

HAPPY VICTORS of the Ladies Valentine Bonspiel "D" event are the Ruth Gravelle rink of Terrace. From left to right, Bonnie Wasyleski, lead; Ruth Gravelle, skip; Marilyn DeBruiker, third; and Nancy Fugere, second. They won the Terrace Drugs "D" event trophy.

IN VALENTINE BONSPIEL

Visitors sweep main events

Terrace Ladies Curlers placed well in last weekends Valentines Bonspiel at the local curling rink. Bonspiel Chairwoman, Ruth Gravelle, said that the games were well played and there was plenty of good curling action for the local fans. Lil Costick of Prince George took the "A" Event beating out M. Beckly of the local club to

take the Terrace \$-51.00 Trophy. The "B" Event went to Bernice Holden, another out of town curler, who downed Anita Rowland, president of the local Ladies Curling Club. The Reum Motors Trophy for the "C" Event went to Ruth Gravelle of Terrace. She had to go extra ends to defeat her opponent, Pat Judd of Terrace.

Two Kitimat rinks met for the "D" Event Terrace Drugs Trophy and Mary Tattran defeated Sheila Reeves for the "D" honors. The curling was interrupted twice over the weekend, one was scheduled and the other wasn't. The ladies were evacuated from the rink when the weight of the snow caused the sheet

metal roof to start to buckle. This problem was soon overcome when crews from the B.C. Hydro and the telephone company combined to clear the snow from the roof. The other interruption was Saturday night when the curlers were treated to a smorgasbord by the local Legion Ladies Auxillary.

Residents angered

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town) cleaned it out properly and put gravel on the bottom, it would be better." Older children catch frogs in the ditch, Lutz added. Mrs. Blue agrees that the ditch "is a real hazard". She added that it attracts flies in warm weather. Lutz said the Botin's sewer was draining into the ditch until the health department put a halt to it. Mrs. Botin said: "I don't know what we can do. It's a big ditch."

Runs through town

The ditch, Jolliffe said, originates near Little Park, cuts through the civic center property, down Emerson, behind the Co-op and behind the Safeway Supermarket, under the overpass, under South Eby, Molitor and Sunset Boulevard to Mills Ave., in South Terrace. Jolliffe said the five families on Mills are the only ones effected by the watercourse. From Mills, the ditch crosses McDeek and empties into the Skeena River. Mrs. Blue said her neighbors were told that when the overpass was built, sewers could be installed for their homes. But Jolliffe said that was the plan only when an underpass—and not an overpass—was under consideration by council. "In 1965-66," Jolliffe said, "council has a sewer program which included that portion of Mills." But, he added, the municipality ran out of money and cut Mills and other areas out of the sewer program. But Mrs. Blue and her neighbors only know that the problem has been going on for a long time.

Thornhill aims for incorporation

Cont'd from Page 1
90 per cent of the land owners have signed a petition seeking a "Water Improvement District." This, in effect, would incorporate the area, giving it a form of local autonomy, said Cleve. "When we have all the names we will send the petition to the Department of Water Resources in Victoria," Cleve said. Initially, the purpose of applying for a water improvement district, Cleve said, would give the area the green light to install a water and sewer system. "I think it's an essential for us to have a say in running our own affairs," Cleve said. Of course, any service, such as a fire department and street lighting, would have to be voted on first. "Right now our hands are tied," Cleve said. "We can't put anything through."

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HEALTH FOOD FADIST, Mrs. Charles Hoppe stands with the food and books she sells. Mrs. Hoppe holds her "bible", Adele Davis' book, "Let's Get Well"....Staff photo.

Taste good, too

Food builds health

By DIANA SMITH

The whole subject of health foods versus "treated" food causes a great amount of controversy but the fact remains that many people are becoming more aware and concerned about their food.

In Terrace, for instance, Franks Dairy supplies 1,000 families with raw milk. Manager, Ted Hibber said this is the maximum the Dairy can supply.

A popular advantage to following a health food diet is that many over weight people have found that their craving for food is more easily satisfied and they can eat less.

Mrs. Celina Hull of Terrace, for example, weighed 202 pounds and for 20 years had tried to diet. "I was in misery all the time," she said.

TAKE OFF POUNDS

Four months after starting eating only health foods Mrs. Hull was down to 144 pounds and has maintained this weight since, so well in fact that her grandson, Lloyd describes her as a cross between a bird and a rabbit.

A typical day's food for Mrs. Hull would be a breakfast of her special cereal which consists of: 1 dessertspoon of whole wheat flour, 2 dessertspoons of regular cream of

wheat, mixed with cold water, cooked and eaten with 2 teaspoons of wheat germ.

For lunch she might have a poached egg and green salad and for supper a glass of juice made from a carrot, a stick of celery, an orange, and an apple; a muffin and maybe a salad. She doesn't drink coffee or tea but, "I drink water by the barrel."

Mrs. Hull said "If you eat these things you don't have a craving for great quantities. Bapple; a muffin and maybe

vitamins:

This recipe for Whealgerm Muffins comes highly recommended from a health-minded mother who gives them to her family for breakfast. She feels it is about the best start to a day you can get.

Beat together two eggs, a half cup of oil, and one cup of milk. Add one and one third cups of whole wheat flour, 2-3 cup of wheat germ, 2-3 cup of brown sugar, one teaspoon baking powder, 1/2 teaspoon soda, and 1/2 teaspoon salt.

Combine in sifter and add one cup of whole wheat pastry flour, one cup rice polish or soy flour, a half cup powdered milk, two teaspoons double-acting baking powder, and a half teaspoon of salt (sea salt).

Stir only enough to mix well or about 30 strokes. Turn out onto a floured board or canvas, form into a roll, slice and bake immediately or wrap in wax paper and chill or freeze overnight or longer.

Cut into four quarter inch slices and place on baking sheet covered with foil or well-greased heavy brown paper. Bake in moderate oven at 350 degrees F for 8-10 minutes. Remove from foil or paper after cooling or freeze and remove later.

Last of two parts

slices of bread with jam, now I'm satisfied after a few dates."

TURNING AWAY

Whatever your opinion of health foods and those who eat them, the fact remains that a growing number of people are turning away from refined, chemically preserved, instant mass produced products and, instead, are taking the time and effort to procure more natural, organically grown food as possible.

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Following are two recipes using whole wheat flour and wheat germ which are both good sources of proteins and

Put mixture into paper cups and bake at 325-350 F degrees for 20 minutes or until brown.

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A recipe for cookies, recommended by Mrs. Ann Hoppe because "it has everything to build up health," is Refrigerator Cookies.

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Cream together one cup partially hardened margarine, natural lard or butter and one and a half cups of sugar (demerara not white). Add and mix well two eggs, one cup of wheat germ and one teaspoon of pure vanilla extract.

At the library

BY CLAUDETTE SANDECKI

Trapping is my Life
by John Tetso
Alger Press Limited

Originally published as a series of monthly articles, these have been bound into a book forming the autobiography of a rare man. John Tetso was more than a Slavey Indian who trapped for a living along the Mackenzie River. He was a conscientious provider for his family; industrious; quick and eager to learn all he could about everything. He spent only three years in school yet he learned to speak and write English well.

He even learned to typewrite. And he was generous to a fault; it was his generosity which killed him at 42.

Yet John Tetso treats his life style matter-of-factly. In his words, "Some people like to complain a lot for little things, but not me. I figure it's a part of life and take it with a smile. But this life as a bushman is not a bed of roses, I can tell you.

that." Included in his life as a bushman are floods, wolves, bears, bitter cold, near starvation, and lengthy separations from his family.

With typical understatement he mentions that since the government has built houses for the natives in Fort Simpson many of them have forsaken their traplines to live in town year round; that his annual limit of moose and other big game has been drastically curtailed by government regulations; and that machines are taking away jobs.

His stories are simple, unembellished in the telling. And by their very simplicity they tell more about the man than any dramatic version could. Much of this book does not appear in print—it exists between the lines.

Children's Books
The Haunted Spy
by Barbara Ninde Byfield
Doubleday and Company
A spy, tired of driving fast

cars, wearing his trench coat even in the sunshine, and of meals he never has time to eat, packs away his walkie-talkie fountain pen and other spy equipment to live quietly in a lonely castle. But not for long! Soon mysterious things begin to happen. Books open themselves. Water runs into the bathtub downstairs. Pictures turn themselves to the wall.

He decides to become a spy

again just long enough to learn what is haunting his castle.

Opie Possum's Trick
by Charles Phillip Fox
Reilly and Lee Company
Opie Possum has a trick; he can hang by his tail. Can any of his friends do his trick, he wonders? He asks the rabbit, the tree frog, and eight other friends, but none can do Opie's trick. Instead each animal has a trick of his own.

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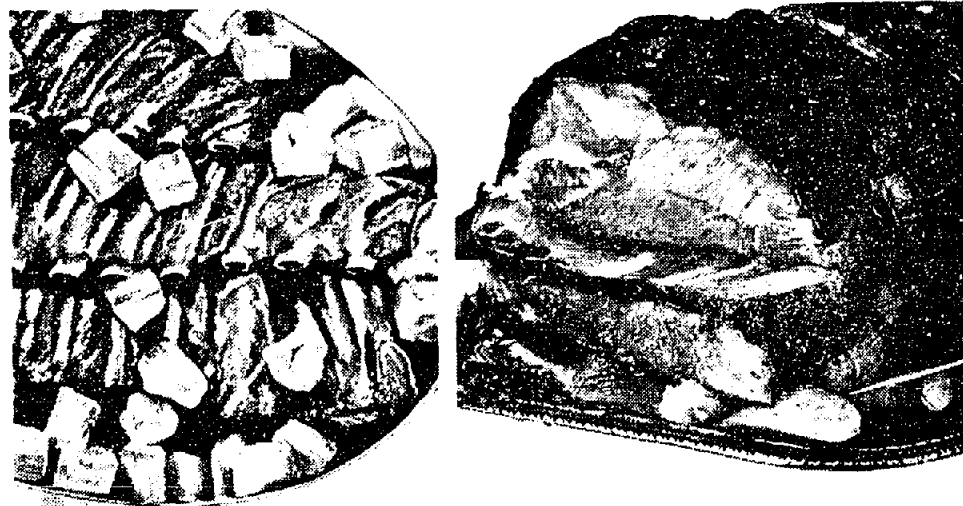
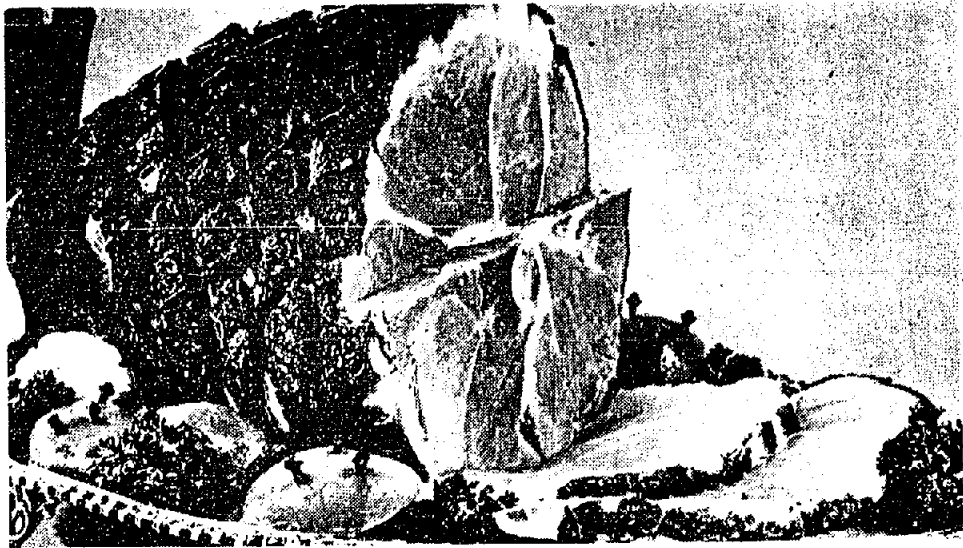
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3 THRIFTY WAYS TO SERVE TENDER ECONOMICAL PORK

1. CURRY-GLAZED HAM

- 1 ready-to-eat ham shank (about 8 lbs.)
- 1 cup brown sugar
- Nabob whole cloves
- 2 tsp. Nabob curry powder
- ¼ cup pineapple juice

Place the ham, fat side up, on a rack in a roasting pan. Bake in a 325 degree oven for 1½ hours. Carefully remove the skin. Score the fat by cutting into diamond shapes. Combine the brown sugar, curry powder, and pineapple juice. Spread this mixture over the scored fat, studding each diamond with a whole clove. Increase the oven temperature to 375 degrees and bake the ham another 30 minutes longer or until it is well glazed. Service 10-12.

2. BARBECUED SPARERIBS HAWAIIAN STYLE

- 3 tbsp. sugar
- 6 tbsp. soy sauce
- 3 tbsp. wine vinegar
- 5 tsp. salt
- 1½ tsp. Nabob ground black pepper
- 1 tsp. Nabob ground ginger
- ¼ tsp. Nabob cayenne pepper
- ½ tsp. Nabob instant minced garlic
- 3 tsp. Nabob powdered mustard
- 4 tbsp. water
- 4 lbs. lean spareribs

Combine first eight ingredients. Mix mustard with water and let stand 10 minutes to develop flavour. Add to sauce. Arrange spareribs in a large flat baking dish and add the sauce. Make sure that all sides of the ribs are well coated. Marinate in refrigerator 12 hours or overnight, turning occasionally to marinate uniformly. Bake in a preheated (350 degree F) oven for 1½ hours, turning once. Yield 6 servings.

3. BRAISED SHOULDER OF PORK

- 3 to 5 pounds shoulder of pork
- 3 carrots, peeled and chopped
- 4 onions, peeled and chopped
- 2 cloves garlic, minced
- 1 tsp. salt
- 4 tsp. pepper
- ½ tsp. marjoram or thyme
- 1 cup consommé
- 3 cups cooked rice
- ¼ cup parsley

Remove enough fat from the roast to have ½ cup. Melt this fat in a heavy saucepan. Brown the meat in this fat over low heat, until it is browned on all sides. Add the carrots, onions, garlic, salt, pepper, marjoram or thyme. Cover and cook over low heat, counting 35 minutes per pound. When the roast is done, remove from the saucepan and add the consommé to the gravy. Bring to a boil stirring all the time. Serve as is or put through a food mill to mash the vegetables. Serve with boiled rice garnished with parsley.

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