

SCHREIBER



Town Topics

Mr. and Mrs. Bill Gerow have returned after visiting Mr. and Mrs. Dennis Bouchie (daughter Mary Ellen) in Kamloops, B.C., other relations in Edmonton, Alta., Spokane, Wash., and Mr. and Mrs. Ted Wainikka (daughter Donna) in Winnipeg.

Howard Hartry of San Pedro, Cal and Lester McCuaig enjoyed an interesting and fun-filled afternoon recently when they met for the first time since Howard's parents moved from Schreiber to Fort William in 1908. Howard's recollection of various houses and streets was surprisingly clear except for a few instances when, he declared, the CPR station was too near his old home - and, it took some reflection to recall that the station he remembered was on the north side of the railway yard - later becoming the freight shed. And of course the places they set rabbit snares have long been built into streets but boys are still building 'shacks' on the same old hills!

Mr. and Mrs. Oscar Paradis, Surgeon Falls, are visiting Mrs. George Lemieux and others in the Lemieux family.

Mr. and Mrs. Ted Pinion of Cochrane and Mr. and Mrs. Roger Newmanville, of Timmins are visiting Mr. and Mrs. Henry Pinion.

Lorne and Erin Bourke are holidaying with Mr. and Mrs. Peter Bourke and their family at Reflection Lake.

Betty Pinion has just returned from an enjoyable tour in Quebec and southern Ontario. Betty, the only one from Schreiber, in the group of twenty were on a ten day trip with the Young Voyageurs on an exchange programme. They visited Sherbrooke, Montreal, Ottawa and other centres in the east.

Mr. and Mrs. Les Stack and family of Asquith, Sask. visiting with Mr. and Mrs. John Power, en route home after holidaying in Toronto.

Mr. and Mrs. Allan Valiquette of Deep River visiting Mr. and Mrs. Alex Power this week.

Mr. and Mrs. Bill Duncan of Wawa are here visiting Mr. and Mrs. Philip Birch.

Mr. and Mrs. Gordon Birch and their family of Kelowna, B.C. visiting with Mr. and Mrs. Pat Bourguignon and other relatives en route to Toronto.

Mr. and Mrs. Georges Legault of Montreal are

ADELAIDE DANIELS



SAYS

OVEREATING — NO CONSOLATION

Though there is no magic trick which will solve your personal weight control problem or that of some member of your family; there are some basic principles you can follow which can be classed as a "Magic Formula."

I think the greatest single problem that defeats most people trying to control their weight is hunger — hunger so great that they often go on an eating binge and put their weight right back on.

When the hunger syndrome strikes, men and women sometimes become depressed and negative in their attitude and begin to rationalize that it's not worthwhile. And before they know it they're eating their heads off again.

The reason some people eat a great deal need not only be to satisfy a large appetite: many people eat for non-physical reasons. This is a habit that's acquired in childhood as parents offer food as a consolation or reward.

Dr. Bryant J. Cratty, one of the world's leading psychologists, points out that people can generally be separated into two categories: reducer or augments. This means that in discomfort or task areas people either reduce the problem or augment (increase) the difficulty. People in the latter group usually say "Oh, I'll never be able to do that" or "This is going to be too hard."

By identifying your type, you realize that you can make your weight control problem a lot tougher than it really is — or you can reduce the problem by your thinking and your attitude. The more you downgrade the problem, the more you accept it cheerfully and before you know it, you've dealt with it.

In my programme for weight watchers, I've developed a participation approach for helping overweight people. You are given an eating programme and when your determination grows weak there's someone there to help you.

But if you're losing weight on your own, you should prepare a list of food and drink which will come to your rescue when you are in the mood to blow it all.

Put these life savers to work for you now. They might not solve all your problems but they will help you with your weight control problem.

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

visiting Mr. and Mrs. Jack Bryson on the Slate Islands and will later be with Mr. and Mrs. J.D. Bryson in town. Visiting with the J.D. Bryson's now are their grandson David Legault and his wife of Kingston.

Using plastic packs the Canadian Red Cross Blood Transfusion Service can store frozen red cells for years.