



RICHMOND HILL CURLING CLUB

By RON TAYLOR - 884-7817

Gala New Year's Eve Party

Two junior rinks entered the annual CFRB Bonspiel at Thornhill which began on Boxing Day and continued until December 28. Kevin Roberts and Don Hillaby co-skipped a rink made up of themselves, Carol Sawyer and Mary Beth Weiss to one win but did not qualify for the finals.

Gary Hillaby skipped his rink of Mary White, Steve Moxey and Sue Lamb to two wins but missed qualifying for the finals by a mere quarter point.

This bonspiel attracts the top junior rinks from across Metro and our rinks deserve a great deal of credit for their fine showing.

NEW YEAR'S PARTY
A few bouquets must be tossed to the committee responsible for the New Year's Eve Party at the club this year. The event was attended by a capacity crowd which was treated to one of the finest parties ever planned at the RHCC.

The music was supplied by a group known professionally as the Capris and consisting mainly of high school teachers. This group also played at the last New Year's party and the reason for their return is obvious. To match this fine music was a buffet offered to all guests after the hour of midnight had passed.

A punch, conjured up by Jack and Elaine Elliott, kept the early arrivals cheerful until 9:30 pm and a bottle of champagne rekindled the glow during supper hour.

Most impressive was the table arrangements and decor supervised by Cathy and Don Brayshaw.

Other members of this top ranking committee were Don and Phil Richards, Jack and Vera Shropshire, Dave and Olive Pulchinski, Bob and Eva Walker and Gerry and Gina Morlock. Many thanks for a great evening.

DAISY MAE
The Saints and Sinners Daisy Mae Bonspiel was held last Saturday with two eight-end games being played with the ladies skipping and seconding.

Some of the men appeared to question female strategy but like true curlers, accepted the advice and attempted the shots. Several top-sided scores were apparent but they appeared secondary to the fun that everyone was having.

Cathy Pritchard auctioned off box lunches after the first draw and was able to acquire some outstanding bids. Dinner was served after the curling followed by dancing.

Marion Gill was kept busy making sure the scores were recorded and prizes given to the correct teams.

Winners on the first draw were John Rose, Maureen Hunter and Gord Tonner

Elaine Elliott skipped her rink of Pat Thompson, Win Simpson and Keitha Matheson to a victory over Elaine Pack's rink of Ethel Staples, Laura Watson and Peggy MacPherson in a double knockout series enabling the rink to represent Richmond Hill in the double knockout series in the senior play-downs at Bayview on January 14.

Many more rinks are curling in out-of-town spels than are being reported in this column. If you wish to share your curling honors or horrors, fill out a form available from the bulletin board or office and return it to Ron or Ruth Taylor or to the office.

Our garage has a certain amount of heat from the house wall, but too much of this is lost through the cracks around the doors. So, we might as well go the whole hog by insulating the doors and sealing the cracks.

So far the kitchen, dining and living rooms are very comfortable and free of drafts. In the long run we sincerely hope there will be quite a saving in fuel oil. Apparently the suppliers are running quite short of insulating materials due to the energy crisis.

For those who use a lot of logs in the fireplace, we find the price has risen sharply and that chunks of coal last much longer. Of course we set the thermostat back when the living area is being heated by the fireplace.

Many thanks to the people who have passed these tips along to us.

Church News
Sunday morning Carrville United had a Communion Service administered by Rev. Stanley Snowden.

His sermon gave some good human tips — "If you don't have nice things to say, don't say them — live for today and give our best for today — our faith in God will take care of tomorrow." In our own environment, we have seen many examples of the power of faith.

Don't forget to pass along some newsy bits for me. Thanks!

SELLING YOUR BOAT?
Find a buyer through a classified ad in "The Liberal" on sale every Thursday. It's easy to place your ad. Just call 884-1105 or 884-1983 FOR FAST RESULTS.

We tried something this year to conserve energy and eliminate cold drafts from the north and east windows. These were covered with substantial sheets of plastic. Now we are going to insulate one cold wall with styrofoam and plan to do the same to the cold walls of our future recreation room which is too

skipped by Marilyn Cheesman. Second place honors went to Robin Chinery and her rink of Wayne Hindmarch, Gloria Park and Ray Foord. Third prize went to Gloria Crotnin's rink of Jim Park, Hilda Jones and Peter Shannon.

Second draw winners were Ron Van Toen, Vera Cummings and S. Danko skipped by Elaine Elliott, Olive Pulchinski, with Jack Shropshire, Shirley Shuckster and Jack Hughes placed second while Jean Cottrill's rink of Dave Pulchinski, Helen Greer and Al Shuckster picked up the third prize.

BEST WISHES
All club members wish Donna Stephenson's rink of Ruth Mabbett, Bettie Wright and Mary Pryzdial all the best this week as they represent our club in the Provincial District Playdowns hosted by Richmond Hill this year.

Curling begins Monday and will continue through until Thursday in a double knockout series. This same rink entered the Thornhill Ladies Open Bonspiel last week and were one-game winners.

Also curling at Thornhill on the same draw was Joan Kirkpatrick and her rink of Pat Thompson, Sue Supra and Colleen Alexson. Joan won one game on an extra end and a measure.

On the first draw at the same spiel and coming home the high one-game winner was Jean Coneybear's rink of Ruth Ellison, Ruth Taylor and Joanne Stephenson. In her first game, Jean won nine of the end. Another one-game winner was Eileen Peck and her rink of Ethel Staples, Helen Odd and Bernice Welsh.

A rink skipped by Peter Dewsbury and consisting of Glen Charge, Dan Milford and Peter Shannon journeyed to Lindsay on Boxing Day for a three game, 36 team spiel. Peter and his rink won two games which placed him second in the two game winner's bracket.

COMPARE!

YOU'RE DOLLARS AHEAD...at



<p>MEATY - ROUND BONE</p> <p>SHOULDER ROAST</p> <p>98^c</p>	<p>BONE IN</p> <p>RUMP ROAST</p> <p>1.54</p> <p>LB.</p>	<p>BONE IN - IDEAL FOR STEW</p> <p>BRISKET BEEF</p> <p>48^c</p> <p>LB.</p>	<p>THICK & JUICY</p> <p>BLADE STEAKS</p> <p>1.18</p> <p>LB.</p>
<p>T BONE PORTERHOUSE WING</p> <p>STEAKS OR ROASTS</p> <p>1.68</p> <p>LB.</p>	<p>UTILITY GRADE FROZEN EVICERATED</p> <p>CHICKENS</p> <p>54^c</p> <p>LB.</p>	<p>FROZEN LEGRAD BRAND</p> <p>CHICKEN BREASTS</p> <p>3.88</p> <p>5 LB. BOX</p>	<p>FROZEN</p> <p>CHICKEN LEGS</p> <p>6.60</p> <p>10 LB. BOX</p>
<p>SCHNEIDERS SMOKED</p> <p>PORK SHOULDERS</p> <p>99^c</p> <p>LB.</p>	<p>BURNS - PRIDE OF CANADA - RINDLESS</p> <p>SIDE BACON</p> <p>1.14</p> <p>1 LB. PKG.</p>	<p>SCHNEIDERS FAMOUS QUALITY MAC & CHEESE LOAF DUTCH LOAF P & P LOAF MEAT & OLIVE LOAF MOCK CHICKEN LOAF</p> <p>COOKED MEATS</p> <p>46^c</p> <p>6 OZ. PKG.</p>	<p>FEARMANS SLICED 16 OZ. PKG.</p> <p>VARIETY LOAF OR MINCED HAM LOAF</p> <p>1.08</p>
<p>MEATY FRESH</p> <p>PORK SHOULDER ROAST</p> <p>88^c</p> <p>LB.</p>	<p>BITTNER'S - TRAY PACK - FRESH</p> <p>BRATWURST SAUSAGE</p> <p>1.18</p> <p>LB.</p>	<p>FEARMANS - BEEF - FROZEN</p> <p>HAMBURG PATTIES</p> <p>1.98</p> <p>2 LB. BOX</p>	<p>BITTNER'S - SLICED</p> <p>BOLOGNA</p> <p>45^c</p> <p>6 OZ. PKG.</p>
<p>FRESH</p> <p>PORK BUTT CHOPS</p> <p>1.14</p> <p>LB.</p>	<p>SCHNEIDERS - FROZEN</p> <p>MINI SIZZLER SAUSAGE</p> <p>99^c</p> <p>1 LB. PKG.</p>	<p>SCHNEIDERS RED HOT OR DUTCH TREAT</p> <p>WIENERS</p> <p>88^c</p> <p>1 LB. PKG.</p>	<p>DISCOUNT BARGAIN</p> <p>RICHMELLO PEANUT BUTTER</p> <p>49^c</p> <p>16 OZ. JAR</p>
<p>FRESH COUNTRY STYLE - MEATY</p> <p>SPARE RIBS</p> <p>1.16</p> <p>LB.</p>	<p>DISCOUNT BARGAIN</p> <p>ALL PURPOSE PURITY FLOUR</p> <p>64^c</p> <p>5 LB. BAG</p>	<p>DISCOUNT BARGAIN</p> <p>ALLEN'S ASSORTED FLAVOURS FRUIT DRINKS</p> <p>29^c</p> <p>48 FL. OZ. TIN</p>	<p>DISCOUNT BARGAIN</p> <p>CHASE & SANDBORN ALL PURPOSE COFFEE</p> <p>69^c</p> <p>1 LB. BAG</p>
<p>DISCOUNT BARGAIN</p> <p>PINEAPPLE JUICE</p> <p>33^c</p> <p>(48 FL. OZ. TIN)</p>	<p>DISCOUNT BARGAIN</p> <p>CHOCOLATE DONUTS</p> <p>49^c</p> <p>PKG OF 8</p>	<p>DISCOUNT BARGAIN</p> <p>LIQUID DETERGENT</p> <p>79^c</p> <p>32 FL. OZ. CONT.</p>	<p>DISCOUNT BARGAIN</p> <p>POWDERED DETERGENT</p> <p>1.19</p> <p>80 OZ. PKG.</p>
<p>DISCOUNT BARGAIN</p> <p>STRAWBERRY SHORTCAKE</p> <p>1.27</p> <p>32 OZ. PKG.</p>	<p>DISCOUNT BARGAIN</p> <p>MACAROONS</p> <p>43^c</p> <p>PKG. OF 16</p>	<p>DISCOUNT BARGAIN</p> <p>DISPOSABLE DIAPERS</p> <p>1.39</p> <p>PKG. OF 30</p>	<p>DISCOUNT BARGAIN</p> <p>FAMILY NAPKINS</p> <p>28^c</p> <p>PKG. OF 60</p>
<p>DISCOUNT BARGAIN</p> <p>SLICED CARROTS</p> <p>53^c</p> <p>32 OZ. PKG.</p>	<p>DISCOUNT BARGAIN</p> <p>SARAN WRAP</p> <p>69^c</p> <p>100 FT. ROLL PKG.</p>	<p>DISCOUNT BARGAIN</p> <p>DISPOSABLE DIAPERS</p> <p>1.39</p> <p>PKG. OF 30</p>	<p>DISCOUNT BARGAIN</p> <p>V. O. 5 HAIR SPRAY</p> <p>1.17</p> <p>7 OZ. AEROSOL CONT.</p>
<p>DISCOUNT BARGAIN</p> <p>Whole Kernel Corn</p> <p>27^c</p> <p>12 OZ. PKG.</p>	<p>DISCOUNT BARGAIN</p> <p>SALAD DRESSING</p> <p>68^c</p> <p>32 FL. OZ. BTL.</p>	<p>DISCOUNT BARGAIN</p> <p>DISPOSABLE DIAPERS</p> <p>1.39</p> <p>PKG. OF 30</p>	<p>DISCOUNT BARGAIN</p> <p>INTENSIVE CARE</p> <p>99^c</p> <p>10.5 FL. OZ. CONT.</p>
<p>DISCOUNT BARGAIN</p> <p>HOLLANDIA BISCUITS</p> <p>37^c</p> <p>8 OZ. PKG.</p>	<p>DISCOUNT BARGAIN</p> <p>KETCHUP</p> <p>51^c</p> <p>20 FL. OZ. BTL.</p>	<p>DISCOUNT BARGAIN</p> <p>DISPOSABLE DIAPERS</p> <p>1.39</p> <p>PKG. OF 30</p>	<p>DISCOUNT BARGAIN</p> <p>INTENSIVE CARE</p> <p>99^c</p> <p>10.5 FL. OZ. CONT.</p>
<p>DISCOUNT BARGAIN</p> <p>SALTED CRACKERS</p> <p>47^c</p> <p>16 OZ. PKG.</p>	<p>DISCOUNT BARGAIN</p> <p>CUT GREEN BEANS</p> <p>19^c</p> <p>14 FL. OZ. TIN</p>	<p>DISCOUNT BARGAIN</p> <p>DISPOSABLE DIAPERS</p> <p>1.39</p> <p>PKG. OF 30</p>	<p>DISCOUNT BARGAIN</p> <p>INTENSIVE CARE</p> <p>99^c</p> <p>10.5 FL. OZ. CONT.</p>



Hints to the homemakers

NUTRITION NOTES:
How much meat do I really need of Meat or Protein Food?
Two or more servings daily.
How much is one serving?
2 - 3 ounces cooked lean meat no bone or fat, e.g. 2 slices (4 x 2 x 1/2") - beef, veal, lamb, poultry e.g. hamburger (3 x 1/2")
1 thick or 2 thin chops
2 weiners
2 - 3 slices Canadian bacon
1 small chicken leg or thigh
1/2 small chicken breast
2 - 3 ounces fish or shellfish
4 fish sticks
1/2 cup canned tuna or salmon
6 sardines
1/2 cup oysters
4 large clams
Other equivalents for a serving
2 eggs
1 cup cooked dried peas, beans
1/2 cup chopped nuts
1/2 cup peanuts
4 tablespoons peanut butter

A Word to the Wise:
The quantity you buy of any food will depend on:
1. How many meals are eaten at home.
2. The appetite of each family member.
3. How many foods from each food group.

QUESTION:
I have been asked: How many servings in a pound, in a package, in a can?
ANSWER:
The following is a list of servings for popular food items purchased regularly.

FOODS	SERVINGS
1 lb. butter or margarine	2 cups 32 tablespoons
1 lb. cheese	16 slices or cubes
1/2 pint cream, light	1 cup 16 tablespoons
1/2 pint cream, heavy	1 cup 16 tablespoons
1 lb. cottage cheese	4 (1/2 cup) servings
1 pint ice cream	3 servings
1 quart milk	5 cups
VEGETABLES:	
Fresh 1 pound	1/2 cup portion
asparagus	4
Beans lima	2
Beans green	6
Broccoli	3 1/2
Brussels sprouts	4 1/2
Cabbage (raw, grated)	6
Cabbage (cooked)	4 1/2
Carrots (cooked)	5
Cauliflower	3
Onions (cooked)	4
Peas (in pod)	2
Potatoes	4 1/2
Rhubarb	4
Spinach	3 1/2
Squash	2 1/2
CANNED:	Check Label
8 ounces	2
1 pound can	4
20 oz. can	5
28 oz. can	7
FROZEN:	
10 - 12 ounce package	4 servings
MEAT POULTRY FISH:	
Without bone 1 pound	4 servings
When prepared individual	5 servings
When used in combination, e.g. (stew, meat loaf etc.)	
With medium amount of bone:	
1 pound 2 1/2 servings	
With bone, gristle, e.g. (spareribs, short ribs) 1 pound 1 1/2 servings	
Started to plan your Christmas menus yet? Plan ahead - write your ideas down. You have time now to find the best ideas and best taste value.	

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