

Collection of dolls dressed by little girls in Sunday School class at Grace Baptist Church, Schreiber. Photo by I. McCuaig.



TERRACE BAY SUPERIORS NEWS

A pair of big wins for Terrace Bay this week has given the Superiors a fine start in the New Year.

Thursday saw the local team over-power the visiting Marathon Mercuries 8-5 in a fast-paced game. Two goals apiece by Mark Dashkewytch, Ed Zwaresh, Bevin Schritt and Jack O'Javee led the way to victory.

But the real hero of that game had to be defenseman, Paul Malashewski. In the final minutes of the third period, Malashewski broke up two break-aways which could have posed a dangerous threat.

About 270 fans were on hand to watch the Superiors take their first win over Marathon this year.

On Sunday the home-town boys again added to their point total by defeating the Copper Kings in Manitouwadge.

Mark Dashkewytch led the winning Superiors by picking up 6 points, four goals and two assists. Bevin Schritt also added five to his own points with two goals and three assists. Ed Zwaresh netted two unassisted goals while Rick Hamilton banged in a single.

One of the highlights of that game was netminder, Richard Petrus' save on a breakaway by the Copper King's Ron Begin. Petrus in net for both the games gave a great performance for the Superiors. The final score Sunday was 9-8 for Terrace Bay.

With these two wins behind them, the local team will be looking for two more this week. Thursday they again host the Marathon Mercuries. Another win over Marathon then would tie them with that team for second place only one point

behind the first place Copper Kings.

On Sunday, January 14th Manitouwadge arrives here for a return match. Should the Superiors win the next two home games they would hold first place in the league.

These should both prove to be exciting games of Junior Hockey in Terrace Bay.

ADELAIDE DANIELS



SAYS

FAT VEGETABLES TO THE RESCUE

Some of the letters I have received from readers ask pertinent questions about foods and food practices which nutritionists tend to assume are common knowledge. I find them interesting and fun to answer. Take this one for example. Many diets specify set amounts of a vegetable which constitute one serving, depending on whether the vegetable is cooked or not. Why does the size of the serving depend on the state of the vegetable?

The answer is that in cooking, water is lost and the fiber broken down so that the final portion is approximately half the original weight. Therefore twice as much of a cooked vegetable may be eaten to get the same amount of food value.

There are other good questions.

Everyone has heard of saturated and unsaturated fats, right? But not everyone knows the difference so here's a useful definition. The solid or saturated fats of animal origin are less soluble in the blood than the liquid or unsaturated plant fats which appear in the form of vegetable oils. These are carried more easily in the blood stream, and unlike the animal fats do not build up in the blood vessels.

It's necessary to eat a certain amount of fats in order to supply body needs. However, the total quantities required are contained in lean meat and vegetables.

Vitamins A and E, unsaturated oil components are nearly all supplied in dark green vegetables such as spinach and green beans, and yellow vegetables such as carrots, tomatoes or wax beans. You can see why both types of vegetables must be included in any diet.

Another reader asks if there is any nutritional difference between pink and red salmon.

If you're watching your weight, there's an important difference. Dark meat from fish and animals has a higher fat content and contains more calories. For that reason pink salmon and white chicken meat are much better bets than red salmon and drumsticks.

Have you heard of the fad carbohydrates-only diet, or worse tried to follow one? In the light of the following nutritional evidence it sounds downright unlikely as a weight-control method.

Carbohydrates are starches and sugars, important sources of energy for the body, BUT NOT ESSENTIAL. That is, the body does not need carbohydrates in food to be healthy because the liver stores glycogen (carbohydrates) after the body has manufactured it, and delivers it as required.

So any diet which specifies whipped cream, cake and potatoes can't be *all* right. Even onions and peas, both high in carbohydrates, are sources of additional sugar and starches and shouldn't be eaten every day.

I hope these questions and answers have proved helpful. If you're curious about any other aspects of weight control, write to me.

Your questions are invited.

Write Adelaide Daniels Says,

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