

Start the day off right

Breakfast has long been recognized by both nutrition and education experts as the most important meal of the day. In schools as well as the workplace, an alert mind within a properly nourished body leads to a longer attention span, faster assimilation of new facts and concepts and enhanced retention and retrieval of information. However, despite these acknowledged benefits, breakfast is still the most rushed and neglected meal-time of the day.

"The television image of working parents gulping down coffee while their school-age children snatch mysterious pre-packaged foods from the refrigerator as they all rush to catch buses and rides is far more prevalent in real life than many realize," says Marie Ludwick, Weight Watchers president for Southern Ontario, Quebec and Atlantic Canada.

"Teachers have told me they could tell which of their students skipped breakfast just by observing how the students sat at their desks. This was especially true just before lunch when the students' energy levels would be at its lowest level and they were obviously having trouble concentrating. At lunch, those students who had a good breakfast tended to be the ones who ate a more balanced and nourishing mid-day meal. Students who either skipped or scrimped on breakfast were often those who would order chips and gravy, a can of pop and a packaged cake for lunch."

"With the kids going back to school, September is the perfect time to introduce a good breakfast into your family's morning schedule," suggests Ludwick. "It is important, however, that parents set a good example by sitting down and having a

nourishing breakfast themselves."

Apricots and Cheese in a Pita

Fill a 1-ounce pita with 1/3 cup low-fat cottage cheese and 6 dried apricot halves. Service with 1 cup skim milk.

Cinnamon French Toast

Soak 2 slices of reduced-calorie bread in a mixture of 1/4 cup egg substitute, 1/4 cup skim milk and cinnamon. Cook in 1 teaspoon of reduced-calorie margarine and serve with 3/4 cup skim milk.

Crunchy Strawberry Yogurt

Combine 3/4 cup plain nonfat yogurt with 1 cup strawberries and 3/4 ounce cold cereal. Serve with 2 slices of reduced-calorie toast and 1 teaspoon reduced-calorie margarine.

Breakfast Shake

Combine in a blender 1 cup nonfat yogurt with 3/4 cup blueberries and ice cubes. Serve with 2-ounce toasted bagel and 1 teaspoon reduced-calorie margarine.

Ginny's DIAPER SERVICE
Only \$12.95 per week



Keeps your Little one **HAPPY** IN
100% Cotton professionally cleaned Diapers, picked up and delivered twice per week!
We also carry Nukky Pants, breast feeding aids, toilet training pants, etc.
Call for more information:

877-0950

From the desk of Marilyn Worrall ...

ARTHUR F. JOHNSON & ASSOCIATES LTD., REALTOR

**877-5165
874-3040**



MARILYN WORRALL
Sales Rep.

Home is more than just a roof over your head. It's also your neighbors and the neighborhood.

Do you want to be surrounded by quiet adults, young singles or families with children? Do you want to be right in the middle of the social scene, or would you prefer to live in a strictly residential area? Do you want to be near schools, near shopping or away from it all?

I'll take all this into account before recommending any property for your consideration. It's one more way of making sure you'll feel right at home in your new home.

NOT INTENDED TO SOLICIT PROPERTY ALREADY LISTED FOR SALE.

PROVEN PERFORMANCE
ARTHUR F. JOHNSON & ASSOCIATES LTD., REALTOR
SOLD

MARTHA SUMMERS*

877-5165 874-3040
Tor.



833-9714 873-0655
Erin Res.



MARTHA SUMMERS
Sales Representative*



YOU DON'T NEED A COTTAGE

Look at the privacy of this yard and the hot tub. 4 bedroom, 3 bathrooms on a quiet street in Rockwood at \$189,500. 93-2-483



MON. SEPT. 6 2-4 P.M. 46 King St., Georgetown

Mature lot - home filled with character. Fireplace and bay window in living room, pine floors, - pretty private mature yard - walk to GO. Reduced \$167,000. 93-2-431



YESTERDAY'S CHARM - TODAY'S COMFORT

83,000 asking for this 3 or 4 bedroom home with 2 full baths, hardwood floors and wood trim. Beautifully decorated home with a log burning fireplace, deck with hot tub, set on a private treed yard, with garage. 93-2-462



HALTON HILLS HURRY

acres with 800' frontage, bush and a super swimming pond. The custom stone home is immaculate with 2 stone fireplaces, main floor family and finished rec room. \$279,000. 93-2-410



EXECUTIVE REQUIREMENT??

Caledon, south of King St. 20 treed acres. Superb home with bright spacious principal rooms. Dining room complete with fireplace. Multi-sided living room. 93-2-147



ERIN - \$189,000

45 vacant acres with Trafalgar Road location. Complete with 20+ acres of mature mixed orchard, hardwood bush and open field. Pretty views are a bonus 93-2-503



GENTLEMAN FARMERS - 47 ACRES

This 5 bedroom home is waiting for your family to enjoy along with the pond, the barn, the fields. Huge country kitchen. 93-2-396



START FOR ONLY \$119,000

Move in - don't worry about renovating expenses - it's done. 35 yr. shingles, windows have been replaced. The pool is "warmed up". 93-2-358



DISCRIMINATING PURCHASER REQUIRED

Superb farm with pond, barn, bush and meadow. The restored Victorian offers old world charm and modern conveniences. The 2 storey atrium sets the mood with 5 fireplaces. 93-2-332



IMMACULATE!!

Move in and enjoy. The yard is private and fenced. The deck off the dining room is great. The rec room is finished. The maintenance is low!! 93-2-430



ERAMOSIA PRIVACY

29 acres - Executive home complete with cedar sunroom with hot tub & sauna. Main floor family room with fireplace. 93-2-347



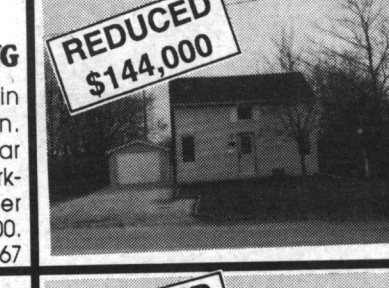
KEEP SWIMMING AS FALL ARRIVES

Custom built with fabulous indoor pool accessed off 2 bedrooms. Quality finishing with cathedral ceilings, oak kitchen, in-law suite, garden room and more. All on 32 private acres. 93-2-411



GEORGETOWN INCOME PRODUCING

Well maintained in good location. Separate large 2 car garage, plenty of parking. Adjacent corner lot available at \$99,900. 93-2-267



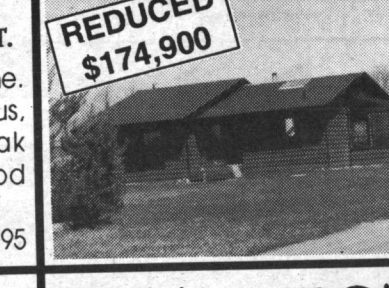
45 ACRES \$187,000

Ravine lot plus 2 bedroom house and detached garage. Custom kitchen, super oak trim, whirlpool tub!! 93-2-322



CALEDON EHS SOUTH OF KING ST.

Backs onto a ravine. Bright and spacious, bleached oak kitchen, hardwood floors, finished loft. 92-2-495



PAVED ROAD 3.1 ACRES

Spacious open concept + 2 bedroom home with numerous walkouts to the yard. Sunroom plus vaulted ceiling. Everything on one level. 93-2-260



WATCH THE COLOURS CHANGE

Private 5 acre retreat with unique design. Spacious yet cozy to enjoy nature. Flagstone flooring, screened in porches, designer bathroom, guest suite, and more! 93-2-395



LOTS • LOTS

10 acres-Erin \$89,000-Driveway in.
4.4 acres - Eramosa \$125,000.
Georgetown Corner lot \$99,000.

FOR RENT

Erin - 2 bedroom upper level apt. on large lot. \$750. per month. No pets. Available now.