

classified ads

CLASSIFIED ADS - CARDS OF THANKS AND ANNOUNCEMENTS -
 Minimum Charge - 75¢ (25 words and under) CASH IN ADVANCE
 \$1.00 if charged. 3¢ per word after 25.

FOR SALE - Baby crib and car seat. Phone 825-3622.

FOR SALE - I Electric range and I washing machine. Excellent condition. Phone 824-2357.

LOST - One gold chain and medal in the vicinity of the swim pool and MacDonald Ave. Finder call 825-3840. Valuable as keepsake. Reward offered.

SERVICE AVAILABLE - Will do babysitting or odd jobs. Two girls ages 15 and 17. Phone 825-3737.

SERVICE AVAILABLE - Lawns cut and trimmed - high school student - reasonable rates. Phone 825-3870.

FOR RENT - 2 bedroom apartment in Rosspoint. Presently available. Stove and refrigerator included. Phone - 767-3594.

FOR SALE - 1971 Leader Mobile Home 60' x 12', 2 bedrooms, furnished except for washer & dryer. Contact Moon's Texaco, Phone 825-3360.

ADELAIDE DANIELS



SAYS

EAT PROTEIN FOR POISE

When you look into the new findings in the field of nutrition these days, you find explosiveness! No field of knowledge is growing faster and changing more rapidly or holds more promise for the human race.

Did you know, for example, that depression can be caused by a lack of niacin? Niacin is now called the "morale vitamin." One way that you can make sure you're getting your share of niacin is by having fish often, also liver.

Some people can't eat when they're tense; others eat more. Tension is the inability to relax and is often responsible for the terrible habit of bolting one's food quickly, taking big mouthfuls, hardly chewing, washing it down with gulps of whatever there is to drink.

In my experience, I've found that people who eat this way usually consume two or three times the quantity of a slow eater. It's a scientifically established fact that when you eat quickly, it takes more food to give you the feeling of being full.

What you eat can also make profound improvements in the glossiness of your hair, the brightness of your eyes, the freshness of your skin-tone.

BUSINESS DIRECTORY

Gordon M. Dodge

GENERAL INSURANCE
 AUTOMOBILE-FIRE-CASUALTY-LIABILITY
 179 HUDSON DRIVE

Donald Beno

INSURANCE AGENT
 1968 saw 63,767 properties damaged by fire in Canada
 FIRE IS SO FINAL
 PHONE: 824-2666 SCHREIBER, ONTARIO

i. m. dodick

R.O.
 OPTOMETRIST

1119 VICTORIA AVENUE
 THUNDER BAY
 PHONE 622-7726



Keep air-inflated toys out of the water. Play with them on the beach where they belong.

For poise and self-confidence, nutritionists say, feed yourself plenty of protein — as well as calcium. Many studies prove that poise and protein go together.

It's true — in that the protein you eat builds the solid parts of your body . . . your skin . . . your nails . . . the muscles that hold your bones in a good (or poor) posture.

With six months of good eating habits, you'll see a dramatic improvement in your looks and life. You'll have a clearer skin, brighter eyes and hair, better muscles and posture and infinitely more energy, self-confidence and fun.

(Adelaide Daniels is Founder & Director of Weight Watchers of Ontario Limited.)

