

ADELAIDE DANIELS



SAYS

Confessions of a Diet Tramp

Diet Tramp, that was me, drifting from diet to diet. The sad sack of the culinary community. I was great on hand-outs. When they handed out the snacks at parties, where was my hand? In the food bowl, of course! Usually both hands. When they handed out samples in the supermarket, guess who was in the front line eating? Good old D.T. I beat track records to get to those free handouts.

Mind you, as the weight piled on my agility certainly lessened, but I always had the satisfaction of cleaning out the snack bowl at a party, and I never missed the samples. Sometimes I'd stand there so sad-eyed, the demonstrator would open another packet to get rid of me.

Between all this snacking, I found time to diet. I told you I was a Diet Tramp, didn't I? I tramped to the diet where you eat all that grapefruit, bacon and eggs, but in the middle of that one along came the diet where you drink lots of water for "instant thin". I tramped over to that one and darned near drained a lake dry. The doctor had to dry me out and he really got mad. He told me if I didn't give up all these so-called "miracle" diets it would be a miracle if my constitution survived.

Something my doctor said made sense to me; it was the way he kept repeating the word "nutrition". Nutrition was not in my previous diets. I'd been so busy looking for every "get-thin-quick" scheme along the way that I had forgotten the body needs food as fuel for energy, not just to fill a gap. I had forgotten it needs protein, vitamins and minerals to repair cells, build and maintain muscles, and sensible nutrition to perform at peak during a long, healthy life.

I'm glad my doctor rescued me from tramping in search of the perfect diet. The only perfect diet is sensible eating; maximum nutrition combined with minimum calories.

I threw out my tramping shoes, and my family tell me I've never looked better. I love 'em.

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

LADIES AFTERNOON BOWLING LEAGUE

Standings as of January 30th: Hippies 136½; Ho Boes 127½; Tornados 127; Gems 119½; Alley Cats 105½; Hurricanes 104.

Games over 200: P. Buck 210, 224; A. Trodd 245; L. Fournier 210; E. Boutilier 219, 218; J. Hall 200; S. Dakin 236; L. Mercure 207; J. Greenwood 214; A. Daley 245; A. McKie 211; D. Garvin 265; M. Reid 255.

GUIDES AND BROWNIES MEETING

The January meeting of the Local Association to Guides and Brownies was held in the Community Church basement with 16 members present.

President, Mrs. G. Moore opened the meeting with the Guide prayer. The minutes of the last meeting were read by secretary Mrs. A. McKie.

Mrs. Elenor Pollard reported that the Licorice All Sorts Blitz was a great success realizing a profit of \$125.99. Eleanor and her committee are commended for a job well done.

Plans were discussed for the up coming Mother and Daughter banquet. Due to the rise in prices, most mothers were in favour of having a pot luck supper at the Legion Hall.

With a great deal of help from Legion Ladies Auxiliary and Mrs. Barb Wise and her committee the supper will take place February 21st.

Beginning February 25th the regular monthly meetings will begin at 7:30 p.m. instead of 8:30 p.m.

Hostesses for the next meeting will be Mrs. M. Moher and Mrs. B. Stachiw.

The meeting was adjourned and a lovely lunch was served by E. Pollard and V. Kostiuik.

MIXED BOWLING LEAGUE

Standings as of January 28th: 59'ers 210½; Buckles 187; Wills 183½; Burton 159½; Whent 155½; Olde Timers 129; Fireballs 119; Birch 115.

Congratulations go to Kay Furyk 307; Wally Cameron 310 and Danny Imbeault 300.

Games over 200: Dora Garvin 216; A. Daley 216; L. Fournier 203, 228; M. Fummerton 248; G. Birch 227; W. Cameron 216; D. Imbeault 225; A. Jean 218; P. Burton 218; B. Tilbury 211; S. Reid 250; P. Buck 222; J. Mooney 202; A. Stortini 224; P. Buso 220; Jim Figliomeni 234; 217, 249; C. Commisso 210; M. Smilsky 212; J. Imbeault 204, 216; M. Jean 220; J. Cameron 217; L. Figliomeni 249; Joe Figliomeni 207; C. Buck 234, 264; K. May 201; L. Imbeault 200.

Civilization

They say that civilization can bring about some pretty crazy things. That guy over there left his air conditioned office at five, drove his air conditioned car over to his air conditioned club - to take a steam bath!