

Free Noon Concerts

At Seneca - Finch

Six free mid-day concerts with programs ranging from folk and rock to harp and flute are planned for January and February at Seneca College's Finch Campus.

The concerts in the Minkler Auditorium and Studio Theatre at 1750 Finch Avenue East are presented between 12 noon and 2 pm, starting January 17 and following each Thursday to February 21.

The first concert will be "Stained Glass" followed by Susan Remeny on harp and Ron Taylor, flute. On January 24 Jack Cornell's folk group and the six "Toronto Consorts", will be featured.

The next week it will be Paul Gosney's Dixieland with Penny Speedie soprano and Adrienne Shannon at the piano.

"Southcoat" rock group and Carol Liberman, violin with harpsicord will be on stage February 7. On the following Thursday Al Matthews' folk music and the 15 "Chamber Players" make the scene.

The final concert of the series is to be presented February 21 by "Impact" stage band and the five "York Winds".

Fire Protection

Is Dinner Theme

"Fire Protection — The Not So Obvious Hazards," will be the subject of Peter Gathercole of the Ontario Fire Marshal's office at a safety dinner meeting in Richmond Hill January 8. For all member firms of the Industrial Accident Prevention Association in Aurora, Bradford, Gormley, Markham, Newmarket, Richmond Hill, Schomberg, Stouffville and Thornhill (Don Valley Division), the dinner will be held at the Black Hawk Motor Inn, with refreshments at 5:45 pm and dinner at 6:30 pm.

Mr. Gathercole will concentrate on recognition of fire hazards in industrial plants and it is expected that many useful hints will be acquired by the industrialists to incorporate into their fire prevention programs.

Stalled Motorists

Irate Over Refusal

The Christmas spirit wasn't with two men whose car slid into a snowbank on Don Mills Road near Steeles Avenue in Markham last week.

After trying to dislodge the car, the men flagged down a passing motorist, Matthew Mathewson, 63, of Thornhill, and asked him for assistance. When he said he couldn't help them, they attacked him.

They then did the same thing to Dennis Huckfield, also of Thornhill, who had stopped to help Mathewson. After that, they walked to a nearby service station and assaulted the manager, Peter Kindl.

Charged with four counts of assault occasioning bodily harm were Russell Currah, 23, of West Hill, and Kenneth Johnson, 18, of Scarborough.

MT. ALBERT: The home of Mr. and Mrs. Martin Staunton burned to the ground recently on Concession 6, about seven miles northwest of here, leaving the Stauntons, their three children, an African lion, a lion cub, a cougar and a monkey homeless.


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Bologna BY THE PIECE lb **56¢**
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Cooked Ham 6-oz Vac Pac **88¢**
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Jelly Roll 9-oz cake **45¢**

Coffee Cake 12-oz cake **53¢**

Lemon Whirls pkg of 6 **69¢**

Cake Donuts pkg of 12 **39¢**

Cheese Bread 12-oz loaf **39¢**

English Muffins pkg of 6 **39¢**

Frozen Foods!

Farm House Cakes 15-oz cake **65¢**

Awake Orange Drink 12-fl-oz tin **45¢**

ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SATURDAY, JANUARY 5th, 1974.

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Good Health In '74!

By **MARY HENRY** HOME ECONOMIST



Remember that old saying: "YOU ARE WHAT YOU EAT"? In a world where processed and convenience foods make up a large part of our diets, it is most important to consider the nutritional quality of the foods our families enjoy.

Our bodies can only operate at their best if we provide them with the right "fuels" (or nutrients) in the proper proportions. Since no one food provides each of the nutrients our bodies require, it is necessary to choose a variety of foods.

To help us choose wisely, foods have been arranged into four basic groups. Each of the foods within the group will provide similar nutrients. If we eat a variety of foods from each of the groups each day, we are assured of a well-balanced diet.

Snacks are a necessary part of a growing child's diet. Encourage him to choose a snack with good value, such as fruit or cheese and crackers, rather than "empty foods"—pop, potato chips, etc., which provide only calories. When planning meals keep this handy guide in front of you and check that each day's food choices balance against the guide.

RESOLVE to make 1974 a happy and healthy year for your family.

GUIDE TO GOOD EATING

MILK AND MILK PRODUCTS:
Children up to 10 yrs.—2 to 3 servings
Adolescents—4 servings
Adults—1 to 1½ servings
Expectant and Nursing Mothers — 4 servings
One serving equals: 8 oz. milk, cottage cheese or yogurt
— 3 scoops ice cream—1 oz. cheddar cheese—2 oz. processed cheese.

FRUITS AND VEGETABLES:
3 servings including an excellent source of Vitamin C.
One serving equals: ½ cup raw or cooked fruit or vegetable or their juices.

CEREALS, BREADS AND PASTAS:
3 servings of whole grain or enriched cereals, breads or pastas.
One serving equals: ¾ cup oatmeal — 1 cup bran flakes—1 slice enriched bread — ¾ cup enriched macaroni or pasta.

MEAT AND MEAT ALTERNATES:
2 servings (1½ servings for children under 10, and persons over 60 years).
One serving equals: 3-4 oz. meat, fish or poultry — 2 eggs — 4 tablespoons peanut butter — 1 cup of baked beans.

VITAMIN D: The 400 INTERNATIONAL UNITS per day required by all growing persons and expectant or nursing mothers is found in fortified milk and margarine or in Vitamin Preparations.

(Prepared by: Department of Nutrition, School of Hygiene, University of Toronto.)

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