

Nutrition experts versus health 'hustler' next month

by ALLEYNE ATTWOOD

It's going to be big news during the month of March. The nutrition experts are going to be fighting back! Fighting back, that is, against the health hustlers who are making millions from you, gentle readers, who are taken in by high powered sales promotions of miracle foods, miracle drugs, books which promise miraculous weight reduction, and by the push, push, push of companies and "health" magazines which are behind these companies, to buy their vitamins, their minerals, and all the other concoctions that, according to their advertising, have not only brought "health" to millions, but have mended bones, cured diabetes, alleviated hypoglycemia and even cured criminal behaviour!

The claims are myriad and nine times out of 10 are not scientifically substantiated, except, perhaps, from some so-called university in California which, when investigated, proves to be what is called a diploma mill.

You all know what I mean—yet it is surprising how naive some people are when one's health is concerned.

So what is happening? March this year, as in the past three years, celebrates not only Diabetes Month, the Red Cross campaign, and the coming of spring, but also the third annual Nutrition Month, which is sponsored

Coin

To add to the sparkle of Toronto's 150th anniversary celebrations, Canada's 1984 silver dollar has been dedicated to Ontario's capital city.

jointly by the Canadian Dietetic Association and the provincial associations for dietitians and nutritionists across Canada.

The objectives are two-fold: to raise the awareness of the Canadian consumer to sound nutritional practices and to in-

crease the public profile of dietitians and nutritionists as health professionals.

The theme this year, food facts and fallacies, will be seen in newspapers, magazines, on the radio and on T.V. through the month. Watch this newspaper for articles by local dietitians. There will be

a display in Mountview Mall on March 9 and 10 when dietitians would be happy to discuss the subject. There will be a Dial-A-Dietitian service, displays in the local libraries, a TV panel discussion on Channel

12, talks to residents of senior citizens' apartments, as well as articles in national magazines and newspapers.

Be aware that this is a campaign to inform, for a well-informed public is better equipped to

differentiate between the dangers of fallacies and the benefits of facts. Remember the theme, food facts and fallacies—choose nutrition now.

Rumney & Black

Auctioneers Inc.



BOB RUMNEY
534-3572
SCL-5



LES BLACK
429-5084
SCL-16

Your Satisfaction Is Our Success

Antiques, Furniture & Appliances
Sat., March 3, at 11:00 a.m.
at Waverley Community Centre,
Hwy. 27 & 93

Wicker Plant Stand; Housier Cupboard painted; Washstands; wooden Ice Box; Old Doll; pressback High Chair; Hall Table/glass feet; pressback Rocking Chair; Brentwood pressback Chair; Parlour Table; Pine Lamp Table; bow back Chairs; Captains High Chair; Leather top Tables; China Cabinet w/glass doors; Organ Stool; Ice Cream Sign; 3 antique Steel Wheels; cast iron Tractor Seats; United Cigar Signs; Kitchen Suite-6 chairs & table; quarter cut Oak Cabinet; wooden Desk w/bookcase; Dining extension Table; Cranberry Water Glasses; Caren Upright Organ (A-1 condition) w/lamp stands & stool; Chesterfield & Chair; Stereo; 14' fibreglass canoe (like new); 1977 VW Rabbit-2 dr; 30" Moffat Gourmet Stove w/self cleaning oven & overhead broiler; Avocado Green; 15 cu.ft. Moffat Refrigerator; Avocado Green; 30" Moffat built-in Oven; 4 burner Moffat Cooktop Stove; 15 cu.ft. Kenmore Refrigerator (like new); 30" Westinghouse Range; assorted Dishes; Glass - Depression, Noritake; Oil Lamps; O'Keefe Seltzer Bottle, Toronto; CPR Lantern (wooden handle); CNR Lantern (red globe); Duck Decoys, Crosscut Saw; Tool Box; 2" Drill; Garden Tools; electric Meat Scale, many other items too numerous to mention.

Lunch available.

Terms - Cash or Cheque with I.D.

Sat., March 24, at 10:00 a.m.,
for the Wasaga
Golf & Country Club

The full contents plus 2 cottages. One of the largest auctions to be held at Wasaga Beach - Don't miss the full listing to follow.

17

A. E. LePAGE

REAL ESTATE SERVICES LTD. • REALTOR

MEDONTE BUNGALOW

\$39,900. Spotless 3 bedroom modern bungalow with appliances, close to ski hills. Call Howard Heacock. 322-1381. No. 1.

QUIET LOCATION

\$57,900. 3 bedroom brick bungalow, 2 brick fireplaces, partially finished basement, walking distance to stores. Call Howard Heacock. 322-1381. No. 2.

PINE LOG HOME

\$54,900. Cozy, year round home in cottage country, stove, fridge, patio furniture included. A pleasure to show. Howard Heacock. 322-1381. No. 3.

OLD OLD HOME

\$39,900. Rustic brick village house. Good buy for a handyman. When you are finished, you will be proud of your effort. Howard Heacock. 322-1381. No. 4.

ORR LAKE STARTER HOME

\$32,900. Three bdrms., carpets, aluminum exterior. 90x200 treed lot. Terms. Carl Davis. 322-1381. No. 5.

ELMVALE BUSINESS LOCATION

\$115,000. Retail outlet with over 3,000 sq.ft. of floor space. Immediate possession. Carl Davis. 322-1381. No. 6.



EAST OF MIDLAND-BEACH AREA

\$98,900. Modern, brick variety store with 2 bdrm living accommodations. Can be operated year round. Carl Davis. 322-1381. No. 7.

Carl Davis 322-2962
Carol Rossel 322-2324
Harry Hunt 322-1998
Howard Heacock 322-1753

Elmvale, Ont.

322-1381

LOU GOEDEMONDT

REAL ESTATE LIMITED

322-2331

184 Queen St. W.,
Elmvale

549-3223

Midland and
Penetanguishene

OPEN 7 DAYS A WEEK
5 Offices in Simcoe County

RESIDENTIAL



ELMVALE-New raised bungalow with garage. Water and sewers. Purchaser may select broadloom, cupboards and paint colours. Only 12 miles to Barrie. Asking \$62,900. 1772 / 83. 322-2331. EXCEPTIONAL VALUE-ELMVALE 3 bdrm backsplitted on large wooded lot. Nice modern home in preferred area and close to all amenities. Asking \$57,000. N. 322-2331.

FARMS



HORSE FARM-Wyevale area. Small 9 stall operation in 55'x30' barn. More than 2 acres of fenced property across from miles of trails in County Forest. Well kept 3 bedroom home included. Asking \$75,000. and wants offers. N. 322-2331.

CONC. 12, TINY TOWNSHIP. 3 bedroom home with 11.3 acres. Full unfinished basement. List price \$74,500.

COMMERCIAL

MAIN STREET, PENETANG. 2 stores with apartments over top for extra income. Good business opportunity for the right person. Vendor will take back a first for 10 1/2 per cent open. List price \$89,900.

Bill Evans 322-1575
Ike Kostic 424-0571
Jack Fleming 322-1652
Cecilia Taylor 549-3223
Joe Rzepecki 549-3223

Sales & Service Directory

Midland 526-2283

Penetanguishene 549-2012

Elmvale 322-1871

MAGIC CARPET CLEANING

\$59.00

Any size
Livingroom,
Dining Room,
Hall
Free estimates
on any area

SPECIAL!
Chesterfield
& Chair
Cleaned
for only \$39.00



526-9197

All work guaranteed & insured.

Septic Tank Pumping Service

Phone Jim Lalonde, Elmvale

322-3134 11TF

THE VAC SHOP

For Vacuum Cleaners
Sales & Service

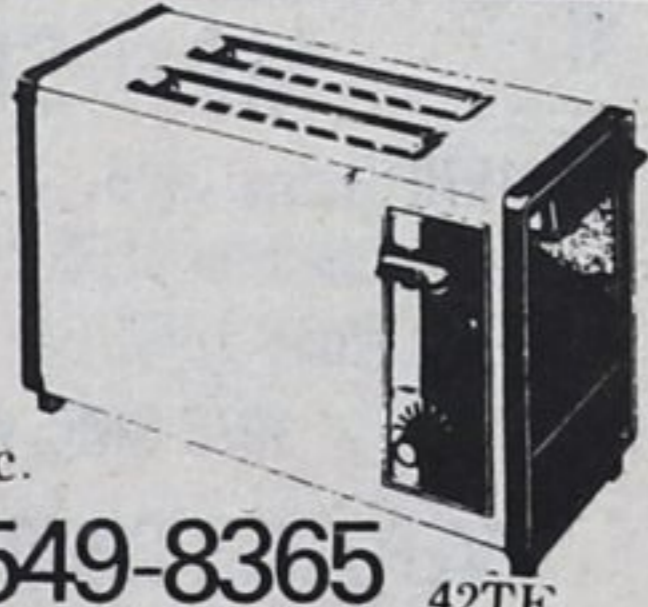
219 KING ST.
MIDLAND, L4R 3M1

526-3550

57TF

ROGER'S Small Appliance Repair

- Vacuum Cleaners
- Coffee Makers • Radios, etc.
- No appliances too small!



549-8365

42TF

Reynex

1 CATHERINE STREET
WYEBRIDGE, ONT. L0K 2E0

(705) 526-7203

FOR ALL YOUR PRINTING NEEDS

13to20

JIM LALONDE

Excavating and Landscaping Backhoe and Bulldozer Work Trucking.

Sales

- Topsoil
- Manure
- Sand
- Gravel
- Field Stone
- Clay
- Fill, etc.

Services

- Septic Systems
- Lots Cleared
- Tree Removal
- Lawns Built
- Driveways Built
- Basements Dug, etc.

Phone - 322-3134
Free Estimates

26TF

MURRAY FAGAN ROOFING & CONTRACTING

Complete Renovations
Inside and Out
For free estimates
Phone 526-6642

TF

Dr. D.W. Carr

Optometrist
526-6050
372 King St., Midland

52TF