

veniently in "supermarkets", where you select your purchases from the display shelves and pay for them at the cashier's desk.

Certain types of Canadian food may cause you some confusion. For example, a "hamburger" is made of ground beef, not ham; and a "hot dog" contains a sausage that may be made of pork or beef. If you do not recognize the name of a type of food, ask what it contains.

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

(e) 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 or during sales.

In general, casual clothes are worn at universities and colleges for lectures. During winter and autumn months, female students wear woolen dresses, suits, skirts or slacks with blouses or sweaters. In spring and summer, slacks, cotton dresses and skirts with blouses are generally worn. Low-heeled shoes are suitable most of the time, with high heels for more formal wear, depending on fashion. Wool hats, scarves, gloves, lined high boots, overshoes and heavy overcoats are worn during the cold weather. Most Asian women wear their national dress every day, with a coat 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 and official functions.

(f) Laundries

Laundries and dry-cleaners can be located through the classified telephone directory. The charge for dry-cleaning a woollen dress or suit, for example, is approximately \$2.25. Many laundries and dry-cleaners 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. In some universities, there are laundry facilities on the campus. Washing-machines are often available in university residences.

There are also coin laundries ("laundromats") in most cities. These are used by customers who bring their own laundry and put the clothes in a washing-machine, where they are washed, rinsed and partially