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 amonth 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



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

years. About a year ago she started

looking around for something to do

that would take her outside her

Last fall she started working on a

Bachelor of Arts degree at York

University and toyed with the idea of

"That never really got off the

ground because I decided that I

wasn't interested in spending nine

hours a day in my basement

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 op-

portunity to get out of her home and

launching a quilting business.

sewing," she explained.

start a business.

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.

Gibson is now an active member of the

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

Walton speaks

West, Bloor and St. George.

Historic Gibson House is open 9:30

North York Arts Council.

in the hill imily page

Seniors gear up for annual bazaar

RICHMOND HILL - The monthly To increase nutritional awareness to be served from 2 to 4 p.m. at a cost of meeting of Richmond Hill Senior amongst all ages, Elizabeth Snell, a 50 cents. Staff nurses of Continuing Citizens Club 35 will be held at 2 p.m. dietitian-nutritionist and a member of Care are running a White Elephant

and the nominationg committee will emotions and physical activity affect be available the day of the Sale. present a slate of officers for next year. what and how much we consume. A display of the bazarre articles will Brian Prettie, a fitness consultant, be held at the club fromOct. 14-16 in will discuss ways to keep your diet and Bazaar at 2 p.m. He will introduce Mrs. Oct. 30 in the club rooms.

Reservations for the three week trip ages and activity levels. to Sarasota, Florida are now being Dr. Frank Fidler, executive director accepted. For information call Don of the Richmond Hill and Thornhill the Continuing Care Unit. Hick at 884-1736.

Helpmates meet us emotionally and physically. Tickets will be available at the causes and not in the causes are caused and not in the cause and not in the causes and not in the cause and n

Consumer's Gas Company on Elgin 895-4577, 887-5847. Mills Road Oct. 20 at 10 a.m.

The speaker will be from the For history Department of Consumer and Corporate Affairs. Coffee will be served RICHMOND HILL — The Richmond and all are welcome.

leen 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

display of bazaar articles and sell raffle Oct. 16 from 2 to 4:30 p.m. The church is

The bazaar will take place in their cents. 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.

WILLOWDALE - Dr. Francis X. Nutrition week

Walton, author of Winning Children Over will be speaking on "How to Win RICHMOND HILL - The Home the Cooperation of Children and Service Department is presenting a Adolescents" on Oct. 15, from 8 p.m. to Nutrition Week program called, "Food, 10 p.m. Room N 204, 252 Bloor Street Fitness and Fun". Nutrition Week occurs from Oct. 18 to 23.

The program is sponsored by the The program will be held in the Blue Alfred Adler Institute of Ontario and Flame Room, 500 Elgin Mills Rd. E., at registration is \$2 per person at the door. 7:30 p.m., Oct. 19.

Oct. 13 at the club room, 10149 Yonge St. the Ontario Dietetic Association, will Table. Raffle tickets are being sold for This is the annual election meeting discuss nutritional status and how a handmade quilt and tickets will still

preparation for the event to be held physical activity balanced. He will also Hendricks, a Continuing Care patient explain ways to "shape up" for any

> Area Family Services, will explain stress — the causes and how it affects Ladies meet

Tickets will be available at the door RICHMOND HILL - Helpmate and are \$2 for adults and \$1 for Information will hold a volunteer students. For more information call the Hill Baptist Church Ladies Fellowship meeting at The Blue Flame Room, Home Service Department at 884-9105, will meet Oct. 14 at 8 p.m. at the church

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

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. table, boutique and refreshments all for

Church tea

the \$2 admission.

RICHMOND HILL - A harvest tea RICHMOND HILL - Richmond Hill and sale of baking and crafts will take Senior Citizens Club 35 will hold a place at St. John's Anglican Church tickets at the Hillcrest Mall Oct. 14 to located at Yonge Street and the Stouffville Road and admission is 75

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.

RICHMOND HILL - The Continuing Care Unit of York Central Hospital will hold their first Craft Sale Church Women will hold their annual and Bazaar at the Hospital on Oct. 16 turkey dinner Oct. 27 from 4:30 to 8 p.m. from 11 a.m. to 4 p.m. It is to be held in at the church on Rutherford Road, west the Lecture Hall on Level One.

Lunch will be available from 11 a.m. The dinner will cost \$4 for adults and

ANNIVERSARY SALE

starts Thursday at 10.00 am sharp with super savings.

Mr. Barry Hayes, Chairman of the Hospital Board, will officially open the who will draw the winning ticket for the

All proceeds from the Bazaar go to

RICHMOND HILL - The Richmond on Wright Street when Lillian Mason, a retired missionary will deliver the guest address.

SCARBOROUGH - The first annual meeting of Save the Rouge Valley Brian and Elizabeth O'Neill of 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 The evening includes prizes, bake 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

Press meet

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

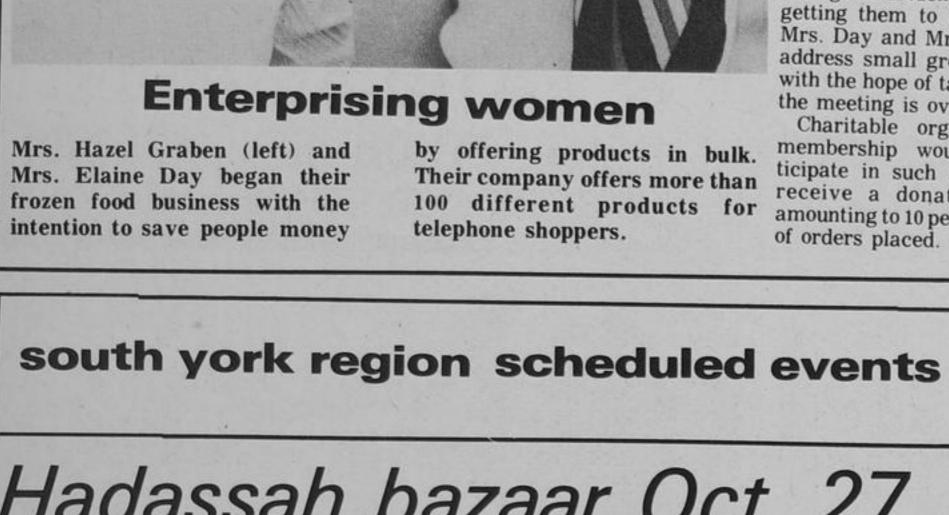
Journalists from some of Canada's leading newspapers and magazines will consider the general questions of press responsibility and accountability in its treatment, both by factual report and editorial comment, of matters of public

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

Turkey dinner

CARRVILLE — The Carrville United of Bathurst Street.

to 2 p.m. for 75 cents. Afternoon Tea is \$2 for children under 12.



Hadassah bazaar Oct. 27

TORONTO - The Hadassah Bazaar Kaleidoscope series. is coming again.

On Oct. 27 from 9:30 a.m. until 11:30 Government" p.m. at the Automotive Building, Exhibition Place, eager shoppers will Bentley sings 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 Auditorium on Oct. 19 at 9:00 p.m. of International Cuisine", a new series of five cooking demonstrations cosponsored by The Consumers' Gas Bentley. 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.

Cuisine. Consecutive Tuesday nights 667-2370. include Canadian, Austrian, French and Belgium demonstrations.

For more information call 676-1200 and ask for Masterpieces.

Clark speaks

Mr. Clark will speak on "Morality in

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

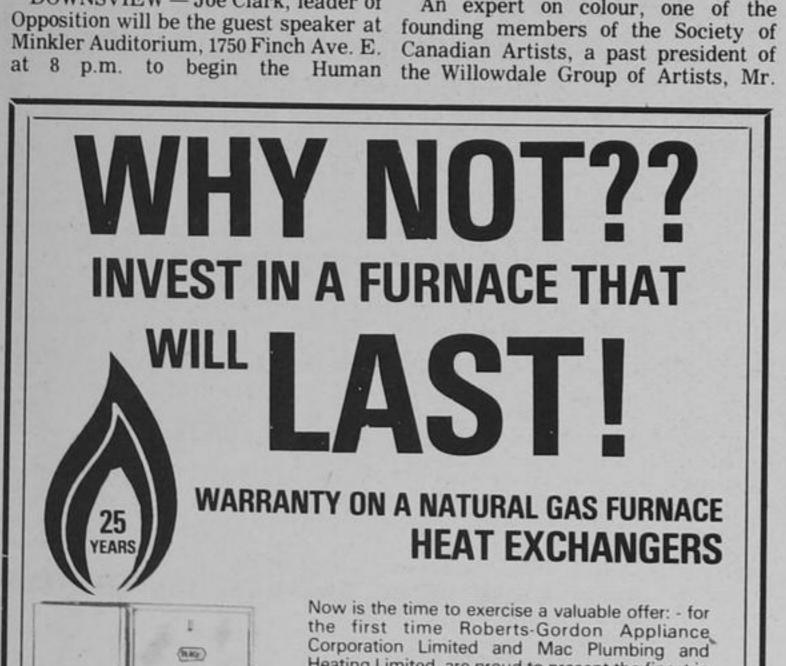
Tickets for this performance,

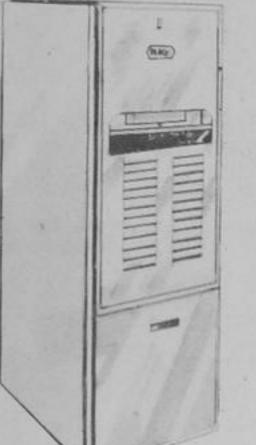
available at the Burton Auditorium box office, from 11 a.m. to 2 p.m., Monday to Friday are \$5.00 for the public and The first class is devoted to Italian \$3.00 for students. For reservations call

and Belgium demonstrations. Tickets are \$30. for the entire series. 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.

DOWNSVIEW - Joe Clark, leader of An expert on colour, one of the





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beige grounds. 5 to 15. Great looking pants in a blended gabardine fabric. 7 plain colors, 5 to 15, Reg. \$21,

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