

## Diet Workshop coming to Hill

The instructor of a new diet workshop coming to Richmond Hill is a perfect example of how the program works.

Shayna Maislin, at the Baptist Church, who leads a diet workshop in Thornhill, lost 74 pounds in one year.

Mrs. Maislin said through her students in Thornhill she heard of a need for such a class in Richmond Hill.

Consequently a program on September 13 will begin at the Richvale Community Centre running Thursday evening at 7:30 p.m.

The weight loss theory used by Diet Workshop is based on four philosophies: a basic diet based on three proper meals a day adhering to Canada's food rules; behavior modification; nutrition; and exercises.

Weekly programs include a private weigh-in, a lecture on some sort of behavior modification such as changing eating habits; what triggers eating patterns; liking yourself; a short period of tightening and toning exercises and a period called "sharing and caring", where members get the recognition they deserve for any improvement.

September 13 at the community centre is Open House for Diet

Workshop. It will be a time for anyone interested to come and sample diet-style hors d'oeuvres, dessert and coffee, and meet the instructor, Shayna Maislin, to talk about the program.

The telephone number to call for information about Diet Workshop is unique - 633-THIN.

**Fire hall to be used for clothing**

The old Wright Street firehall is doing its part to aid humanity once again.

For the next four weeks any donations of clothing for Southeast Asian refugees will be accepted each Wednesday morning from 9 until 11 p.m. at the firehall.

Marilyn Schiller, heading the clothing committee for Operation Lifeline Association of Richmond Hill, said small sizes are needed for the Asians and preferably warm winter clothing.

Anyone unable to take contributions to the Wright Street Firehall during the morning on Wednesday can call Mrs. Schiller at 884-8216 to make special arrangements.

# FIRESTONE APPLIANCE AND STEREO SPECTACULAR!

**-ALL ITEMS MUST BE CLEARED BY SEPT 29 EVERYTHING MUST GO COST PLUS 10%**

### TELEVISIONS:

	REG. PRICE	CLEAR OUT PRICE
QB8670	549.95	483.95
C40811	679.95	545.60
C42821	409.95	345.40
YC9775	749.95	657.75
C41811	949.95	753.50

### STEREOS:

SD6472	175.95	163.68
PKG5839	269.95	226.60

### WASHERS

W500R	409.95	349.25
W533	439.95	367.95

### DRYERS

D501	290.95	255.75
D533	269.95	218.90

### DISHWASHERS

SSC351	407.95	355.30
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### RANGES

J35KR	599.95	516.45
J32ER	439.95	367.95
J35AR	749.95	611.05
J34ER	499.95	414.15
J32ZR	419.95	350.35

### REFRIGERATORS

L15JKR	629.95	530.75
L13JCQ	558.95	465.30

**OFFER WILL NOT BE REPEATED REMEMBER - ALL ITEMS MUST BE CLEARED BY SEPT. 29th**

**-DELIVERY ARRANGED FOR NOMINAL FEE**

**HURRY FOR BEST SELECTION**

- CASH
- VISA
- MASTER CHARGE
- AMERICAN EXPRESS
- FIRESTONE REVOLVING ACCT.

**ALL ITEMS BACKED BY MANUFACTURERS WARRANTY**

- GENERAL ELECTRIC
- ELECTROHOME
- SOUNDESIGN

USE OUR FIRESTONE CREDIT PLAN OR

master charge

AMERICAN EXPRESS

CELEBRITY VISA

Firestone Stores

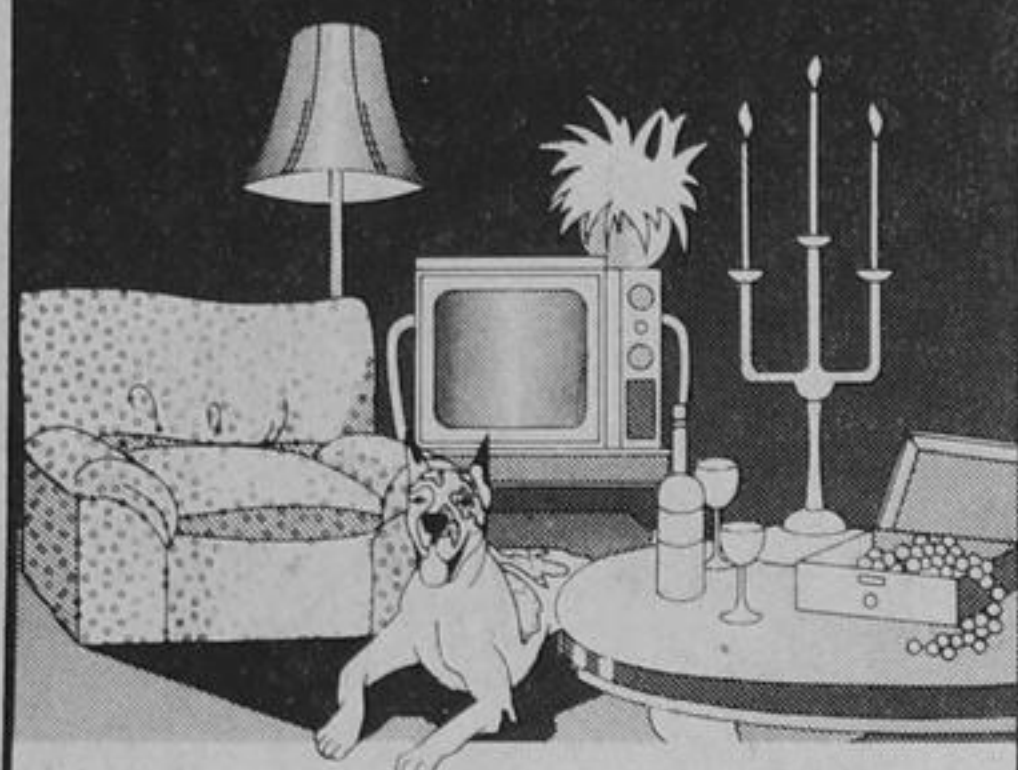
**RICHMOND HEIGHTS CENTRE RICHMOND HILL 884-4401**

8:00 A.M. - 5:30 P.M. MON. - FRI.  
8:00 A.M. - 4 P.M. SAT.

ASK ABOUT OUR 90 DAY PAYMENT PLAN.

ELGIN MILLS RD.  
TRAYBORN AVE.  
YONGE ST.  
N.

**Tenants: guess what is not protected by your landlord's insurance?**



Your personal belongings are not protected by your landlord's insurance. Nor are you protected from personal or legal liability claims.

Protect yourself and your property. Talk to your local Economical insurance agent. We work together - for you.

**Ask your ECONOMICAL Agent.**

**ECONOMICAL MUTUAL INSURANCE COMPANY**

**Richmond Hill Barrow Insurance Services Ltd. 884-1551**

**Willowdale Neil G. McDonald Limited 226-1611**



**THE YORK COUNTY BOARD OF EDUCATION**

**Continuing Education Classes**

**WHERE TO REGISTER:**

Bayview Secondary School, Richmond Hill  
Don Head Secondary School, Richmond Hill  
Thornhill Secondary School, Thornhill

**WHEN TO REGISTER:**

Monday, September 17  
Wednesday, September 19  
7:00-9:00

**DON HEAD SECONDARY SCHOOL**

Subject to adequate registration a wide variety of 20 week courses will be offered. These courses include Academic Upgrading, Taxidermy, Pottery, Typewriting for beginners, Ballroom Dancing, English as a Second Language, Upholstery.

Some of the 10 week courses offered include Auto Service for Ladies, Cake Decorating, Home Gardening, Hunter Safety, Ladies Oriental Dancing, Driver Education.

**BAYVIEW SECONDARY SCHOOL**

Academic credit courses in grades 9 to 13 will be offered at Bayview Secondary School and Drafting and Machine Shop for credit at Thornhill Secondary School.

English as a Second Language as well as a wide variety of Commercial, Technical, and General Interest courses will also be offered. These include Conversational German, French and Spanish, Typewriting, Public Speaking, Sewing, Painting, Photography, Ballroom Dancing, Ladies Self Improvement Clinic, Personal Investments, etc.

Most classes are held Monday or Wednesday evenings. A few meet Tuesday evenings.

Adults are requested to register at the school where the course is offered.

For further information telephone Continuing Education Department 884-8131, 889-0660, 887-5931.