

Bon Appetit! More excerpts fom The Dieter's Diary

by Mary Hubelit
(Part Two)
For two and a half days in the summer of 1975 our friend the dieter kept a calorie count — why, I don't know. Certainly an

average of 847 calories is not enough to sustain a busy homemaker and gardener in July. Neither is there much incentive to botch up our brief, lovely summer with the picayune

problem of body weight. Undaunted, this woman rallied again in December, for eight and a half days. If anyone wants a quick summary of foods good for dieting, consider: half

grapefruit, skimmed milk, Waldorf salad, lots of jello, green beans, black coffee, baked haddock, the occasional boiled potato, etc. But apparently the above list is the cruelest form of

deception when one intersperses its items with: rum and coke, Manhattan cocktails, martinis, Bloody Marys, malt liquors, etc.

The last day of this tragic collection fizzled out with a breakfast count of 310 calories and a brave shout "Lost the battle but not the war!" (Some people never learn, do they?)

Now in '76 and '77 the joys of living obviously won out: an operation, hunting trips to Barbara Lake, Fort Frances and elsewhere, plus a camping expedition to Canada's west coast, were much more important items for the diary of a red-blooded Canadian girl. It wasn't until April Fool's Day 1978 (great sense of timing, eh?) that she noticed the old bulge interfering with get-

ting dressed in the morning. So, for the next five days, caloric intake of food averaged 887 — poor dear, if she had only left it at that! I blush for her — she also tipped to the tune of 456 calories.

What can I say? Well, if you're still with me and my friend, one more attack was launched, in March 1979. Most of the world's historic battles and wars record the triumphs of the victors. Little can be seen of the losers. So she set a precedent of sorts — more and more of her can be seen as the seasons roll on.

One senses from reading the diary that her resolve was faltering, the battle plan scrambled and inconsistent: Lunch on the first of the last days was: one cracked-wheat bread, but-

ter, 90 calories; half a tomato, 18; three ounce steamed pike, 72; and a tablespoon of marmalade, 55. Marmalade? What in heaven's name has marmalade to do with three ounces of steamed pike?

The third day's total was 1,822 calories, of which only 375 represented the no-no juice — her spirits were sagging. The page for the fourth shows the handwriting on the wall, except that it's at the bottom of the page and reads: "DON'T GIVE UP!"

Gad! What spirit! On the fifth and final day, only breakfast and lunch were tabulated, after which, with a defiant toss of the head I'm sure, she demolished a Malted Milk bar in two bites.

Bon appetit!

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Winners announced

A recent news release from the Terrace Bay Ringette Association announced that the winner of the Ringette 50/50 Draw at the Tournament held on March 17 was Sylvia McCulloch of Terrace Bay. Special thanks went

out to all who supported the draw.

Thanks also were extended in the release to Kevin Boucher, the Terrace Bay Police Department and Municipal Office, all volunteer referees and all Hospitality Room

Volunteers.

Parents are reminded that a ringette meeting is scheduled to be held on April 13 at 8 p.m. in the Multi-Purpose Room of the Terrace Bay Recreation Centre.

Notice

A come-and-go shower for Dorothy and Hugh Anderson will be held on Wednesday, April 9 from 7 to 8:30 p.m. in Terrace Bay at the Community Church Basement, according to a news release from the organizers of the event.

The shower was set up for the Andersons, who had their house on Terrace Heights Drive gutted in a fire on March 19. No one was injured in the blaze, but the family lost most of their possessions.

All area residents are welcome to attend the event, the release added.

The winners of the North Shore Select Hockey Team raffle were recently announced.

According to Elise Kenny, the baby Care Bear and quilt and pillow set went to

Sam Ballentine. The door prize of an Easter Cake was won by Mrs. Karen Reimer. Both winners are

from Terrace Bay. Thanks go out to all who entered and helped to make the event a success.

MARTHA

*gifted psychic
& seer
palm & card
reader*

**will be at The Red Dog
Monday April 7
Tuesday April 8**

for an appointment call
The Red Dog 825-3286



THE LAKE SUPERIOR BOARD OF EDUCATION
TERRACE BAY PUBLIC SCHOOL

JUNIOR & SENIOR KINDERGARTEN REGISTRATIONS

J.K. & S.K. students, who will attend school in September, 1986, are invited to register anytime after April 1, 1986. Forms are available at the school and you may drop in between the hours of 9:00 - 11:30 a.m. and 1:00 - 3:45 p.m. Please bring proof of age with you - birth certificate, baptismal certificate, etc.

To qualify, J.K. students must be born in 1982 and S.K. students must be born in 1981.

An information meeting will be held in May and you will be notified as soon as the date is set. For further information please contact the school at 825-3253.

NOTE: Students presently attending this school need not re-register.

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