

LADIES EVENING BOWLING

Standings are: Mayfair 52 points; Gutter Girls 50 points; Scooby Doo's 50 points; Groaners 42 points; Bad Girls 40 points; Hot Dogs 36 points.

Games over 200: -

Liz 232; Daryl 221; Rolande 214; Jean 204, 224; Karen 222; Marg S. 206; Judy 212; Lorraine 220; Isabel 213, 223; Barb D. 222; Ev 262; Barb M. 242; Joan 209.

ADELAIDE DANIELS



SAYS

What's Your Excuse

One thing about us weight losers, we're never at a loss for words when it comes to excuses. We are the most inventive people going. In my dealings with the overweight over the past ten years, I have heard some of the silliest excuses ever for not losing weight.

We blame the scales, we blame the weight of our clothes. I've seen people practically strip off in front of others in order to weigh a pound less at that crucial weigh-in!

Metabolism is another excuse. We overweights know our metabolism is different from anyone in the world. When our doctors try to dissuade us, we know something they don't know, right? Some of us have the bones of a horse, we say, even though our wrists are dainty. Slender wrists are a dead giveaway, indicating the rest of the body is overweight and nothing else.

We rationalize that our husbands like us this way, or our kids love a cuddly mom. Then why are they ashamed to have us at "Open House" at school?

Famous painters in the past depicted women as pink and voluptuous, but that's no consolation. Those models of Titian or Rubens must have had such high blood pressure, their pink cheeks were flushed from overweight, not female beauty!

Perhaps your excuse is that nature meant you to be this way. Did you get this confirmation in direct discussion with Mother Nature? If so, does she intend to protect you from the accompanying dangers of heart disease?

Some of us eat like birds, but it turns to fat. I know only too well the dainty little pecks of food, pecks while clearing the dishes from the table, making the kids' lunches or straightening up that uneven piece of pie. Birds are pecking all day, a grain of this, a seed of that. Not in the same league as the extra hundreds of calories we consume with our absent minded nibbling.

No, there is no real excuse, unless you want to stay fat all your life. If that's the case, don't talk about dieting again, no one wants to hear about it.

Don't bother making excuses, this is a case where actions speak louder than words, and a slim, healthy you will be the direct result.

Adelaide Daniels is the creator of the Canadian Family Meal Plan and author of the best seller, Adelaide Daniels Weight Watching Cookery.

MASQUERADE BALL

The hundred dollar door prize at the Fire Brigade's annual masquerade ball was won by Chris Yates.

A gala crowd of 450 attended the cabaret event, eager to see the costumes, which by tacit agreement, are always made by the wearers, and most ingeniously contrived.

Mike Cosgrove was the floor manager and the judges, Mr. and Mrs. Walter Klassen, Mr. and Mrs. M.J. Vandergraaf, and Bert Chapellaz, awarded prizes as follows:

First - \$50.00 to Ian Macadam as a cave man, his cleverly padded face not requiring a mask his body covered with wolf skins and his feet in moose hide moccasins (tanned by himself) with an alarming necklet of teeth of various animals and his bone club topped with a hoolwed-out moose foot which to the bartenders' astonishment, held exactly, one tot!

Second prize - \$30.00 to Mr. and Mrs. Phil Lee as Raggedy Ann dolls. cont'd page 16

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GIVE

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