

### SCHREIBER SOCIAL

Mr. and Mrs. Russell Macadam have recently returned from a holiday spent in Port Moody, B.C. where they visited her mother Mrs. Elizabeth Dockray and her sister and brother-in-law Mr. and Mrs. Ken Milne. While there, Mrs. Dockray celebrated her 91st birthday.

Mrs. Annie Niemi has recently returned from a bus trip to the East coast accompanied by Mr. and Mrs. Oscar Laine.

### Cooking Fresh?

When cooking fresh fruits and vegetables, remember the three basic rules of nutrient conservation: reduce the amount of water used, reduce the cooking time and reduce the surface area by limiting the amount of cutting, paring and shredding. Whenever possible, cook roots or tubers like carrots, potatoes, turnips and beets in their skins to preserve vitamins and minerals.

# Most personal self-improvement courses are legitimate, but...

**you should know what Ontario is doing to help you recognize the few that are not.**

Teaching people to improve themselves is big business these days. While such courses and techniques can have a positive influence on your social life and well-being they can also be used to cheat and exploit.

Self-improvement courses involving long periods of time and large amounts of money should include a contract for you to sign.

Ideally, the contract is to protect you by setting out the exact money to be paid and the services to be provided.

So before signing a contract make sure your interests are protected.

### Beware the Dream Merchant!

Your Ontario Ministry of Consumer and Commercial Relations has published an easy-



to-understand information bulletin which:

- describes some of the dishonest schemes;
- tells you how to recognize them;
- advises what your rights are under The Business Practices Act and The Consumer Protection Act;

- spells out details that should be included in every contract you sign;
- gives advice on how to deal with payments for self-improvement and mail order offers.

For your free bulletin, entitled "Beware the Dream Merchant Who Promises a New You" write to:

Consumer Information Centre  
Ministry of Consumer and  
Commercial Relations  
555 Yonge Street  
Toronto, Ontario M7A 2H6



**Frank Drea,**  
**Minister of Consumer and**  
**Commercial Relations**  
William Davis, Premier

Province of Ontario