

## in the hill

### One last recycle this year at depot

RICHMOND HILL — The Richmond Hill Recycling Depot will be closed Christmas and New Year's Day so if you've got anything with recycling potential, Dec. 18 will be the last opportunity before the New Year.

### Yule library hours

RICHMOND HILL — All branches of the Richmond Hill library will close Dec. 24 at noon and re-open at regular hours Dec. 29. Libraries will be closed Dec. 31 at 5 p.m. until Jan. 4 at the regular opening time.

### Trees on display

RICHMOND HILL — The Richmond Hill Public Library staff invite the community to view a collection of Christmas trees now on display in the library on Wright Street. The staff members were divided into groups and each has selected a suitable tree topic. On display are a recycling tree adorned by old bottle caps, juice can tops and discarded styrofoam cups, a tree decorated with popcorn and cranberry strands, one painted white to hold paper sculptures, another decorated with chains of film and one secret decorating attempt guaranteed to be very exciting.

### Violinist at film showing

RICHMOND HILL — Canadian violinist, Maurice Solway will be present for a showing of the film "The Violin", in which he stars, at Charles Connor Memorial Branch library at King Side Road near Yonge St. Dec. 18 at 1 p.m. No tickets are required and admission is free.

### Coin club hosts party

RICHMOND HILL — The Richmond Hill Coin Club will play host to members from the Thistleton, North York and Scarborough clubs at a Christmas party to be held at 7 p.m. Dec. 21 at Richmond Hill High School on Wright St. There will be a bingo game and a gift exchange.

### Thornhill man

## Head Foster Parent named



Sidney Launitz-Schurer  
..... foster head

THORNHILL — At a recent meeting of the International Board of Directors of Foster Parents Plan, Inc., Thornhill resident Sidney Launitz-Schurer became chairman of the organization.

Mr. Launitz-Schurer, a prominent member of the Montreal business community until his retirement in 1972, was first elected to both the international and Canadian boards in 1968.

He served as chairman of the international board from 1970-73, while at the same time serving as vice-chairman of the Canadian board.

Mr. Launitz-Schurer now resides at 110 Inverloch Road with his wife, formerly Marjorie Springett, daughter of the late Rev. E.J. Springett of Toronto.

Together they support a foster child in the Philippines.

The Launitz-Schurer's have one son, Leopold Jr. who is a lecturer in American History at the University of Queensland, Brisbane, Australia.

Foster Parents Plan is a non-profit, non-political, non-sectarian social service organization with programs in the underdeveloped countries of Africa, Asia and South America.

At present, over 70,000 children and their families are being supported by foster parents in Canada, Australia, Netherlands and United States.

Monthly care costs \$19 to provide food, clothing, medical and dental care and education. For further information about the program write to: Public Relations Department, Foster Parents Plan of Canada, 153 St. Clair Ave. W., Toronto, M4V 1P8, or call 920-1654.

# Getting down to turkey talk

RICHMOND HILL — If space allows, a turkey can be successfully thawed in the refrigerator, by slitting the bag, but leaving it on. Place the turkey backside down in a pan and allow about five hours per pound.

If there's an extra sink available, you might try that, but don't puncture the bag... otherwise you'll end up with a very soggy bird. Allow one hour per pound and then refrigerate.

Remember, that after the bird is thawed, only one day in the refrigerator is safe — so plan ahead.

**Taking care of leftovers**  
Take care of the leftovers before the dishes, seems to be the ruling of the Ministry of Agriculture. Leftover turkey must be refrigerated or frozen as soon as the dinner is over. If it is left at room temperature it deteriorates quickly.

Take all of the meat off the carcass being careful to leave it in as big pieces as possible to prevent

drying. Wrap and refrigerate if you plan to use it in two or three days or to freeze, wrap the

meat snugly in heavy aluminum foil or in durable plastic freezer bags.

Label them to be used within two months and freeze. And don't throw away the carcass. Break it up for turkey soup. Now you can get back to cleaning up the dishes.

### Dunn's Ingram award winners

## Weekly bridge results

Dec. 1: North-South: 1. Mabel Howe and Edith Windsor 2. Natalie Platner and Phyllis Mountjoy 3. Nick and Margie Parmegiani.

East-West: 1. Jean Honan and Pat Rawlinson 2. Diane Brown and Sherry Vogan 3. Rita Parisella and Sharon Menczel.

Dec. 3: A Howell Movement was played giving these winners: 1. Don and Marion Fahner 2. Stewart Cole and Ruth Browning 3. Bob and Edna Dunn.

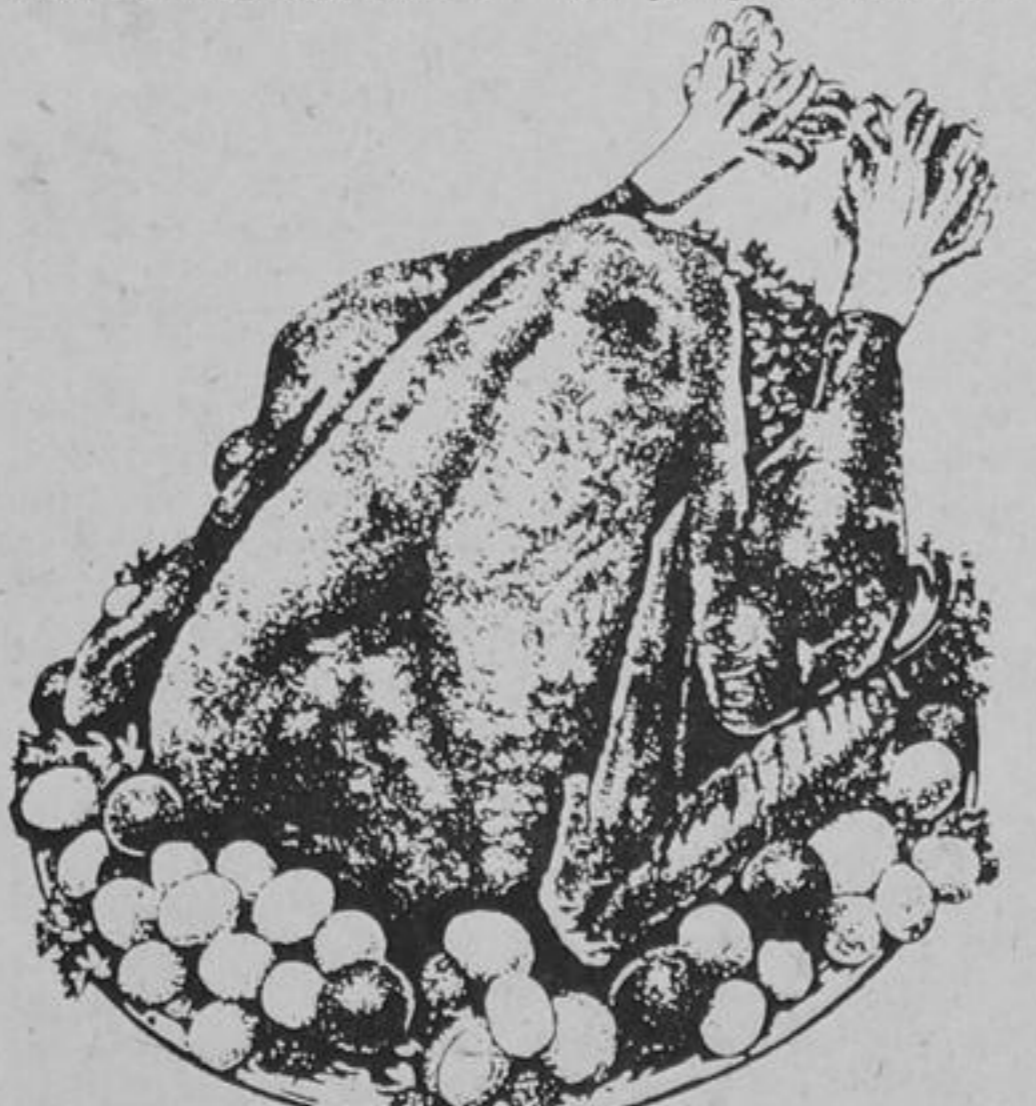
Dec. 5: the Aurora Bridge Club hosted a Charlotte Ingram Memorial two-session event with the proceeds going to the Arthritis Foundation. The overall winners were: 1. Bob and Edna Dunn 2. Ruth and Gerry Browning 3. Sandy Jenkinson and Cleta Dieken.

Dec. 6: North-South: 1. Geoff Parker and Bev Jones 2. Heather Burling and Marg Davis 3. Rose Morrell and Grace Saunders.

East-West: 1. Ann and Hank Jansen 2. Ron Marlow and Murry Ferguson 3. Wendy and John Hunter.

Dec. 8: a Howell Movement was played with the winners: 1. Rose Morrell and Grace Saunders 2. Mabel Howe and Phyllis Mountjoy 3. Jean Goodwin and Marg Melnichuk.

Bridge as usual through Christmas time. For information call Cleta Dieken 727-5789 or Natalie Platner 884-1689. Partners available at the club on Monday and Friday.



## Tough festive weight watch

RICHMOND HILL — The holiday month Dec. 1 to Jan. 1 poses an uncertain challenge to keeping a clear focus on the diet horizon.

The feasting, drinking and activities of the month will be travelled by many with diet in hand and heart in mouth. "Fear not", says Helen Nicolle, Area director of the Toronto-East Diet Workshop. "The diet need not be lost en route to next year".

Here are some simple ways to help stay thin during the holiday rounds:

1. Plan ahead. When you know you are going to a party, plan what you may eat before you leave your house. Eat only what you planned; nothing more.
2. When you feel your energy lagging during this season, stop. Whatever you are doing, stop. Away from home, sit down for five minutes. At home, go to your room for a brief rest or a quick shower. Remember that fatigue is the greatest enemy a dieter can have.
3. Plan to entertain at home where you are in control of the food.
4. Be sure you have a stunning and slim New Year's outfit waiting for you in the closet. Buy it the week before the holidays, and tape the sales slip to your refrigerator door.
5. Do not fall into the cookie-baking habit.
6. Include dinner out in your week before Christmas plans. Order a la carte and diet.
7. Do not unwrap gift candy boxes.

### Holiday Recipes for Slims

#### Holiday Eggnog

- 3 Packs Sweet 'n Lo
- 3 Egg Whites
- 1 Cup Evaporated Skim Milk, chilled in freezer until very cold
- 3 Egg Yolks
- 1 Tsp. Rum Extract
- 1/4 Tsp. Salt

- 1 Cup Skim Milk powder, liquified, very cold
- Grated Nutmeg

Beat egg yolks with sweetener until thick and lemon coloured. Add rum extract. Chill one hour.

Beat egg whites with salt until stiff. Slowly add cold evaporated skim milk to beaten egg yolks, beating with electric mixer. Add skim milk and continue beating.

Fold in beaten egg whites until mixture is smooth and foamy. Pour into six punch cups. Sprinkle each with grated nutmeg.

#### Luau Shrimp

- 1 cup pineapple chunks, canned in own juice, well drained
  - 1/4 Tsp. ground ginger
  - 6 ounces cooked medium shrimp
  - 2 Tablespoons lime juice
  - 1 Tablespoon Kikkoman Soy Sauce
- Mix all ingredients together. Marinate a few hours. Place one shrimp, one pineapple chunk on a coloured toothpick. Chill well before serving.

#### Pumpkin Cheese Pie

- 2 Tablespoons Orange Juice Concentrate
- 1 Ounce Thin Sliced White Bread
- 1 Tsp. Cinnamon
- 1/4 Tsp. Nutmeg
- 1 Tsp. Vanilla
- 1 Cup Canned Pumpkin
- 1 lb. Cottage Cheese
- 2 Eggs
- 1/4 Cup Brown Sugar Substitute
- 1/2 Tsp. Ginger
- Dash of Salt

Using Blender, mix all ingredients together until very smooth. Pour into Pam-sprayed 9 inch pie plate. Bake in 325 degree oven for 40 minutes or until knife inserted around edge of pie comes out clean.



(Photo by Hogg)

### What would you like for Christmas?

Santa's had quite a time in the last week getting everyone's Christmas list straight. Jamie Wildish, 6, of Wild Cherry Lane in

Thornhill was having a word with Santa at Hillcrest Mall over the weekend.

## RICHMOND HEIGHTS CENTRE

10520 YONGE ST. AT LEVENDALE RD. RICHMOND HILL

**"ONE STOP GIFTING FOR THE WHOLE FAMILY"**

### HEY KIDS!!

VISIT SANTA IN HIS VILLAGE

Located beside Loblaws.

Mon. - Fri. 1 p.m. - 4 p.m. and 6 p.m. - 9 p.m.

Saturday 10 a.m. - 5 p.m.

**FREE!**

### "GIFT WRAPPING"

DEC. 18th 9 A.M. to 6 P.M.

LOCATED BESIDE SANTA'S VILLAGE

**CHRISTMAS SHOPPING HOURS:**

Mon. to Fri. 9 a.m. - 9 p.m.

Saturday 9 a.m. - 6 p.m.

## RECORDS!!

A SOUND IDEA FOR "CHRISTMAS"

**World of Music**

THIS LP ONLY \$9.90

CASSETTE & 8 TRACK \$10.99

**GEORGE HARRISON THIRTY THREE & 3's**

Includes This Song, Dear One, See You'll See, Crackerbox Palace

**Neil & Croft's Auden Village**

Includes Baby I'll Give It to You, Thunderfoot, East of Ginger Trees

**James Taylor**

Includes In the City, Fire and Rain, Sweet Baby James, Country Road, You've Got a Friend, Fire and Rain, Walking Man, How Deep is Your Love, Heaven

**BOB DYLAN**

This One's For You

Includes LOOKS LIKE WE MADE IT, WEEKEND IN NEW ENGLAND, THIS ONE'S FOR YOU

**KEATH BARRIE**

**ELECTRIC LIGHT ORCHESTRA "NEW WORLD RECORD"**

**LP's FOR ONLY \$4.79**

**CASSETTES AND TAPES \$6.79**

**DON'T FORGET TO SAVE YOUR SALES SLIPS FOR FREE LP'S WITH CLUB 55**

OFFER GOOD DEC. 16th - 20th '76 - ONE PER CUSTOMER WHILE STOCKS LAST!

## the record shop

**RICHMOND HEIGHTS CENTRE**  
10520 Yonge St. Richmond Hill 884-7362