



Glare from the sun strikes unprotected vision all year round.

## Winter sun glasses

Sun glasses used to mean summer glasses. This year they can be winter glasses, driving glasses, apres ski glasses and cocktail glasses — but not the kind that holds martinis.

When a new line was introduced by Polaroid recently, it was clear that this year's glasses were meant to glamorize and camouflage as well as cut the glare of the sun.

Most people choose glasses that flatter them and only then check to see if the lens is adequate.

The newest look is slim line. The frames are large but lighter and more slender than in recent years. The enormous, oversize frames favored by Jacqueline Onassis are still the big news but the frames are not only slender but many have a wrap-around effect.

If you have a hangover and must face still another party, there are glasses in fine plastic or steel rims that are only slightly tinted, just enough to camouflage but not enough to restrict vision.

Only the enormous frames make fashion, but this year the less bulky look will be good news for women with small faces.

Sun glasses provide a touch of mystery. They may be hiding one black eye, or two blood shot eyes. But there is always the possibility they are hiding an enormous pair of gorgeous come-hither eyes.

## Olympic coins 'good buy'

To buy or not to buy Canadian Olympic coins. Don Thomas of Shadawa Mews in Mississauga, a member of the Olympic Coin Design Committee, says yes.

Although he may be more involved with the coins than the average person, he suggests they are a good buy — for a number of reasons.

"The Olympic Coin Program was established to raise money for the Games," he says. "It is the major fundraising project and coins are being marketed all over the world in some 70 countries."

"They are now — and will be — internationally renowned because of this."

Struck by the Royal Canadian Mint in Ottawa, Olympic coins are legal tender. They are the first \$5 and \$10 silver coins ever to be minted in Canada. Each has a silver content of 92.5 per cent.

Thomas says that with the release of the seventh and last series before the Games begin in the summer, the complete collection will be the largest matched set issued since the inception of the Olympics in Greece 3,000 years ago.

Coins bought now should sell above their issue price in years to come. "Canadian Olympic coins," explains Thomas, "which already combine monetary value with scarcity and intrinsic value, should significantly appreciate in value over a period of time."

No one at this point however can foresee which of the 28 coins will be worth the most. "Buy the entire set and you'll be sure," advises Thomas.

Not everyone buys coins for an investment. They can simply be a souvenir, a gift or a collector's item.

According to organizers, three per cent of the face value of every \$5 and \$10 coin sold, is paid to the Olympic Committee of each participating country.

By purchasing just one or more than one, buyers become cosponsors of Canada's Olympic team, says Thomas. The remainder of the money assists in financing the Games, say organizers.

Canada is the seventh country to mint Olympic coins since Baron Pierre de

Coubertin founded the modern Olympics in France in 1890.

The coins come in seven series with two \$5 and two \$10 coins in each. Every series represents a different Olympic-related theme designed by artists either chosen by the Olympic Design Committee or the winners of contests organized by the committee.

Seven members, designated in 1974 by Ottawa, comprise the special group. Thomas and six others "from various walks of life" have selected the designs for all seven series.

Artists for the first four series were commissioned by the committee, explains Thomas.

Designs for the first four coins, or first series, were assigned to the graphics and design directorate of COJO — the organizing committee for the Games.

George Huel, Pierre-Yves Pelletier and Gilles Robert, all graduates of the graphics arts institute in Montreal came up with the geographical theme. The four

coins depict Canada in the World, Canada and North America, the City of Montreal and the City of Kingston.

Anthony Mann, associate professor of design at the Nova Scotia College of Art and Design, chose Olympic motifs as theme for series II.

The coins show the head of Zeus, Athlete with a Torch, Olympic Rings and Wreath and the Temple of Zeus.

Ken Danby, a Canadian "realist" artist designed Series III. He followed the Sporting theme with early Canadian sports — depicting lacrosse, canoeing, rowing and cycling.

Series IV, titled Olympic Track and Field Sports, was created by an Ojibway from the Couchiching Reserve in Ontario.

Leo Yerxa combines the theme of track and field sports with a unique Indian design. Currently available through banks, the series is proving to be very popular, says Thomas.

Series V is available now from dealers. Lynda Jane Cooper, a third year arts student at Western University in

London, won the national contest for the design. She shows water sports.

The Olympic Coin Program staged an international contest for Series VI. Shigeo Fukuda of Tokyo sent an entry illustrating team and body contact sports. According to Thomas, the freelance designer received \$7,000 for the work.

Series VII was designed by Elliott Morrison, president of the Toronto company Stewart and Morrison Ltd., Designers and Consultants. He was commissioned by the Olympic Design Committee. This last set follows a souvenir theme.

The coins can be bought in a variety of ways — individually, encased in plastic or in a single coin case, or the complete set of four in a custom case or prestige case.

Prices range from \$8 for a single \$5 coin to as high as the proof set.

They are available from banks, trust companies, caisses populaires, authorized coin distributors and by direct mail from the mint. Series V should be available from banks very soon.

## Reward and punishment

By CONNIE RAE

"Just as you were influenced by your parents, the kind of adult your child grows into depends on you," insists Nancy Purkiss of the Peel Branch of the Canadian Mental Health Association.

Mrs. Purkiss shows a film that discusses the 'Reward and Punishment' method of bringing up children.

Although its philosophy differs from the Parent Effectiveness Training method, both goals are the same.

The reward-punishment method works on the premise that if you ignore bad behavior, and give attention only when the child is good, the child will be good to get attention, rather than the converse.

Training has to start early. When a baby cries, don't pick him up unless he is sick, wet or hungry. If you do, he'll cry to get attention and the demanding screams will get louder and longer, the movie illustrates.

However, if you play with him while he's lying quietly in his crib, he'll come to associate good behavior with attention. Ignore the impulse to leave well enough alone.

Older children should be rewarded for good behavior. A pile of gleaming dishes or a clean room, is worth an appreciative smile and a pat on the head, the film recommends.

Rewards should have some meaning, however. A piece of superior school work with a star loses its value if placed beside a piece of work that is full of errors and has a star too.

Stifle the tendency to nag. If children receive attention only when they misbehave, (you're so sloppy, so careless, so bad), they will probably use unacceptable behavior as a means of getting attention from other adults, and the

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