

## SERVICES HELD FOR JOHN STITT

A memorial service for the late John Stitt was conducted in St. John's Anglican Church in Schreiber on April 29th by the Rev. Arthur Chabot.

The hymns sung were the deceased's favourites - "The King of Love My Shepherd Is", and "Lead Us Heavenly Father, Lead Us".

The flowers on the Altar were tributes from Jack and Margaret Handel and Jack and Gladys Anderson.

The church could not accommodate those attending the service.

Among the organizations represented were - Royal Canadian Legion, Schreiber, Branch I09; Royal Canadian Legion, White River, Branch I69; The I.O.O.F., #402; Ruby Rebekah Lodge #279; A.F. and A.M. Terrace Bay #662; Officers and Staff, Schreiber Division, Canadian Pacific Rail; Brotherhood of Transport Union, #429; McCausland General Hospital Staff, Terrace Bay; Locomotive Engineers, Kitchener Division #562; Brotherhood of Locomotive Firemen.

Mr. Stitt's death occurred in a Toronto Hospital on April 13th, as a result of a train accident on January 30th.

His funeral was conducted in Renfrew on April 17th, with interment in Fort Coulonge, Que.

The Royal Canadian Legion, I.O.O.F. Masonic Lodges and the Canadian Pacific Railway were represented and in addition to many relations were the former local friends - Jack Handel and Frank Driscoll, Schreiber; Tom Bourke, Mr. and Mrs. Peter Halonen, Ottawa; Mr. and Mrs. John Ferrier, Mr. and Mrs. Verne Hopper, Barrie; Harvey Carmichael, Cartier; G.D. Regal, Chalk River; Jim Carmichael, Carleton Place.

Mr. Stitt, after serving six years in the RCAF, World War II, as a fighter pilot, returned to Canada and went on the firemen's list with the C.P.R. in Schreiber and was shortly re joined by his wife, the former Jean Carr, to whom he was married in 1944 in Surrey, England. They had made their home in Schreiber since.

There are 200 known causes of Mental Retardation; in many cases the cause is still unknown.

The Confederation College of Applied Arts and Technology will introduce a new program, Aviation Management, in September.

First of its kind in Ontario, the two-year program, under the supervision of Sig Schnepf of the Business Division, will combine full business training and flight training leading to private and commercial licences.

## ADELAIDE DANIELS



## SAYS

### BREAKFAST CAN HELP YOU LOSE WEIGHT

The trouble with breakfast is that most people aren't eating it. Nutritionists say that 50 per cent of Canadians are willing to skip it. Yet breakfast is the most important meal of the day — even to fat people, who are surprised to learn that it can actually help them back to a normal weight.

Whether you are thin or overweight, breakfast should provide you with at least a fourth of your day's proteins, minerals and vitamins. Without it, you're unlikely to get your full complement of those important nutrients for the day.

Just as serious, is the fact that skipped breakfast results in poor concentration during the morning, afternoon droopiness, and the danger on both occasions of compensating with a sweet-and-starchy high calorie snack that destroys the value of your hard-working weight control programme.

If you are trying to lose weight, you will find it less difficult if you start with a simple but adequate breakfast such as fresh fruit or juice, a poached egg, a slice of whole-wheat bread and skim milk.

Such a breakfast is within the limits of a sound weight watching programme, yet provides enough nourishment to see you alertly through the morning.

When you get up in the morning, you have been without food for at least seven — and more likely, 10 or 11 hours. The body's supply of glucose or blood sugar, essential to the functioning of the brain and central nervous system, is at its lowest ebb for the day.

Doctors tell us that unless the body is freshly primed with the carbohydrates and proteins it needs to keep glucose concentration at a sufficiently high level, you tend to become increasingly nervous and inefficient as the morning wears on.

A light but nourishing breakfast spreads its influence over the entire morning, and keeps you from being hungry by 11 o'clock, or starved by lunchtime.

This is why breakfast can actually help overweight men and women to grow slimmer. And remember — with breakfast you are on your way to a happier, more efficient day.