



Growing up Canadian on TV

YOUR CHILD & TV

by Deborah Bernstein (NC) — Most of us would have to agree that television plays an important role in our lives. Canadians now spend over half of their leisure time watching television. All the time we spend reading, attending sports and cultural events, exercising, social-

izing or just plain relaxing does not add up to the amount of time we spend with the television. The average person watches approximately 24 hours a week, which amounts to nine years in an average life span. **12,000 hours**
By the time our children reach the

age of twelve, they will have spent 12,000 hours watching television — more time than they will have spent in school. In those 12,000 hours they will have watched 10,000 hours of American programming. They will have seen more hours of American programming than they will have spent in a Canadian school.

concerned about the effect of American programming on the development of Canadian children. If we want our children to know what it means to be Canadian, then we must accept the responsibility to help them understand the relevance, or irrelevance, of what they watch on television to the Canadian experience.

Canadian programs
What can we do about the situation when we have many more American viewing options than Canadian ones? For one thing, we can encourage children to watch the many excellent Canadian programs produced for children of all ages. The titles may not be as recognizable as those of many American series and they may not be broadcast as often as we might like, but they are available.

Another thing we can do is to watch television with our children and discuss with them the themes and images they see. In this way, we can help them to recognize the distinctly American references. For example, the police and detective shows that we watch are almost

exclusively American. As a result, Canadian children have more understanding of the American legal process and procedures than of the Canadian process. Many do not know the difference between the two systems. Through family discussion, the differences can be pointed out and, most importantly watching television can become a positive learning and social experience.

A recent CBI newsletter outlines the programs for children currently being offered by Canadian networks. Canadian shows are identified in the schedule. If you would like to receive a copy of the newsletter, please write to The Children's Broadcast Institute, 234 Eglinton Ave. E., Suite 405, Toronto, Ont. M4P 1K5. **Deborah Bernstein is the Executive Director of The Children's Broadcast Institute.**

STRIPPING AND REFINISHING:

Is it worth the time and effort?

The garages and basements of Canada are filled with untold numbers of interesting pieces of old furniture with part of their old finish stripped off and were abandoned when the job became too messy, tedious or did not seem to look like anything when the old varnish was removed. They sit in the dampness and gradually deteriorate to a point where they are beyond redemption, even by an expert. Many thousands of interesting old solid wood pieces become useless in this manner every year.

The truth of the matter is they are worth the time and effort, particularly if they are built from solid wood (most modern furniture is veneer) and solidly constructed. We are talking not only about antiques but also pieces made as recently as 20 years ago.

A few tips

To help you make stripping grand-mother's rocker an easier and more enjoyable chore, see your local hardware retailer and let him advise you on the different types of paint and varnish remover available. He can also show you a complete line of supplies you will require, including steel wool, sandpaper, scrapers, putty knives and solvents. He also carries a complete line of stains and finishes and can advise you on what product is best for your particular requirements.

Here are a few hints to help you when you go back to that half-stripped piece you now have stored in the basement.

1. Always brush the stripper in one direction only. Many strippers

are a combination of wax and solvent and the wax rises up to the top, prevents the solvent from evaporating and allows it to do its job.

2. Give the stripper time to do the job. Most people are in too much of a hurry and try to remove the finish before the solvent has had time to soften it.

3. Take all safety precautions. Wear hand, eye and skin protection and be sure surrounding floor and table surfaces are well-protected from the stripper.

Television has replaced print as the major means of transmitting cultural information, attitudes, and values. What our children learn from television contributes to their development as individuals and as Canadians. Any parent whose English-speaking children watch the American version of *Sesame Street* will agree that, at an early age, they know more Spanish than French. Parents will also tell you that it takes three times as long for children to unlearn the American pronunciation of the letter "Z" than it takes for them to learn it in the first place from viewing the program.

Clearly we have reason to be

DUKE SNIDER'S PLAY BALL TIPS #1



HITTING

Meeting a fast moving ball at exactly the right moment with a baseball bat is one of the toughest skills in sports. It all starts the moment you pick up a bat.

- 1 Select the right bat for you, not too heavy or too light. You have to get the bat around quickly so its weight and length are very important. Keep your hands together with the second set of knuckles on each hand lined up straight.
- 2 Grip the bat loosely in your fingers not your palms. Your grip will tighten up as you swing into the ball...
- 3 Many players slide their hands up the handle for better bat control. This is called choking up and it helps you get the bat around more quickly.

For more information on Petro-Canada Play Ball, phone 1-800-268-2244. Next Week... Catching!



Every time I see an old mill, I want to stop and take a look at it. Some of them are deserted. Some are restored as historical sites. But only a few are still operated commercially.

There's one at Arva, a tiny village just north of London, that's a dandy. It's a flour mill with a real country flavour.

The Arva Flour Mill is set in a wooded valley. You can see it from the highway, and as soon as Jenny spotted it she slowed down the Mustang.

She didn't ask any questions. Just turned into the winding driveway, down into the valley and pulled up at the mill's front door. She's a great bird dog when she sniffs a possible story.

Bill Mathews, the owner, was there. He was busy but dropped everything to tell us about the mill and show us around.

Bill estimates the historic old place was built about 140 years ago. It's been in the same family for four generations, and surprisingly still uses waterpower for half its operation.

We went outside. It was a beautiful autumn morning and we strolled along the edge of Meadow Creek that flowed along near the mill until it reached a dam where it became a small torrent to power a generator.

Inside, the awkward-looking old fashioned machinery reminded me of one of those ridiculous but humorous Rube Goldberg cartoons of yesteryear.

There were flywheels, belts, pulleys and chutes going in all directions. Bill explained how the wheat was broken down, cleaned and blended.

Everything moved so fast I couldn't keep track of the whole process, but I liked the look of the unbleached flour as it flew out into big bags. Currently, about 300,000 tons a year is produced.

I asked Bill why the mill managed to stay profitable when others like it had gone out of business.

"When technology brought different methods most of them bought shiny new equipment and expanded too quickly. Then they found they couldn't compete with the big companies," he said.

The Arva Mill has a couple of fairly large accounts, but sells to buyers in the surrounding area as well. There's also a retail outlet near the entrance where both city and country people get unbleached flour and health foods.

"We have a qualified miller," said Bill. "Our equipment is ancient but efficient, and although we'll never make a fortune we've stayed small and have a good solid business."

Bill was telling us that there were about 2,000 small flour mills around Ontario at the turn of the century. Only a few remain in the entire country.

Ironically, the Arva Mill survived because it didn't change with the times. It stayed just about the way it was back in the days when small mills were in flour.



BATHROOM CARPETING CAN MAKE THE DIFFERENCE

Remember when the perfect bathroom had the clinical sparkle of a hospital? Well, sparkle is still important, but now it's turning up in baths designed with a little self-indulgence in mind.

If you want to give your bathroom a more luxurious look, but don't want to pull out the fixtures and start all over, why not add decorative wall-to-wall carpeting or area bathrugs?

took like a lot of the pile carpets made for the rest of the home.

One of the current trends in bathrugs is to take them out of the bathroom and into the rest of the house. A few already on the market can be used in the bedroom as well as the bath.

Bathrugs are also used to alter the appearance of the size of the room. If you have a small powder room of bathroom where too many colors would look busy or very bright colors would be overpowering, try the textured-look rugs to give the room a more airy feeling.

Wall-to-wall bathroom carpeting virtually unheard-of until a few years ago is also good for giving a feeling of more space as well as a touch of luxury and elegance.

You can use wall-to-wall carpeting alone or with area rugs over it. Solid colors or muted patterns with a contrasting border will give your bathroom a dramatic new look.

Because moisture is ever-present in the bathroom, be sure you check the fibre content carefully when shopping for bathrugs.

Nylon is the most popular bathrug fibre which gives bathrugs durability and resistance to mildew.

Also check the backing: rugs with backs well-covered in latex will last and keep their floor-gripping properties longer.

Armed with this information, explore the many beautiful styles and patterns on the market. The right bathrug will go a long way toward making your bathroom the beautiful and comfortable oasis you want.

Taking their cue from the fashion world, bathrug manufacturers are showing how to make a bathroom beautiful without sacrificing comfort and practicality.

Bathrugs serve two purposes. The first is purely functional—they prevent slipping and sliding on wet floors or having to step out of the tub onto a cold, hard surface.

The second purpose is aesthetic. Bathrugs can soften the look of the room and add a bit of "pizzazz." They allow you to change the entire look of your bathroom without a large investment.

As consumers have begun to ask for more elegance in their bathrooms, the rules about decorating them have started to change.

Patterns, both in bathrugs and towels, are gaining on traditional solid colors. As a result, the old rule that bathrugs and towels must be the same color is being disregarded, and coordinating colors of patterned fabrics are being used to brighten up the room.

Solid colors are also changing. The bathrug best-sellers are appearing in many different, new and exciting shades.

Textures are also coming into vogue, with manufacturers mixing different fibres and multicolored yarns to create a strong textured look.

The most popular bathroom rugs are the high-pile saxonies, which

day when temperatures are 15 degrees Celsius or warmer.

"And be sure to protect broad-leaved shrubs and ornamentals from spray drift by shielding them with a piece of cardboard," Brown said.

Fertilizer mixtures of 2,4-D are also available, allowing you to apply both fertilizer and weed killer at the same time.

Rainfall should not occur for at least 12 hours after application of 2,4-D.

Other common lawn weeds such as creeping charlie, shepherd's purse, mouse-ear chickweed, plantain, and so on, are controlled with mixtures of 2,4-D and mecoprop or dicamba.

Again, early treatment is important. Follow the rates of application recommended by the manufacturer.

Apply to weeds once in early spring and again in late summer or early fall.

Avoid spraying any mixture containing dicamba near the roots or ornamentals, particularly if the roots have emerged or if they are close to the soil surface, dicamba is absorbed by the roots and results in malformed leaves.

Winning the Battle Against Weeds!

Dandelions and crabgrass — to control these two lawn weeds, you must take action early, says Weed Specialist Rudy Brown, head of the horticulture and biology section at Ridgeway College of Agricultural Technology.

Crabgrass must be controlled before it germinates; apply a pre-emergence herbicide such as Dacthal or Betasan in either liquid or granular form.

"The granular form is also sold as a fertilizer-herbicide mixture," Brown said.

Follow the application rates recommended by the manufacturer.

The herbicide goes to work after a spring rain, the herbicide is absorbed through the roots emerging from germinating seed.

And by raising the mowing height of your lawn mower during the whole season, you can help the grass compete against weeds more effectively, stay greener longer during periods of drought and generally remain much healthier.

Dandelions require early treatment too; apply 2,4-D before they bloom and re-apply in late summer.

Spray weeds on a bright, sunny