

TENDER FOR CATCH BASIN CLEANING

TENDERS will be received by the Clerk until 12:00 o'clock noon on November 8th, 1973, for the Cleaning of Catch Basins in the Town of Richmond Hill. Tender forms may be picked up from the office of the Clerk. Lowest or any tender not necessarily accepted.

M. Clement
Clerk
Town of Richmond Hill
Municipal Offices
56 Yonge Street North
Richmond Hill, Ontario

TOWN OF MARKHAM TENDERS FOR VEHICLES

Sealed tenders clearly marked as to contents will be received by the Town Clerk at Buttonville no later than 12:00 o'clock noon, Friday, November 9th, 1973 for the following vehicles:

- One only — Van Type Truck
- Two only — 1/2 Ton pick-up trucks
- Two only — 3/4 Ton pick-up trucks
- Trade-ins
- One — 1966 GMC Van
- One — 1967 Ford 1/2 Ton Pick-up
- One — 1967 Mercury 3/4 Ton Pick-up
- One — 1966 Ford 1/2 Ton Pick-up
- One — 1966 Chev. Biscayne passenger car

These vehicles for trade-in will be available for inspection on Wednesday, November 7th, 1973 between the hours of 12:00 noon and 4:00 p.m. at Buttonville Yard, 8911 Don Mills Road.

Tender forms and specifications may be obtained from the Maintenance Garage at Buttonville.

Lowest or any tender or any part of any tender not necessarily accepted.

N. J. Pickard,
Clerk-Administrator,
Town of Markham,
8911 Don Mills Road,
Markham, Ontario.

'Hey, There's A Fly In My Soup' ... Shout 19th Avenue Ratepayers

Residents of 19th Avenue in Markham Town have rallied around that old cry of "there's a fly in my soup."

It's apparently even worse than that. States a petition presented to Markham Town Council Tuesday night of last week: "Gentlemen, we are plagued with small insects and have been since May of this year. These insects are so small that they cannot be controlled by screening. We have put up with these pests known as 'Fungus Gnats' all summer, landing in our food, inhaling them, etc., while they continue to fly through our screens by the thousands."

The 19th Avenue crisis brought in a wave of "investigators" on the heels of the flies but to no avail.

First came the York Region Agricultural Representative who came up with no answer.

Then the York Regional Health Unit whose representa-

ative saw "that we very definitely had a serious problem, however, it was not within his jurisdiction and the matter was turned over to be investigated further by the Ministry of Agriculture and Food."

On the theory that two heads are better than one, representatives of the provincial Agriculture Ministry in the region and of the Ministry of Agriculture and Food at Queen's Park got together.

Deriving from this consultation was the conclusion that the flies "originated in the mushroom beds of the Unionville Mushroom Company."

Matthew Valk of the Ministry of Agriculture and Food "indicated that these 'Fungus Gnats' can be controlled by daily spraying, however he has no authority to require the company to control these pests."

FUNGUS GNAT
"We the undersigned res-

idents request the Town of Markham to take whatever action is necessary on our behalf to correct this intolerable situation, particularly since the Town of Markham allowed this company to operate in a rural-residential area."

Mr. Valk's letter to council gave a little history of the "Fungus Gnat."

He stated the gnat "belongs to a very large family of delicate, obscure, dull colored flies of very little importance to man."

"Fungus gnats frequent dark, dank shelters such as basements, stables and low-lying woods. They are very common in the Holland Marsh area which has a damp, highly organic soil."

Mr. Valk said that on a second visit to the owners of the mushroom farm he supplied the owner with a "1973 Ontario Mushroom Pesticide Recommendations Bulletin 261/601."

"On both occasions I did not find flies of any kind to be a problem even with a large pile of compost stacked near the building."

He also reported having come across recently applied manure in a farmer's field in the area and noted that "these gnats will also breed in manure since this is nothing else but decaying organic matter."

"In other words, fungus gnats could virtually come from any such sources not only mushroom houses."

ADEQUATE SANITATION
He concluded by saying he was "quite pleased with the sanitation measures carried out by the Unionville Mushroom Company."

Councillor Carolyn Bell thought that one step council should take would be to contact the Ontario Ministry of Environment.

Council agreed. In the meantime, the residents will have to wait until next summer to find out if the fungus gnat will return . . . and from where?

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How To Assemble A Thermostatic Control

Texas Instruments came to Richmond Hill in 1963 and set up a subsidiary of the American-based company with head offices at Dallas, Texas. An open house was held for relatives of the employees and friends of the company October 17 and hundreds accepted the invitation to see the plant and some of its operations.

In the above picture Mrs. Joyce Singh of

Richmond Hill is assembling a thermostatic control unit.

Texas Instruments in Richmond Hill manufactures hundreds of types of thermostatic controls as well as transistors. In addition they handle other products made by Texas Instruments plants in other parts of the world.

Soy Bean "King Of Legumes"

Food Workshop Stresses Economy

Recognizing that, with soaring food prices, it is becoming more and more difficult for the homemaker to provide nutritious and economical meals for their families, North York Branson Hospital in Willowdale recently conducted a three evening crash course on nutrition.

The combined nutritional and vegetarian workshop was very well attended and there was considerable audience participation. The program was presented by the dietary department of the hospital directed by Mrs. Elsie Sokol with the assistance of her staff.

Subjects covered were nutrition and malnutrition, meal planning, rising food costs, time and pressures, likes and dislikes, meats or meatless, supply and demand. These topics were presented by means of lectures, films, slides, skits, food demonstrations, question and answer periods.

NUTRITIONAL MEALS
Staff doctors were among the guest speakers, and the skits put on by personnel from the hospital's dietary department dramatized with some humor vital topics of concern in nutritional meal service, correct and incorrect, as is customary in the majority of homes.

It was a very realistic way a court scene skit portrayed "Mr. Human Body" on trial for his life. The charges, conviction and sentence pronounced were most enlightening and effective in that it left the audience mindful of the effect daily eating habits have on the possible or impossible functioning of the entire body system.

PROTEIN IMPORTANCE
Proteins were given special recognition in order to teach the nutritional level and the types of proteins

that can be supplied in diets as meat alternatives. Eggs, cheese, lentils and legumes are recognized as high protein alternatives to meat, fish and fowl.

By demonstration of numerous protein recipes, Mrs. Sokol emphasized the varieties available, the combinations required to complete the incomplete types of vegetable proteins.

By seeing the recipes produced, workshop participants could accept and conceive the simple but necessary steps to take in order to provide tasty attractive protein dishes on the family table.

PROCESSED FOODS
Demonstrations included protein preparations using processed foods, canned, frozen, ready to serve, and dehydrated varieties, and especially the use of natural vegetable legumes.

The soy bean being the complete vegetable protein and the base of many preparations is considered the "King of Legumes", said Mrs. Sokol.

It was interesting and very helpful for participants to learn of all one can provide by way of protein preparations by just using the soy bean.

Some well-accepted tasty recipes were produced for the tasting buffet so participants could find out on the spot just what the various dishes tasted like. Recipes were distributed for the classes to take home for fa-

mily use.

VITAMINS, MINERALS
Meal planning, food costs, eating habits, the body's need of vitamins and minerals and the best sources of supply were all part of this concentrated nutritional course.

The audience participated each evening with enthusiasm, joining in a community sing, "A Health Jingle", which emphasized the theme of health possibility as a privilege by participation.

Canada's Food Guide published by the Associated Milk Foundation was cited as a sure way to good nutrition if followed to provide the required nutritional needs of the body, to contribute greatly towards better health.

MAINTAIN GOOD HEALTH
"We cannot beg, borrow or steal health", said Mrs. Sokol with emphasis in connection with the need to accept the challenge and responsibility in building and maintaining good health.

The meetings each evening extended to 11 pm because of the questions and concerns of those attending.

The tasting buffet included a variety of soups with protein base, vegetarian meat dishes, sandwiches, salads and cold cuts. The buffet was very popular and enlightening as it provided concrete evidence of what the possibilities are in providing meatless menus while being assured of ba-

lanced nutrition for the family.

Many bulletins, brochures and cookery booklets dealing with economy and nutrition, in food preparation are also available from the province's Ministry of Food and Agriculture, Queen's Park, and many of them are free.

GIVE OUT RECIPES
The workshop this fall was not the first offered by Branson Hospital, and Mrs. Sokol reports that she has had literally hundreds of requests for recipes for economical and nutritional dishes. Two of the recipes used in the workshop sessions were for Egg Foo Yung and for Cheese Strata.

Egg Foo Yung
4 eggs
1 teaspoon salad oil
1/2 cup chopped mushroom
1/4 cup finely chopped green onions
1 teaspoon soy sauce
salt to taste
Heat oil in frying pan and pour two teaspoons of the combined ingredients in the pan to make individual portions. Cook until browned.

Cheese Strata
2 cups milk
2 eggs
4 slices bread
6 slices cheese
1/2 teaspoon salt
4 teaspoons margarine
Beat eggs and add salt to this. Add the milk and beat until a smooth blend is obtained.

Lay cheese slices in between two slices of bread. Butter the bottom of the pan and spread margarine on the top slices of bread. Pour milk and egg mixture over bread and bake at 350 degrees for 30 minutes. Makes four servings.

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J 78-14	43.70		
F 78-15	32.95		30.60
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J 78-15	43.70		
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Shea Real Estate Winner

Mrs. Carolyn Carter of 372 Browndale Crescent, Richmond Hill, is seen above on the deck of the Greek Lines Luxury Liner "Tross Olympia" during a recent cruise. Mrs. Carter was a member of a group of Shea Real Estate employees who enjoyed a three-day weekend "Sea Cruise to Nowhere". The cruise left New York City and spent the weekend on the Atlantic.