

# in the hill family page

## Historians plan trip

The monthly meetings of Richmond Hill Historical Society April 19 will be a field trip, starting at Richmond Hill Library on Wright St. at 7:30 p.m. and going from there to the Markham Museum.

Members and prospective members will take off by car for the museum in the old Mount Joy School north of Markham where they will be given a conducted tour of the museum by Henry Lunau. Highlight of the evening will be a special display of local interest planned by Mr. Lunau. There will be a small fee of 50 cents per person for this special evening.

In May the society will once again present an exhibition of handicrafts in Hillcrest Mall May 27, 28 and 29. Participating will be Richmond Hill senior citizens, the York Potters' Guild and other groups and individuals displaying their skills: quilting, weaving, knitting, rug hooking, leather tooling, spinning, carving, macramé, etc.

Tickets will be on sale for a quilt raffle and for the society's June garden party, an old fashioned ice-cream social and pioneer bake sale in aid of restoration of the Burr House, a project of the society now in progress.

## Trip to Mexico

Highlights of her recent trip to Mexico were related by Mrs. Elsie MacKay to members of the Presbyterian WMS meeting last Wednesday at the home of Mrs. Gladys Dymond, Iredale Court. Particularly interesting were visits with former Canadian friends of long-standing who have retired to live in Mexico.

Mrs. Dymond read an appropriate message as the Lenten season draws to a close. Mary Dawson read the scripture passage in which Jesus foretold his betrayal by Judas Iscariot and charged his disciples to "love one another as I have loved you." President Margaret Styan led in prayer. Miss Annie Marsh acted as secretary during the absence of Miss Mabel Mackie and Mrs. Mavis Cates presented the treasurer's report.

Delicious refreshments were served by Mrs. Dymond and Miss Marsh and Mrs. Mary Shelly expressed the thanks of the group to the hostess.

## Brownies entertain

The 3rd Richmond Hill West Brownies Pack led by Brown Owl Louise Cross and Tawny Owls Gemma Bucci and Elaine Gallant entertained residents of Elmwood Nursing Home on Friday.

The MC for the evening was a Brownie, Tammy Plaxton, who did a wonderful job. There were three skits, Bremen Musicians, The Bubble Gum Generation, and The Easter Egg Skit.

Further entertainment was provided by two Brownies who did Irish dancing and two Brownies who did a Pink Panther dance. To conclude the evening, homemade cookies and juice were served to the residents.

Among the guests was Commissioner Dianne Coghil.

## Seniors' bowling

The regular bowling season came to an end Friday for the senior citizens' league, and some good scores came in.

There will be no bowling Good Friday. Play offs will start April 23 and continue April 30. A wind-up banquet will be held in Richmond Hill United Church May 13 at 6 p.m. Tickets may be had at the bowling alley on play-off days.

High scores last week for men were: high single, J. Farquhar 315, J. Swan 301, E. Croft 266; high single with handicap R. Brillinger 202, A. Mohns 201, B. Lowe 192; high triple J. Farquhar 679, F. Martin 666, J. Swan 583.

High singles for ladies were E. Andrews 222, P. Price 205, V. Woods 205; high single with handicap E. Andrews 244, V. Armsden 223, A. Geen 214; high triple V. Woods 583, P. Price 544, A. Geen 520.

## Coin club meets

Richmond Hill Coin Club is having its monthly meeting April 20 in the Lions Hall, Centre St. East. The doors open at 7:30 p.m. and the meeting begins at 8 p.m.

There will be a program for both juniors and adults, displays, dealers, refreshments, and everybody is welcome.

The club, which meets at the same time in the same place on the third Tuesday of each month, extends a special invitation to senior citizens to join them in pursuing this fascinating hobby.

## Talent wanted

Your talents are wanted. By whom? The Richmond Hill Agricultural Society.

A special feature of this year's Spring Fair will be a talent contest at the fair ground on May 15 in the new arena. Groups and single sets are needed to make it a success.

Top prize will be \$100 and there will be a prize of \$50 awarded to the oldest contestant.

For more information and entry forms call Stella Lekx at 832-8777.

## Splash party

On Saturday Richmond Hill West District Brownies and Guides held a splash party at Centennial pool. The event was organized by Guide leaders Christine McBain and Marion Marshall. About 60 Brownies and Guides and eight leaders attended.

Some of the girls tried swimmer badge tests supervised by testers Sheila Gregory, Cathy Morton and Kim Robson. Eleven Brownies and nine Guides passed their tests.

## Visit to Nairobi

The LCW of St. Paul's Lutheran Church, Bayview Ave., invites everyone interested to attend a talk and slide presentation at 8 p.m. April 21 at the church when Dr. Norman Berner, assistant to the president of the Eastern Canada Synod will be the speaker.

Dr. Berner attended the 5th Assembly of the World Council of Churches in Nairobi, Kenya, as an

## How to dig up family roots

RICHMOND HILL — please leave a telephone message with a member of the library staff at 884-9288. Bring along your research problems, learn to use the microfilm reader, delve into the Canadiana and genealogy collection, discuss your findings with other interested researchers, and prepare for an exciting summer tracking down those elusive ancestors!

## Duplicate Bridge

OAK RIDGES — Duplicate Bridge club winners this month were: April 2 — NS — Bob Dunn and Ross Jenkinson, John Shearer and Con Thompson, Joe and Lorrie Coen; EW — Fred and Theresa Tierney, Bob and Betty Hull, Ruth and Gerry Browning.

Side game winners were Kim Jenkinson first, followed by Debbie Whitmarsh, T. Whitmarsh and Shelley Jenkinson (tied).

On April 5 winners were NS — Rod Sandford and Doug Milner, Victor Cranshaw and Bob Manning, Bob Seabrook and Murray Ferguson; EW — Fred and Theresa Tierney, Bev Jones and Geoff Parker, Fred Mills and Henry Natale.

Side game winners were Pat and Alan Sanderson, John and Adele Shearer, Cyril and Iris Whiting.

Winners of no zero game were Bob Seabrook, Murray Ferguson, Bev Jones, Geoff Parker.

Winners April 7 were NS — Jean Honan and Cora Gillham, Paddy Twiss and Rose White, Diane Brown and Sherry Vogan; EW — Rose Morrell and Grace Sanders, Marie Ryan and Lil Thompson, Marg Davis and Heather Burling.

Coming events: April 13 — April 18 — Canadian National Regional Bridge Championship — Royal York Hotel, April 30 and May 7 — Friday night open pairs, May 10 — Canada-Wide Olympiad Fund Game — 7:30 p.m. Limited side game every Monday. New players welcome at any time — for information call Marie Cole 773-4280.

Such a file opens up a whole new interest in the history, customs and possessions of your ancestors, as well as an insight into the communities in which they lived.

The speaker said, many of her important genealogy findings have been gleaned from headstones in cemeteries where her ancestors are buried, and this research comprises an important part of family vacations in the Eastern Provinces and New England States!

As a result of the interest expressed at the lecture, informal work sessions will be held during April under the guidance of Mrs. Hart.

If you are interested in "Digging up your family roots", The Library Board extends a welcome to participate in one of the free sessions to be held on April 29 and 30 from 9:30 a.m. to 12:30 p.m. April 28 from 8 to 10 p.m. If you plan to attend,

## Four generations

HALIFAX — Canon Foster Heffler, DD, 84-year-old rector emeritus of Trinity Anglican Church presided here over the baptizing of his great-grandson, Jason Lee Heffler, son of Mr. and Mrs. Terry Heffler, Trench St., Richmond Hill.

The infant was brought to Halifax by his parents to allow Canon Heffler to preside at the ceremony. Four generations of the family were in attendance.

God-parents are Mr. and Mrs. Don E. Heffler, uncle and aunt of the baby. The infant's grandparents, Mr. and Mrs. Don F. Heffler, of Halifax, were also present at the ceremony and afterwards entertained the immediate family at the home of Canon and Mrs. Heffler in Park Victoria, South Park Street, Halifax.

Jason's maternal grandparents are Mr. and Mrs. Duncan Brown of Unionville and maternal great-grandmother is Mrs. Hazel Adams of Niagara Falls.



(Photo by Elbert)

## White Rose preview

Modelling finery they plan to wear to the York Central Hospital Auxiliary's annual White Rose dinner dance at the Prince Hotel May 1 are three of the organizers (left to right) publicity convener Mrs. Barry Collard, dinner dance convener Mrs. Murn Walker, and auxiliary president Mrs. Leslie Jempson. This major fund-raising event for the hospital has become a highlight of the social season for people in Southern York Region and their friends. Tickets are \$35 a couple, and deadline for reservations is April 20. Ticket conveners are Rosemary Bennett, 884-9005, and Marjorie Blakeley, 889-5504.

## B vitamins essential

If vitamin C contained nitrogen it would be one of the vitamin B group — and thereby hangs part of the tale about the "B" complex vitamins.

Although there are usually considered to be nine vitamins in what is spoken of as the "B complex" three of them are much better known than the rest. These three are thiamine (B1), riboflavin (B2) and niacin.

Today the B designation for a vitamin really means very little — except that it can be dissolved in water and that it contains nitrogen.

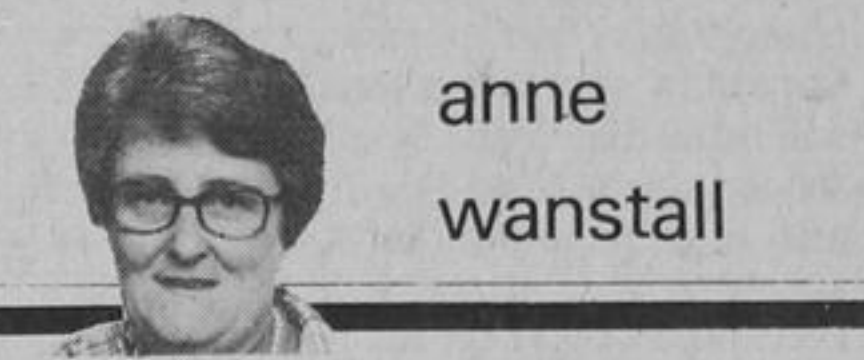
Deficiencies in B vitamins produce such dread diseases as beriberi, pellagra and pernicious anemia.

Dread as they may be, the symptoms of any serious deficiency would send any reasonable person rushing to his doctor.

Suppose, for example, you were deficient in thiamine. Your feet would go numb, and there would be cramping pains in your legs. You would stumble and finally become paralyzed.

Chances are, with symptoms like these, you'd race to the doctor in preference to filling yourself up with thiamine-rich foods!

Getting small amounts of these vitamins is almost unavoidable if you eat at all. Even so, most males get all they need, and the vast majority of females do not. These deficiencies occur especially with thiamine and riboflavin.



anne wanstall

## Nutrition

One of the reasons for this is suspected to be the female concern against "fattening" foods, since these B vitamins are found in such foods as nuts, pork loin, potatoes, bread, lima beans, and peas.

A protection against dietary deficiencies of the B vitamin big three is the enrichment of flours, but it is very possible that these enrichments will have to be boosted in the future.

Further, many shoppers will have noticed that the enrichment has been extended to many brands of spaghetti and other pasta.

The body requires one milligram of thiamine, 1.6 mg. of riboflavin and 17 mg. of niacin daily.

The following chart might be a help to those who are concerned that they are not getting enough of the B complex

	Thiamine	Riboflavin	Niacin
Asparagus (1/2 cup)	.16	.18	1.4
Broiled bacon (3)	.13	.09	1.3
Banana, medium	.06	.08	.09
Corn	.12	.10	1.4
Egg	.06	.15	0.1
Tuna (3 1/2 oz.)	.05	.12	13.3
Ham, 3 1/2 ozs.	.47	.18	3.6
Ice Cream	.04	.19	0.1
Lamb Chop	.12	.23	5.0
Liver, 2 slices	.20	3.14	12.4
Milk, one cup	.07	.41	0.2
Pork sausage (3)	.47	.20	2.2
Turnip greens	.11	.18	0.5
Wheat germ (1 tbsp.)	.20	.07	.04

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