

"THE FOUNDATION OF ALL THE RELIGIONS OF GOD IS ONE"
WRITINGS OF THE BAMA I FAITH

Stokeley spills the beans!

We've decided that this bean recipe is too good to keep to ourselves, so we're passing it on to you. Treat the family to it soon. But, remember, if you want it to taste its best, you've got to use the best ingredients. So use Premium Stokeley beans. Stokeley — the beans that are too good to spill!

- Chili Sausage Pie
- Bean Burgers
- Bean Chili
- Bean Casserole
- Bean Soup
- Bean Salad
- Bean Stew
- Bean and Rice
- Bean and Pasta
- Bean and Potatoes
- Bean and Corn
- Bean and Onions
- Bean and Tomatoes
- Bean and Peas
- Bean and Carrots
- Bean and Celery
- Bean and Mushrooms
- Bean and Spinach
- Bean and Kale
- Bean and Broccoli
- Bean and Cauliflower
- Bean and Zucchini
- Bean and Eggplant
- Bean and Tomatoes
- Bean and Onions
- Bean and Peas
- Bean and Carrots
- Bean and Celery
- Bean and Mushrooms
- Bean and Spinach
- Bean and Kale
- Bean and Broccoli
- Bean and Cauliflower
- Bean and Zucchini
- Bean and Eggplant



Too good to spill.



Although Kathleen O'Bannon keeps busy around the clock, she still manages to find time to harvest and boil down the sap from the maples surrounding her property. — Annegret Lamure.

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Education trip quickly denied

AURORA — A proposal to send Richmond Hill trustee Eric Baker to a Kingston seminar on moral education later this month died quickly during York Region public school board's meeting here last week.

Introduced by Vaughan trustee Donald Cameron, the motion was not debated or voted upon when it did not receive a second.

Mr. Cameron said he was introducing the motion on behalf of Mr. Baker, chairman of the moral values committee, who was on holidays and absent from the meeting.

The motion called for an expenditure of about \$300 to cover costs of Mr. Baker's and one staff member's attendance at the three-day Queen's University seminar.

According to the motion, the \$300 allocation would be in addition to the 1977 budget for conferences and workshops, which the board will recall was seriously cut back during our budget discussions.

Will all those with big cars please fill them up again & again & again....

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Versatile nutritionist teaches yoga

Kathleen O'Bannon

By Annegret Lamure GOODWOOD — "You are what you eat" is an expression everyone has heard, but few take seriously. However, Kathleen O'Bannon not only believes it, but actually lives by it.

"What you put in your mouth has a direct relationship to how the body machine works," she explained. "When you eat junk, it's like trying to



Standing on one foot with arms overhead is not as easy as it looks, but Kathleen does it with serenity and grace.

run your car on kerosene instead of gas."

Kathleen, a yoga instructor, nutritionist and writer, teaches classes in natural food cookery at her Goodwood home, and plans to open a school of natural living this summer. She also teaches yoga at Uxpool, works at a nutritional and preventative medicine clinic in Toronto, writes a weekly column called 'Living naturally', and is the author of a book on natural food cookery and another on natural cosmetics and home remedies.

Just to fill in any spare time, she also gives massages, coaches pregnant women in preparation for childbirth, and studies kundalini yoga for her own enrichment.

Such a frantic schedule would frazzle nine-tenths of the population, but Kathleen, or rather Shakti Kirm Kaur (light of the divine Goddess), as her teacher Yogi Bhajan named her, seems to have energy to spare.

Every inch of her lithe five foot two inch frame is alive and vital and her skin glows with health.

She attributes her tremendous well-being to a high protein diet which includes nuts, unrefined cereals, vegetables, and yogurt, but little or no meat.

Kathleen is rarely sick, but if she catches a touch of stomach flu or a cold, she cooks herself up a batch of garlic pudding and is well again in a matter of hours.

Some may feel that this cure, which consists of cream of rice or wheat, onions, garlic, parsley, fresh ginger and a dash of cayenne pepper (to get your insides moving there), is worse than the disease, but Kathleen not only swears by it, but also enjoys it. She also talked with great relish about a zesty tea made from garlic, ginger and sage, which is guaranteed to wake up the system and scare away any disease in short order.

However, she is also partial to more gentle nourishment and considers yogurt "the most amazing food." "Yogurt is good for everything," she remarked. "It's a natural antiseptic and keeps you from getting sick. I take yogurt tablets with me whenever I travel and eat all the local foods, Indian, Mexican, what have you, and so long as I take a yogurt tablet along with the meal, nothing bothers me." She also finds it a great skin cleanser. "I wash my face with yogurt

every day," she revealed. "It's a good 'in' food and skin food." Another good dual purpose food, which she recommends especially for problem complexion, is cooked carrots. "You should cook some for eating, and mash the rest and put them on your face," she advises. "Pimples are caused by a vitamin A deficiency."

She also recommends taking vitamin B12, "so that mosquitos don't bite you" and large doses of B2 for those who want to stop drinking. "You just can't drink and take B2," she said, "the cure for alcoholics is really quite simple. All you have to do is give them B2, and they'll lose all desire for alcohol."

Kathleen added that if you eat healthy foods and get the proper exercise you feel so good that no other stimulant is necessary. "When you get high naturally, you don't need drugs," she explained, but then revealed that she hadn't quite managed to shake her own addiction. "I just can't seem to get myself off black tea," she confessed in her soft voice. "It's the worst drug... all that caffeine in it..."

Kathleen then said that she can tell what a person eats just by looking at them, and this reporter suddenly became very uncomfortable. Under her calm blue eyes every chocolate bar and doughnut I had ever eaten seemed clearly revealed as it hung on my admittedly somewhat plump frame.

As if reading my mind she then proceeded to blame most of man's ills on that wicked culprit, sugar.

Along with most other nutritionists, Kathleen feels sugar is at the root of all evil, not only because it rots teeth and causes people to become overweight, but also because, ironically it causes a perpetual low blood sugar condition. Kathleen explained that when you eat a high sugar food, such as a doughnut, the pancreas releases insulin to absorb it. "Then, half an hour later, the sugar's all gone and you have to eat another one. The whole process is repeated," she said and pointed out that the constant abuse of sugar often leads to diabetes and other diseases. She attributes a lot of other ills to low blood sugar as well.

"Violence is definitely involved with low blood sugar," she said and also linked impotence, frigidity and marital strife with sugar abuse.

"Sixty to 80 percent of couples seeking divorce should go on a natural diet," she advised, "it would clear up most of their problems."

Kathleen also pointed her finger at cigarettes, coffee and alcohol, which she says temporarily raises the blood sugar and thus contributes to adrenal exhaustion.

She advocates eating protein every three or four hours to avert low blood sugar, and says that she is involved in developing a high protein diet drink, which will be marketed shortly.

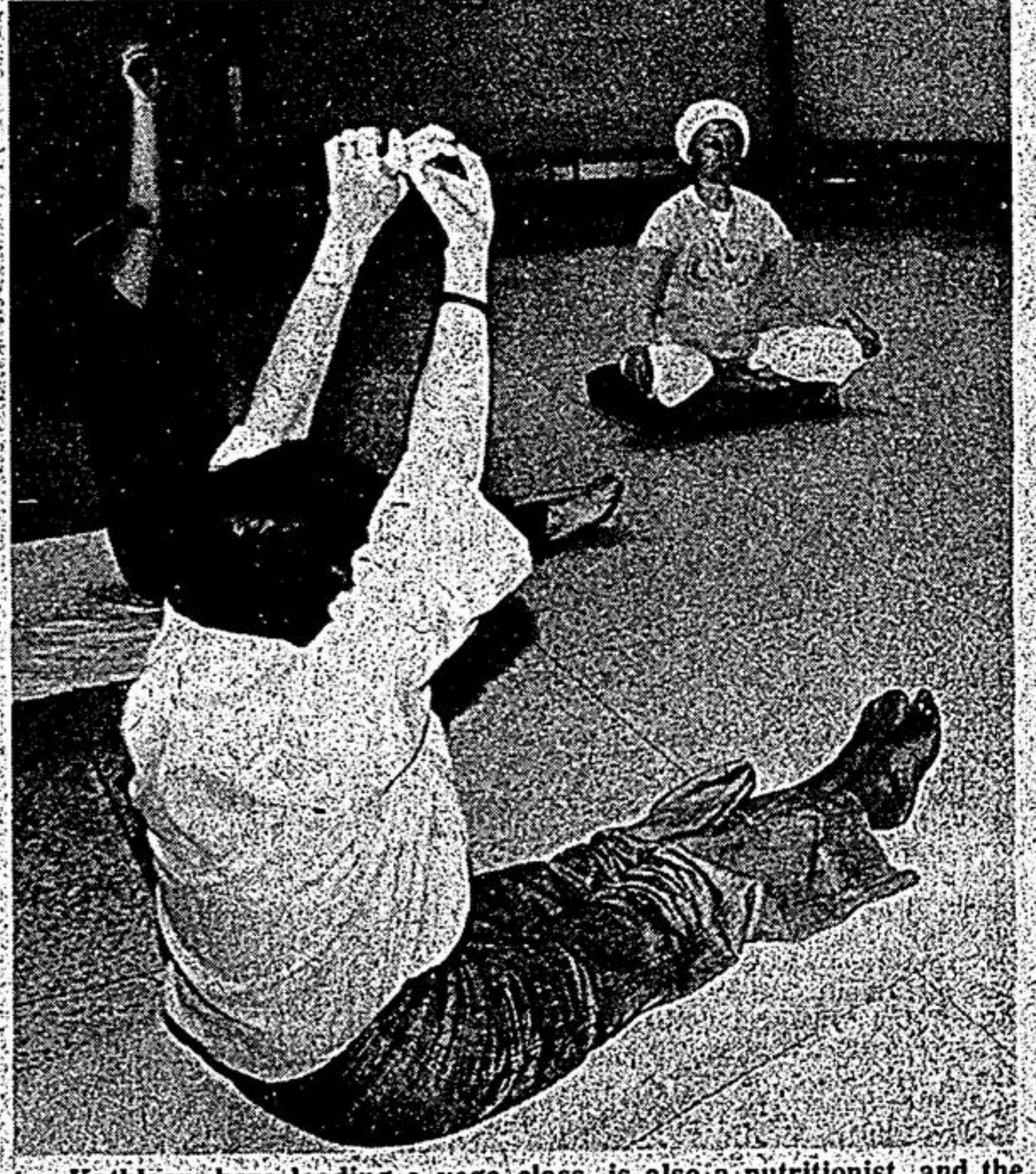
Kathleen says that she has always been interested in food and learned to cook as a matter of self-preservation — My mother was a plain cook,

and one day I just couldn't handle it anymore and decided I'd better do it." Kathleen stretched at this point and did a few yoga exercises as casually as another person might light up a cigarette during a pause in conversation. "I think maybe I was born a gourmet cook," she continued. "I used to always throw things in mother's pot. Herbs and spices — mostly." "I wanted to grow up to be a singer," she laughed. Kathleen, I never took cooking classes, I took singing and dancing. I did the cooking at home anyway."

Before becoming a nutritionist, Kathleen worked as a TV producer, director, script writer and camera man, wrote films for hydro, edited a community newspaper, and was an opera singer in Detroit. She happened into yoga quite by accident. "I never did much physical exercise, as a matter of fact, I did everything I could to stay away from it," she confessed. "When I took up yoga, I was far more stiff than any of my new students." She is still quite modest about her yoga progress. "I'm not really all that swell at doing yoga, but I'm great at teaching it," she laughed.

Kathleen has other ambitions as well. "What I'd really like is to train to be one of those home nurses that deliver babies," she said. "I can't think of anything more exciting than being a midwife."

Anyone interested in natural living, yoga or childbirth classes, can call Kathleen at 640-2036.



Kathleen, here leading a yoga class, is also a nutritionist, and the author of two books.

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