

## Happy Cooker

I met a friend in the supermarket last week. She was distressed. She'd been reading a lot, she said, about roughage and cholesterol and additives and over refined foods and the dangers of too much white sugar, and other nutritional nightmares.

Was she giving her children wholesome home cooked meals, or slowly poisoning them? Her kids look pretty healthy and alert to me, and I told her I thought she was letting food faddists get to her.

Still, she has grounds to worry a bit. Over-refining removes important vitamins. When processors refine foods, making white flour and bread from dark, or instant potatoes from fresh, they remove an important nutrient - fibre.

Nutritionists now believe that refined foods are lacking in an ingredient which is needed to avoid such diseases as some kinds of cancer, appendicitis and heart disease.

It has been known for a long time that over-refining removes important vitamins. To keep healthy, nutritionists advise eating fresh fruit and vegetables every day, whole grain cereals and breads instead of the refined variety.

In spite of what you may read in the women's magazines, no one food will ward off disease. Nutritionist Ruth Fremes suggests the following as an example of a well-balanced diet that includes roughage and necessary vitamins. Breakfast might consist of orange juice, shredded wheat with banana and skim milk and whole wheat toast.

Try a lunch of a whole wheat bread sandwich, with celery and cucumber, an apple and a glass of milk.

At dinner include at least two vegetables and a salad along with your meal. Always eat the skin of fruits like apples and vegetables like potatoes.

As you munch on your whole wheat bread, you may wonder if it's fattening. Normally, it's not the bread that packs on the pounds. It's what you spread on it.

An average slice of whole wheat bread contains about 75 calories - the same as one large orange, one egg, one glass of skim milk or a one-inch cube of cheese.

Looking at it another way, an average slice of whole wheat bread contains fewer calories and more essential nutrients than a serving of canned peaches, four medium sardines or a serving of lemon sherbet.

Now here's an easy and nourishing pumpkin seed bread that costs little to make. If you insist on calling certain foods "health foods," this qualifies.

Oven temperature: 275 degrees.  
3 cups red River Cereal  
1 cup whole wheat flour  
2 teaspoons baking soda  
1 teaspoon salt  
1/2 cup table molasses  
3 cups hot water (almost boiling).

Combine dry ingredients. Beat molasses and hot water together and stir into cereal mixture. Let stand at least 2 hours, or over night.  
Turn into a greased 9 x 5 x 3 inch loaf pan. Cover with foil.  
Bake in a preheated 275 degrees oven for 3 hours or until firm. Cool completely. Then wrap and store.



## Making way for painters

Mrs. Eileen Boden of the Midland Public Library makes way for the workmen who are giving the Library a new coat of paint. The job is now complete and the Library open for business after a three day closing.

Times photo

## Archives week in Simcoe County

The third week of November has been decreed a special archives week in recognition of the Simcoe County Archives' 10th anniversary.

An open house Sunday, November 21 will feature displays of maps in the cultural wing of the museum-archives building in Midhurst. These maps are of central Canada and the Great Lakes region and date back to 1540.

Simcoe County Archives, formed in 1966, was one of the first county archival depositories to be established in the province. The archives exists to "collect material related to the history of the county". To date the concern has been anything on paper—any sort of paper. Consequently newspapers, letters, journals, maps and photographs are included side-by-side with official government documents. Lately a small microfilm collection was added.

At present the archives are used by approximately 700 people annually with usage increasing steadily. The archives week offers a good opportunity for those not familiar with the archives to become acquainted with it.

## A 'woman's book'

# Saved by excellent writing

by Shirley Whittington. Soap operas seem to be the fashion these days. People are always fascinated by others' troubles, especially if they in any way resemble their own.

The Best Place To Be by Helen Van Slyke is full of troubles - widowhood, wayward children, suicide, intergenerational misunderstandings, and suburban gossip-mongers. Because the central character is a woman who is widowed in the first chapter, it is easy to dismiss the book as a linear soap opera.

In fact, at one point, Sheila Callahan reviews her life - a husband dead at fifty-three of a sudden coronary, her youngest son veering into hooliganism, her rootless daughter living out her life in stoned oblivion with an odious rock musician, her truncated affair with a man fifteen years younger than she - and she admits that she sounds like a walking soap opera.

But although The Best Place To Be has to be called a "woman's book", it is saved from sudsy excess by excellent writing and a healthy sense of realism.

Sheila Callahan is unprepared for widowhood. She has no understanding of her husband's business affairs (although, regrettably, a good understanding of his personal ones) and she has never worked a day since her marriage. Her spendthrift husband hasn't left her particularly well-off, and she determines to assume active financial responsibility for her family and goes to work as a saleslady in a department store.

Author Van Slyke paints an observant picture of the upper-middle class widow. Friends support her through early grief, and besiege her with "duty" invitations to dinner. She's too exhausted to consider reciprocating and the invitations soon drop off.

She finds that she misses her husband physically and drifts into an affair with a young doctor. She suffers through the first Thanksgiving, the first Christmas without her husband.

After a year, she finds herself slotted into the stereotyped young widow role. "She knew what it was like to have a telephone that rarely rang, to eat alone - a listless dinner in front of

the TV set. She felt the terrible lack of being part of something or someone."

There's a turning point here. The book ends happily, but the happiness comes not because Sheila finds love in a happy second marriage, but because she discovers important things about herself which lead her to serenity.

She discovers selfishness, after a lifetime of giving and doing for others.

"Experience teaches and tempers, even when it's bad. People make

their own luck...by tolerance, caring and the will to survive," she concludes.

Helen Van Slyke has written for Harper's Bazaar, Vogue and the Saturday Evening Post, and her professionalism shines through and makes what could be an awfully mawkish story an engrossing book.

It's not a book that change your life, but reading it will make a few days of your life pass pleasantly.

The Best Place To Be, by Helen Van Slyke. Doubleday Pub. 354 p.p.

## Vandalism becoming a serious problem in schools

A full report on vandalism in schools will be brought forth at the next regular meeting of the Simcoe County Board of Education.

At the last meeting of the board the topic was discussed behind closed doors.

"Vandalism is getting very severe," said McCullough. "We have to organize some kind of corrective measures."

Pre-natal classes The Simcoe County

Health Unit pre-natal classes will be held with the regular night courses offered at secondary schools within the county this year.

The classes will continue to be run by the health unit but on a schedule like all other night courses.

"The pre-natal classes for expectant mothers and fathers will be held in all communities where there is a need," said education director Ramsay.

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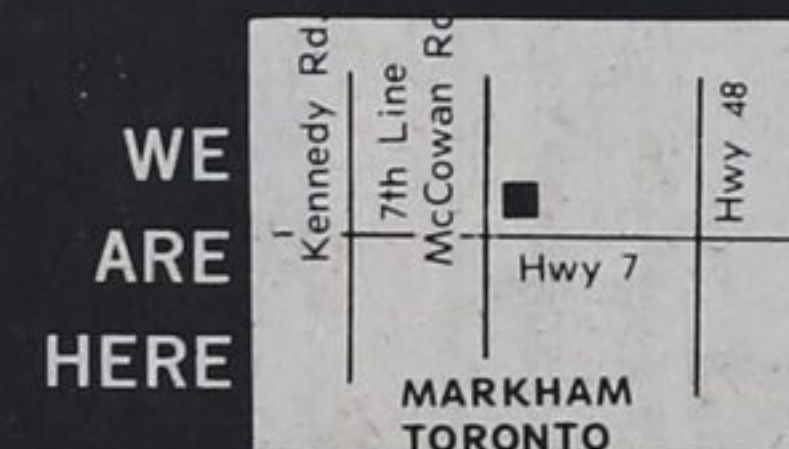
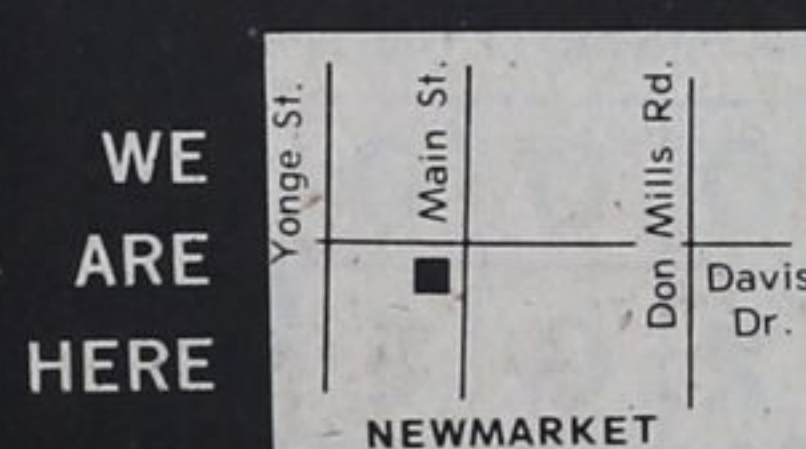
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