

"I'm doing okay, but I wish I didn't have diabetes. The people at CDA make it easier."

Jody, aged 10



HELP SOMEONE YOU KNOW. CALL 1-800-BANTING

CANADIAN DIABETES ASSOCIATION / ASSOCIATION CANADIENNE DU DIABÈTE www.diabetes.ca

# Milton • Means Business

## Tips for healthy living available on-line

Articles, recipes and more can be found at [www.therecipientree.com](http://www.therecipientree.com)

Charlene Naykalyk wants to help people improve their lives. And to do that, the Milton mother of two has creat-

ed a website that offers tips, articles and recipes to help people improve their physical and spiritual health.

"The main focus is a healthier lifestyle," Ms Naykalyk said. "It gives people ideas."

By logging onto [www.therecipientree.com](http://www.therecipientree.com), people can access articles on health, nutrition, fitness, spirituality and community happenings.

The website also offers home shopping, where people can order Watkins products that will be delivered right to their home.

Ms Naykalyk also does Watkins home parties and offers nutritional classes to small groups.

### Hopes to encourage healthy living

"I hope that this website is able to give people the information and tools they need to make positive changes in their lifestyles to improve their health," she said.

Ms Naykalyk launched her site in September after successfully improving the lifestyle of her and her family.

Several years ago, the stay-at-home mother of two had a series of health problems including allergies, headaches and digestive problems. Her son had chronic ear infections and colds and both children and her husband had eczema.

Ms Naykalyk started researching health and diet on the Internet and discovered that by decreasing the amount of meat and dairy her family consumed, their medical problems went away.

The former health care worker and aerobic instructor is now a vegetarian. Her children and her husband still eat meat, but not as much.

"It was so helpful for us ... I wanted to make it available for everybody," she said.

### Info available at fingertips

The website, which encourages a vegetarian lifestyle while still giving people a choice, provides a number of tips by simply logging onto the website.

"There is tons of free stuff," she said. "Most of the articles are free. I want to inform people."

People who want more information, can order a subscription to the website.

Subscriptions costs \$24.99 a year and include articles such as a step-by-step self-improvement guide as well as a grocery guide, exercise charts, natural treatments for illnesses such as heart disease, cancer and diabetes, poetry, jokes and recipes.

"When you subscribe you get a whole index," she

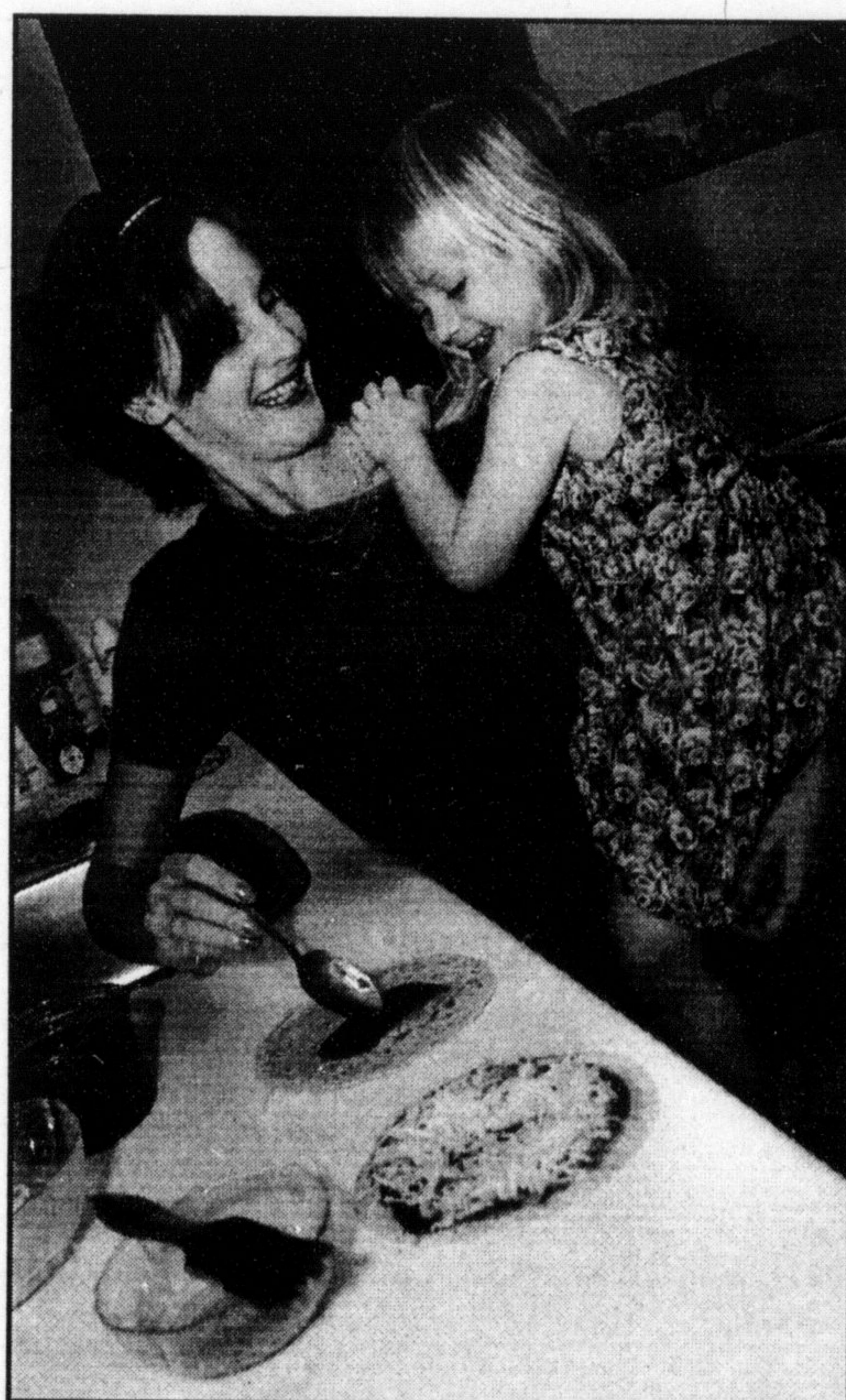


Photo by GRAHAM PAINE

The Recipe Tree owner Charlene Naykalyk and daughter Dana prepare pizza wraps, one of the healthy recipes offered on the recently launched website.

said.

Ms Naykalyk spends most of her time in the kitchen modifying old recipes. Most recipes are vegetarian, but all can be made with meat.

And they have all been family tested with positive results.

"All the recipes my family will eat," she said.

The website is updated monthly.

People who are not on-line can order a monthly newsletter for the same price.

"There is something for everybody," she said.

For details call 875-3513 or email [info@therecipientree.com](mailto:info@therecipientree.com)

# FABRICLAND

CANADA'S LARGEST FASHION FABRIC DISTRIBUTOR

## BUY 1, GET 2 FREE!

# SALE

SALE ON NOW! HURRY IN FOR BEST SELECTION!

ON SELECTED MERCHANDISE

### BASIC & FASHION FABRICS!

- Choose from Special Selections of:
- BROADCLOTH** 150cm Polyester/cotton. Our Reg. 6.98 m
  - REGENCY BEMBERG LINING** 120-140cm wide. Our Reg. 8.98 m
  - SPORTSWEAR BOTTOMWEIGHT** 150cm wide. Our Reg. 8.98 m
  - YARN DYE COTTON PLAIDS** 150cm wide. Our Reg. 10.98 m
  - 'Monaco' SUITINGS** 150cm wide. Our Reg. 12.98 m
  - RAYON CHALLIS PRINTS** 140cm wide. Our Reg. 10.98 m
  - NOVELTY SPORTSWEAR** 150cm wide. Our Reg. 9.98 m
  - POLYESTER COTTON PRINTS** 115cm wide. Our Reg. 6.98 m
  - FASHION KNITS** Assd textures & colours. Our Reg. 14.98 m
  - FASHION POLYESTER PRINTS & SOLIDS** 115-150cm wide. Huge selection! Our Reg. 8.98-9.98-12.98-14.98 m
- ALL NOW BUY 1 GET 2 FREE!**

**HERE'S HOW IT WORKS:**  
Buy 1 full metre or unit of selected merchandise at Fabricland's Reg. Price, get the next 2 metres or units (of equal value) FREE!

Our Entire In-Store Stock!  
**BURDA Patterns**  
Buy 1 at M.S.R. Price,  
**GET 1 FREE!**  
Offer valid Oct. 23-Nov. 7, 2000.  
Not valid with any other discount offers.

Fabricland's Buy 1 Get 2 Free Sale on selected merchandise in effect October 23-November 7, 2000 at participating stores. Most items available in all stores. Look for the red sale tags. Where competitive pricing in effect, the sale offer will be off Fabricland's regular chain-store price. Sorry, no special orders.

### HOME DÉCOR!

- Choose from Special Selections of:
- 'Larissa' LACE** 100-300cm wide. Our Reg. 8.98-14.98 m
  - 'Bellair' PRINTED SHEERS** 150cm wide. Our Reg. 18.98 m
  - 'Fusion' VOILE** 150-300cm wide. Our Reg. 14.98-16.98 m
  - 'Bertolli' DECORATOR PRINTS** 140cm wide. Our Reg. 18.98 m
  - DISCONTINUED DRAPERY** 140cm wide. Our Reg. 22.98 m
  - 'Eloquence' PRINTED VOILE** 150cm wide. Our Reg. 14.98 m
  - DÉCOR BONANZA** 120-140cm wide. Our Reg. 14.98 m
  - HOME DÉCOR SUEDE LOOK** 140cm wide. Our Reg. 9.98 m
  - SHIRTING TAPE, TWILL TAPE & PLEATER TAPE** Our Reg. to 3.99 m
- ALL NOW BUY 1 GET 2 FREE!**

### NOTIONS, TRIMS & CRAFTS!

- Choose from these Special Selections:
- HOOK 'N LOOP TAPE** 1m lengths. 3/4" and 1" wide. Our Reg. 2.99-3.49 hank
  - BRIDAL TRIMS** Assorted florals & appliques.
  - CHRISTMAS & CRAFT RIBBON SPOOLS** Our Reg. 4.98 to 12.98 spool (Assortment may vary from store to store)
  - PEEL 'N STICK CRAFT & RIBBON** Ass't'd widths, prints, solids. Our Reg. 1.49 m
  - TULIP PAINTS** Assorted colours. While quantities last. Our Reg. 99¢ ea.
  - INSTANT BOW RIBBON SPOOLS** Assorted wired and unwired. Just pull a string & make a bow! Our Reg. 4.98 ea.
  - VELVET RIBBON** 3/8" to 2 7/8" wide. Assorted colours.
  - COOL 3D IRON ON PATCHES** Easy to apply in assorted action designs! While quantities last. Our Reg. 5.99 ea.
- ALL NOW BUY 1 GET 2 FREE!**

## Pizza wraps: Easy to prepare and a favourite with the kids

Pizza Wraps, by The Recipe Tree

### Ingredients:

- Six whole wheat tortillas
- 1 cup tomato sauce
- 2 1/2 cups soya cheese or skim mozzarella cheese, grated
- 1 pkg veggie pepperoni (Loblaws carries a brand called Yves)
- 3 tbsp Walkins garlic and parsley grapeseed oil (or extra virgin olive oil)
- 2 tbsp Walkins garlic and chive seasoning.

### Directions:

- Spread tomato sauce within an inch of the tortillas.
- Sprinkle with cheese.
- Top with veggie pepperoni.
- Roll tortilla like a jelly roll.
- Brush with grapeseed oil and sprinkle with seasoning.
- Place the tortillas in a hot frying pan, turning when they are brown. Cut in half and serve.

547 Main St. E. MILTON 878-0931

