

## Contact

526-9333

For many people Contact is only a telephone number you call when you need some kind of help or information, but during Midland's Sidewalk Sale, which starts tomorrow, you will find Contact on the main street taking part in all the festivities.

The summer students, Michelle, Lizette and now Diane (who has just recently joined Contact), will be on hand during the entire three days selling balloons and cold lemonade.

This will be your chance to visit with some of the people of Contact and also to see some of the pamphlets and brochures that we have at the office to help you solve some of your questions and problems that each of us must face sometime.

We are looking forward to meeting you so do come and say hello.

We have received a few calls recently about "freezer plans" that people have received in the mail. Some are good but some should be investigated before signing any contracts.

A recent regulation under the Food and Drug Act will help you when making a decision when purchasing meat in bulk lots for your freezer, and is it really economical for you?

Here are a few thoughts for you to consider.

Advertisers of beef or veal weighing 25 pounds or more must now indicate that the price per pound of the delivered meat will be greater than the advertised price.

This is because of the losses which result from cutting, boning and trimming of the carcass.

In the past, consumers have often assumed that the advertised carcass price referred to usable meat. This is not true.

If you purchase a 280 pound side of Grade A beef, you will receive approximately 210 pounds of cut up meat for the freezer. If the quoted price is 90 cents per pound for the hanging weight, you would actually be paying \$1.20 for the delivered weight of 210 pounds. Extra charges may be made for cutting and wrapping.

As well as the price, there are several other considerations to keep in mind when deciding to buy meat in bulk.

How much and which cuts of beef does your family prefer? If your family prefers steaks, consider that much of the side of beef will be stewing beef, ground beef and pot roasts. Beef will keep well in a freezer for 6 to 12 months, but it would be less economical to purchase in bulk if the meat would not be consumed in this time.

Perhaps a quarter, rather than a side of beef, would better suit your family's needs.

### Ungraded

Another consideration is the grade of beef. By law, advertisements for beef and veal portions weighing 25 pounds or more must include the grade. If the meat is ungraded, this must be stated.

The most common retail grades of beef are Canada Grade A and Canada Grade B. Each grade is further divided 1 to 4 to indicate the level of fat on the carcass.

Happiness is helping people to help themselves.

Mary M. Gibson  
Administrator

## Dietitian attends NA conference

When 1,000 delegates to the annual meeting of the Society for Nutrition Education descended on Montreal early in July, Alleyne Attwood, dietitian in private practise in Midland, was one of the participants.

Nutrition educators from the United States and Canada came together at the Queen Elizabeth Hotel to share current knowledge; hear research papers and take part in activities.

Canadian members of the Society used this gathering to form their own "Organization of Nutrition Education," the purpose of which is to create in Canada a society of people knowledgeable about nutrition. The organization will consist not only of dietitians and nutritionists, but also nurses in the public health field, teachers, doctors, chiropractors, researchers and anyone else interested in nutrition and how true facts can be presented to the general public.

### Mock trial

One of the conference highlights was a three-hour mock court case, presided over by a judge of the Quebec Law Society and argued by two Quebec practising lawyers, on whether or not additives should be used to supplement foods.



Wayne Reimer

Wayne Reimer, 20 Richelieu St., Penetanguishene, son of Jake and Martha Reimer, recently graduated from the Georgian College, Barrie, in the three year Resources Technology Course. Wayne is presently employed at the Historic Naval and Military Establishments, Penetang.



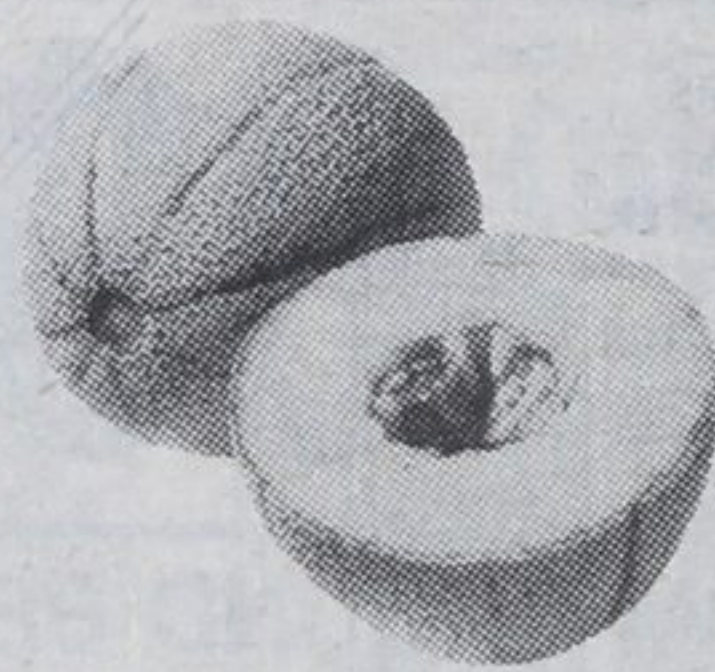
## Good News Gang

The Good News Gang was in Midland and area last Thursday, Friday and Saturday, part of the youth choir of London Gospel Temple. The Gang put on skits and songs for the youngsters during per-

formances at Little Lake Park in Midland, and at Balm Beach. From left are Wade Lukianow, Mitch Wein, Pete Skingley and Linda Butler.

# Shop and Save at ORCHARD FRESH WHOLESALE

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CANTELOUPES **99¢**  
Produce of U.S.A. ONLY EACH



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LETTUCE **3/\$1.**  
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CELERY

**59¢**

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Ont. Grown

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lb.

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Midland

Orchard Fresh Wholesale

Zellers/Dominion

Hwy 27

Hugel Ave.

## Servicing on target at 'park'

The servicing of much of Midland Industrial Park should be completed later this year.

Already some \$476,000 of the \$500,000 industrial park development grant the province provided the town has been used up.

## UNWANTED HAIR



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## Church directory



### Martyrs' Shrine Masses at the Shrine

Weekends:	Weekdays:
Sat. - 7:30 p.m.	10:30 a.m.
Sun. - 9-10:30 p.m.	12 Noon
12 Noon	7:30 p.m.
7:30 p.m.	

Confessions before masses  
(Or on request at the office)

### Anglican Parish of Penetanguishene

Rector: Rev. M. R. Sinclair  
Sunday, July 27th, 1980  
144th Anniversary St. James' On-The-Lines  
8 a.m. Holy Eucharist (All saints', Peel St.)  
10 a.m. Choral Eucharist (St. James', Church St.)

Preacher: Ven. Basil Tonks,  
Archdeacon of Simcoe  
Parishioners, friends and  
visitors cordially welcome