

Housewife-mother job 'lot of dignity'

STOUFFVILLE — In this time of "women's liberation," some women are a little embarrassed to admit their occupation to be that of "housewife."

Wednesday night, would like to do away with that attitude. "Being a housewife and mother carries a lot of dignity," she said. Mary Wood, teacher of the Family Nutrition course in SDSS night school, how their children do in school and how their

husband does on his job." Her course in family nutrition first, acquaints women with the facts about nutrition, and second, helps them to develop both appetizing and nutritional meals. The course's subtitle is: "Eat more, pay less."

Although Mrs. Wood didn't coin the title, she agrees with the sentiment. "If you get down to a sound diet and cut out all the crud, you do pay less," she said. What the course basically teaches, said

Mrs. Wood, is that "doing mundane things like preparing food is really a great service and it can be fun." The kitchen should probably be the happiest room in the house.

The class encourages women to prepare meals that "cut down on" the carbohydrates, with more protein and vitamins. Recipes using protein-rich vegetables, such as soy beans, are demonstrated for the class.

The class members who have tried the recipes on their families are happy with the results. Loveanna Sanders of O'Brien Avenue, for example, has been serving her family a porridge made with eggs, apple, soy grits and milk, for breakfast. "My husband finds it more filling," she concluded.

A second mother praised the "stick-to-the-ribs" qualities of the porridge saying, "On the mornings I make porridge, my kids bring home their lunches."

Another class member, Doris Lang of Manitoba Street, has tried some of the recipes on her family and they didn't even know it. "They eat everything I cook anyway," she said. Shirley Doan of Uxbridge says that she is indeed buying less at the supermarket as a result of the course. She buys fewer items like desserts and instead might make her own nutritious cookies.

She also suspects that the more balanced diet has had a beneficial effect on her children's attitudes. According to teacher Mary Wood, it was through the emotional disturbance of her children and herself that she was first introduced to the importance of nutrition.

She had felt fatigued and depressed with no real explanation for it. Finally, it was found that both she and her sons were suffering from low blood sugar. Their diets had to be changed, cutting out a lot



Teacher of the Family Nutrition course in SDSS night school, Mary Wood here slices an onion for one of her economical yet nutritious

recipes. "If you get down to a sound diet and cut out all the crud, you do pay less," Mrs. Wood says.

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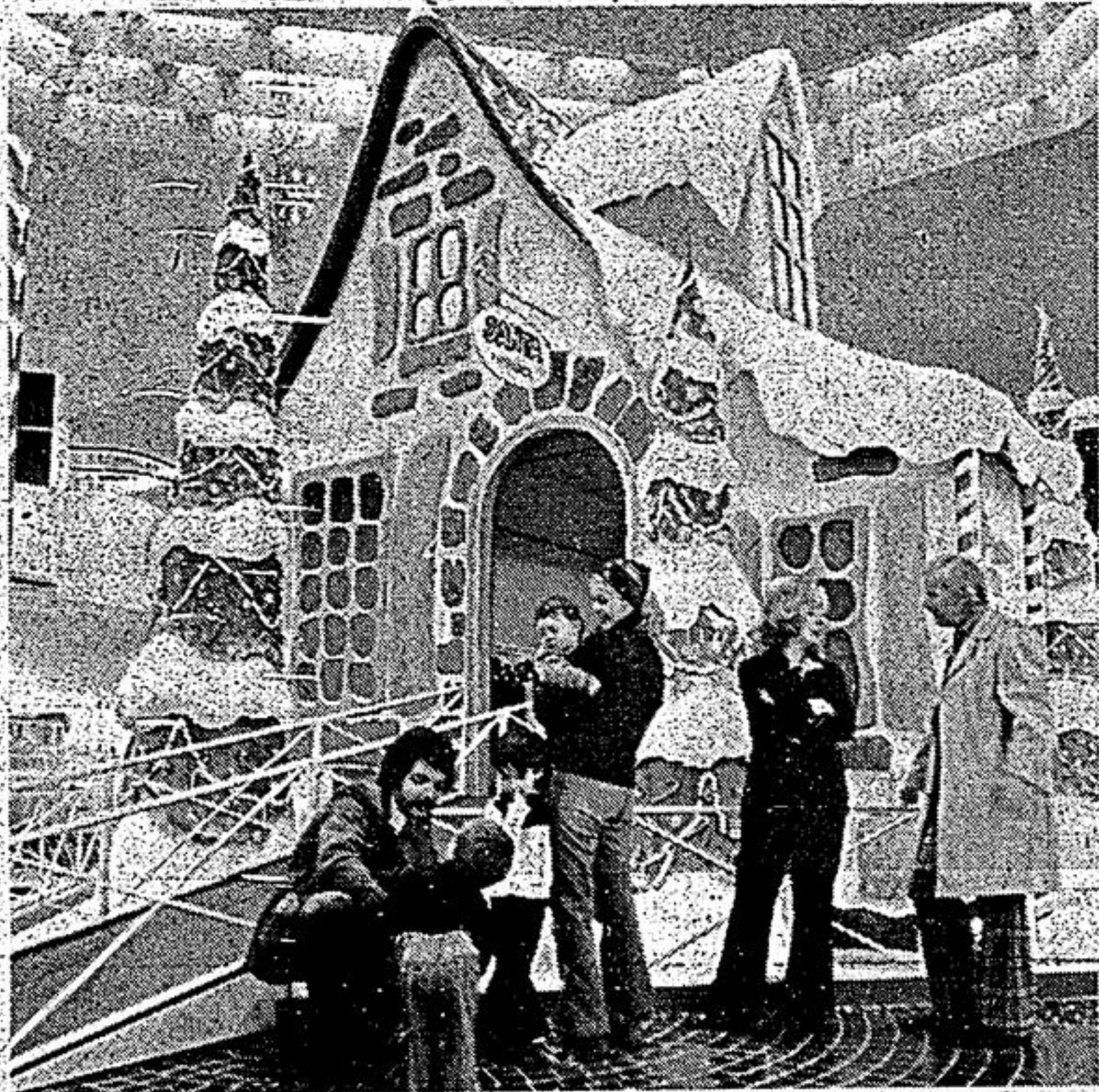
Bouquets outnumber brick bats for cops

NEWMARKET — York Regional Police Chief Bruce Crawford last week kept the Board of Police Commissioners advised of the latest tally on the bouquets and brick bats received at the Police Departments Headquarters.

Chief Crawford told Board members that the compliments received at the Department still far outweigh the complaints. Chief Crawford said to date he has received 189 complimentary letters as opposed to 20 complaints.

The chief noted that the compliments have now passed in number those received during the entire year in 1973; he observed also that complaints amount to only half of those received during the same year.

"The image of the Police Force is not that bad," Commissioner Ray Twinney commented on hearing the figures. He told the Board "We have a good bunch of guys now, and things are starting to get better."



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