

The Fearless Chef

by Helen Godwin

Again this week I want to talk to you about weight loss, and to share a few tips with you. I hope that all you slim and trim people will bear with me a bit longer, but I am bound to beat this thing and still enjoy living.

In conversation with a friend of mine last week, she pointed out to me that some things of the seasoned weight watchers know from long practice, be aware of. I hope to give you a few pointers today that may help with your diet and also things that I think you will want to continue with to maintain your weight loss.

1. Do you know that by trimming all fat from your meat, you can save enough calories for a slice of bread or a glass of wine? Here are some examples:

	Calories	
	With fat	Without fat
Meat (3 oz.)	330	175
sirloin	245	185
ground beef	355	120
lamb chop	310	215

2. Do you know that alcohol, even though it is low in calories and has virtually no carbohydrates, manufactures sugar in your system, therefore creating more fat.

3. If you drink a glass of water five minutes before you eat, it will fill you up and you won't eat as much. If you have another glass of water a half hour after you eat, it is supposed to help wash away fat particles.

4. Chew all foods very slowly, if you eat fast it is hard to tell when you are full.

5. Do you know that when on a diet it is not advisable to wash dishes? Even if you were very good and ate exactly what you were supposed to, it is too great a temptation not to finish off that piece of pie that your skinny child has left on his plate.

6. Squeeze a wedge of lemon over your salad instead of salad dressing. You may find you like it better.

STEAM FRY EGGS

Spray pan with Pam, and place over medium low heat. Break eggs one at a time into the pan and add one tsp. of water for each egg. Cover and cook slowly for 4-5 min. If you happen to peek to see if they are done and they aren't, you may have to add a bit more water.

EGGWICH

Thinly spread a lettuce leaf with a low cal mayonnaise or salad dressing. Roll around a hard boiled egg.

LOW CAL COMPANY SCALLOPS

- 1 lb. scallops
- 1/4 cup fine bread crumbs
- 1 tsp. butter
- 2 tsp. lemon juice
- 1 tsp. Worcestershire sauce
- salt

Wash and dry scallops and sprinkle with salt. Roll in bread crumbs. Arrange scallops in shallow baking dish or in scallop shells if you them. Spray with Pam.

Melt butter and add lemon juice and Worcestershire sauce. Pour over the scallops and bake in a hot oven (425) for about 15 to 20 min. Sprinkle with chopped parsley. This recipe serves four at 130 calories per serving.

Champion publisher explains newspaper

Composing and publishing a newspaper with all its ramifications, is very intriguing, as the ladies of the Nassagaweya Women's Institute found out Wednesday, Jan. 12. The guest speaker was Jim Dills, publisher of The Canadian Champion, who escorted members on a slide tour of all aspects of newspaper life.

The objectives of this 115-year-old paper are to serve but also to have a voice and to be a stimulant to the town as well as a recorder of events. Members were introduced to the staff, observed their jobs, how the news is collected, assimilated, translated and finally relayed to the reader via a press which puts out 18,000 copies per hour, folded and ready for distribution. General discussion closed a most interesting program.

The meeting was opened with the Mary Stewart Collect and Ode; the motto, "What is new is what is news" was discussed. Roll call, "An event in Halton that will be news tomorrow" was answered with comments about the regional government building, the arena question in Milton, the new Brookville subdivision and the weather.

Business included setting the date for the annual euchre, to be April 14 and organizing committees for the quilt, prizes and lunch. Women's Institute Week will be June 6 to 10, and six ladies from Halton will be asked to join in a quilting event that

Resolutions for new year

Mrs. Fraser was hostess and convener to the Women's Association of Nassagaweya Presbyterian Church on Thursday, Jan. 6.

The meeting was opened with a thought-provoking list of New Year's resolutions. Hymn 545 was commented on by Ruth Johnson writing in her booklet Devotional Thought. Mrs. Mullen read the psalms, then Mrs. Fraser took as her topic: "We take a look at the world and those who dwell within." There are two things that fill the mind with ever new and increasing wonder and awe - the starry heaven's above us and the moral law within us.

After a short business discussion, tea was served to the ladies.



SISTERS WED. . . Darlene and Julie Baverstock, daughters of Mr. and Mrs. Gord Baverstock of R.R. 2, Campbellville were recently married in separate ceremonies. Darlene and her husband Jim Ferrier (left) were married at Ebenezer United Church by the Rev. R. Finlay. He is the son of Mr. and Mrs. Allan Ferrier, R.R. 1, Moffat. Julie and her husband Bill Booker (right) exchanged vows at St. Paul's United Church last month, with Rev. Lorne Brown officiating. He is the son of Mrs. June Rose, Galt. Both couples have taken up residence in Milton.

Champion Family Page

Falls can be deadly

You could take a death plunge right in your own home if you're not careful, cautions the Industrial Accident Prevention Association.

Falls account for about one half of all home accident fatalities, says the IAPA. Elderly people are particularly susceptible. To avoid them, the IAPA suggests you check your home for these hazards:

- Have a firm rule not to leave anything on stairs, even for a moment.
- Keep all steps and stairways well lighted, and equipped with firm handrails.
- Fix to floor
- Check carpets and rugs for frayed edges and fix firmly to the floor.
- Make sure your floors are not slippery. Polished floors can cause accidents.
- Put ashes, sand or salt on icy walks and steps immediately.
- Use non-skid rubber mats

Keeping fit may not prevent a heart attack, but it will certainly make you feel and look better and will improve your chance of recovery, should heart attack strike.

- in bathtubs.
- Fix broken or chipped floor coverings promptly.
- Wipe up spilled liquids or grease at once.



The Corporation of the Town of Milton

Special Notice

Please be advised that Milton Council, at a Committee of the Whole meeting scheduled for January 31st, 1977, will be discussing the action to be taken with regard to a second ice surface to service the Town of Milton.

The meeting will be held at the Town Hall, 251 Main St. E., Milton, at 7:30 p.m.

C. Thompson, Clerk.

when your rates are about to go up we think you deserve to know the reasons why

With most products you buy you never get to know about the increased price until you reach the cash register. The few pennies added to a can of this or that just seems to happen.

Now that we're forced to increase our rates we want to tell you plainly what's happening—and we want you to understand why we have to do it.

First there's the wholesale power we purchase directly from the Ontario Hydro generating system. This year it will cost us some 30 per cent more. A number of factors have forced this increase to us . . . rising labour charges, higher construction costs and increases in the cost of practically every industry or business you'd care to name are also affecting the generation of electricity. Our local costs are going

up too. Lines, transformers, poles, gasoline for our service vehicles—all these essentials have been rising at an almost unprecedented rate.

In the past, we have been successful in absorbing many of these increases, rather than passing them immediately on to you. However, we've now reached a point where the present rates will not return sufficient revenue to cover costs.

Thus, in spite of the many economies we've made and will continue to make, we must now ask for a rate increase. An increase that will be sufficient to handle the rising costs outside our direct control.

While it wouldn't be human to be pleased about any kind of increase, we hope you'll understand our position—and the reasons why we have applied to Ontario Hydro for the following rate schedule.

NEW NET MONTHLY RATES FOR RESIDENTIAL CUSTOMERS	
Effective On All Bills Issued On or After March 1/77	
Kilowattour (KWH) Consumption	cost per KWH
First 50 KWH	7.2c
Next 200 KWH	3.6c
Next 500 KWH (for customers with hydro approved electric water heater)	2.1c
All additional KWH	2.25c
H.W. Tank Rental	\$2.50
Minimum Bill	\$3.50

NEW MONTHLY RATES FOR GENERAL RATE CUSTOMERS	
Effective on all bills Issued On or After March 1/77	
Monthly Charge	
Demand Charge	
First 50 kw	No charge
Balance per kw	\$2.40
Energy	
First 50 kwh	7.2c
Next 200 kwh	3.9c
Next 9750 kwh	2.75c
Balance	1.6c

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Button collection interesting program

Frigid wintry conditions didn't deter members of Nelson women's Institute from attending their Jan. 18 meeting at the farm residence of Mrs. Norman Richardson, Highway 5, Burlington.

Mrs. G. McCormack presided and read 12 resolutions for the New Year, thus lending an incentive for each member to live by. General business and correspondence were discussed and letters of appreciation read. Standing committee conveners Mrs. R. Cowan, Mrs. C. Rose Mrs. C. Pegg, Mrs. F. Bell and Mrs. C. Bell contributed articles of interest to the program. Mrs. H. Wilson gave the thoughts for the day, "A smile costs nothing."

Mrs. G. Campbell, District President, enumerated her recent activities and stated that six Halton volunteer quilters, in centennial costume, are required for one day, June 6, to attend the Erland Lee home, Stony Creek, commemorating Institute week.

Citizen honored Mrs. A. Harris introduced the guest speaker, Mrs. Hugh Monaghan, Burlington, and stated that her 40 years involvement in community ser-

vice has led her to become a distinguished and highly esteemed personality. In 1976 Mrs. Monaghan was acclaimed Burlington's "Citizen to be Remembered", and was presented with a ring by Mayor Harrington. To add to the honor roll, she was presented with an attractive neck chain and pendant by a member of the United Nations in Toronto for her service to overseas students.

Mrs. Monaghan, in her pleasant charm, shared with the group the story of her fascinating hobby of button collecting and showed a

portion of her collection. She talked of the advantages of such a hobby, its world wide interests and a collective item when travelling. "Buttons have great history and there is always that possibility of finding the rare and unusual," she said.

Antique, fancy Mrs. Monaghan has artistically mounted and displayed the buttons on special cards according to classification as to style, history, and type—the result is intriguing. Among her collection are antique designs, motifs and patterns

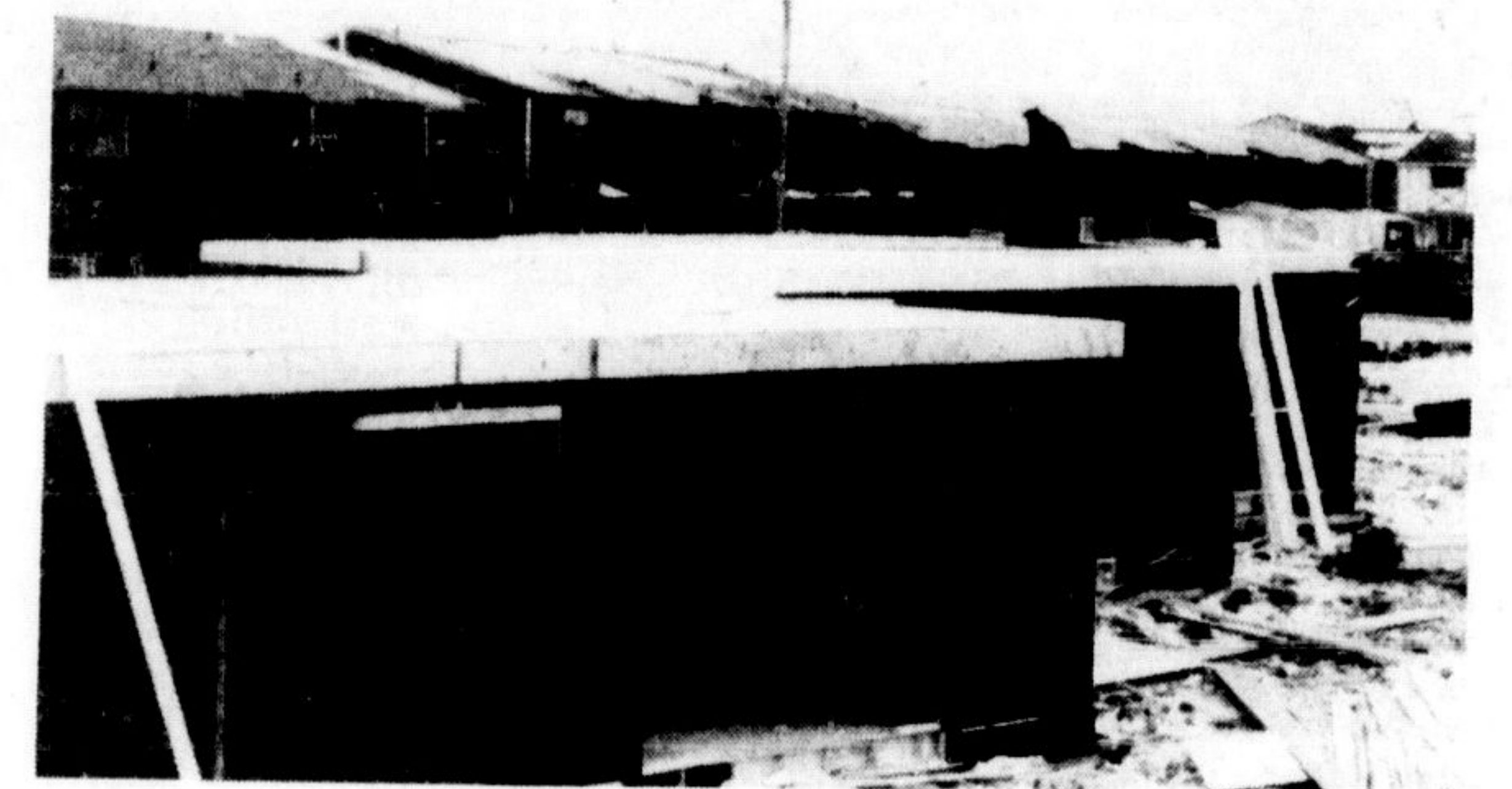
of intricate workmanship. Materials are of milk, black, frosted, colored and clear glass, mother of pearl, china, calico, gold, tin, rubber, brass, and others, with special value placed on those derived from other parts of the world.

The 23 present absorbed with interest this pageantry of old world customs and Mrs. G. McCormack expressed appreciation to Mrs. Monaghan for adding to the afternoon entertainment.

The roll call, "My most interesting button," was purposely delayed until after the speaker's address so each could link and compare their treasured family heirloom with what they had already seen.

Mrs. A. Harris gave the courtesy which included the lunch committee, Mrs. J. Vansickle, Mrs. R. Cowan and Mrs. L. Simpson.

ONE HUNDRED AND TWENTY-NINTH IN A SERIES A Mark of Progress in Milton

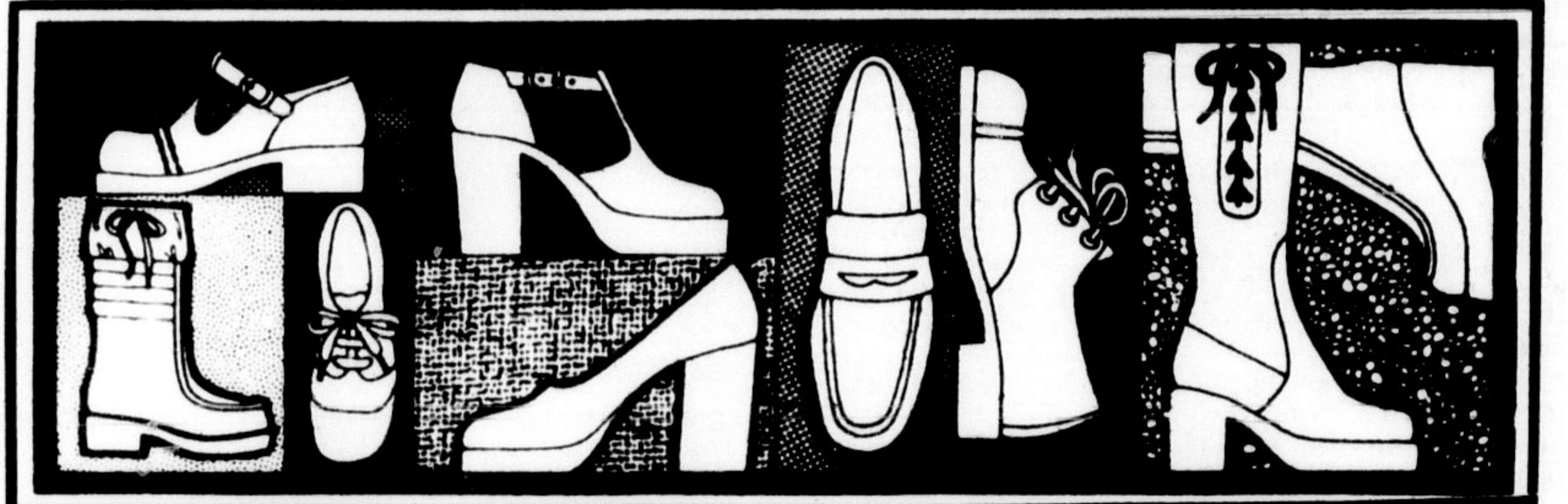


Baycrest Homes is building 61 townhousing units on Childs Dr., near Milton Mall. The homes have a construction value of \$1,553,000 and will soon be ready for occupancy. Prices start at less than \$40,000.

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Reg. \$29.98 SALE \$19⁸⁸

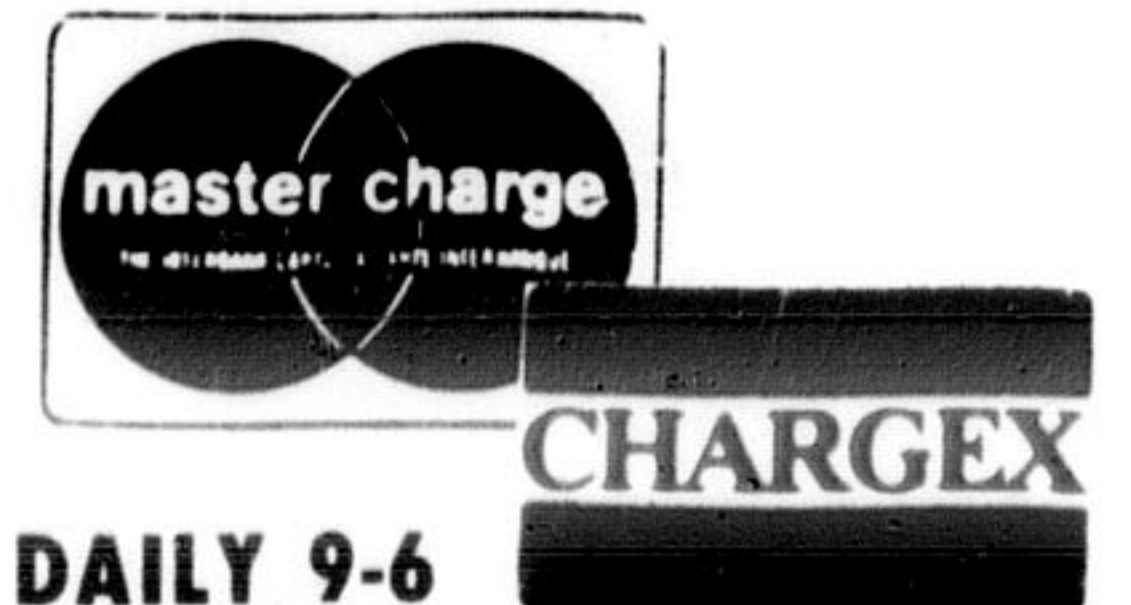
Reg. \$29.98 SALE \$24⁸⁸

Reg. \$37.98 SALE \$29⁸⁸

Reg. \$44.98 SALE \$34⁸⁸

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