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

Waxman, television author, 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

country authentic 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 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 con testants in the Country Cooking contest. More han \$5,000 in prizes will be awarded, prizes including luxury weekends for two at one of Ontario's finest inns. All published con-'ribu'ors will receive an

Sara Waxman is well know to Canadians for a variety of very good reasons and all of them have to do with talent. In Winnipeg, she

autographed copy of the

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

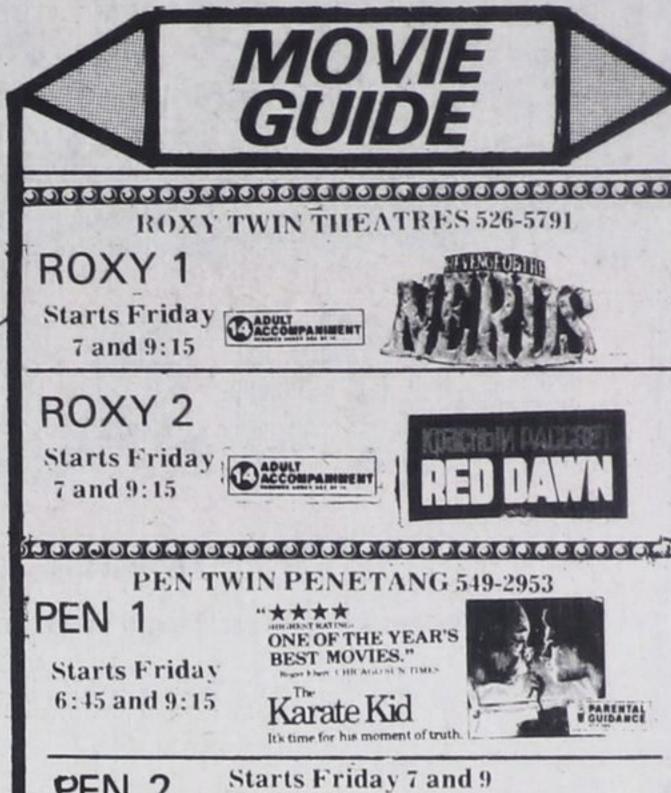
Film World magazine. Her career as a food writer began with a feature for Toronto Calendar entitled Napolean - An Army Moves on Its Stomach. She is currently a featured writer for the Toronto Sun, where her weekly food column appears. Waxman has also written for the Toronto Star (Supper in a Hurry 150 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.

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 cohost 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

Sara Waxman is the

Association, and the mother of two children, Association for Mentally Retarded.

Toby and Adam. She lives with her husband Sara Waxman is the Al in Toronto.

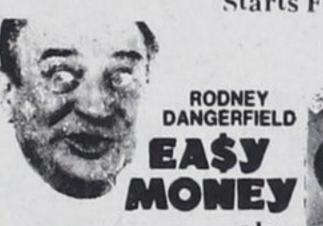


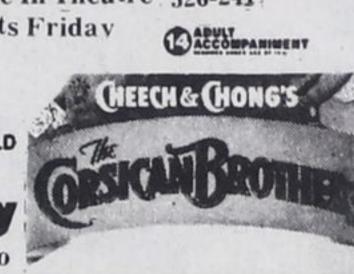
PFN 2

Sat. Matinee 1:30



Midland Drive In Theatre 526-241! Starts Friday





## 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 Ofter, 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.

Humpty bump souds 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.

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 uncereals.

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.

## Midland Y's men's Presents **TEENTOWN**



August 25

Midland Centennial Arena

Featuring:

THE MARTELS

TICKETS \$8.00 ea.

## Join the Teentown Parade

sponsored by

CKMP 1230

Celebrating 25 years of service and entertainment to the Midland-Penetanguishene area.



Bottled locally by Penetang bottling

Register your 1950-65 car for the parade now. Please leave your name & phone No. with Realty World, Bryson McQuirter Real Estate at 526-9391. Organizers will contact you.

TEEN TOWN TICKETS AVAILABLE AT:

Johnstone's Music Land - Arcade Pharmacy - Parlour - Mountain View Mall Wally's Men's Wear - Elmvale Sporting Goods

Prizes for best dressed of the 50's & top dancers



THE INN IS THE PLACE ON SUNDAY

BRUNCH Served 10 a.m. to 2 p.m.

BUFFET Served 5 p.m. to 9 p.m.

or join us anytime, whether it's dinner or a drink in the Starlight Lounge

INN AT BAY MOORINGS 213 Fox St., Penetanguishene **549-3163** 



Thurs., Fri., Sat.

Master Mind Reader & Hypnotist

between performances, dance to the music of disc jockey Shawn Hortan

Main St., Elmvale WEENSED LIBO