

Bulk food costs less

By Denise Romberg

THORNHILL — It's a challenge these days to try and beat the rising costs of food but buying in bulk is one solution to the problem.

Hazel Graben of Thornhill and her partner in "liberation from the kitchen", Elaine Day, of Willowdale, began their shop-at-home service a month ago. Their company, Pia's Frozen Food Service, offers over 100 products, most of which are frozen with the exception of the cheeses.

However customers can request that fresh foods be delivered too. The two ladies, both of whose husbands are in the food business, but neither anxious to let their wives join them at work, have learned from their own experiences that there are savings in buying food in bulk quantities.

After aligning themselves with several food distributors, Mrs. Day and Mrs. Graben decided to go into the business of taking food orders over the telephone and making deliveries when the orders are filled.

"I realize that you can't use a whole block of cheese yourself, but the product can be split with neighbours or family," Mrs. Graben said.

The idea behind the project is that a group of households can make up a list of products they require and then split the bulk quantities when they arrive.

"Actually I prefer buying frozen food," says Mrs. Day, "because it's packed and frozen immediately — blast frozen. You don't know how long items have been sitting on supermarket shelves," she added.

Mrs. Day is the mother of three children and has been married for 13

years. About a year ago she started looking around for something to do that would take her outside her home.

Last fall she started working on a Bachelor of Arts degree at York University and toyed with the idea of launching a quilting business.

"That never really got off the ground because I decided that I wasn't interested in spending nine hours a day in my basement sewing," she explained.

Mrs. Graben, married eight years ago and now mother of two children is by profession an X-ray technician. She was also looking for an opportunity to get out of her home and start a business.

Oddly enough the two ladies knew each other by name as their husbands had done business together. Neither had met the other until a few months ago when they found themselves sitting across from each other discussing the food business possibilities while waiting for results from sugar tolerance tests at an Extencicare clinic.

Shortly thereafter their first brochure was ready and in the mail and they've just completed a new brochure with an expanded product list that includes seafood, fish, fowl, cheeses, vegetables, deserts and and miscellaneous items such as lasagna.

Mrs. Day insists that the lasagna has got to be the best bargain on the list — five pounds, enough to serve ten people and delivered frozen for \$7.85.

Seafood items include lobster tails, oysters, shrimp, crab and frogs legs and vegetables run from peas and corn to rhubarb and artichokes.

For homemakers unfamiliar with storage of frozen food and ease in getting them to the table quickly, Mrs. Day and Mrs. Graben plan to address small groups on this topic with the hope of taking orders when the meeting is over.

Charitable organizations whose membership would like to participate in such a meeting would receive a donation from Pia's amounting to 10 per cent of the value of orders placed.



Enterprising women

Mrs. Hazel Graben (left) and Mrs. Elaine Day began their frozen food business with the intention to save people money

by offering products in bulk. Their company offers more than 100 different products for telephone shoppers.

south york region scheduled events

Hadassah bazaar Oct. 27

TORONTO — The Hadassah Bazaar is coming again.

On Oct. 27 from 9:30 a.m. until 11:30 p.m. at the Automotive Building, Exhibition Place, eager shoppers will fight their way through the cheerful bedlam of the world's largest one-day family-style bazaar.

Now in its 52nd year, the Hadassah Bazaar continues to be the big one.

Cooks course

SCARBOROUGH — "Masterpieces of International Cuisine", a new series of five cooking demonstrations co-sponsored by The Consumers' Gas Company and Humber College, begins Oct. 5 from 7:30 p.m. to 9:30 p.m. at the Toronto Blue Flame Room of Consumers' Gas.

The first class is devoted to Italian Cuisine. Consecutive Tuesday nights include Canadian, Austrian, French and Belgium demonstrations.

Tickets are \$30. for the entire series. For more information call 676-1200 and ask for Masterpieces.

Clark speaks

DOWNSVIEW — Joe Clark, leader of Opposition will be the guest speaker at Minkler Auditorium, 1750 Finch Ave. E. at 8 p.m. to begin the Human

Kaleidoscope series.

Mr. Clark will speak on "Morality in Government".

Bentley sings

DOWNSVIEW — The Faculty of Fine Arts at York University is proud to welcome Eric Bentley, noted critic, playwright and translator, to its 1976-77 Performing Arts Series.

Mr. Bentley will perform "Songs of Love and Struggle" in York's Burton Auditorium on Oct. 19 at 9:00 p.m.

The program will include stories and music by Brecht, Eisler, Prevert and Bentley.

Tickets for this performance, available at the Burton Auditorium box office, from 11 a.m. to 2 p.m., Monday to Friday are \$5.00 for the public and \$3.00 for students. For reservations call 667-2370.

Gibson exhibit

WILLOWDALE — An exhibition of Canadian landscapes, cityscapes and watercolours by George Gibson will be shown in Gibson House, 5172 Yonge St. from Oct. 21 to November 7.

An expert on colour, one of the founding members of the Society of Canadian Artists, a past president of the Willowdale Group of Artists, Mr.

Gibson is now an active member of the North York Arts Council.

Historic Gibson House is open 9:30 a.m. to 5 p.m., Monday to Saturday, and noon to 5 p.m. Sundays and Holidays. Admission is 50 cents for adults, 25 cents for children and senior citizens.

Walton speaks

WILLOWDALE — Dr. Francis X. Walton, author of *Winning Children Over* will be speaking on "How to Win the Cooperation of Children and Adolescents" on Oct. 15, from 8 p.m. to 10 p.m. Room N 204, 252 Bloor Street West, Bloor and St. George.

The program is sponsored by the Alfred Adler Institute of Ontario and registration is \$2 per person at the door.

in the hill family page

Seniors gear up for annual bazaar

RICHMOND HILL - The monthly meeting of Richmond Hill Senior Citizens Club 35 will be held at 2 p.m. Oct. 13 at the club room, 10149 Yonge St.

This is the annual election meeting and the nomination committee will present a slate of officers for next year.

A display of the bazaar articles will be held at the club from Oct. 14-16 in preparation for the event to be held Oct. 30 in the club rooms.

Reservations for the three week trip to Sarasota, Florida are now being accepted. For information call Don Hick at 884-1736.

Helpmates meet

RICHMOND HILL — Helpmate Information will hold a volunteer meeting at The Blue Flame Room, Consumer's Gas Company on Elgin Mills Road Oct. 20 at 10 a.m.

The speaker will be from the Department of Consumer and Corporate Affairs. Coffee will be served and all are welcome.

Teen talks

RICHMOND HILL — The Richmond Hill and Thornhill Area Family Services will present a series of four evenings to be held at Hillcrest Mall Auditorium. The topic is Parents and Teenagers in the '70's.

Beginning Oct. 25 at 8 p.m. the first speaker will be Pauline Pariser of the Addiction Research Foundation who will speak about "Parents and Adolescents — The dilemma of Communication".

Series tickets are \$5, or at the door, for \$1.50.

For further information call 884-9148.

Seniors elect

RICHMOND HILL — Richmond Hill Senior Citizens Club 35 will hold a display of bazaar articles and sell raffle tickets at the Hillcrest Mall Oct. 14 to 16.

The bazaar will take place in their club room, 10149 Yonge St. on Oct. 30 from 1 to 4 p.m. Tickets are 25 cents each or five for a \$1.

Travel talk

RICHMOND HILL — Globe Travel Service will sponsor a travel film presentation about South America to be held at the Richmond Hill Library at 8 p.m. on Oct. 27.

Nutrition week

RICHMOND HILL — The Home Service Department is presenting a Nutrition Week program called, "Food, Fitness and Fun". Nutrition Week occurs from Oct. 18 to 23.

The program will be held in the Blue Flame Room, 500 Elgin Mills Rd. E., at 7:30 p.m., Oct. 19.

To increase nutritional awareness amongst all ages, Elizabeth Snell, a dietitian-nutritionist and a member of the Ontario Dietetic Association, will discuss nutritional status and how emotions and physical activity affect what and how much we consume.

Brian Prettie, a fitness consultant, will discuss ways to keep your diet and physical activity balanced. He will also explain ways to "shape up" for any ages and activity levels.

Dr. Frank Fidler, executive director of the Richmond Hill and Thornhill Area Family Services, will explain stress — the causes and how it affects us emotionally and physically.

Tickets will be available at the door and are \$2 for adults and \$1 for students. For more information call the Home Service Department at 884-9105, 895-4577, 887-5847.

For history

RICHMOND HILL — The Richmond Hill Historical Society will hold their monthly meeting Oct. 18 at 8 p.m. at Richmond Hill Public Library auditorium.

Brian and Elizabeth O'Neill of Gingerbread House Antiques will be the guest speakers for the evening.

Branch bridge

RICHMOND HILL — The East Central Branch of York Central Hospital will hold an annual bridge and euchre Oct. 19 at 7:30 p.m. at the Richmond Hill Lions Hall on Centre St. E.

The evening includes prizes, bake table, boutique and refreshments all for the \$2 admission.

Church tea

RICHMOND HILL — A harvest tea and sale of baking and crafts will take place at St. John's Anglican Church Oct. 16 from 2 to 4:30 p.m. The church is located at Yonge Street and the Stouffville Road and admission is 75 cents.

Naturalists meet

RICHMOND HILL — The Richmond Hill Naturalists will meet Oct. 15 at the "Blue Flame Room", Consumers' Gas Company, 500 Elgin Rd. East at 8 p.m.

A field outing to Mono Cliffs is scheduled for Oct. 17, leaving Richmond Hill library parking lot at 8 a.m. For further information phone trip leader Wendy Laird, 832-2582.

YCH bazaar

RICHMOND HILL — The Continuing Care Unit of York Central Hospital will hold their first Craft Sale and Bazaar at the Hospital on Oct. 16 from 11 a.m. to 4 p.m. It is to be held in the Lecture Hall on Level One.

Lunch will be available from 11 a.m. to 2 p.m. for 75 cents. Afternoon Tea is

to be served from 2 to 4 p.m. at a cost of 50 cents. Staff nurses of Continuing Care are running a White Elephant Table. Raffle tickets are being sold for a handmade quilt and tickets will still be available the day of the Sale.

Mr. Barry Hayes, Chairman of the Hospital Board, will officially open the Bazaar at 2 p.m. He will introduce Mrs. Hendricks, a Continuing Care patient who will draw the winning ticket for the quilt.

All proceeds from the Bazaar go to the Continuing Care Unit.

Ladies meet

RICHMOND HILL — The Richmond Hill Baptist Church Ladies Fellowship will meet Oct. 14 at 8 p.m. at the church on Wright Street when Lillian Mason, a retired missionary will deliver the guest address.

SRVS meets

SCARBOROUGH — The first annual meeting of Save the Rouge Valley System will be held Oct. 14 at 8 p.m. in the council chambers of Scarborough College, Military Trail and Ellesmere.

For further information call 284-6409.

One parent

TORONTO — The Richmond Hill and Thornhill branches of One Parent Families Association of Canada will hold their conference Oct. 16 at the Beverly Hills Motor Hotel at 1 p.m.

The conference includes a dinner and dance in the evening as well as workshops throughout the afternoon.

Guest speaker will be Peter Keveloo. Dinner is \$5 or the afternoon package is \$8.

Press meet

DOWNSVIEW — Winters College of York University will host a symposium on "The Press in Canada" scheduled from the evening of Oct. 15 through mid-morning Oct. 17.

Journalists from some of Canada's leading newspapers and magazines will consider the general questions of press responsibility and accountability in its treatment, both by factual report and editorial comment, of matters of public concern.

Admission to the symposium will be \$7 for the public and \$5 for students.

Turkey dinner

CARRVILLE — The Carrville United Church Women will hold their annual turkey dinner Oct. 27 from 4:30 to 8 p.m. at the church on Rutherford Road, west of Bathurst Street.

The dinner will cost \$4 for adults and \$2 for children under 12.

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