

(d) Food

Outside the university, there are restaurants, coffee-shops, cafeterias and lunch-counters where meals can be obtained. Self-service *cafeterias* are cheaper than restaurants. *Lunch-counters*, where snacks, sandwiches, ice-cream and beverages are served, can be found in many department stores and small shops. Restaurants provide a variety of meals. Price vary, and tips of 10-15 per cent of the bill are expected.

If you wish to prepare your own meals, food can be bought most conveniently 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 food, ask what it contains.

Meal times: The usual time for breakfast is 7 to 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 reduced prices during sales.

In general, casual clothes are worn at universities and colleges for lectures. Many men and women wear denim jeans. During winter and autumn months, female students wear woollen 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 or overshoes, and heavy overcoats are worn during the cold weather. Many Asian women wear their national dress every day, with a coat in cold winter. 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 found through the classified telephone directory. The charge for dry-cleaning a woollen dress or suit, for example, is approximately \$3.25.