

Self-testing Centre

People with diabetes here's some good news

People with diabetes in the Penetanguishene area will now be able to obtain professional help in monitoring their blood glucose levels at home, with the opening of a self-testing centre at Village Square Pharmacy, Poyntz Street.

In cooperation with Village Square Pharmacy, the Ames Division of Miles Laboratories, Ltd. has approved the pharmacy as one of a series of self-testing centres across Canada. Each of the self-testing centres is staffed with fully qualified personnel who can instruct diabetics in the techniques of home blood glucose monitoring using the Glucometer Reflect-

ance Photometer, or new Visidex II visual reagent strips.

The Glucometer is the leading blood glucose meter in Canada. It is battery-powered, lightweight, portable and easy to operate. It is used in conjunction with Dextrostix reagent strips to allow a blood glucose level reading in less than two minutes.

The importance of home blood glucose monitoring is being stressed in the treatment of diabetes, and physicians are anxious to involve their patients in the management of their condition. Until the advent of the Ames Glucometer, the only convenient tools available to the diabetic for a health

management program were urine testing products.

"While the old urine

tests provided accurate test results", says the pharmacist, Village Square Pharmacy, "the

information obtained was not sufficient to make short-term adjustments in the home."

Mayor Bellisle rode elephant

Ron Bellisle says that when riding an elephant the trick is to relax.

"It's quite a sensation. You seem to go with the elephant. You might get tossed off otherwise."

Penetanguishene's mayor appeared during both shows of the Kelley and Miller Brothers Three Ring Circus put on Wednesday in Penetanguishene.

The mayor says he was given some advice on how to ride the female adult elephant named Nina between shows, when it was

apparent to observers that "I was not particularly keen about it."

"I appeared to be a hit with the crowd. I don't know if they were waiting for me to fall

off." The North Simcoe Catholic Family Life Centre, the sponsor of the show, asked the mayor to be a celebrity clown His beard posed a problem however.

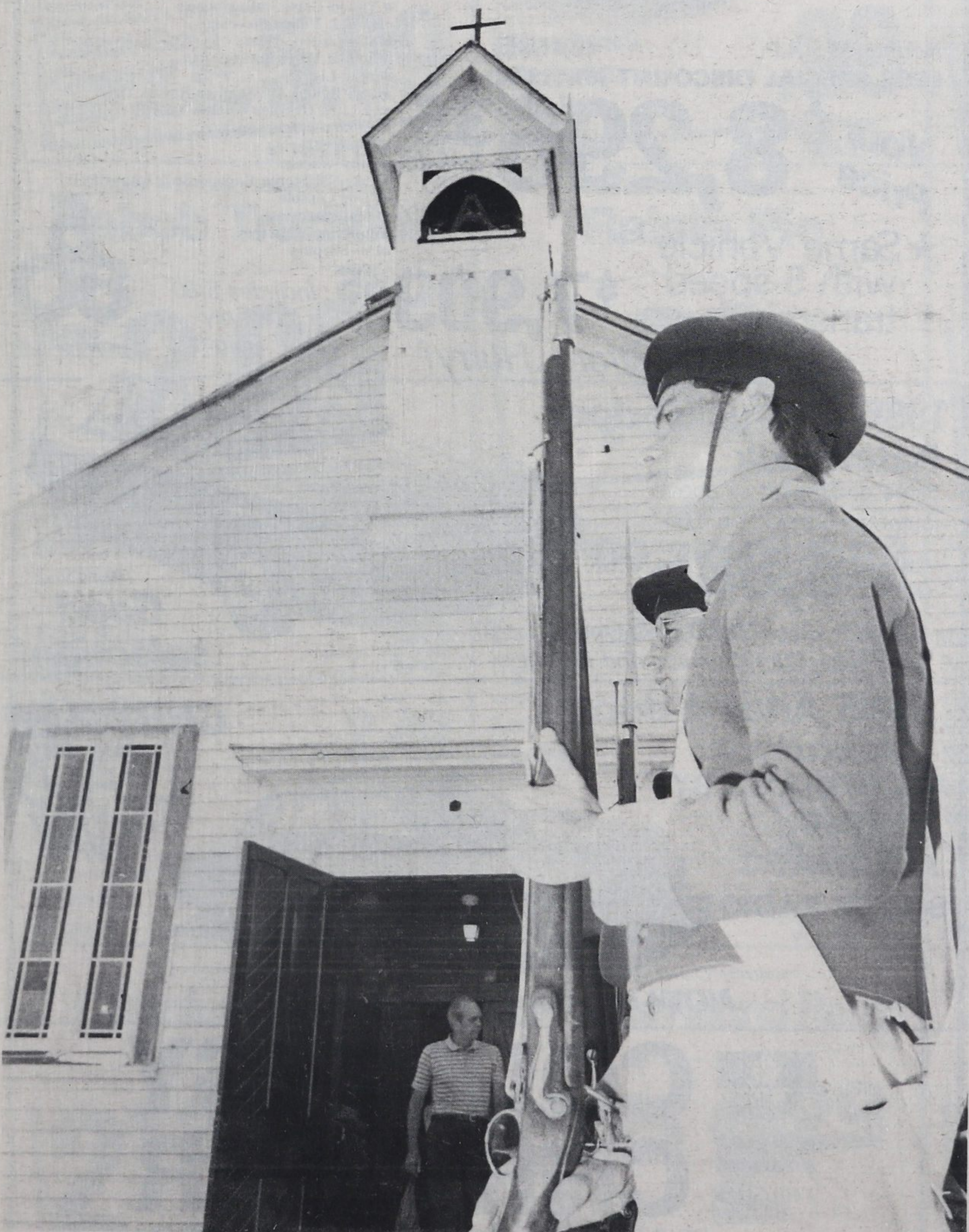
AUG. 17

If you are between the age of 14-18, are physically fit, can swim, and get your parents' written consent, you may qualify to join the crew of the Playfair on August 17, 1985.

The Tall Ships will lay over in Victoria Harbour at the Government

Dock on Aug. 17 and 18. One vessel will remain open for public viewing on Saturday, 2-6 p.m., and Sunday, 10-1 and 2-5.

The other vessel will set sail, approximately 2:00 p.m. on Saturday, with a crew who qualifies.



Honour guard at 149-year-old church

Soldiers from Penetanguishene's Historic Naval and Military Establishments provided an honour guard at a recent service celebrating the 149th anniversary

of Saint James on-the-Lines, the Garrison Church in Penetanguishene. The church was designed with a wide doorway and

aisle in order to permit military personnel from the Establishments to march four abreast.

Public meeting

Town of Penetanguishene Planning Advisory Committee invites local residents to attend a meeting on Monday, Aug. 19, at 7 p.m. in the Council Chambers of the Penetanguishene Municipal Offices, 10 Robert Street West, Penetang.

Purpose of the meeting is to review the town's official plan policies on: (i) Site Plan Control, and (ii) Residential Conversion, such as adding a new apartment to an existing home.

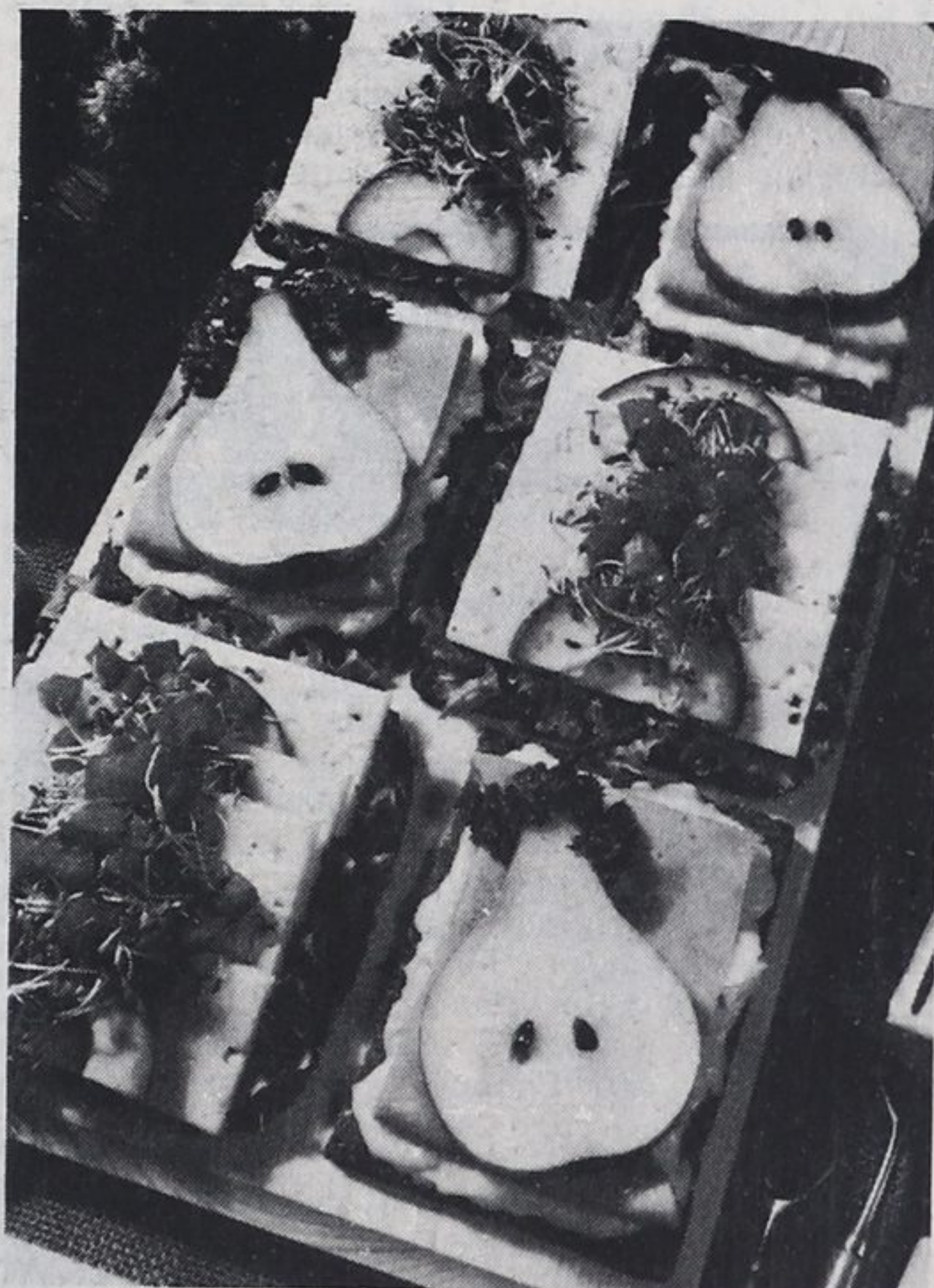
Site Plan Control gives a municipality the ability to approve the location of buildings on a site, parking and loading facilities, walkways, lighting, landscaping, etc. as well as the right to obtain road widenings under certain conditions in a new development or redevelopment situation.

With respect to conversions, the town hopes to assemble background information conversions and develop effective control mechanisms which are related to local needs.

All persons are welcome to attend!

Dairy Features

Open-faced sandwiches are immensely popular in Scandinavian countries but you don't have to go abroad to add novelty and fun to your menu. Canadian Cheeses can help you do it... alone or combined with easily-obtained ingredients, they produce light and satisfying summer fare. Try these knife and fork sandwiches soon and you'll see what we mean.



HAM AND BRIE OPEN-FACED SANDWICHES

- 1 small pear or apple
- Lemon juice
- 8 ounces (250g) CANADIAN BRIE or CAMEMBERT CHEESE, softened
- 4 thin slices pumpkin bread
- 8 thin slices cooked ham
- Parsley sprigs

Cut pear or apple lengthwise into 4 thin slices; brush with lemon juice. Trim rind from cheese if desired. Spread each slice of bread with equal amounts of softened cheese. Fold ham slices in half and overlap 2 on each bread slice. Top each sandwich with pear or apple slice. Garnish with parsley sprigs. Makes 4 sandwiches.

SUMMERTIME SMØRREBRØD

- 8 ounces (250g) CANADIAN BRICK, FARMERS' or HAVARTI CHEESE
- 4 thin slices buttered rye bread
- Leaf lettuce
- Thousand Island salad dressing
- 8 circular slices of avocado, halved
- Alfalfa sprouts
- Finely diced tomato

Cut cheese into 16 thin slices. Cover each bread slice with leaf lettuce; spread with salad dressing. Alternately layer 4 cheese slices and 4 avocado half circles on each sandwich. Top with a few alfalfa sprouts and garnish with diced tomato. Makes 4 sandwiches.

Kitchen tested recipes from the Dairy Bureau of Canada

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