



T O
T H E
L A D I E S

What with summer "uncover" days, and warmer weather a lot of the girls are becoming diet conscious. This is fine of course, except where the danger of dietary deficiencies arise. We therefore think it timely to publish the recommendations of the National Research Council for a "Balanced Diet".



Leafy Vegetables (1 serv.)
Vitamin A, Vitamin C,
Riboflavin.

Citrus (4 oz.)
Vitamin C



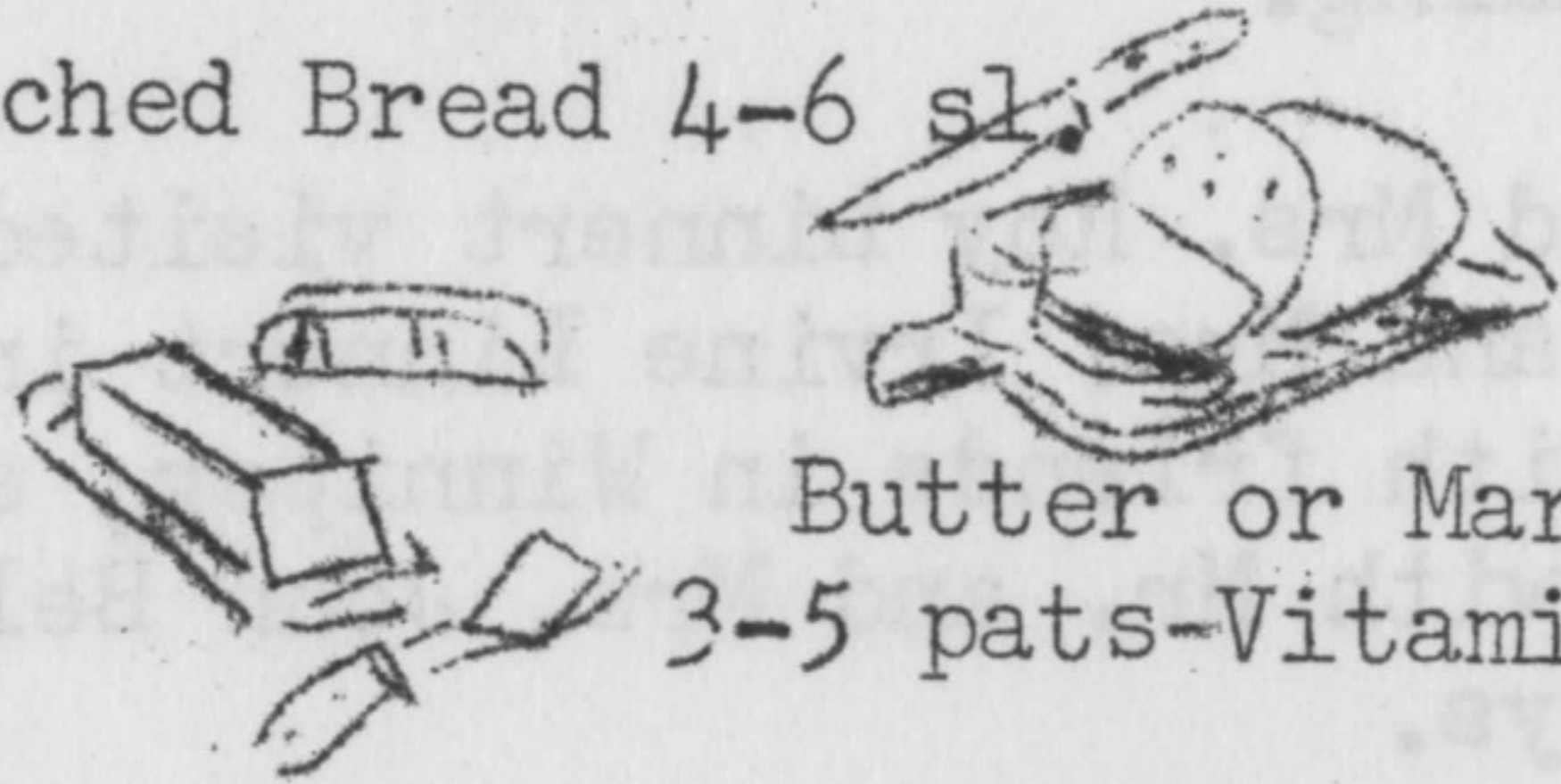
Other Veggies., Iron, Vit.
Fruits (2 serv.) A.C.



Milk 16 oz.
Protein

Meat, Fish, Eggs,
1-2 serv. Iron, Protein, etc.

Enriched Bread 4-6 sl.



Butter or Margarine
3-5 pats-Vitamin A

These are the recommendations for a "moderately active woman of average weight -- 123 pounds", so govern yourselves accordingly.

And from the French comes a low calorie suggestion complete with vitamins.

SPINACH-LETTUCE MOUNDS

Combine 1 lb. fresh spinach, leaves shredded and 1 medium-size head of lettuce shredded, in large saucepan: add 1 tsp. salt; cover and cook over low heat, in the water clinging to the leaves, about 7 minutes, or just until tender-crisp; drain well.

Shape into 4 mounds by packing firmly into a 1-cup mold or custard cup; turn out onto heated serving platter; top each with sliced hard cooked egg.

Mr. and Mrs. L. J. Haywood of Oakville, Ontario are visiting for a few weeks with their daughters, Lois McCausland and Barbara Brady and their families.

Anita and Ron Maycock with their son Mark of Toronto holidayed in Terrace Bay with Anita's parents, Mr. and Mrs. Jim Duncan, and in Loon Lake and Port Arthur. Mr. and Mrs. Fred Maycock and son George of Port Arthur travelled to Terrace Bay for the weekend to attend the Christening of their Grandson Mark.

Betty Ollen-Bittle enjoyed a vacation in Duluth, Minnesota with her sister Catharine McCallum while children Judy, Jim and Erle visited with Grandma McCallum in Port Arthur. Catharine accompanied Betty home and remained for a few days.

We were pleased to see Mrs. Norma McKechnie home from the hospital and looking perky once more.

Mr. and Mrs. Bob Kemp, former Terrace Bay residents, with their children Bonny and Bradley visited here with the Roland Wills last week. The Kemps now live in Tuscon, Arizona.

Mr. and Mrs. Joe Daniels with Judy and Charlene of Fort William are visiting his brother George this week and Mr. and Mrs. Pat Daniels also of Fort William were weekend visitors.

Mrs. Harry Dye of Summerside, Prince Edward Island visited son Manson and family last weekend. She was accompanied by Miss Abita Arsenault.

Audrey and John Verscheure of St. James, Manitoba were guests of Audrey's sister, Gertrude Cotton and family last week.

Susan and Earl Smith of Port Arthur are visiting with Audrey and Cleon Smith this week.

Mrs. Larson with Mavis and Darrow of Lac du Bonnet, Manitoba were visitors at the Pete Shriers last week.

A speedy recovery is wished to Freddy McMillan who is in a Lakehead Hospital following his unfortunate accident.

On Friday the 26th Mrs. Jim Duncan entertained at an afternoon tea for Mrs. Shirley Burnell. A gift was presented to the guest of honour with the best wishes from the attending group.

Nacy and Alex Marquis have holidayed in Duluth, Rainy River with Alex' brother Phillip and family, Sioux Narrows and at Camp at Nishin Lake.

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