

Book review

by Shirley Whittington pasted on the cover of the only how to survive in the review copy of The inflationary marketplace, Canadian Consumer's but how to fight back in Survival Book and that the hope that some of the says it all. Everyone rules of the game might these days feels as if be changed. every dollar in the wallet has been halved in buying

Ellen Roseman, co-

Freaky Friday begins

tomorrow night at the

billed with an action film

called Moving Violation.

authors of the Survival There's half a dollar bill book set out to tell you not

When the book went to press, lawyers hired by the publishers went Phil Edmonston and through it with a fine toothed comb

ticipating lawsuits. No wonder. Products are unashamedly named thus: "A Butterball turkey costs an extra five cents a pound and saves you about two minutes work - the time it takes to paint the bird yourself with melted butter or oil." Again: "Hamburger Helper costs the equivalent of \$1.58 a pound for what amounts to mainly noodles and dehydrated sauce.'

And that's just in the chapter on food. There's a good fat

chapter on housing which Canadian Used Car to say about saving includes information on buying and renting, and also tips on things like household insurance and moving expenses. (Did you know that uncompanies have been known to add the weight of a couple of 200 pound movers when computing the cost of driving your household goods from one place to another?) Edmonston is an old

hand at beating the transportation demon, and a lot of the material in the chapter on transportation is covered in his previously published

book, he includes additional tips on keeping your insurance rate down, and guarding against inflated repair scrupulous moving bills ("Ask for the old back," says Edmonston, "when you have anything replaced on your car. This insures that the parts were actually changed, and that your worn parts won't be passed off on another motorist as new merchandise.'

> Probably one should never fly another mile

Guide. But in the Survival money on air fares, and how to get action if your luggage is lost or mashed up. He also recommends the use of a travel agent -"a gold mine of information" - but he warns, find a reliable one. And he tells you how. Patients' rights

The chapter on medicine has some interesting insights. Patients, he insists, have the right to be informed, respected and to get equally good care no matter where they live.

The most chronic without reading what the human disease is tooth Survivor's Handbook has decay, and it develops

when you need a lawyer and when you don't. Fees and billing seem to be the biggest problem here. Lawyers, like dentists should be willing to provide a written estimate of how much

records

their advice will cost. What do you do if you are arrested? Survivor's Handbook tells you with a list of nine guidelines to protect yourself. You may be surprised at how

that a dental patient has

rights too. They include

the right to a written

statement of costs in

advance of treatment,

and the right to your own

dental X-rays and

Edmonston, have never

been very popular. He

then leads the reader

through the legal thicket,

beginning with some

sound suggestions on

Lawyers, contends

better deal for the consumer. The Canadian Consumer's Survival Book bills itself as "an indispensable guide for Canadian buyers." Certainly for consumers who are interested in saving money, it's well worth a serious read Canadian Consumers's Survival Book: Ellen Roseman and Phil

Edmonston, General Pub.

\$6.95 paperbound

few civil rights Canadian

All the chapters in the

Canadian Consumer's

Survival Book close with

suggestions on how to

fight back and how to

complain effectively. The

last chapter entitled

"Complaining" records a

number of actual case

histories where com-

plaining to the right

person has resulted in a

citizens have.

Local theatres offer popular films

by Terry Dupuis Freaky Friday:

The name of Walt Disney has become synonymous with fine family movie entertainment for several

is giving us a new comedy Lives Down The Lane. called Freaky Friday. Barbara Harris and Jodie Foster star as a Pen Theatre, doublemother and daughter who through a supernatural occurrence change generations. Disney identities and per-

Movie review

his successors have carried on and maintained the tradition. Earlier this year moviegoing families were treated to The Treasure of Matecumbe and The Shaggy D.A.

Now the ever-reliable

Hours 9 a.m. to 5 p.m.

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(Except Holidays)

been circulated about the

Meals-On-Wheels pro-

gram, as to whether it

would continue or not. To-

day I am happy to report

that all the problems have

been cleared away and

the Meals- On-

Wheels program will

faced Contact was the

time that was involved in

and drivers for the

everyone is aware of the

shortage of funds for Contact and it has

therefore been necessary again to cut back in staff.

This situation presented a

problem in that one staff

member could not

possibly contact the

necessary runners and

drivers each day and also

carry on with the other

much needed services of

information that Contact

At the beginning of

June, a letter was sent to

the Ministerial

problems we faced with

our Meals-On-Wheels

program. The letter

stated that some group

would have to pick up the

project or it would have to

After many meetings

with the different chur-

representatives a solution

has been reached. This is

be dropped.

ches and

gives to this area.

The problems that

recruiting the runners Contact will still receive

program. I am sure recipients of the meals

Association outlining the Directors for Contact

their

PUBLIC MEETING

PROVINCIAL PARKS

The Provincial Parks Council will hold

continue.

Many rumours have

Call Contact

himself has been dead for sonalities for a day. The more than ten years, but movie abounds with slapstick, car chases and good-natured fun.

14-year old Jodie Foster adds another good performance to her growing list of credits. Among her earlier films are Taxi Driver, Bugsy Malone, Walt Disney Productions and The Little Girl Who

how it is going to work:

On Mondays, the Calvary

Baptist Church will be

responsible for the

runners and the drivers,

Tuesday, St. Pauls

United Church, Wed-

nesday - the Alliance

Church and Thursday -

Knox Presbyterian

Church will be respon-

sible. Mrs. Marion Reed

of Contact will still be the

co-ordinator but by the

churches supplying the

runners and drivers,

Marion will be relieved of

the many phone calls.

the calls from the

and will work directly

with the hospital and help

the program by keeping

It is with regret that the

Board must say goodbye

to a valued member; -

Mr. Kaye Chomko. Mr.

and Mrs. Chomko are

moving to Vancouver

where Mrs. Chomko will

be directing the Early

Childhood Development

Clinic in Vancouver

North. Mr. Chomko has

served on the Board of

since its inception.

His loyal and constant

support of Contact will be

greatly missed. We wish

him well and much

Program for the Waldorf

Carrie: The hit movie Carrie returns to the Pen Theatre this Sunday for a four-evening engagement, double-billed with Demon Seed. Carrie is one of the best

> supernatural thrillers of the past year. New actress Sissy Spacek stars as Carrie White, a shy high school girl who is continuously picked on by the other students and abused by her own mother. One day she learns she has telekinesis, the ability to move objects with the power of her mind. When Carrie is made the object of an extremely cruel joke at the prom, she unleashes the full extent of her

Sissy Spacek received

an Academy Award nomination for Best Actress, and Piper Laurie, who portrays her mother, was nominated for Best Supporting Actress for her performance. Carrie is exceptionally well-made by director Brian de Palma, who also made another fine thriller called

Obsession.

Slap Shot: Paul Newman stars as the coach of a down-andout small-town hockey team in Slap Shot, a new movie which will be coming soon to the Odeon Theatre in Midland. The movie has a few dramatic moments, but it is basically a comedy, a satire which thrusts savagely at the sport of hockey in much the same way as Network spoofs the television industry. The script is by a young

woman named Nancy

Dowd but it is far from

being genteel. It contains

Slap Shot's director is Shot shows every in-

or war movie.

in "Summer of 42"

good deal of earthy humour, harsh language and locker-room obscenities, as well as enough violence to fill a Sam Peckinpah western

George Roy Hill, who previously directed Newman in Butch Cassidy and the Sundance Kid and The Sting. Slap dication of being as big a box-office hit. Costarring with Paul

Newman in Slap Shot are Strother Martin as the team's dishonest general manager, Michael Ontkean of T.V.'s "The Rookies" and Jerry Hauser who five years ago played one of the boys

PEN THEATRE

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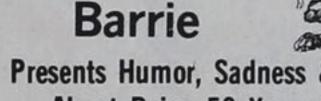
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a Public Meeting on Thursday, July 14, (at Interchange of Hwy. 400 & Duckworth St.) 1977 at 7:30 p.m. in the Oakview Community Centre, Mosley Street, STARTS TODAY! Wasaga Beach, Ontario. "THE FUNNIEST The purpose of the meeting is to listen to any individual or group wishing to

Individuals or groups wishing to be heard may contact the undersigned for an appointment time, or appear at the above named place.

discuss matters relevant to policies,

planning, operations, management

and any other matter related to the

Provincial Parks of Ontario.

Dr. George Priddle, Chairman Provincial Parks Council Room 332 **Environmental Studies Building** University of Waterloo Waterloo, Ontario N2L 3G1

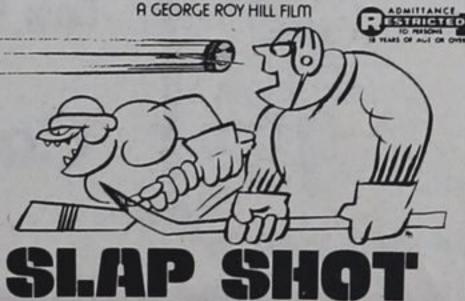
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