Bread "Brown 'N Serve"

## Victoria Square Correspondent: Mrs. W. Sandle

RR 2, Gormley

It was education and ladies' night at the Victoria Square District Lions Club meeting Tuesday evening of last

Guest speaker was Edmond Shephard (of Saunders Travel Agency) who gave a very interesting talk on, "Canada - What We Have to Offer to the Foreign Tourist".

Sympathy Sincere sympathy is extended to Mrs. Walter Smith and family in the passing of a loving husband, father and grandfather, Walter Harley Smith, following a severe stroke.

Funeral service was held from the Marshall Funeral Home, Richmond Hill, Friday afternoon of last week, with interment in Victoria Square Cemetery.

Church News The April meeting of the UCW was held in the Sunday School room on Wednesday evening of last week with Mrs. Harold Hill in charge. The worship service was taken by Mrs. Ken Harmon, and Mrs. Richard Frisby.

solo, accompanied at the piano by Laurie Tyndall. Mr. and Mrs. Fraser Gee showed colored slides of their recent trip to Hawaii

Mrs. James Bewell sang a

which were much enjoyed. The flowers in the church on Sunday morning were in loving memory of Mr. Walter d. Smith.

Rev. John Grant, MA, DPh DD was the guest preacher and officiating minister at the Communion service on Sunday morning. Dr. Grant is professor of Church History at Emmanuel College.

This coming Sunday there will be NO church service at Victoria Square United Church because of the anniversary services at Headford United Church.

At 1 am guest speaker will be Rev. Stanley Snowden of the Maple United Church. At 7:30 pm a special musical program will feature the "Melodante Singers", a choir of some 25 voices.

Please note that the time for these services will be Daylight Saving Time!!! Music Recital

The Victoria Square branch of the Berachah Academy of Music will hold its recital in the United Church May 3 at 7:30 pm.

Neighborhood Notes Birthday greetings to Mrs. Leslie Hart, April 27; Valerie Buchanan, six years, April 28; Margaret Ann Harmon, April 29.

Wedding anniversary greetings to Mr. and Mrs. Reid Brumwell married 44 years, April 26; to Mr. and Mrs. Bert Nichols, married 33 vears, April 26; to Mr. and Mrs. Ken Harmon married 30 years, April 29.

daugther recently when a daughter was born to Mr. and Mrs. Brian Geddes (Peggy Leitch), a sister for Sean. Mr. and Mrs. Fred McRoberts spent a weekend recently with their granddaughter and family, Mr. and Mrs. Harold Coulter and

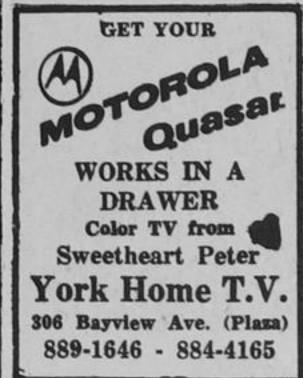
Mr. and Mrs. Jack Leitch

welcomed their first grand-

family at London. Mr. and Mrs. Cecil Nichols spent a weekend with relatives at London recently. 60th Anniversary

The Junior Farmers of York County will be celebrating their 60th anniversary August 17 at the Markham Arena. Keep this date in mind and further particulars will be given at a later





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Aunt Jemima Waffles 10-oz pkg 45¢ CHOCOLATE 13/2-oz or BANANA 14-oz ACTION PRICED! Sara Lee Cakes FROZEN Each 89¢

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## By IDA H. BURNS

New Spring Fashions give us all the urge to lose weight, look trim and feel good. Nutrition Canada says we are an overweight nation, and this is serious. We cannot accomplish in a short period overcoming habits that we have built over a lifetime. So whatever you do, when you start your diet, don't "crash" diet!

A&P CONSULTANT

The philosophy of dieting is really very simple. Eat relatively the same things, but eat less. The average person can lose weight on a 1200 calorie diet. If you are drastically overweight, you may have to drop below this recommended figure. If so, consult your doctor. Most overweight people are nibblers, so a real good tip is to nibble carrot sticks, celery, cucumbers or pieces of apple. Cut back on your carbohydrates, your fats and desserts. Make your milk, skim milk. Instead of salad dressing, use vinegar.

We have all read so much about what you should eat when dieting. Perhaps more important is what you think. Over-eating is compulsive - often the result of anxiety, loneliness, anger, etc. Try reading poetry. Visit a shut-in. Write a letter, and put others first - self second.

Tape a message on your refrigerator-"Love your Neighbour". It really helps!



4-PIECE

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