

REUPHOLSTER WITH TOROMARK

REUPHOLSTER

With Markham's Oldest Upholstery Shop Since 1950
WE MAKE YOUR OLD SUITE LOOK LIKE NEW

50% DISCOUNT ON SELECTED FABRICS
FREE HOME ESTIMATES
5 YEAR GUARANTEE ON WORKMANSHIP

FREE ARMCAPS
DECORATING SERVICE
PICKUP & DELIVERY
6 MONTHLY PAYMENTS AT NO EXTRA CHARGE
ALSO DRAPERY AND CARPETING
"Trust us and you won't be sorry"

TOROMARK Furniture House Ltd.
294-2581 477-2055
Hwy. #7 (just west of Hwy. #48 in the IGA plaza) MARKHAM

REUPHOLSTER WITH TOROMARK

ADVERTISING CORRECTIONS
Eaton's Christmas '86 Gifts for Him appearing in The Markham Economist and Sun, Wednesday, November 26, 1986.

CITY NIGHTS Dressing in Style
Pages F48-F49 — Merchandise returned to supplier due to poor quality.

Page F48 — "A" V Neck Chemise Dress — NOT AVAILABLE.

Page F49 — Item "B" Double Breasted Coatdress — NOT AVAILABLE.

Eaton's Christmas '86 Gifts for Him appearing in The Markham Economist and Sun, Wednesday, December 3rd, 1986.

Page G28 — Item "K" Chaps, "Sophisticate Gift Set". This offer is incorrectly described. Price is higher than advertised. SHOULD READ: \$40.00

Inadvertently, the errors listed above have appeared in our advertising. We sincerely regret any inconvenience or confusion to our customers.

EATON'S

E.E. Tigert Limited, 95 Nugget Avenue, Agincourt, Ontario M1S-3B1 (291-6293)

'THE' Place to go in Toronto for ART & DRAFTING SUPPLIES ...

CELEBRATE THE OPENING OF OUR EIGHTH ANNUAL Christmas Showroom

OUR WAREHOUSE & SHOWROOM ARE OPEN TO THE PUBLIC

COME SEE US NOW FOR SAVINGS AND VALUE!

- 25% OFF ROWNEY**
GEORGIAN OIL COLOURS
STUDIO SIZE TUBES
- SAVE \$30.00 NOW \$85.00**
FREE HUMECTANT — VALUE \$5.75
- 25% OFF ARTEC BRUSHES**
OIL, WATERCOLOUR & LETTERING
- SAVE 30% D'ARCHES WATERCOLOUR BLOCKS**
140 LB. GOLDPRESSED

FEATURING:
• Calligraphy supplies
• Wide selection of drafting stools & tables
• Drafting lamps (new colours) LUXO
• Artists carrying cases (40 different cases)
• Oil, acrylic & watercolour sets
• Brushes, knife & tool sets
• Technical pens & instruments

CHRISTMAS HOURS
MONDAY THRU FRIDAY 8 A.M. - 5 P.M.
SATURDAYS 'TIL CHRISTMAS 9 A.M. - 3 P.M. (with the exception of Christmas Eve. Closing at 12:30 P.M.)

MAKE A PURCHASE AND YOU COULD WIN A PANASONIC AM/FM STEREO CASSETTE RECORDER

FREE
THE FIRST 50 CUSTOMERS EVERY SATURDAY UNTIL CHRISTMAS WILL RECEIVE A PELIFLEX GLUE STICK WITH ANY PURCHASE

'Smart Cooking'

Think cancer linked to diet deficiency

By **JIM THOMAS**

Food, that basic necessity and sublime pleasure, has become scary stuff.

So says Anne Lindsay, author of a book called 'Smart Cooking'. Cancer is also scary stuff, and according to Anne, there may be a relationship between the two.

Research findings, says Anne, support the importance of diet in cancer prevention. Here are the facts:

In Canada, causes of cancer are associated with — diet, (27%); sunlight, (17%); tobacco, (16%); family history, (10%) and occupation, (6%).

In Canada, causes of cancer deaths are associated with — diet, (32%); tobacco, (26%); occupation, (9%) and family history, (8%).

In Anne's book, the stress is placed on DIET. It's been published in co-operation with the Canadian Cancer Society and is available at John Lord's Books, 29 Main Street East, Stouffville. The cost is \$15 out of which \$7.50 is donated to the Cancer Society.

In addition to pertinent information, it contains dozens of quick and tasty recipes for healthy living. 'Smart Cooking' would make an ideal Christmas gift.

Says Anne in her introduction: "For years, the media has rushed to bring us the latest horror story — cholesterol clogs our arteries; salt gives up hypertension; sugar is death and, the clincher, EVERYTHING causes cancer. Small wonder that, faced with this barrage of alarm, many of us give up, throw our fate to the gods, and dig into the barbecued ribs and chocolate cream pie."

But recently, says Anne, researchers have come out with exciting and encouraging new information. A solid body of scientific evidence suggests that, by making some not too arduous changes in our eating habits, by choosing foods consistent with healthy eating from every point of view, we may not only do good things for our general health, hearts and waistlines, but reduce our cancer risk as well.

Scientists, says Anne, estimate that as much as 80 percent of cancers in the world are caused by environmental and lifestyle factors and are therefore, theoretically, preventable. One of the most important of these, she continues, is diet, which is thought to account for at least 35 percent of all cancers, (except those of the skin), which means it may play an even greater role in cancer rates than does smoking.

In her recipes, Anne turns thumbs down on fatty foods and stresses the importance of fibers.

"This," she says, "does not mean the perfect 100 percent cancer-preventing diet for everyone can now be prescribed. This may never be possible. The research is still so new, and both cancer and nutrition are so complex, it may be years before anything can be said with greater certainty about the cancer/diet connection."

The following is a diet guideline prescribed by the Canadian Cancer Society:

- Reduce your total daily fat intake to no more than 30 percent of total calories.
- Eat more fiber-containing foods.
- Have several servings of vegetables and fruits each day.
- Keep your weight close to ideal.
- If you drink alcohol, have two or fewer drinks per day.
- Reduce your consumption of smoked, nitrate-cured and salted foods.

The top four cancer killers in Canada during 1985 were:

In men — lung, colorectal, prostate and stomach. In women — breast, colorectal, lung and ovary.

With respect to dietary elements posing an increased cancer risk, Anne lists the following — fat, obesity, alcohol, nitrite, nitrate, salt and smoke.

Dietary elements that seem to protect against cancer are listed as follows — fiber, Vitamins A and C, brassica vegetables and additives. High on the author's vegetable menu is cabbage, Brussels sprouts, cauliflower and turnip.

Anne's book is filled with diet guidelines, far too numerous to mention here.

'Smart Cooking' is available at John Lord's Books but the supply is limited. They will make ideal Christmas gifts and half the purchase price, (\$7.50), goes to the Canadian Cancer Society. Phone 640-3579 and reserve a copy.

Friendship supper

By **MARJORIE WOODLAND**

FOURTH LINE — The Friendship Supper and Carol Sing, Friday, at Goodwood Baptist Church, was a joyful occasion. About 60 sat down to a bountiful spread. A fun time followed around the Christmas tree. Each one chose a wrapped gift or, if he/she preferred, asked another for the gift he or she had. Everyone enjoyed the game. A carol sing followed led by Mrs. Heather Hockley with Helen Hockley at the piano. The sanctuary was lovely by candlelight, beautifully arranged in old, original lamp fixtures.

Congratulations to Mr. and Mrs. Norman May on the occasion of their upcoming 40th wedding anniversary, Sunday, Dec. 14. Family, friends and relatives are invited to their home on Hwy. 48 at Vivian. The hours are 2 to 4 p.m.

The Goodwood Baptist Sunday School will hold its annual Christmas program, Sunday evening, Dec. 14 at 7 p.m.

Harry and Marjorie Woodland were pleasantly surprised to receive a visit from their grandson, Kyle Kramer. Kyle is employed with Pacific Western Air Lines with his headquarters in Calgary, Alberta.

Johnvince PRE-HOLIDAY Foods SUPER SAVINGS

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DIET COKE, SPRITE, DIET SPRITE

coca-cola 24 x 280ml +TAX **5.99** ea
Limit 1 with \$5.00 purchase

licorice ALL SORTS **.99** lb

REDPATH white sugar 2kg **.79** ea
Limit 3

BLANCHED-roasted, salted, unsalted peanuts **.99** lb

SEMI-SWEET flavoured chocolate chips **.99** lb

salt & vinegar, plain, bbq, ripple potato chips 200g limit 5 **.69** ea

RED or NATURAL pistachios 2.99 lb	DELI-FRESH jarlsberg cheese 3.99 lb	EVERFRESH-PURE orange juice 1.36lt .99 ea
	DELUXE mixed nuts salted or unsalted no peanuts 4.99 lb	jellybeans .99 lb

store hours:
THUR. 11-6
FRI. 11-7
SAT. 8-4
SUN. 9-4
closed MON.-WED.

STOUFFVILLE STOCK YARD HWY. 47 **640-2676**

Bloomington/Hwy. 47
Stouffville Side Road
we reserve the right to limit quantities

1987 RATES

Markham Hydro Electric Commission has announced an average 3.9% rate increase for 1987 which, if approved by Ontario Hydro, will take effect January 1st.

Ontario Hydro has increased the wholesale cost of power to Markham Hydro by 5.3% but careful budgeting and effective financial controls has permitted the Commission to absorb a portion of the overall increase. This is the fifth consecutive year the Commission has held the rate increase below the Ontario Hydro wholesale cost increase.

The increased rates are necessary to maintain financial stability for the utility and will be prorated on all customer bills after January 1, 1987.

MONTHLY RATE SCHEDULE

RESIDENTIAL SERVICE

First 250 KWH	8.60¢ per KWH
Balance	4.99¢ per KWH
Minimum Bill	\$5.30

GENERAL SERVICE

Demand Charges:

0 - 50 KW	No Charge
Over 50KW	\$4.18 per KW of Demand
Minimum Bill Under 50KW	\$5.30
Minimum Bill Over 50KW	
Based on Highest Billing	
Demand in Previous 11 Months	50¢ per KWH of Demand

ENERGY CHARGES

First 250 KWH	8.60¢ per KWH
Next 12,250 KWH	5.48¢ per KWH
Next 1,780,000 KWH	3.81¢ per KWH
Balance	2.13¢ per KWH

TOWN OF MARKHAM HYDRO ELECTRIC COMMISSION
8100 WARDEN AVENUE, P.O. BOX 1600, MARKHAM, ONTARIO L3P 3V7
TELEPHONE 477-3810

CHAIRMAN D.H. COCKBURN	VICE CHAIRMAN A.M. WALKER	COMMISSIONER W.L. BURNETT	COMMISSIONER D.V. McNABB	COMMISSIONER MAYOR C. BELL
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