

Consumer Matters

By Judy Flaherty



We've all heard it said that Canadians are overfed and undernourished. If that's true, or even has more than a grain of truth, we should worry more about good nutrition.

But knowledge about good nutrition doesn't fall into the category of 'do what comes naturally' — we have to learn. It's been difficult for the consumer to find out about the nutritive value of foods. Guess we can't put all the blame on the manufacturers either — until recently, we haven't seemed to care much.

To help the consumer, Miracle Food Mart stores, as of last week, has two new books — a Nutrition Information Book and a Code Dating Information Book. Unfortunately, these books can't be taken out of the store and my local branch store doesn't provide anywhere to sit. Only the most dedicated and well-coordinated consumer can compare protein values of foods, while balancing the books on a loaded shopping cart. However, if you're inclined, you can look at the books in the stores and there is a small condensed version of Nutrition Information that you can take home.

VITAMINS

The small booklet is worth taking a look at — it lists the vitamins we need, why we need them, and compares the nutritive value of many of our common foods. I found some interesting goodies in the booklet. For example, there are more grams of protein (23 grams) in three ounces of lean ground beef than in three ounces of sirloin steak (20 grams). Besides being cheaper and more versatile, ground beef has 185 calories versus 330 in sirloin steak. Our daily recommended protein portion is 50 grams — one wiener has only seven grams of protein and 170 calories. An egg, at 80 calories, has six grams of protein. A three ounce serving of ham has lots of calories, 245, and only 18 grams of protein.

Besides protein, another daily requirement is Vitamin C — 30 milligrams. An apple has only three milligrams — one cup of vitaminized apple juice has 88. A cup of reconstituted orange juice has 120 milligrams of Vitamin C. We need 0.5 grams of calcium daily. A cup of ice cream has 0.2 grams of calcium, a cup of whole milk has 0.3. Ice cream has less protein than whole milk, six grams versus nine grams, and more calories, 255 versus 90.

SPINACH

No wonder Popeye ate spinach! Our daily recommended Vitamin A requirement is 3,700 International Units (I.U.). One cup of cooked spinach has 14,500 I.U. of Vitamin A, as well as Vitamin C and iron. One raw carrot gives us 5,500 I.U. of Vitamin A.

The other booklet, listed by the manufacturer, explains all those numbers found on products. For example, on Christie's products, the code number printed on the end label indicates the day the product is to be removed from the shelf. They use reverse coding — 13 indicates the 31st of the month, 12 indicates the 21st of the month.

Kellogg's cereal coding is straight forward. 2320 — 2 signifies the month, 3 signifies the year, 20 signifies the day of the month that the product was manufactured.

If you're interested, the code book does exist and you can take a look at it.



Finger painting is fun

They called it a creative night for parents at Forest Glen Co-operative Preschool last week but really it was more the opportunity for mothers and fathers, who had been secretly envying all the fun things their children did at nursery, to get a chance, without the youngsters' supervision, with blow painting, as demonstrated by Beth Collem, or with squishy finger painting, like Sylvia Bell, or just lying down and being traced. Barb Richter does the tracing for her husband Hans, at the top of the paper, and Paul Malloy. Photos by Ray Saltz.



News for seniors

Senior citizens in Mississauga will be able to get free taxi transportation on Easter Day, April 22, to attend church services or visit with friends or relatives. Parsons and Taylor Real Estate Company has arranged with Peel Taxi to provide the free transportation.

The Cooksville Seniors meet March 20 at 7:30 p.m. in Cooksville United Church. Following a business session, they will be entertained by the Four Square Dancers.

For more information call Mrs. Turnbull at 277-4683 or Mrs. Tyne at 279-7600, extension 407.

Seniors who would like the taxi service should carry their membership card for a senior citizens' club or other proof of age.

Anyone interested in the senior citizens' bus tour to Florida should apply immediately. There are only a few seats left.

Lorne Park Seniors meet March 15 for a general meeting and an evening of

euchre and cribbage at St. Stephen's-on-the-Hill United Church at 7:45 p.m.

Seniors are admitted to the Ontario Science Centre for 50 cents. There is no extra charge March 21 for the movie, Flight of the Doves, that will be shown there at 1:30 p.m. The film was made in Britain in 1971 and stars Ron Moody and Jack Wild.

Times classifieds 823-2200

ONTARIO DENTAL ASSOCIATION

Low Cost Denture Service

Through the auspices of the Halton and Peel Counties Dental Society, a low cost denture service is now available throughout Halton and Peel Counties.

This service provides full upper and lower dentures at a standard fee of \$180.00. It is available from the following twenty-two participating dentists who are members of the Halton and Peel Counties Dental Society:

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|----------------------|--|----------|
| Dr. O.M. Baranowsky, | 3274 Courrier Lane, Mississauga | 279-3501 |
| Dr. S.L. Bleiman | 3353 Credit Woodlands, Mississauga | 270-5666 |
| Dr. S.H. Boyd, | 331 Sheddin Ave., Oakville | 844-3961 |
| Dr. S. Cord, | Hopedale Mall, Ste. 204, Oakville | 827-0301 |
| Dr. T. Dembie, | 116 Mountainview Rd. S., Georgetown | 877-6042 |
| Dr. P. Eisner, | 2225 Erin Mills Pkwy., Clarkson | 822-0448 |
| Dr. R. Federchuk, | 331 Third Line, Oakville | 827-1201 |
| Dr. M.S. Greenglass, | 1 Mill St., Georgetown | 877-6360 |
| Dr. G. Hicken, | Dixie Plaza, Mississauga | 278-5509 |
| Dr. R.F. Hicken, | Dixie Plaza, Mississauga | 278-5509 |
| Dr. A.M. Hobbs, | 1862 Lakeshore Rd. W., Mississauga | 822-4362 |
| Dr. R.W. Horn, | 14 Martin St., Milton | 878-3391 |
| Dr. T. Kearns, | Dixie Plaza, Mississauga | 278-5509 |
| Dr. J.R. Kirby, | 116 Mountainview Rd. S., Georgetown | 877-3641 |
| Dr. J. Love, | 1651 Lakeshore Rd. W., Ste. 8, Mississauga | 822-0401 |
| Dr. J.A. Nattress, | 213 Church St., Oakville | 845-5948 |
| Dr. H.F. Rocket, | 3353 Credit Woodlands, Mississauga | 270-5666 |
| Dr. D. Schisler, | Hopedale Mall, Oakville | 827-1201 |
| Dr. S. Silver, | 2275 Speakman Dr., Clarkson | 822-2196 |
| Dr. E.J. Small, | 213 Church St., Oakville | 845-6023 |
| Dr. John Williams, | 1651 Lakeshore Hwy., Clarkson | 822-1301 |
| Dr. G.L. Woodall, | 68 Main St. E., Milton | 878-2971 |

This low cost denture service is provided by dentists on a voluntary basis and is not subsidized by government funds.

SPONSORED BY THE ONTARIO DENTAL ASSOCIATION



Impact in photography

Photography

Composition takes us back to the ancient Greek meaning of the word photography. It means "writing with light." And this is what we do each and every time we take a photograph.

Composition is the way you select and arrange your subjects within the picture. But we often forget light itself is a subject, as concrete as a skyscraper when it comes to the picture, and it should be treated as such.

For example, an outland shadow can ruin a fine outdoor portrait or a landscape can be dull or spectacular according to the interplay of light and shadow. With this vital fact in mind, we can examine the main points you should consider when planning your pictures in the viewfinder.

First of all, the right angle. Don't be shy about surrounding your subject in search of a viewpoint. Try shooting from several angles. This can be fun, especially if she's pretty. Reduce your scene to its simplest elements. Then move in as close as you can, while keeping everything in the picture. Imagination and simplicity. They mean impact. And they mean pictures you'll be proud to keep in the years ahead.

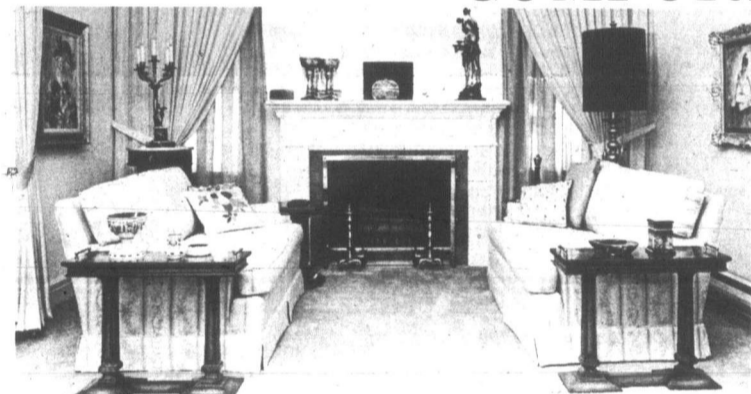
Speaking about photography with impact and imagination, I had the good fortune to be a judge at our local South Peel Camera Club in Port Credit a few weeks ago, and I must say I have seldom seen finer black and white photography in camera clubs. The quality of work was excellent.

This week's photograph was the winning photo in that judging. The photographer is Dr. Robert Hooper and his title is Before the Storm. I don't know why camera clubs insist on having titles for their photos. I find them completely meaningless, but perhaps they are good for identification. Bob Hooper is a friend of mine who has developed, over the past few years, a style in photography which seemed to go along with the meaning of simplicity and imagination. The photograph was taken in late afternoon by the

Credit River with Tri-X film, which so beautifully shows the grain pattern and in this case makes the photo more realistic. The camera was a \$60-\$70 Konica C-35 which is fully automatic. It just shows you that one can do and create good work with low-priced cameras. In order to make that one lonely seagull stand out, as well as it does, Bob held that area just a little back when he made his print with the enlarger.

In the coming weeks I would like to talk more about Bob and people like him and use their work to show you how rewarding photography as a hobby can be.

TRADITION WITH COMFORT



One of the beautiful rooms in the home of Mr. & Mrs. N.W. McFadden

... was a reasonable... so that the average... maker can afford to... a few originals. ... ere is something for... y taste, pottery of all... s such as candle holders, ... inieres, teapots, coffee

It was obvious that she knew all the artists herself. DANCE The Erindale Presbyterian church congregational dance will be held Friday evening, March 30 in Erindale Community hall at 9 p.m.

CORD The All Around Cord, the second highest award in Guiding, was presented to Sherry Gilbert of the 61st Guide Company by Commissioner Rose Hewitt, at a special service recently at

Wendy Benoit; weaver to Kathy Hurlburt; puppet to Krista Hochrein, Lynn Ranft and Kathy Hurlburt; craft to Pearl Zembery. Caroline Sparling received her sixer stripes for the Sprites and Krista Hochrein is the new second.

Lorne Park

is Angus 278-0982

the spring break... soon, Lorne Park... 1st Church, 1500... an Rd., has made plans... old a Holiday Club from... ch 19 to 23, with a... gram for boys and girls... 4 to grade 6 level... vities will be held at... rch from 9:30 to 11:30... and will include... istian-oriented films, ... jing, games, and crafts... istration fee is 50 cents... tact Mrs. Doyle, 822-3891, ... Mrs. Lohnes, 822-4445.

SENIORS

Following the business meeting of the Lorne Park Seniors held recently at St. Stephen's-on-the-Hill Church, bingo was the highlight of the evening. It was called by Ed Gillespie, assisted by Bill Gutfield. The winners were Gertrude Garrett, Mildred Townsend, Alice Chester and Maude Leitch. Refreshments were served by Flo Van Malder and Helen Taylor, substituting for Gladys Lemon and Christine Blower who are vacationing in Florida. Recently, the Lorne Park Seniors saw Kiss Me, Kate at

the Ontario Science Centre. The next meeting of the Seniors will be held Thursday, March 15, at 7:45 p.m. Euchre and cribbage will be played after the completion of the business meeting.

TAYLOR

A member of one of Lorne Park's long established families, Albert William Taylor, died suddenly March 4. Taylor came, with his family, to Lorne Park in 1904.

At that time children from the Lorne Park area attended school at Sheridan Public School, which was situated near the present

junction of the Queen Elizabeth Way and South-down Road. In 1914, Taylor and Mrs. L.A. Hamilton approached the school board to request a school for Lorne Park. When this request was denied, they persuaded May Taylor to hold a summer school in the Community Hall. Miss Taylor had a class of 20 pupils there while she was a student at the University of Toronto. Finally in 1923, the first four rooms of Lorne Park Public School were built, at a cost of under \$40,000, on part of the Taylor property.

Cooksville

ri Mousley 279-3528

the 18th annual Clifton... istrict Guides mother and... ighter banquet was held... ntly at St. Catherine of... nna church hall. The... iving girls were... ured by the mothers'... up on receiving their... and cords: Wendy... mams, Mary Leigh... msmead, Debbie... Kong, Ann Marie... egrini, Nancy Bratty... istine Rudd, Margo...urdy and Heather Hills... uest speaker Mrs. J... tward of the Toronto... ical Society told of the... s for the new zoo in... onto.

ed table guests included... ict commissioner Mrs... Wintar and Applewood... sion commissioner... y Franklin, while co-... wmen for this event... Mrs. E. Yonik and Mrs... inlay. To complete the

evening, the new Ranger company led the 350 mothers and daughters in lively songs.

The occasion was Brothers Night when Golden Triangle chapter 291 Order of the Eastern Star members met recently in the Orange Hall.

Worthy matron Jean Curdie welcomed the following: W.G.P. Arnold Hegry, A.G.P. Eldon Matches, Grand sentinel Howard Noble, Grand Ruth Mrs. Norma Hackett, P.G.P. Joseph Stewart, P.G.M. Pearl MacDonald, Grand executive Mary Greer, Grand benevolent Jean Alexander and Helen Knox, as well as 38 brothers.

Ways and means convener Marilyn Hodgson announced a rummage sale to be held Saturday, March 24, 10 a.m. in the Orange Hall, Agnes Street. Tickets at \$1 are still available for the fashion show April 3 at Sherway Gardens and may be ob-

tained from Jean Curdie at 278-1178. Members were also reminded of the family dinner to be held Sunday, April 15, 5 p.m. Tickets are available from Eleanor Robertson at 279-5957.

ROTARY

Ninety-four per cent of Olympic athletes wear Adidas sporting equipment. This and other facts regarding the company were given to Rotary Club of Mississauga members recently by Heinz Piotrowski, public relations manager for Adidas (Canada) Ltd. The company was founded near Nuremberg, Germany in 1922 and presently employs approximately 10,000 people with factories on every continent. It produces equipment for every variety of sporting activity, e.g. 80,000 pairs of jogging shoes and 60,000 pairs of soccer shoes a day.

Guests at this meeting included Henry Janzen, Bill

Landon and Brian Cooper, as well as Rotarians L. Huff of Weston, T. Belford and H. Hogle of Etobicoke, P. Dugal of Parry Sound, J. McCabe of Leaside, and W. Wilson of Clarkson.

ST. MARY'S DORMITION

The recently elected executive of the women's league of St. Mary's Dormition Ukrainian Catholic Church consists of the following: vice president, Olga Cahute; vice president, Helen Dow; secretary, Elsie Gulka; and treasurer, Stella Chopyany.

The parish men's league will meet Monday, March 19, 8 p.m. and are hosting a wine and cheese social Sunday, March 24, 8 p.m., at which time a film or slides of the Ukraine will be shown. A second donation (\$200) has been made for the purchase of costumes for the folk-dancing group.



Listen to Bill Deegan: weekdays 4 to 8 p.m. (Also Saturday mornings, 5:30 to 10 a.m.)

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