

Cook's tour of Ontario for King's wife Sara

Sara Waxman, author, television personality, and wife of Al Waxman (the King of Kensington), is touring rural Ontario this summer in search of the

finest in country cooking. As a special Bicentennial project, Waxman, author of The King's Wife's Cookbook (1980), will be sampling

authentic country cuisine at restaurants, inns, and festivals throughout the province, and collecting recipes for a new book tentatively entitled

Backroads And Country Cooking. Ontario chefs, gourmets, and household cooks are invited to submit their recipes to: Backroads and Country Cooking, McClelland and Stewart Ltd., 25 Hollinger Road, Toronto, Ont., M4B 3G2.

Selected recipes will be included in Backroads And Country Cooking which McClelland and Stewart will publish in the fall of 1985. As well as receiving acknowledgement in the book, contributors automatically become contestants in the Country Cooking contest. More than \$5,000 in prizes will be awarded, prizes including luxury weekends for two at one of Ontario's finest inns. All published contributors will receive an autographed copy of the book.

Sara Waxman is well known to Canadians for a variety of very good reasons and all of them have to do with talent. In Winnipeg, she sang for the Musical Comedy Guild for four years. She also sang for the National Opera and Ballet Company in Tel Aviv, Israel. After moving to Toronto she worked for

Saturday Night magazine in an editorial capacity. And as an amateur photographer, she had several photo stories published in Film World magazine.

Her career as a food writer began with a feature for Toronto Calendar entitled Napoleon - An Army Moves on Its Stomach. She is currently a featured writer for the Toronto Sun, where her weekly food column appears. Waxman has also written for the Toronto Star (Supper in a Hurry, 150 daily columns), reviewed cookbooks for Quill & Quire, and, when Toronto's Roy Thomson Hall published Bravo, she was able to combine her first two loves - music and food - in a series of articles on performing artists and what they like to eat.

Sara Waxman is the author of The King's Wife's Cookbook (1980) and the principal contributor to The Great Hadassah Cookbook. Married to actor Al Waxman, she was co-host of the recent Easter Seal Telethon and has joined her husband as a guest on similar programs as organized by such charities as the Variety Club, the Muscular Dystrophy

Association, and the Association for Mentally Retarded. Sara Waxman is the

mother of two children, Toby and Adam. She lives with her husband Al in Toronto.

What goes up, MUST stay up 8 minutes

Fun, speed and performance will all come into play during the "Model Airplane Fun Fly" at Cold Creek Conservation Area, near Bolton, on Saturday, Aug. 11.

Sponsored by the Radio Control Flying Club of Toronto, the meet will take place from 10 a.m. to 4 p.m. on Saturday, or, in the case of rain, from 11 a.m. to 4 p.m., Sunday.

Spectators will see a display of scale model planes - many of them up to one-quarter scale - including the Otter, Beaver and Norseman. Club members will also demonstrate their sport flying planes, such as a semi-scale Cessna 177, as well as the high performance aerobatic planes. The latter, which can travel at speeds over 100 miles per hour, will execute eight minute flight patterns.

Humpy bump soups close to the name of the famous fairy tale, but it's one of the manoeuvres these aerobatic planes will perform. Others are fly loops, spins, rolls and

top hats. During the Fun Fly, up to 50 flyers throughout the greater Metro Toronto Area will prove how quiet the planes really are. They will also show spectators how they make their planes sound like purring kittens.

Cold Creek Conservation Area features picnic facilities, rifle, trap and archery ranges and a pond for retriever trials. To reach the Area, go three km north of the King Sideroad, on Concession Road 11, midway between Bolton and Nobleton.

Let's talk

by DR. JAMES SCALA
Fibre has had a rediscovery, yet since the early 2900s, the daily crude fibre intake of the average Canadian diet has dropped by 50 percent.

The primary reason for this change is the decline in consumption of whole grains and fresh fruits and vegetables. Roughly half of our current food supply is processed, and while some of these foods are high in nutritional value, they tend to be low in fibre. The changes in the way we live today have made it unlikely that we will ever return to a diet based on farm-fresh produce and un-

processed grains and cereals.

Unlike nutrients, fibre serves an important physical function by not being digested. It passes through our systems unchanged, while adding important bulk during the digestive process and contributing to regularity. "Dietary fibre" is defined as all the components of food that are not broken down by enzymes in the human digestion process.

Beneficial effects are to be gained from all the various sources of fibre - merely adding bran to the diet will have a more limited effect than adding fibre from grains, fruits and vegetables as well.

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MOVIE GUIDE

ROXY TWIN THEATRES 526-5791

ROXY 1
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MARIS

ROXY 2
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RED DAWN

PEN TWIN PENETANG 549-2953

PEN 1
Starts Friday 6:45 and 9:15
Karate Kid

PEN 2 Starts Friday 7 and 9 Sat. Matinee 1:30
JUNGLE BOOK

Midland Drive In Theatre 526-2411
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