

Mealtimes: Breakfast: usually 7 - 8 a.m. Lunch: between 12 and 2 p.m. Dinner: between 5:30 and 7 p.m. The evening meal is often called supper.

#### (h) CLOTHES

You should inquire about the climate of the area where you will be living before you decide what clothes to bring with you. Students coming to Canada from warmer climates would be well-advised to wait until their arrival to buy winter clothing. In Canada students can often purchase clothing at a reduced price.

In general, casual clothes are worn at universities and colleges for lectures. During winter and fall or autumn months women students wear woollen dresses, suits, skirts with blouses or sweaters. In spring and summer, dresses or skirts with blouses are generally worn. Low-heeled shoes are suitable most of the time, with high heels for more formal wear.. Wool hats or scarves are often worn during cold weather, and overshoes and heavy overcoats. Most Asian women wear their national dress every day, with a coat over it in cold weather. Men normally wear slacks and sports shirts or regular shirts and ties with sweaters or jackets. Neckties and jackets should always be worn to church, parties, and when visiting Canadian homes. A suit is appropriate for parties and dances. Men wear their national dress only on special occasions.

#### (i) LAUNDRIES

Laundries for washing clothes can be located through the classified telephone directory. In some universities there are laundry facilities on the campus. The laundry will collect and deliver clothes, though it may sometimes be less expensive to take them into the shop yourself. The laundry list will show the charge for each article. Washing machines are often available in university residences.

There are also "laundromats", or coin laundries, in most cities. These are used by customers who bring their own laundry, put the clothes in a washing-machine, where they are washed, rinsed and partially dried, and then into a drier, which completes the process. The clothes will still require ironing. The normal charge is 25¢ for washing eight or nine pounds of clothes, and 10¢ for drying.

There are many dry-cleaning shops where you can take clothes which cannot be washed, such as women's woollen dresses and men's suits. The charge will be about \$1.25 - 1.75 for a suit or dress.

#### (j) BARBERS AND BEAUTY PARLOURS

Barbers have a separate price for each item of service, indicated on a schedule posted in the shop. A hair-cut usually costs about \$1.50. Beauty parlours vary in price for services, including shampoos, permanents, and manicures. A shampoo and set or finger wave costs \$2.50 to \$3.50. Tips of 10-15 per cent (minimum 25¢) are expected. Some barbers have had no experience