

Sloan an honorary
life member
of Huronia
District Auxiliary

The new president of the Ontario Hospital Auxiliaries Association has been made an honorary life member of the Huronia District Hospital Auxiliary.

Louise Sloan, a former Midlander and a former secretary of the auxiliary, when the local hospital for Midland was St. Andrew's, became president of the Ontario Hospital Auxiliaries Association on Dec. 2.

Cathy Martin, president of the Huronia District Hospital Auxiliary, went to Toronto to the convention to present Sloan with her honorary membership.

Nancy Keefe of Midland, a past president of the Ontario Hospital Auxiliaries Association, officiated at the oath taking ceremony when Sloan became the Association's president.



Safe driving at the Midland Times

Fourteen Markle Community Newspapers employees (from Midland, Penetanguishene, Elmvale and Wasaga Beach) accepted a challenge from Young Drivers of Canada to demonstrate their skills behind the wheel, during National Safe Driving Week (Dec. 1-7). Yesterday, Young Drivers' Midland Centre Directory Barry Elliott (left) dropped by the Midland Times to

congratulate Reporter Paul Sanderson (centre) and Salesperson Dawna Rientsma (right) for their high scores of 92 percent. Rientsma, later judged the overall winner, was presented with a road hazard emergency kit, while the office staff received a special plaque from Young Drivers in appreciation of its contribution to Safe Driving Week.

Here's pre-Christmas
note to you
sweet-tooths

by VALORIE BRUCKER
'Tis the season to indulge in shortbreads, pies, chocolates and puddings.

Sweet foods give so many of us pleasure, but some of us also worry about excess sugar consumption.

Eating too much sugar isn't just a Christmas problem, but unknown to many of us a year 'round problem.

Large amounts of sugar are often contained in many everyday food items such as certain cereals, salad dressing, ketchup and peanut butter to name a few.

Each Canadian consumes about 400 calories worth of sugar a day.

To cut down on sugar intake read the labels and remember sugar is also known as sucrose, invert sugar, fructose, lactose, glucose, dextrose, galactose and maltose.

To cut down on the use of sugar when baking or cooking, use spices, instead of sugar.

Tips for coffee lovers...add cinnamon instead of sugar. For tea lovers add dried mint or a mixture of whole cloves, a piece of cinnamon or some gingerroot into the pot.

A special Christmas dinner

by ALLEYNE ATTWOOD

The Christmas dinner to be served at the Penetang Legion on Dec. 12 will be for members of the Canadian Diabetes Association and their families, but don't let that make you think it will be any different to the usual good fare found on other Christmas tables.

This is the third annual dinner for the Midland, Penetang and District Branch and from all account will be just as tasty - and filling - and just as much fun as other years. Basic foods for diabetics are the same as for the general population, and ruling

out a too sweet dessert, is the only concession the planning committee makes, in drawing up the menu.

There will be a program of entertainment and a little music to lighten the spirits, and the executive of the branch are hoping for a good turn-out to make the whole thing swing.

In the community news of last Wednesday, the cost for children was written as \$2.50. It is \$3.50 and for adults \$7 - for a good dinner and a pleasant evening among friendly people. Call 526-8997 and leave your name and number in the group on the answering service.

Bellini



Featuring
Merle Norman Cosmetics

Make-up Lessons, Make-up applications,
Manicures, Pedicures, Facials, Waxing

Mountainview Mall 526-7788

**JARO WOJCICKI D.T.,
Denture Therapist**

Perkinsfield
Ont.
(Credit Union Bld)

OFFICE HOURS
by appointment
AFTER HOURS
OR EMERGENCY
534-4087

264 King St.,
Midland
(above
Jory's I.D.A.)

526-8833

GAMES PLUS... Now features

★ NORTH SIMCOE'S LARGEST
SELECTION OF PLASTIC MODEL
KITS & SUPPLIES

featuring

- Revell
- MPC
- A.M.T.
- Monogram
- Italeri
- Airfix
- Matchbox
- Otaki
- Tamiya
- Hasegawa

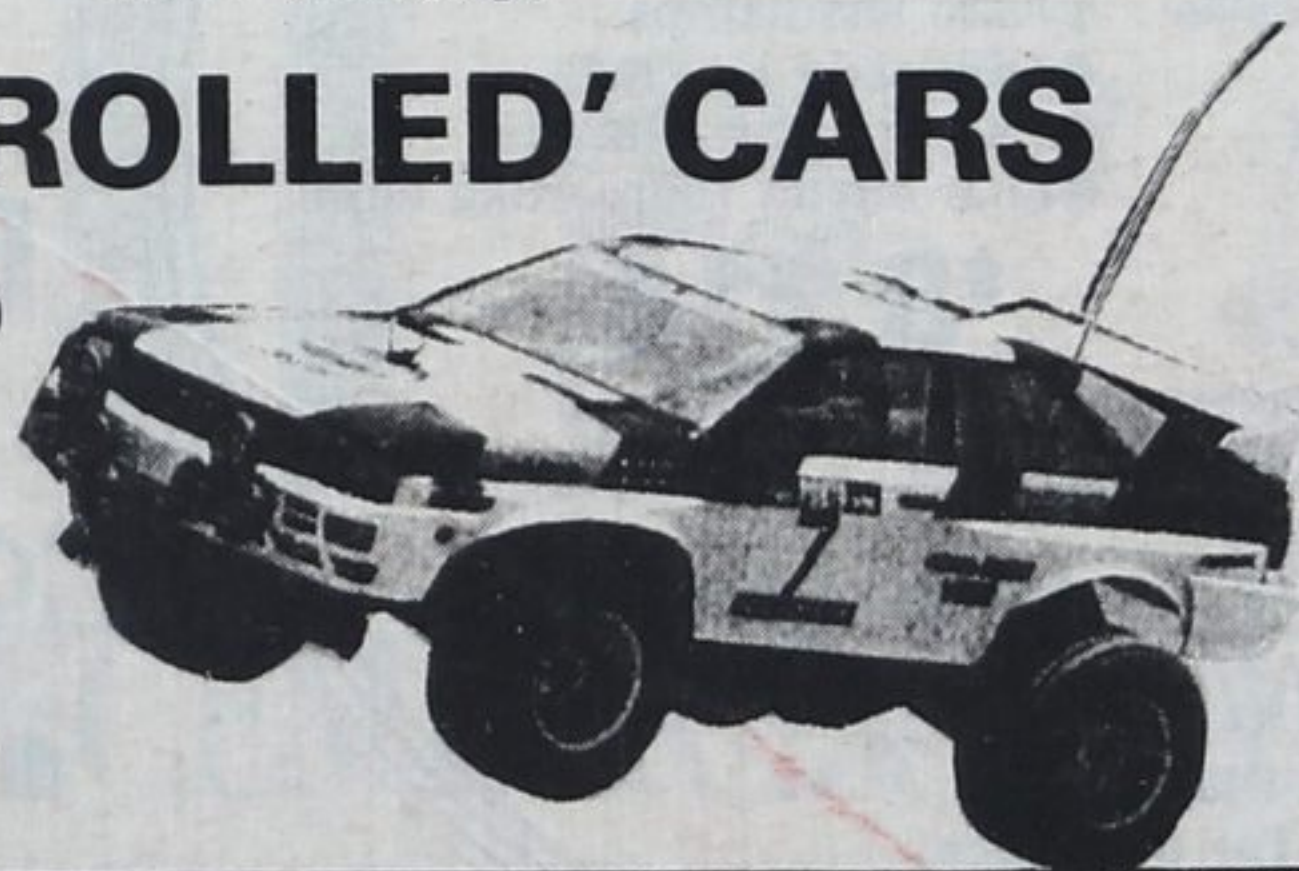
and others!

'RADIO-CONTROLLED' CARS

by Tamiya, Kyosho

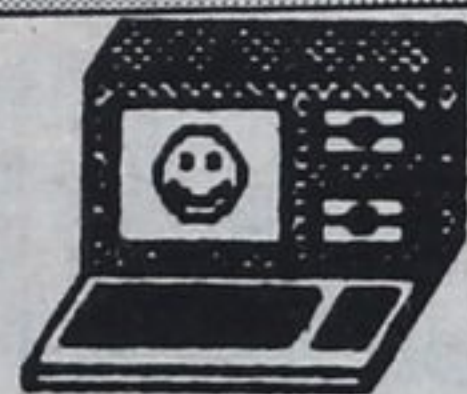
& Marui from

\$89⁹⁵



Fri., Dec. 13, 7 p.m. to 9 p.m. - CKMP Radio 1230 will broadcast live from **GAMES PLUS**. Listen for in-store specials and door prizes

GAMES PLUS



HOME COMPUTERS & SOFTWARE

An Authorized Commodore Dealer

299 King St., 526-2464



NOTICE

Commencing December 9, these winter hours will be in effect for our Sales Departments!

• **Mondays**

8 a.m. to 9 p.m.

• **Tuesday to Friday**

8 a.m. to 6 p.m.

• **Saturdays**

9 a.m. to 5 p.m.

(Courtesy until 6 p.m.)

**Season's Greetings
to All!**

Bourgeois Motors

472 Hugel Ave. 526-2278

Courtesy Chrysler

723 King St. 526-3777