

Classified

FOR SALE

Twenty-six trusses all 18 feet, 5/12 pitch. Half price or best offer. 445-2976.

Ford Granada, 1979, only 35,000 miles, V6, standard. Excellent condition, snows, am/fm radio. \$4,500. After 5 p.m. call 445-2817.

Bedroom set includes two dressers and double bed. May have dresser without bed if desired. 445-2096.

Violin record of jigs, marches, strathspeys and reels — "Violins of the Glengarry Strathspey and

Reel Society." Records: \$7.95, Tapes: \$8.95. On sale at Maria Bianca's, Russell (445-2875); Gary Cooper, Metcalfe (821-2732); or, from any member of the Society. Baby carriage, very good condition, has carry-rack and extra mattress, converts to stroller, \$50, 445-3252.

WANTED

Small drawknife and old shaving horse (drawknife or shinglemaker's bench) in usable condition. 821-2640.

Tin ceiling tiles, hobbyist looking for tin ceiling tiles, any shape, size or design. Phone Marc Belanger, 445-3252.

BIRTHS

At Civic Hospital, Wednesday, Dec. 2 1981 to Marc and Heather Brouillette (née Mole) of Kenmore, a daughter, 3 lbs. 14 oz. A baby sister for Jessie.

At Montfort Hospital, Thursday, November 12, 1981 to Jack and Gisèle (née Bilodeau) Savage a seven pound boy. This is Jack and Gisèle's first child.

At Civic Hospital, Friday November 27, 1981 to Jeff and Trudy Boyd (née Langens) a daughter, 6lbs. 6 ozs., Ashley Christin. First grandchild for Mr. and Mrs. John Langens and second for Mr. and Mrs. Max Boyd of Winchester.

IN MEMORIAM

Sullivan — In loving memory of Asa Sullivan who passed away December 4, 1973.

Sadly missed along life's way Quietly remembered every day No longer in our life to share But in our hearts he's always there.

Sadly missed by Susan and family and sister Mabel.

Bruno Beefs

by Bruno Santilli

Another year will soon become memories — some happy, some sad.

There are many of us, I'm sure, who are beginning to feel an alleviation of an undefined burden — almost by decree. So, welcome the joyous season without reservation. Open your arms and make welcome every person — no matter what their belief.

Do your best to make the transition to 1982 a memorable one for yourself and everyone around you.

Have a Merry Christmas, a Happy New Year and God bless everyone.



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Opinion on health

If it won't spoil, avoid it

by Dick Thom

There are several basic rules for health in the area of nutrition. Eat natural foods, that is, foods in their closest form to nature. Eat fresh foods, not canned or frozen. A rule of thumb may be: If it won't spoil, avoid it.

You should always include lots of raw, living foods (vegetables). Cooked foods are dead foods. Cooking destroys nutrients — depleting vitamins and minerals and destroying 100 per cent of the enzymes.

You should make eating whole foods, the majority of the time, the rule and not the exception. Whole foods have nothing added (e.g. additives, preservatives) and nothing taken away (e.g. by processing).

Avoid the health destroyers — fragmented foods of which the two worst examples are white flour and sugar. White flour has been stripped of 75 per cent of all the important natural vitamins and minerals. White bread is called enriched because they add four synthetic and chemical vitamins. The food processors try to make us believe we are getting wholesome nutrition from enriched, fortified food.

Have you ever wondered why growing teenagers could eat a loaf

of white bread? Non-nutritious food requires a large volume, while nutritious food more quickly satisfies ones hunger.

Not only does refined sugar not add any nutrition (except calories, it requires several vitamins especially B and C) and minerals to be digested, detoxified and eliminated from the body. A study has shown we eat on the average over 120 pounds of sugar a year. Most of this is hidden sugars.

Hidden sugars are found in virtually all processed food. If most of your grocery bill is not fresh fruit and vegetables, you are probably buying lots of hidden sugars. Read labels! If there are more than two or three ingredients on the label, the product is probably a highly chemicalized, sugar filled, non-nutritious food.

It is estimated that more than 90 per cent of all foods which appear on the average table have been tampered with in one way or the other (e.g. preservatives, cooking) and most of the vital nutrients have been taken out of them or destroyed. Have a look at your supper table tonight.

Whole foods contain not only complete nutrition but also enzymes and other factors necessary for proper effective digestion and assimilation of each food.

A. Dianne Custance

Barrister and Solicitor

330 Church St., Box 513, Russell
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Best wishes
of the season. . .

From the boys at Blouin.

May the Blessings of Christmas

Be With You All Through This Season

and the Coming Year



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