

"Wise Eating"
BOOKLET

WISE EATING is a very informative booklet filled with fabulous cooking tips and suggested menu plans for healthy eating...And whether you are cooking for one, two, or more, there are mouth-watering recipes that are easy-to-read and easy-to-follow.

REFRESHMENTS



Run for your money

Photo by GRAHAM PAINE

Milton District High School's relay team will run for charity Sunday in the Toronto Marathon. The coed team includes students, from left to right, Darryl Milec, Robin Ellison, Nia Liewellyn and Nolan Milec. They will each run 6 kilometres in the race. All proceeds go to the United Way and Toronto Hospital for Six Children.

## HOCKEY KINETICS

- Increase Your Speed, Strength, Stamina!
- Improve Your Puck Handling!

STARTING OCTOBER 14
WEDNESDAY MORNINGS 7:00 - 8:00 A.M.
8 SESSIONS

- SKATING!
- PUCK HANDLING!
- SHOOTING!



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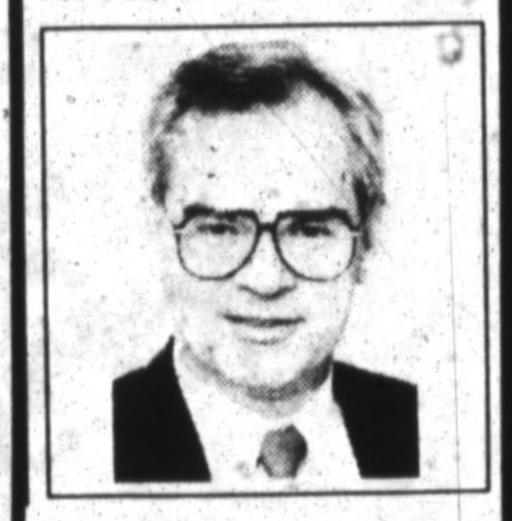
351 Lakeshore Rd. E. (Downtown Oakville) (Just E. of Trafalger Rd.) 845-5454 Scott Hogarth's KARATE WORLD

WORLD



- Karate
- Body Building
  - Aerobics

APPOINTMENT NOTICE



Ron MacNeil

Jack McCrudden is pleased to announce the addition of Ron MacNeil to the Realty World Team. Ron MacNeil another reason to call Realty World first.



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