

THE FOURTH QUARTER

By LESLIE HOLBROOK

Smaller restaurant meals and smaller food store packages for seniors were recommended in earlier columns.

Readers with lessening appetites and fewer mouths to feed wrote many letters in reply. Mail on this matter did not match pennings on pension problems, shelter for seniors or

unfair education taxes but your letter - writing did move the subject up to "the top ten".

Mr. and Mrs. R.A., Victoria, B.C., travelling across Canada and reading my column in several papers say: "Menus featuring smaller meals for older folks are long overdue. Difficulties in getting servings of suitable size with a satisfactory choice

is the worst feature of travelling. — Wish we could read The Fourth Quarter in our local papers" (I'm surprised that they cannot since Victoria is called Canada's Retirement Capital).

Restaurants are reacting much too slowly to the needs and wishes of their older patrons - some of whom it seems have given up because it is just

too much of a hassle to get what they want and can tolerate. It's high time innkeepers got the message and tried to win back and expand this mature trade.

Mrs. M.R.O., Lethbridge, gives full marks to Sa Villes restaurant there. She writes "Owner Fred Weatherup offers the smaller portions you advocate. Customers receive the same

delicious meals as on the regular menu but enjoy smaller servings and somewhat lower prices. He should be commended. I hope restaurants across Canada follow his example".

Thanking me for "taking up the cudgels on our behalf" (now there's a good, old-fashioned expression) another Lethbridge reader (Mrs. H.C.) says "I, too, have asked for the child's portion and been refused. I almost dread eating out. The size of servings spoils my appetite before I start."

Mrs. H.C. also writes about food buying: "Cheese is packaged in large blocks and becomes hard or mouldy before I can use it all. Milk by the pint is a thing of the past. Meat is seldom cut into small steaks or packages—"

"I have a very small appetite and find most restaurant meals overpowering," writes M.L., Kitchener. "It isn't the cost of a full meal I object to but the embarrassment when I leave so much. The waiter may suggest wrapping the remains but I'd much rather be able to order less and enjoy it more."

Mrs. W.W., Long Sault: "Many of us are unable to consume lumberjack meals or pay the price for such waste.—Doggy bags are non-existent in Cornwall."

Mrs. K.N., Drumheller: "My husband had stomach surgery and must eat frequent, small meals. His requests for small portions are ignored so most of the meal is wasted - a sin indeed."

Mrs. A.S., Newington, has to pay for but pass up the soup and still must leave most of the "big platter of food". She ends "Excuse my poor writing. I have very little eyesight left so can not see the lines very well."

Would that the penmanship and grammar of to-day's youngsters were as good. Send comments and questions (long, stamped, addressed envelope for reply) to The Tribune.

More mail

Parole-probation changing

Dear Editor: There are some recent developments in the area of probation and parole services which would doubtlessly make for interesting and informative reading in your newspaper.

Firstly, there is the Volunteer Programme which merits attention both on a "human interest" angle and on the "governmental administration" angle. The programme constitutes soliciting interested and capable individuals in the community, orienting them to some of the legal aspects of probation, and, finally, putting them to work as volunteer officers - supervising and dealing with the problems of people on probation.

On the "human interest" level, the Volunteer Programme has proven to be, in its relatively short existence, an effective way of helping those on probation to feel more at ease while serving their sentences, thus making them feel more a part of the society from which they perhaps felt alienated at the time of their commission of crime. The programme appears to be very rewarding for the two immediate parties, the probationer and the volunteer officer: the probationer getting the attention that he/she needs in a less rigid, formal environment than the probation office, and the volunteer feeling the satisfaction that comes with helping a troubled

member of one's own society.

On the administrative level, the volunteers are helping to provide the personal supervision that some probationers require. With each professional officer's caseload approaching one hundred and twenty probationers, it proves impossible to see some clients as often as they should be seen. Of course, the professional is still indirectly supervising the probationers, through supervision of the volunteers.

The involvement of the volunteer has, in conclusion, proven to be of considerable benefit, in that "improved customer service" (to steal a phrase) can be provided through the concerned and interested supervision of the probationers by the readily available volunteers.

Secondly, a Community Service Order Programme is in full swing in many areas of the province. Originally developed in Great Britain in the early years of this decade, the Community Service Order (C.S.O.) is a condition of probation being increasingly utilized by many judges.

After the accused is convicted (of a non-violent crime), a judge can order the offender to work in the community as a volunteer - instead of sentencing him to a jail term. Work terms range from forty to two hundred and forty hours and jobs include everything from a

gardening job in a municipal park to working with handicapped or retarded children. The C.S.O. Coordinator in the local probation office is responsible for matching the probationer to a job in the community.

Again, the C.S.O. Programme helps the probationer to feel more a part of the society which he offended and the order seems to be one of the brightest probation conditions to be developed in a long while.

Mucking around

A visit to the Muck Research Station, near Bradford, will prove that muck soils are not undesirable, but highly valuable for vegetable production.

The station, operated by the Ontario Ministry of Agriculture and Food, will open its doors to the public on August 31.

"Most of the station's research deals with the unique problems of growing vegetables in the organic soils of the Holland Marsh," says Matt Valk, senior muck crop specialist.

The purpose of the open house is to allow growers, seed company representatives, and other interested people to see research projects in progress. During the open house, visitors can tour the facilities and walk through plots where more

than 100 varieties of carrots, onions, potatoes and lettuce are being tested. Researchers will be available to explain other types of research, such as pest monitoring and disease control.

Other highlights of the open house include slide presentations and displays of equipment used in disease, insect and weed control.

The 9-1/2-acre station is one of four research facilities operated by the Ontario Ministry of Agriculture and Food. Two facilities are located at Vineland and one at Simcoe.

For more information about the open house, contact Mr. Valk, Muck Research Station, Ontario Ministry of Agriculture and Food, Kettleby, Ontario or call (416) 775-3783.



FRESH DAILY LOCAL CORN

2 DOZ. for \$1.00

FINE GRANULATED

White Sugar

2 kg BAG

79¢

100% PURE VEGETABLE OIL

Village Margarine

1-LB. PARCHEMENT PKG.

45¢

MFG. 6¢ OFF LABEL

Toastmaster Crusty Bread

3 16 OZ LOAVES

\$1

CANADA GRADE "A"

Medium Eggs

DOZ.

75¢

CUT FROM CANADA GRADE "A" BEEF

Blade Roasts or Chuck Short Rib Roasts

BLADE BONE REMOVED

98¢

IGA ROYAL GUEST INDIVIDUALLY WRAPPED

Process Cheese Slices

16 OZ PKG.

\$1.49

IGA

Royal Guest Coffee

1-LB. BAG

\$2.99

6-LITRE BOX

Sunlight Powdered Detergent

\$2.49

CUT FROM CANADA GRADE "A" BEEF

Cross Rib Roasts or Boneless Shoulder Roasts

LB.

\$1.19

450 g PKG.

Christies Chips Ahoy Biscuits

99¢

CUT FROM CANADA GRADE "A" BEEF

Cross Rib Steaks

LB.

\$1.29

ASSORTED FLAVORS

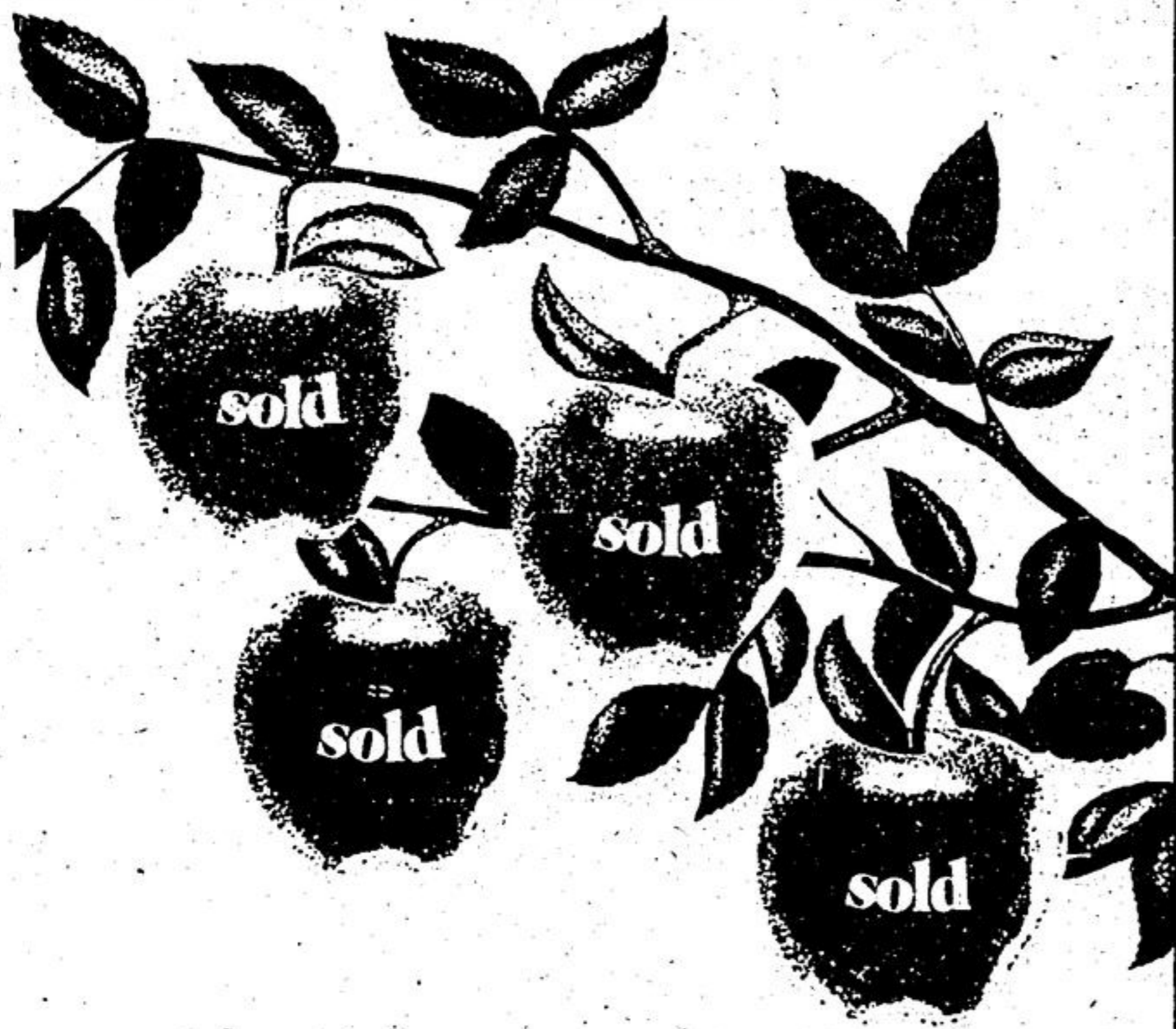
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CASE OF 24 x 10-FL. OZ. TINS

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<p>SHOPSY'S Dinner Hams 3-LB. AVG. \$2.19</p> <p>LEAN; BONELESS Stewing Beef 1-LB. \$1.49</p> <p>MARY MILES, SLICED Side Bacon 1-LB. PKG. \$1.69</p> <p>SHOPSY'S Beef Wieners 1-LB. PKG. \$1.19</p>	<p>SHOPSY'S Beef Sausages 1-LB. PKG. \$1.49</p> <p>SHOPSY'S, SUMMER SAUSAGE, SMOKED BEEF, TURKEY AND BEEF SALAMI, SLICED Sandwich Meats 4-OZ. PKG. 79¢</p> <p>MARY MILES, SLICED, MAC & CHEESE OR MOCK CHICKEN 16-OZ. PKG. \$1.25</p> <p>SHOPSY'S Potato Salad or Cole Slaw 24-OZ. TUB \$1.19</p>	<p>ENVIROPAC Coca-Cola PLUS \$1.50 DEPOSIT CTN. OF 12 x 10-FL. OZ. RET. BTLs. \$2.43</p> <p>ASSORTED FLAVORS Enviropac Canada Dry CTN. OF 12 x 10-FL. OZ. RET. BTLs. \$2.29</p> <p>ASSORTED FLAVORS, FLAVORED Valiant Drink Mix Crystals 17-OZ. BAG 79¢</p> <p>FANCY IGA Peach Halves 28-FL. OZ. TIN 69¢</p> <p>CHOICE Palanda Whole Peeled Tomatoes 28 FL. OZ. TIN 55¢</p> <p>FOR MEDIUM SIZE DOGS Milkbone Dog Biscuits 32-OZ. BOX 99¢</p> <p>REGULAR, ASSORTED FLAVORS Kool-Aid PKG. 9¢</p> <p>LEMON OR REGULAR Johnson's Pledge Polish 12 OZ. AERO. CAN \$2.29</p> <p>FLEECY Fabric Softener Sheets BOX OF 30 \$1.59</p> <p>FROZEN, 4-PACK, ALL DRESSED Gusto Mini Pizzas 13-OZ. PKG. \$1.79</p>
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How about them Apples!



"If you have four apples and I buy all four of them what do you have left?"
The answer, of course, is extra cash! And the result is the same when you place a low-cost Tribune classified.
Thousands of people have turned saleable merchandise of every description into ready cash. It's so easy.
Our friendly ad takers are waiting to place your ad. Call today and then sit back and pick your buyer.

classified ads
call 640-2100
The Tribune

SECOND WEEK OF PRIZES

144

MANUFACTURER'S SUGGESTED RETAIL VALUE EA. **\$24.95**

One of these Proctor Silix 10 Cup Percolators will be won by a customer in every one of the IGA stores covered by this advertisement. And it could be you, so get your entries in now! Winning entries will be selected in each store at closing time, Saturday, August 26th, 1978.

STOUFFVILLE

Open Mon. to Wed. 6 P.M.
Thurs. & Fri. til 9 P.M.
Sat. 6 P.M.

IGA

ONTARIO GROWN CANADA NO. 1 GRADE

Head Lettuce

3 18'S FOR 99¢

ONTARIO GROWN CANADA NO. 1 GRADE Cabbage SIZE 16'S EACH **39¢**

ONTARIO GROWN CANADA NO. 1 GRADE "Sweet" Green Peppers **3 LBS. 99¢**

ONTARIO GROWN Pepper Squash **3 FOR 87¢**

PRODUCE OF U.S.A. CANADA NO. 1 GRADE

California Plums

39¢

FROM THE REPUBLIC OF SOUTH AFRICA

Outspan Navel Oranges SIZE 1 1/2'S DOZ. **\$1.59**

FROZEN, CHICKEN, BEEF, TURKEY, OR BEEF & KIDNEY

Savarin Pot Pies 8-OZ. PKG. **39¢**

Proctor Silix

10 CUP PERCOLATORS