

Be a part of it...



M.J.'s Health Food Centre



M.J.'s Health Food Centre has been in the Midland area for about 3 years. Recently they moved to a new location, behind Cumming-Nicholson Shoes, on Dominion Ave.

Manager, Brenda Mielka, says "Although the store is slightly smaller, we still carry the same amount of stock we had in our other location.

The Health Food Centre carries herbs and spices and natural healing products and a small amount of top quality bulk foods.

Herbal teas, which are caffeine-free, are also carried and may be bought in small quantities. They also carry yogurts, eggs, raw milk cheeses such as farmers, cheddar, skim milk, with or without salt, and cheese with onion. Goat's milk is also brought in from Harriston, Ont.

Natural soups and salad dressings are carried as well as natural fruit juices, pure ground peanut butter as well as organic meats such as kapons, nitrate free wieners and minced beef and pork.

A new addition to their already extensive selection is "Miss Vickie's" potato chips. They are made with peanut oil and can be obtained with no salt or light seasoned sea salt.

The Health Food Centre has a variety of books on all of your health care needs.

Be sure to drop in to the Health Food Centre at their new location, behind Cumming-Nicholson Shoes, on Dominion Avenue or call 526-4521.



B.I.A. Memos

Don't forget the "Jack O' Lantern" Contest at the Edwards Village Mall, Oct. 29, 30 and 31. For more information contact Balloon Bouquets.

