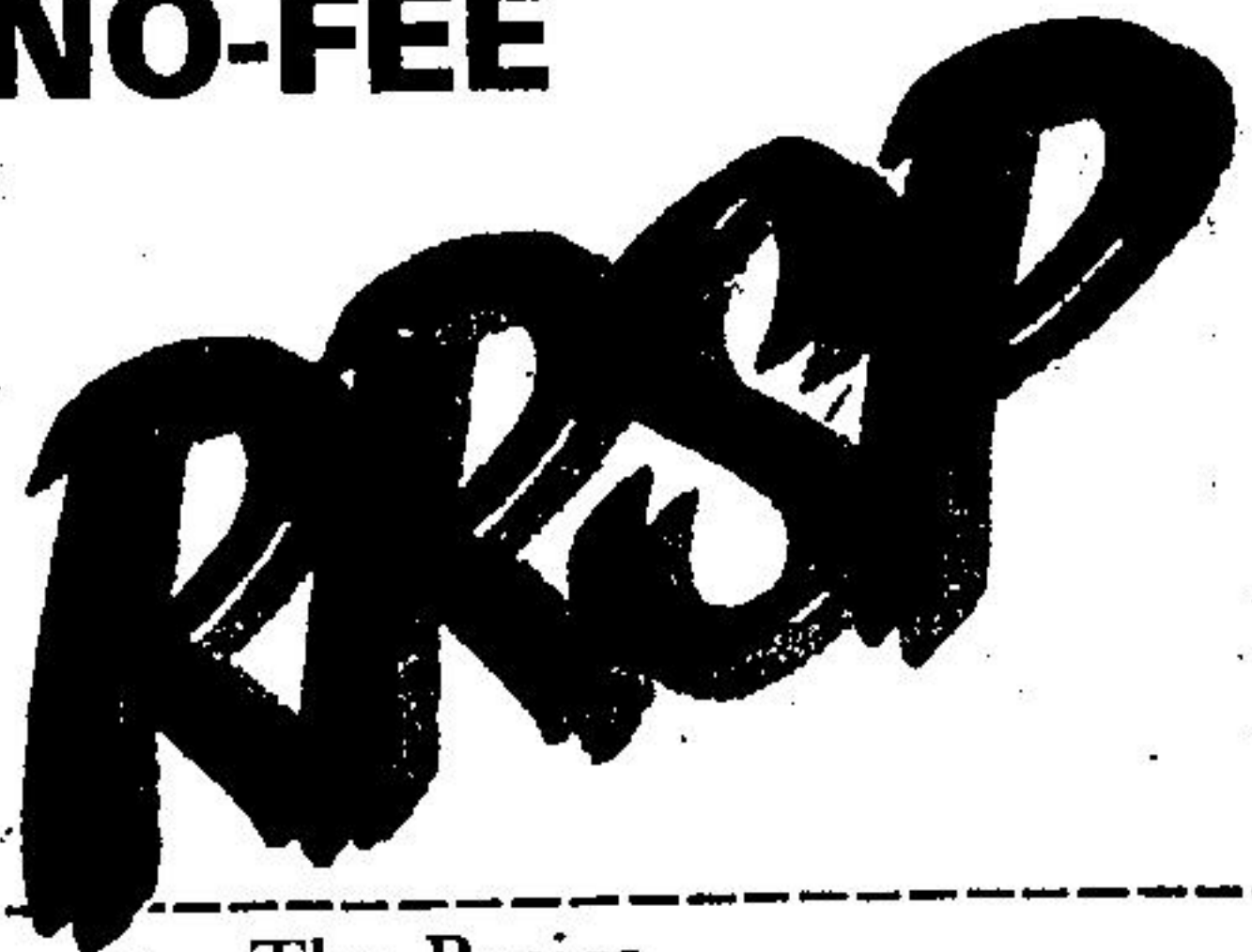
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