



# Daisies can be delightful

Those with a penchant for daisies are bound to enjoy coloring a sunny bed with a burst of liveliness by planting easy-care and daisy-like perennials.

Shasta Daisies are sure to be a favorite with their July-August splendid exhibit of large, white flowers. They not only provide excellent contrast among other plants, but the white blooms are eye-catching in moon light.

This hardy plant can attain a 2½ foot height and spread, prefers a sunny, well-drained location and needs a good supply of water during the growing season. (The addition of peat moss in the soil is good for moisture retention.)

Coneflowers (Rudbeckia) have showy, daisy-like blooms in mid-summer to September which embrace the garden with color just when a floral display is needed most.

They grow into large clumps in sun or part shade in a well-drained area. The Black-eyed Susan (or Oxeye Daisy) of the meadows is a member of this family.

Coreopsis is a vigorous June through summer bloomer that's of superlative value because growth is quick and the sun-kissed yellow, daisy-type flowers are cheery. This one grows to a two foot height and spread and the flowerpower can be enjoyed more if faded blooms are picked off.

All are splendid for massing and ideal as cut flowers. If you'd like to change the color of white Shasta Daisies to suit table decor, just let the cut flowers sit overnight in a vase of water containing a few drops of food coloring in the desired shade.

### HELPFUL HINTS

The moving inside in the autumn of herbs you want to grow on a windowsill is facilitated if they're placed in clay pots buried beneath the soil surface in the garden during summer.

It's best to leave maple and birch tree pruning 'til midsummer when healing takes place quickly.

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than 9:30 a.m. Thursday Aug. 1. Last week's winner was Kim Everson of Stouffville who correctly identified Good Eat Restaurant in Stouffville.

## A Taste of Nutrition

# Myths about health food

By HELEN FEDYCK

Can hair analysis reveal nutritional deficiencies?

Can Arthritis be cured with diet? Are foods advertised as "natural" a better choice?

These are a few of the questions consumers ask these days.

People are searching for ways to be healthier, have more energy and live longer. The positive side of this health movement

is that people are concerned about nutrition and their health.

The negative side is that, if they are not armed with sound nutrition facts, they are at the mercy of a growing number of food faddists, vitamin hawkers and self-styled nutritionists.

**CLAIM:** Hair analysis is a good way to get a reading on your nutritional state.

**FACTS:** When all is said and done, hair analysis tells you more about what's in your shampoo than what's in you. It is not a reliable measure of the vitamin and mineral status of your body.

Hair composition is affected by many factors including age, sex, season of the year, natural hair color, type of shampoo, dye, hair spray and even the chlorine from your swimming pool. All of these factors would affect the results from an analysis of your hair.

Hair analysis can have some limited use in detection of toxic levels of a few minerals such as lead and mercury. However, this analysis is most useful in studying population groups, not individuals.

Hair analysis is not a predictor of your nutritional or health status. Hair analysis is just a gimmick to make a fast dollar.

**CLAIM:** Apple cider vinegar, honey, kelp and vitamin B6 are cures for arthritis.

**FACTS:** There is no special diet or special food proven to ease or cure arthritis. Many foods, food combinations and supplements have been claimed to cure or pre-

vent arthritis. No one food or diet has anything to do with causing arthritis and no food will cure it.

However, close attention to nutrition may help you feel better. Good nutrition is essential for good health. It is even more important that you eat well when your body must fight the stress of a disease like arthritis.

Excess weight can put a burden on arthritic joints and may increase inflammation and pain. Losing weight can help. But be sure to get reliable advice from a qualified professional.

**CLAIM:** "Natural" foods are better for you.

**FACTS:** Many people think of "natural" foods as more nutritious and safer because they assume these foods are minimally processed and free of additives, fertilizers, pesticides and fungicides. But are they? Not necessarily.

From a marketing viewpoint, it is a loosely used word. Food manufacturers have come to realize that sales soar for a product associated with a "natural" theme. Natural ice cream, natural potato chips and natural cereals may sell like mad but nutritionally these products offer no special advantages.

A food's nutritional value is measured by the nutrients it contains in relation to the energy (calories) it contributes. High fat, sugar and sodium make foods nutritional disasters, whether they're natural or not.

People are concerned about the safety of their foods because of added chemicals. Some people assume that "natural" foods are free of additives, but that's not necessarily so. Read the label. And if you're buying in bulk, you just never know.

This is not meant to discourage you but to alert you. Don't fall for the "natural" pitch. Nutritionally, it means very little and can cost a lot more.

### More Information

Do you have more questions on nutrition? Are there other nutrition issues you would like clarified?

Check your local library or bookstores for these books:

• Jane Brody's Nutrition Book, Brody, J. W.W. Norton and Company, New York, NY, 1984.

• Vitamins and "Health" Foods: The Great American Hustle, Herbert, V. and Barrett, S., George F. Stieckley Company, Philadelphia, PA, 1981.

• The Nautilus Nutrition Book, Darden, E., Sports and Fitness Book Service, B1001 Lakeshore Road, Jackson's Point, Ontario, L0E 1L0, 1981.

For a free pamphlet discussing more nutrition facts and fallacies contact the local public health office.

**EDITOR'S NOTES:** Helen Fedyck is a nutritionist employed by the Region of York.

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