

Kelp, tree bark diet pills

Tree bark, kelp and Chinese herbs are the secret ingredients in the Power Trim diet program being sold by Acton's Gladys Lockerbie.

"I found out about the product from my brother-in-law who asked if I wanted to become a distributor," Lockerbie explained in an interview Monday. "I decided to try the product myself and lost seven pounds in two weeks and had all kinds of energy."

Power Trim (PT) is a formula of naturally concentrated botanicals that include Joint Fir,

Oirana and kelp. The program involves taking the herb capsules daily and there is also a tea.

"You don't have to skip meals or eat diet bars or exercise," Lockerbie said. "All you have to do is take the capsules or drink the tea and you will lose weight."

Power Trim, developed by Enrich International in the United States, meets Consumer and Corporate Affairs and Health and Welfare safety standards.

Lockerbie offers a money-back guarantee but said so far everyone who has tried PT has been satisfied.

Women's Institute celebrates 40 years

The long awaited 40th Anniversary of the Ballinafad Women's Institute was celebrated on Saturday, Oct. 3, 1992. On this date in 1952 about 40 ladies gathered in Ballinafad Hall for the purpose of forming the Ballinafad Branch of W.I. The President, Mrs. Maxine Ellerby, and other officers of Halton District were present to make the new branch an official part of the World Organization. About 30 members joined that day, and elected Mrs. Tom Gibson, (now Mrs. Margaret Davison of Georgetown), as President, and Mrs. Helen Brown as Secretary.

After 40 years we are still carrying on with 12 members. The afternoon celebration consisted of a lovely luncheon and afternoon program, in a room beautifully decorated in the W.I. colours at the Ballinafad United Church. The guests included present members, all former members, two invited guests from each branch in the District of Halton, as well as guests from neighbouring branches in Wellington. Honoured guests included President and Secretary of Halton District, President of Guelph Area, and a Provincial Board member. There were about 60 present.

Lunch was prepared by the 4-H girls and leaders who served a beautifully decorated cake in the W.I. colours, which was cut by Mrs. Jamieson, current President, and

Margaret Davison, first President. The afternoon program consisting of "In Memoriam For Former Members" was conducted by Mrs. Ada Kirkwood. A lovely sing song of action songs, conducted by Alma Sinclair and Eileen McEnery, put us in the mood for the afternoon. Mrs. Lil Given, our official poet, had composed a fine summary of the W.I. in general, and a number of amusing happenings over the years in our Branch. We were indeed thrilled with this contribution to our program. Miss Jane Adair of Erin entertained us with several solos. Mrs. Irene Maurer, Guelph Area President was a very interesting, and informative speaker. She kept us amused as well as making us proud to be a part of the W.I. She told about a little son who had heard so much about his mother going to "Institoot," that he wanted to blow her horn so he could "toot" too. She said that was very applicable for we of "Institoot" should toot our horns more than we do. Our theme for the '90s is Women's Environment, and that is more than

recycling. We should "REACH FOR THE STARS" in our environment. We become what we think about, and what we most desire. Just like the plants on the earth. "When we are green we are growing. When we become ripe, we rot."

A very pleasant surprise occurred when Doreen Burt presented Margaret Jamieson and Grace McEnery with Charter Member certificates and 40-year pins. Both ladies have been very faithful, fulfilling offices, serving as District Presidents and also representing us on the Area Board.

After the other visitors took an opportunity to express their best wishes, Mrs. Alma Sinclair thanked all those who had a part in preparing and presenting such a pleasant afternoon. We were especially proud of our 4-H girls and their leaders for their service during the day.

The meeting closed with "O Canada" and now we are ready to face another milestone in our organization.

Lou Gehrig's disease — deadly reminder of our mortality

BY ERIC BALKIND

Many, older ball fans will recognize the name Lou Gehrig — the so-called "iron man" of baseball who held his own alongside even

the great Babe Ruth, only to succumb to the disease which today bears his name. The same condition killed David Niven, the famous British actor.

Amyotrophic Lateral Sclerosis (or ALS) is a relentlessly progressive and irreversible disease of the nervous system. Persons who suffer the disease eventually lose the use of all voluntary muscles and eventually they cannot move, breathe or eat without support systems. Sometimes, sufferers from ALS become totally paralyzed. There is no known cure and no available therapy which will even slow the progression of the disease.

Apparently, a high incidence of ALS is found in naval veterans; of 46 men once stationed in Halifax only six are alive today. In their cases, the onset of the condition was thought to be related to the use of chemicals used to disinfect ships during the second World War.

Why not join the fight against Lou Gehrig's Disease? Step out on Friday, Oct. 23 at the Acton Legion and dance to the music of the Twilites. Tickets (at \$10 per person) are available at the Acton Legion or from Carolyn Moore at 853-1856. All proceeds to ALS.

If you haven't danced to the Twilites you've got a treat in store. Bring your friends for an evening of "golden oldy" music.

Another way to join up is as a volunteer. For more details call the University of Guelph at 824-4120, Ext. 6713.

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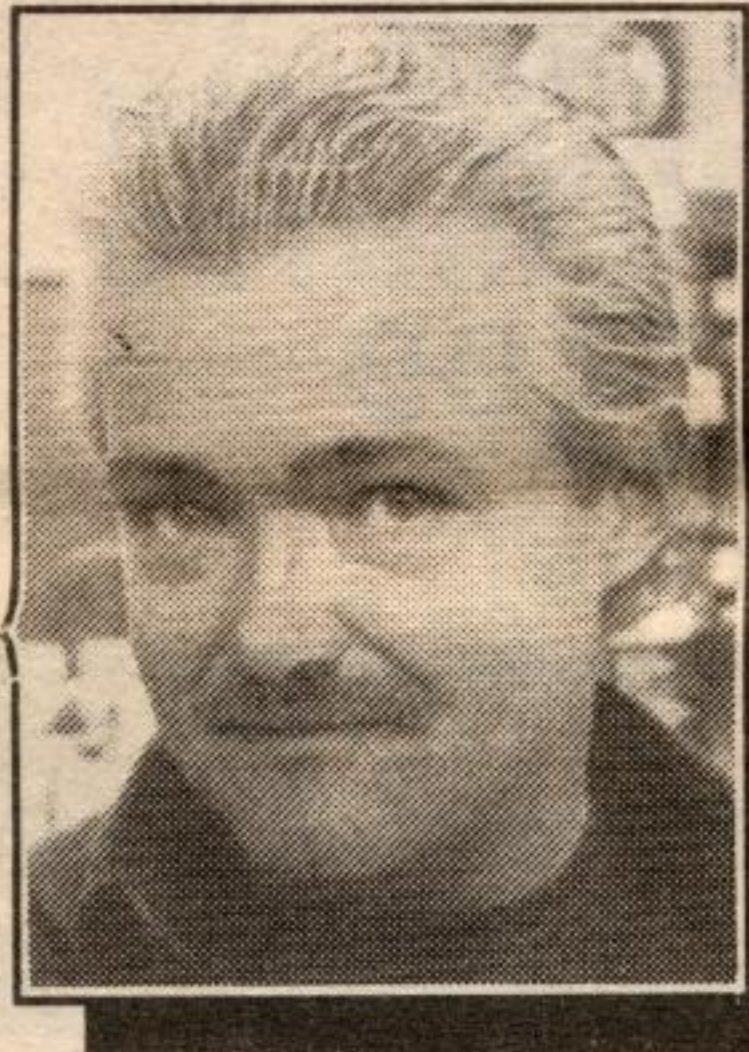
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