

**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.

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, creator of the Canadian Family Meal Plan for Weight Watchers and author of Adelaide Daniels Weight Watching Cookery.*

**TENDERS**

Tenders will be received by the undersigned until 5 P.M., Friday, May 11th, 1973, for the following occasional use of vehicles if, and when, required:

Half-ton, open box pick-up truck

Three-ton (minimum) dump-box type truck

Please quote on an hourly rate with driver; on a daily basis (8 hr.) with driver; on a weekly basis (40 hr.) with driver.

Also, please provide quotation on the above basis excluding driver.

W. Hanley,  
Clerk-Treasurer,  
Township of Terrace Bay  
Box 40,  
Terrace Bay, Ontario

**THE SCHREIBER PARKS AND RECREATION COMMITTEE  
INVITES APPLICATIONS FOR THE FOLLOWING POSITIONS:**

**ONE CHIEF SWIMMING INSTRUCTOR**

**THREE ASSISTANT SWIMMING INSTRUCTORS**

**SUCCESSFUL APPLICANTS WILL BE EMPLOYED TO TEACH**

**A RED CROSS WATER SAFETY COURSE DURING A SEVEN**

**WEEK PERIOD IN JULY AND AUGUST AT WHITE SAND LAKE**

**SUBMIT LETTERS OF APPLICATION TO:**



**MR. G. SPECK,  
COORDINATOR OF  
RECREATION,  
BOX 28,  
SCHREIBER.**

