

Unionville artist to display wood carving

A Unionville artist will be holding an exhibition of her art work today from 1-4 p.m. at the Chapel Gallery in Bracebridge.

Marilyn G. Campbell specializes in wood carving and totems in particu-

liar.

Her interest in relationships between family members, spiritual and life forces evolve in her totems.

"The simplicity and powerfulness of this type of

design best expresses my objective to achieve the essence and feeling of my subject matter," said Campbell.

The exhibition will include totems, the tallest being eight feet tall,

acrylic paintings and canvas floor pieces. The exhibi-

bition will continue on Saturdays until Jan. 30.

Amadeus Ensemble at Markham Theatre

The celebrated chamber orchestra Amadeus Ensemble will perform its invigorating rendition of Vivaldi's The Four Seasons tonight at Markham Theatre.

The Amadeus Ensemble replaces a concert by The Chamber Players of Toronto originally scheduled for February 5. Start time is 8 p.m. and tickets are \$22. Call the box office at 479-0201.

"Thermogenesis: Creation of HEAT! ENERGY!"

Calorie Conscious? The Power Program is for
AVOID UNHEALTHY DIETING



DISTRIBUTORSHIPS AVAILABLE

The ultimate in weight/fitness program is here! Activate fat away. The Power Program helps the body to balance itself by encouraging the metabolism.

There are no drugs, synthetic chemicals or artificial ingredients in the Power food supplement capsules.

The Power Program includes a very specially formulated combination of naturally concentrated herbs.

- 1) Joint Fir - Enhances your energy level
- 2) Oirana - Encourages your metabolism
- 3) Kelp - Provides key trace minerals

Try the Power Program, 100% natural herbal capsules and tea daily! Shed those inches and unwanted pounds. Look good, feel energized and enjoy a positive self image!

100% Money Back Guarantee!

Put us to the test ...

Barbara

294-7087

1-800-463-7424

Kathy

472-8560

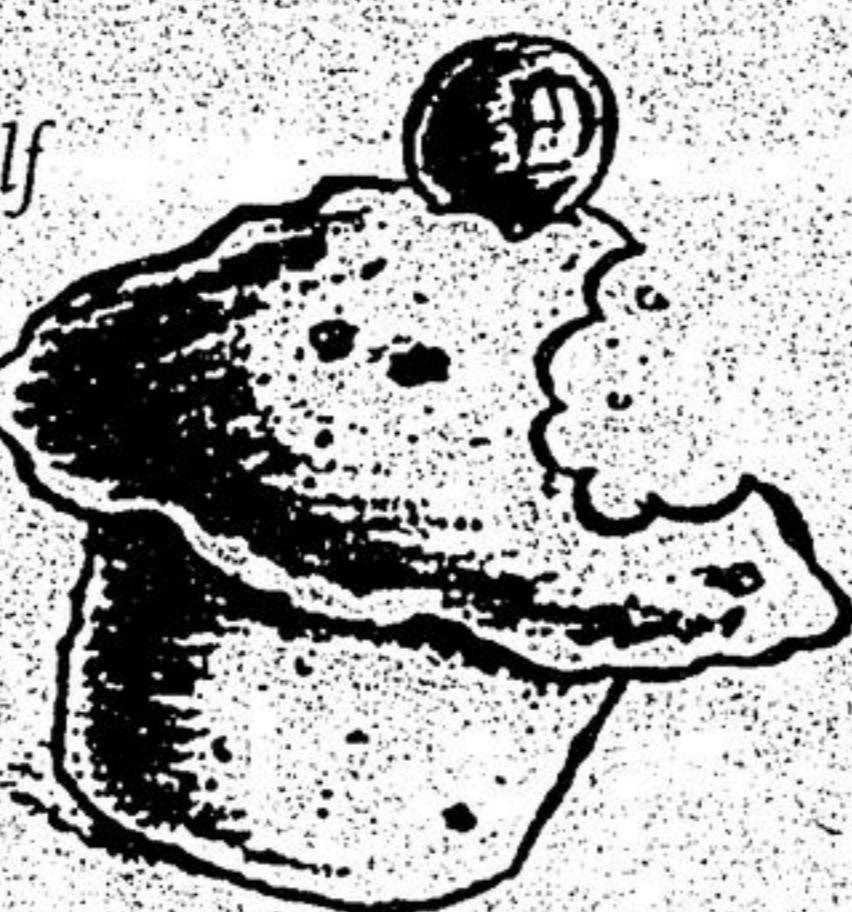
Call 7 days a week - 9 a.m. to 9 p.m.

Break With Tradition!

At Muffin Break you can taste for yourself why we're the traditional favourite!

A Tradition of Fresh Baked Goods

Muffins - regular and low fat. Cakes, cookies and other goodies. All are fresh baked throughout the day, using only the most wholesome, top quality ingredients.



A Tradition of Fresh Brewed Flavour

Muffin Break Blend coffee - steaming hot and rich tasting! You can be sure every cup is freshly ground and brewed for your enjoyment.



A Tradition of Friendly Service

Behind the counter at every Muffin Break, you'll find a warm smile and friendly service, time after time. So take a break with tradition soon - take a break with us.



**\$2 OFF!
ANY PURCHASE OF 6
OR MORE MUFFINS**

Georgian Mews, Hwy. 7 West of McCowan, Markham
3561 Sheppard Ave. E. West of Birchmont, Scarborough
Woodside Square, McCowan and Finch, Scarborough

Valid at Muffin Break locations listed. Cannot be combined with any other coupon or offer.
Offer expires January 31, 1993.

**IF YOU
WORK HARD
FOR YOUR MONEY,
WHAT DOES
YOUR MONEY DO
FOR YOU?**

This RRSP season, don't be fooled by the myriad of investment ads and calls from bankers and brokers. Or chances are, your money will be working hard for someone else!

Find out how you can pay less tax, accumulate greater wealth and finance your retirement, in an information-packed, FREE seminar entitled, "Making Money Work" by Lawrence D. Watts, VP, Sutherland Investment Corporation.

Call Catharine Lawrence today at (416) 886-3585 and reserve your space for this FREE informative session. And start making your money - make money!

SUTHERLAND
INVESTMENT CORPORATION

Seminars: Jan. 20 (Embassy Suites), Jan. 28 (Sheraton Parkway), 7:30 - 9:00 p.m.

MAKE YOUR MONEY WORK FOR YOU!



*Liona
Boyd*
IN CONCERT

January 22, 1993
8:00 p.m.

\$27.00
Markham Theatre
Charge By Phone

479-0201

sizzler®
That Sounds Good.

**Steak And
All-You-Can-Eat
Shrimp**

Sirloin Steak and all the
golden fried
shrimp you like.
Includes choice
of potato, rice or
vegetable.

\$9.99

Limited time offer. Not valid with other discounts.

• Yonge & 16th Ave.
Richmond Hill

• Warden & Hwy. 7
Markham