

# THE VALLEY VOICE

## AND EAST COAST

VOL. 22 NO. 12 OCTOBER 13, 1989

PRICE 30c

EST. 1968

### FOOD

#### USE OF FOOD ADDITIVES

A food additive is a substance not usually eaten as a food. It is added to food to enhance its acceptance. Additives may: maintain nutritional quality, maintain or improve keeping quality or stability, thus reducing waste, or make food attractive by enhancing taste, colour or consistency.

Without additives, much of the food in our supermarkets would be unattractive, unpalatable and would not keep.

Every food additive must have a specific purpose, such as:

Anti-caking agents to make sure that products such as salt flow freely when poured.

Antioxidants to prevent food containing fats and oils from becoming rancid.

Artificial sweetening substances for use in low-joule foods.

Bleaching agents to whiten flour.

Colours to restore losses during processing and storage, and to ensure a uniform colour standard in the finished product.

Emulsifiers to ensure that oil and water mixtures do not separate into layers.

Enzymes to break down a food like milk into curds and whey.

Flavours to make up for processing losses and to maintain uniformity.

Flour treatment agents to make stored flour mature more quickly before it is used for baking.

Food acids to maintain a constant acid level in food despite variations in the acid level of ingredients.

Humectants to prevent foods from drying out.

Minerals added to make up for losses during processing and storage.

Mineral salts to enhance the texture of foods such as processed meats which might lose fats and meat juices.

Preservatives to prevent deterioration.

Propellants used in aerosol food containers.

Thickeners and vegetable gums to ensure constant consistency.

Vitamins to make up for losses in processing and storage.

### ADDITIVES

A food additive may not be used if:

Its intended function can be performed cost-effectively another way, It disguises inferior quality food or faulty processing.

It deceives the customer.

It significantly reduces the nutritive value of the food.

Its safety in use is not recognised.

There is no benefit to the consumer.

#### THE NEW LABELLING SYSTEM

Ingredient listing on food labels has been compulsory since Oct. 1980.

The label must list, in descending order by mass, all the ingredients that have gone into the food in the package. Until recently changes in the law additives were listed only by their "class name", such as "preservative", "colour" or "emulsifier".

It was not necessary to use specific names, such as "sodium metabisulphite", "tartrazine" or "lecithin".

Under the new system, specific additives must be identified by name or number. The spelling out of long scientific names on labels presents obvious problems, so a number system has been devised.

The new system is based on one operating in European Countries.

The new system is of special interest to people with allergies or sensitivity to certain substances which are quite harmless to others.

These people must know exactly what is in the food they buy - or risk illness or discomfort.

The list showing the numbers adopted by the National Health and Medical Research Council and the NSW Department of Health for approved food additives is on pages 8 and 9 of this issue.

## ONLY 10 WEEKS TO CHRISTMAS



SO WHY NOT SHOP  
LOCAL AND SAVE?  
HO! HO! HO!



# CLASSIFIEDS

## FOR SALE:

Double bed with wire base.  
Hardwood bookshelf bed head and  
2 matching cupboards.  
Innerspring mattress in good order  
Price \$100.  
APPLY: 34 Tasman Highway PH 751142

## FOR SALE:

3 piece lounge suite \$140.  
1 D.B. mattress, base and bed  
head \$50. PH 722327

REDLINE COACHES..... Delivers  
this paper quickly and efficiently  
Statewide passenger and parcel  
service. PH: 722 445

MT. ELEPHANT PANCAKE PARLOUR is  
open 9am to 6pm seven days a  
week. For evening bookings and  
functions. PH: 722263

PEAKES BUS SERVICE..... ST. MARYS..  
BICHENO..... SWANSEA.... Passengers  
parcels and papers. PH: 722390

Doris Hooper Podiatrist  
(Chiropodist)  
at Drs. Surgery - Bicheno  
Tues. Oct. 31st  
FOR APPOINTMENTS:  
PH: (002) 570171

## RICHARDS HOME FURNISHERS

67 Cecilia St.,  
ST. HELENS  
PH: 761147

TOWELS - Printed, plain & gift  
boxed. We now have stock in  
pretty pastel colours.

DOONAS - Dacron, feather, S/B,  
D/B & Q/S. If you're feeling  
the cold see our range.

QUILT COVERS - All sizes avail-  
able in prints and plain dyed.  
Pillowcases to match.

We also have facewashers from  
95¢, Dishclothes from 90¢,  
Tea Towels from 95¢.

Plus much, much more. If you  
are unable to browse through our  
store, ring our friendly staff  
and we will do all we can to  
help you.

ALSO OPEN SATURDAY MORNING.

AT: SCAMANDER SPORTS COMPLEX

Saturday 28th October 7.30pm.

"OLD TIME DANCE"

with

..... BARBERS ORCHESTRA

DBLE \$10  
SINGLE \$5  
FAMILY \$12

Novelty Dances, Home made supper  
50/50 music.  
Door sales.

Weekend Special for \$3 tapes AT:

## ST. MARYS, NEWS AGENCY

OPEN 7 DAYS A WEEK

TASMANIAN REDLINE COACH; Fares  
and freight changes effective  
from 4th September, '89. 50%  
concession is allowable with valid  
pension or transport card or if  
student is under 15 years of age.

Large variety of magazines,  
stationary, groceries, milk bar  
items. Books and toys.  
Laybye now for Christmas.

VIDEO CENTRE: Missed viewing one  
of those exciting previews? Have  
a look to see if the title is  
amongst the 80 exchanged tapes.

## RANSLEY'S

APPLIANCE SERVICES.

Located in St. Helens but  
servicing the St. Marys area.

For sale of new and recondition-  
ed appliances, including  
service of commercial refriger-  
ation equipment. We are  
authorised service agents for  
Simpson, Kelvinator and West-  
inghouse.

SHOWROOM AND WORKSHOP,  
41 Quail Street, ST. HELENS

PH: 76 1811



# WHAT'S ON

ST.MARYS FOOTBALL CLUB

## ANNUAL GENERAL MEETING.

St.Marys Hotel, Friday, October 20th, at 7.30pm.

AGENDA Apologies  
Previous Minutes  
Correspondence  
Treasurer's Report  
Presidents Report  
Nomination of Office Bearers,  
season 1990

Patron. Vice Patron. President.  
Vice President. Treasurer,  
Secretary, General Committee.  
General Business.

This meeting is open to any  
persons wishing to support  
the ST.MARYS FOOTBALL CLUB  
A light supper will be served.

SUPPORT THE TIGERS IN 1990

Anglican Church Morning Tea  
October 18th 10.30am. Back  
room Holy Trinity, St.Marys.  
Gift for Trade Table most  
appreciated.

Anglican Church Fair St.Marys  
Nov. 17th. More details later.

This weekend a bus load of  
Senior Citizens are travelling  
to Queenstown. Members of the  
Cornwall and St.Helens Senior  
Citizens have combined together.  
While at Queenstown they will  
see local attractions, be ent-  
ertained by Queenstown Senior  
Citizens on the Saturday night  
with indoor bowls, eight ball  
and cards. On Sunday a trip up  
the Gordon River has been  
planned and Sunday Evening a  
barbarcue has been planned for  
some returning on Monday.  
U. Camplin

The ST.MARYS BOWLING CLUB will  
be holding an Open Invitation  
Day on Sat.Oct.14th 1.30pm  
New players are invited to  
attend. Flat sole shoes

# HAVE YOU MADE A WILL?

## FREE WILL

MAKING SERVICE By  
THE PUBLIC TRUSTEE TASMANIA.

A Public Trust Officer will be  
available to provide information  
in Wills, Estates, Probate Costs  
and all related matters and to  
assist you with the preparation  
of Wills and Estate Administration  
at:

## FINGAL

Council Chambers on Thursday  
morning, October 19th

## ST MARYS

State Library, Main St. on Thurs.  
afternoon Oct. 19th.  
For Appointments - Ph. (003)  
322 241, 5 Wellington St. L'ton.  
or P.O.Box 414, Launceston. 7250

and neat casual dress.

Come along and enjoy yourself.

Signed G.W. OLiver  
Hon. Sec.

## SPECIAL MEETING: The St.Marys

Dist. Hospital Aux will be  
holding a special meeting on  
Monday 16th Oct. at 7.30pm  
Rec room.

## CHRISTMAS IN ST.MARYS.

Carols by Candlelight  
Decemger 17th 8.30 St.Marys  
Community ground.

The St.Marys Traders and Lions  
Club will be holding the street  
party on December 22nd(Friday)  
more on this at a later date.

DIVERSIONAL THERAPY CHRISTMAS  
PARTY. DECEMBER 12th 10am-12noon  
Visitors welcome.

## THUMBS DOWN:

To the Grade 10 Student on the back  
of the Fire truck on Fair Day who  
yelled out abuse over the LOUD SPEAKER  
to an elderly gentleman out in his  
garden.

# BLACK GOLD BOUTIQUE

ST.MARYS  
722 441

BICHENO  
751 443

GIVE YOUR WARDROBE A BOOST.

CHOOSE SOMETHING NICE FROM BLACK GOLD.

FASHION PARADE - SILVER SANDS MOTEL, 11TH NOVEMBER '89.

# CHURCH NEWS

FINGAL-PORTLAND UNITING CHURCH

Worship Service

Scamander	8.00am	2nd-4th Sunday
Fingal	9.30am	every week
St Marys	11.00am	2nd Sunday
St Helens	10.30am	1st-3rd-5th Sundays
Rossarden	7.00pm	3rd Tuesday

Sunday School

Scamander	9.30am	(except for 2nd Sunday when 8am FS)
Fingal	9.30am	
St Marys	9.45am	(with Salvation Army)
St Helens	3.30pm	Wondays KUCA Club

ALL WELCOME

Rev. Alan Renton - Phone 725 139

ANGLICAN PARISH OF ST HELENS

St Pauls Church  
8.00am )  
9.30am ) every Sunday  
7.00pm )

Sunday School

3.00pm Mondays

Pyengana  
11.00am      2nd - 4th Sundays

Falmouth  
9.30am 1st - 3rd Sundays

THE ANGLICAN PARISH OF THE FINGAL VALLEY

Sunday October 15

8.45am	Fingal
10.45am	St Marys
3.00pm	Mangana
6.00pm	Avoca

Sunday October 22

8.45am	Fingal
10.45am	St Marys
3.00pm	Methinna
6.00pm	Avoca

Rev. David Le Rossignol-Fingel 742113

## SEVENTH DAY ADVENTIST

Hodgman Street - Scamander  
Sabbath School 10.00am  
Divine Service 11.00am

SALVATION ARMY

Sunday    Sunday School - Uniting  
9.45am    Church, St Marys.

Sunday      Sunday School - Salvation  
2.30pm      Army, Cornwall.

2nd Sunday  
in month      Afternoon Service  
3.00pm

Wednesday HOME LEAGUE/FELLOWSHIP  
for all women, Salvation  
Army, Cornwall - 1st, 3rd  
& 5th week of month.  
Uniting Church - St Marys  
2nd, 4th week of month.

Tuesday JOY HOUR - Games, Crafts,  
Fun, Fellowship for all  
children 5-12 years,  
weekly at Salvation Army  
Cornwall.

Thursday YOUTH GROUP - 1st week in  
month - ages 13-20 years,  
Sunnybanks, St Marys.

ENVOY & MRS. BETTS, SUNNYBANKS,  
ST MARYS . PHONE 722 352

## CATHOLIC PARISH OF ST. MARYS

FIRST SUNDAY OF THE MONTH

St Helens	Sat. Vigil	6.00pm
St Marys	Sunday Mass	9.00am
Fingal	Sunday Mass	10.30am
Bicheno	Sunday Mass	4.00pm

SECOND SUNDAY OF THE MONTH

St Helens	Sat. Vigil	6.00pm
St Marys	Sunday Mass	9.00am
Fingal	Sunday Mass	10.30am
Bicheno	Sunday Mass	4.00pm

THIRD SUNDAY OF THE MONTH

St Helens	Sat. Vigil	6.00pm
St Marys	Sunday Mass	9.00am
Mangana	Sunday Mass	10.30am
Bicheno	Sunday Mass	4.00pm

## FOURTH SUNDAY OF THE MONTH

St Helens	Sat. Vigil	6.00pm
St Marys	Sunday Mass	9.00am
Bicheno	Sunday Mass	4.00pm
Swansea	Sunday Mass	6.00pm

FIFTH SUNDAY OF THE MONTH

St Helens	Sat. Vigil	6.00pm
St Marys	Sunday Mass	9.00am
Fingal	Sunday Mass	10.30am
Bicheno	Sunday Mass	4.00pm

FOR SINCERE, PERSONAL AND DIGNIFIED SERVICE

DARAL BAILEY & SON

A. F. D. A.

ANYWHERE. ANYTIME

FUNERAL DIRECTORS

## SPORT

ST MARYS GOLF NOTES by Tee Up

With the Member's Championships just 2 weeks to go great interest is being gendered into this event - with the scores returned weekly, and I believe 20 A Grade players, it will be a very interesting occassion. Andrew Wright will be defending his title and should Andrew win this year, he will be the only person to win twice in the last six years. So good scores are expected in all grades. For the last 36 holes of the Championships, Michael Polley has donated four trophies, so boys if you are not doing as well as you would like, keep hitting, you could win Michael's trophy. Our special thanks to Mr Polley for his generosity.

To assist your Captain Mike, please place your name on the sheets on the notice board.

VETERANS had another good day at Malahide last week and A Grade B & C were well represented. Next day is at Bicheno on October 26.

<u>A Grade</u>		<u>Stableford</u>	
K Cleaver	38 points	on c/b	
G O'Halloran			
<u>B Grade</u>			
H Street	41 points		
R Parker	39 "	Runner-up	
<u>C Grade</u>			
M Bolch	38 points		
H McCarthy	37 "	Runner-up	
<u>1st nine</u>		C Francis	22 points
<u>2nd nine</u>		L Parker	22 points
<u>Nearest Pin 4th</u>		D Ellis	
<u>Visitors</u>		R Costain	41 Points
<u>Nearest Pin 4th</u>		L Atkins.	

Our sincere thanks go to Don and Bernice Targett for the day and trophies given the Club recently. The Golf Club has been the recipient of many trophies from Don & Bernice and we are truly grateful for the interest you both take in our local activities.

Stroke - Don & Bernice Targett  
Trophy

<u>Best Gross</u>		
R Tolputt	72	
R Ridgers	75	
D Berwick	76	
J McDonald	76	
<u>Handicap Div 1</u>		
R Tolputt	(10)	62
J McDonald	(10)	66
D Summers	(11)	67
<u>Handicap Div 2</u>		
M Cummings	(15)	68
M Herring	(20)	70
K B Watson	(16)	72

## B &amp; J. A. SPILSBURY

B P SERVICE STATION  
37 Main Street  
ST MARYS

Petrol            Oils            Lubes  
  
Tyres    and    Tubes  
Sewerage Pipes & Plumbing fittings  
Poly-pipe       cleaners & glues  
CALL & SEE BRUCE or  
PHONE 722233 or 722155

GOLF NOTES CONT.

Nearest Pin 7th    D Murfett  
Nearest Pin 8th    2nd shot  
                         R Ridgers

September Tankard

<u>Stroke</u>		
P Child	(30)	63 nett
R Tolputt	(9)	65 nett
N Cummings	(15)	65 nett
J Furlow	(26)	65 nett
N Waldron	(22)	65 nett

Nearest Pin 5th    K B Watson  
Nearest Pin 7th    R Costain

<u>Stableford</u>		
R Tolputt	(9)	40 pts c/b
Don King	(14)	40 "
J Newman	(10)	39 "
S Cooke	(11)	39 "
J Miles	(17)	38 "
Chris Hayes	(13)	36 "
T Viney	(12)	34 "
R McGiveron	(9)	34 "
<u>Nearest 2nd shot 4th</u>		A Wright
<u>Nearest 2nd shot 9th</u>		Don King

The Associates held their monthly Stroke and Brooch day and it was won by one of the ladies who attends and tries so hard. We are very happy for her and congratulations Heather.

Associates Stroke & Monthly Brooch

H Fleming	(36)	65 nett
M King	(30)	71 "
K Blair	(23)	72 "
I Francis	(32)	74 "
C Mc Gee	(29)	74 nett
<u>Nearest Pin</u>		M Cook

<u>Par</u>		
K Blair	(23)	2 down
M Cook	(17)	4 down
C McGee	(29)	4 down
I Francis	(32)	6 down

The Tuesday Clinic is still being well represented. Anybody wanting to play golf can attend this Clinic and be taught how to play. (every Tuesday). Tuesday, the girls journeyed to Bicheno Invitation Day. I'll have scores of that in the next issue.

# ST. MARYS DISTRICT HIGH SCHOOL

## SCHOOL FAIR

The School Fair was a great success. There were well-stocked stalls, numerous activities and plenty of enjoyment. Over \$5000 was raised.

A pleasing feature of the fair was the extent of co-operation between students, staff, parents and the wider community.

The school very much appreciates this support.

## PARENTS AND FRIENDS RAFFLE

- 1st W'end for family of 4 (incl. meals - Poatina or Tarraleah Chalet).  
M. LOCKWOOD, SCAMANDER
- 2nd W'end & dinner for 2 (Abel Tasman Motor Inn).  
MRS. G. LEWIS, TREVAILLYN
- 3rd 200 Litres of Petrol (B.P. Khan)  
LESLIE FISHER, ST. MARYS
- 4th Coffee Table (G. Aulich)  
LEANNE COOPER, BICHENO
- 5th Cut & Polish Family car (D. & E. Guy)  
L. DEEL, CORNWALL
- 6th Family Pizza (Coach House)  
5 O'Night Videos (G. Smylie)  
CLINTON LAYLER

CAKE STALL RAFFLE Decorated Cake  
MRS. DORIE CROSS, ST. HELENS

## PLANT STALL RAFFLE

Christmas Cake - C. Loane  
Forsythia - A. Bennet

## HINDERGARTEN RAFFLE

Azeleas - Mrs. Martindale

## NUTRIMETICS PACK

MICHELLE FREEMAN

## DRESSED DOLL

TAMMY STROCHMETER

## DEVONSHIRE TEA RAFFLE

JEFF WESTON

The experience was most enjoyable and worthwhile as Genevieve intends to continue in the field of Textiles and Design in taking a course at Hobart T.A.F.E. in 1990.

## SECONDARY MUSIC SCHOLARSHIP 1990

Secondary Music Scholarships are being offered to students in grades 8, 9 and 10 in 1990 in order to ensure that students who have obvious ability in music and are interested in high performance have the opportunity to develop their talent.

This assistance, namely \$354 per year, will enable individual tuition to be given in local areas where the access and availability of teachers is known.

Applicants will be required to submit an audio tape with their application. Examples on this tape should include technical work-scales, arpeggios - together with one piece to a MAXIMUM OF 5 MINS. performance time.

Selected applicants will be required to attend a final audition/interview session.

Application forms and further information are available from Regional Education Offices and from the Principal Education Officer (Music), Curriculum Development and Evaluation, 71 Letitia Street, Hobart 7000.

Applications CLOSE November 3rd, 1989.

Please return the completed application form to:

Principal Ed. Officer (Music)  
Curriculum Development  
and Evaluation  
71 Letitia Street  
Hobart Tas 7000

## PARENTS & FRIENDS ASSOCIATION

The next meeting will be held in the school library at 7.30pm on Tuesday, 17th October.

## SCHOOL ATHLETICS SPORTS

THURSDAY 26th OCTOBER

FRIDAY 27th OCTOBER

## 1989 ZONTA FASHION AWARD

Modelling her evening dress made from cobalt blue water-wave taffetta, Genevieve Faulkner of year 12 at St. Marys District High School, forgot about her reservations about entering this event held in Hobart on October 7th and 8th and won second prize in her section for College Students using a commercial pattern.

Sport Continued From page 5.

### Tennis News.

Pennant. The 1989-90 East Coast pennant roster commenced on Sunday with seven teams making up the Association. They are 3 from St. Marys 2 from Scamander and 1 each from Falmouth and Bicheno.

Although blustery wind made playing conditions unpleasant, good tennis was displayed.

Results from Sunday.

ST. MARYS RED D. SCAMANDER YELLOW

ST. MARYS BLUE D. FALMOUTH

SCAMANDER RED D. BICHENO

ST. MARYS GREEN - BYE.

St. Marys Tennis Club.

As well as 3 mixed teams competing in the Sunday Pennant roster, the St. Marys ladies conduct a midweek pennant roster on Wednesday with 4 teams participating. This year a team of 4 St. M. ladies have joined a Midlands pennant roster on Tuesdays and teams from as far away as Avoca, Campbelltown compete. Next meeting -- Wednesday 25th Oct. 7.30pm

### ST. MARYS MENS VOLLEYBALL

1989 Roster

Ladder after four games.

Sams High Flyers 16 pts

St. Helens 12 pts

## THE COACH HOUSE RESTAURANT

LOVELY LIGHT LUNCHES AND TEAS  
7 days from 10.00 am

QUALITY, TASTY PIZZAS

THURS 4.30pm - 8pm

FRIDAY 4.30pm - 1am

SAT 4.30pm - 1am

SUN 4.30pm - 8pm

Phone in your order on 722 529

Bookings taken for Parties,  
Dinner groups

Fresh salad and lunch Bar

### Mens Volleyball Cont;

Avoca 12pts

Denney's Diggers 8pts

Fingal 0 pts

Pub 0 pts

Subs are now due this Thursday  
12-10-89 Teams will loose 1 pt  
per person for unpaid subs.

NO ALCOHOL ON SCHOOL GROUNDS

THANK YOU.

President Ricki Madden

Sec/Tres. Ian Bradbury

722209

## W. LOCKETT & SONS

FUNERAL DIRECTORS

CAMPBELLTOWN

Enquiries may be directed  
through:

Mr. D. Casbault  
St. Marys PH. 722383

OR

Mr. T. Pears  
Campbelltown. PH. 811167

Bruce Davidson Funeral  
Director.

## D. K & C. M. BARNES

ST. MARYS

PHONE 722367 OR 722 265

WE WILL MAKE AND DELIVER

FRESH FLOWERS

OR

ARTIFICIAL WREATHS

ALSO

BRIDAL BOUQUETS.

## MEALS ON WHEELS

### OCTOBER

### ST. MARYS

### FINGAL

### MANGANA

### MATHINNA

Sun 15th Z. Faulkner

Mon 16th G. Gamble

Tue 17th K. Nailer

Wed 18th K. Wright

Thur 19th R. Rice

Sun 22nd M. Spilsbury

Mon 23rd D. & G. Robinson

Tue 24th P. Peake

Wed 25th K. Bullock

Thur 26th J. Cooke

M. Saunders

K. Sutton

V. Woods

K. Cooke

J. Lowe

R. Smith

I. Legro

H. Mills

D. Speers

H. Williams

M. Saunders

L. Walters

V. woods

J. Miller

N. Ward

L. Walters

J. Miller

J. Miller

K. Turner

T. Baker

M. Ellis

C. Webb

I. Hardman

K. Turner

T. Baker

M. Ellis

C. Webb

I. Hardman

FOOD ADDITIVES

<u>No.</u>	<u>Food Additive</u>		
100	Curcumin	308	Synthetic gamma-tocopherol
101	Riboflavin	309	Synthetic delta-tocopherol
102	Tartrazine	310	Propyl gallate
107	Yellow 2G	311	Octyl gallate
110	Sunset yellow FCF	312	Dodecyl gallate
120	Cochineal, carminic acid	320	Butylated hydroxy-anisole
122	Carmoisine	321	Butylated hydroxy-toluene
123	Amaranth	322	Lecithins
124	Brilliant scarlet 4R	325	Sodium lactate
127	Erythrosine	326	Potassium lactate
132	Indigo carmine	327	Calcium lactate
133	Brilliant blue FCF	330	Citric acid
140	Chlorophylls	331	Sodium citrates
142	Green S	332	Potassium citrates
150	Caramel	333	Calcium citrates
151	Brilliant black BN	334	Tartaric acid
153	Carbo medicinalis	335	Sodium tartrates
	vegetalis (charcoal)	336	Potassium tartrates
155	Chocolate brown HT	337	Sodium potassium tartrate
160	Carotenoids	339	Sodium orthophosphates
160(a)	Carotene, alpha-, beta-, gamma-	340	Potassium orthophosphates
160(b)	Annatto(bixin, norbixin)	341	Calcium orthophosphates
160(e)	Beta-apo-8' carotenal	350	Sodium malates
160(f)	Ethylester of beta-apo-8' carotenoic acid	351	Potassium malates
161	Xanthophylls	352	Calcium malates
161(g)	Canthaxanthine	353	Metatartaric acid
162	Beetroot red, betanin	354	Calcium tartrate
163	Anthocyanins	355	Adipic acid
170	Calcium carbonate	363	Succinic acid
171	Titanium dioxide	380	Tri-ammonium citrate
172	Iron oxides and hydroxides	400	Alginic acid
200	Sorbic acid	401	Sodium alginate
201	Sodium sorbate	402	Potassium alginate
202	Potassium sorbate	403	Ammonium alginate
203	Calcium sorbate	404	Calcium alginate
210	Benzoic acid	405	Propylene glycol alginate
211	Sodium benzoate	406	Agar
212	Potassium benzoate	407	Carrageenan
213	Calcium benzoate	410	Locust bean gum
220	Sulphur dioxide	412	Guar gum
221	Sodium sulphite	413	Tragacanth
222	Sodium bisulphite	414	Acacia
223	Sodium metabisulphite	415	Xanthan gum
224	Potassium metabisulphite	416	Karaya gum
234	Nisin	420	Sorbitol
249	Potassium nitrite	421	Mannitol
250	Sodium nitrite	422	Glycerol
251	Sodium nitrate	433	Polyoxyethylene(20)sorbitan monooleate
252	Potassium nitrate	435	Polyoxyethylene(20)sorbitan mono-stearate
260	Acetic acid	436	Polyoxyethylene(20)sorbitan tristearate
261	Potassium acetate	440(a)	Pectin
262	Sodium acetates	442	Ammonium phosphatides
263	Calcium acetate	450	Sodium and potassium polyphosphates
270	Lactic acid	460	Microcrystalline cellulose, powdered cellulose
280	Propionic acid	461	Methylcellulose
281	Sodium propionate	464	Hydroxypropyl-methylcellulose
282	Calcium propionate	465	Ethylmethylcellulose
283	Potassium propionate	466	Carboxymethylcellulose
290	Carbon dioxide	471	Mono-and diglycerides of fatty acids
296	Malic acid	472(e)	Mono and diacetyl-tartaric acid esters of mono- and diglycerides of fatty acids
297	Fumaric acid	473	Sucrose esters of fatty acids
300	Ascorbic acid	475	Polyglycerol esters of fatty acids
301	Sodium ascorbate		
306	Tocopherol-rich extracts of natural origin		
307	Synthetic alpha-tocopherol		



NO.	FOOD ADDITIVE
476	Polyglycerol plycerinoleate
481	Sodium stearoyl-2-lactylate
482	Calcium stearoyl-2-lactylate
491	Sorbitan mono-stearate
500	Sodium carbonates
501	Potassium carbonates
503	Ammonium carbonates
504	Magnesium carbonate
508	Potassium chloride
509	Calcium chloride
529	Calcium oxide
536	Potassium ferrocyanide
541	Sodium aluinium phosphate
551	Silicon dioxide
553(b)	Talc
554	Sodium aluminium silicate
558	Bentonite
559	Kaolins
570	Stearic acid
572	Magnesium stearate
575	Glucono delta-lactone
621	Monosodium glutamate
627	Sodium guanylate
631	Sodium inosinate
637	Ethylmaltol
900	Dimethylpolysiloxane
901	Beeswaxes
903	Carnauba wax
904	Shellac
905	Paraffins
920	L-Cysteine and its hydrochlorides
924	Potassium bromate
925	Chlorine
926	Chlorine dioxide

The new system means, for example, that if a manufacturer uses tartrazine in food, it may no longer be listed among the ingredients simply as "colour". The manufacturer must use the specific name: "COLOUR (TARTRAZINE.)" or, to simplify the label, the tartrazine number: "COLOUR(102)" may be used instead.

Someone who is allergic to tartrazine will then know to avoid this product. They will know also that a similar food labelled "colour (sunset yellow ECF)" or "colour (110)" is not going to give them any trouble unless they are allergic to that colour as well.

#### ST.MARYS LIBRARY NOTES.....

The Northern Regional Library Branch at St.Marys has recently expanded its stock of LARGE PRINT BOOKS to cater for people in the area who may be finding it difficult to read as much as they would like because of problems with their sight.

There is a good cross-section of authors and titles covering MYSTERIES, WESTERNS, HISTORICAL

## BREAK O'DAY

MILK BAR & TAKE-A-WAY

We are.....

THE MILK BAR WITH "THE LOT"

TAKEAWAYS including.....  
DELICIOUS HAMBURGERS, SEASONED  
BARBECUED CHICKENS, GROCERIES,  
HOT AND COLD DRINKS, CONFECTIONARY,  
VIDEO FILMS FOR HIRE,  
BATTERIES, FISHING BAIT,  
CALTEX PETROL.

OPEN SEVEN DAYS A WEEK.

6.30am - 8pm.

WE ARE ALSO AGENTS FOR.....

CENTURY MOTORS

GRAEME & JACKIE SMYLLIE welcome you to the

BREAK-O-DAY MILK BAR

Main Street, St.Marys

PH: 722 222 UHF TAM 396 CH 6

NOVELS, ROMANCES, SCIENCE FICTION, BIOGRAPHIES ETC., and the stock is changed regularly to provide LARGE PRINT borrowers with a continuous new choice.

The Library will also order specific LARGE PRINT titles for individual borrowers on request. There is a CATALOGUE in the library which includes every LARGE PRINT book in the Tasmanian State Library system, David Clement or Judy Costain at the library will help you if you want to order a particular book from the catalogue. There is no charge to order a particular book. If it is available in LARGE PRINT, you can read it!

If even a LARGE PRINT BOOK is not the answer, because a person's sight has become too bad, the library can provide borrowers with RECORDED BOOKS, also free of charge. All you need is a cassette player, and each week you can pick up a selection of RECORDED BOOKS from the St.Marys Library, selected to match the type of books you would like to hear.

So, if you are having difficulty in seeing as well as you used to do, or you know of a relative, friend or neighbour who has sight problems, come along to the library and let David and Judy help you to keep on enjoying books.

The Library is at 31 Main Street and is open on Monday (1pm - 5pm), Wed (10pm - Noon and 1pm - 5pm) and Friday (1pm - 7pm), Telephone 722114.

And you can borrow LARGE PRINT books (in fact any book) at any branch of the State Library, anywhere in Tasmania, and return them to St.Marys. So, you can still keep on reading even when you are on holiday.

## Responsible drinking in social situations

Many Australians drink too much in short periods of time. By so doing they risk injuring their health. The following are suggested ways to make it easier to drink sensibly in social situations.

- Plan your drinking behaviour, decide when, where, how much. Consider any potential problems in the environment, eg: driving, darkness, tiredness, health, medication, or any people who will pressure you to drink more than you have decided to. Limit the amount of money you have with you and have decided to spend.
- Drink slowly, remember your body can only handle about one unit (one standard drink 8-10 g/alcohol per hour). Don't gulp, put your glass down between sips.
- Alternate alcoholic and non-alcoholic drinks.
- Count your drinks.
- Don't eat salty foods, it makes you more thirsty.
- Dilute your drinks and drink beverages with low or very low alcoholic content.
- Don't fill your glass until it is empty and don't let others (waiters, hosts) do it either.
- Eat whilst you drink.

- Take non-alcoholic drinks with you to a party. Make sure you supply non-alcoholic drinks if you are a host.
- Make your first drink of the evening a non-alcoholic one, particularly if you are thirsty.
- Order small sizes of drinks, supply small glasses if you are a host.
- Drink one type of alcoholic beverage only.
- Say 'No thank you'.
- Offer to serve yourself if you haven't finished your drink.
- Avoid drinking rounds or shouting.
- If you sometimes or more often drink more than you want to, contact someone to help you to learn to drink with more control or to stop drinking altogether.

A safe level of drinking for men is no more than four standard drinks per day and for women it is no more than two standard drinks per day when drinking occurs on a regular basis.

Source: *Is there a safe level of daily consumption of alcohol for men and women?*—National Health and Medical Research Council.



# THANKS

A special note of thanks to Bruce and Kaye for allowing us to invade their home and garden for Melissa and Scotts wedding photos, also to Geoff, Dale and Grant for their cars and special efforts.

Extra special thanks to Mary, Pauline and Doris for the extra care and love that went into the floral arrangements in the church and to Father Connolly for a very moving and special wedding service.

You all helped make it a perfect day.

Thankyou.  
David and Sandra.

## CONGRATULATIONS .....

to Louise Searson. Teenage fashion student Louise Searson scooped the State's coveted Zonta Fashion Award at the weekend with this stunning creation. Louise, 16 from Launceston, also picked up \$1000 for her outfit, chosen from 125 entrants as the most outstanding amateur design.

Louise is the grand-daughter of Keith and Doris Bullock of St. Marys.

## BIRTHDAY GREETINGS:

To Mary King who celebrated her birthday on Wednesday 11th Oct.

## ST.MARYS TOY LIBRARY

We would like to thank everyone who supported our morning tea held at Falmouth. The amount of \$85.00 was raised. Chris Bowkett won the lucky door prize donated by the Railway Nursery. We have moved into new premises at the back of the R.S.L. Hall. The St.Marys Lions Club are kindly renting us the space, it is very much appreciated. We also have changed our hours from 12.30 - 1.30pm. We would also like to thank the Lions Club for their donation of two great Tonka trucks. We are disappointed at the lack of support from mothers hiring toys from the library. It is only a small fee for the fortnight and their are some very good toys, which the children have many hours of enjoyment from.

It is a great service to the Community and you should be using it.  
Vivien Wilson.

WANT TO LEARN MORE ABOUT.....

## AIDS and HEPATITIS B?

The St.Marys District Hospital Auxiliary has invited Jill Ralph, S.R.N., to speak to all who are interested to know more about these diseases. Jill is the AIDS Educator with the Dept. of Health.

Evening will be held in the Nurses Recreation Room of the St.Marys Hospital.

Thursday 2nd November. 7.30pm.

ALL INTERESTED PERSONS WELCOME.  
(Auxiliary Members Supper please).

## INVITATION

St.Marys Lions Club - Melbourne Cup Luncheon.

Ladies and GENTLEMEN are invited to support this Luncheon.

To assist catering, your acceptances would be appreciated by Wed. 1st Nov.

TUESDAY 7TH NOV - DOORS OPEN 12MD  
The Institute, St.Marys - Donation \$8

Replies can be given to any of the following:

JEAN LEGGE:	722391
JILL FAULKNER:	722172
JUDY SPILSBURY:	722155
AUDREY WRIGHT:	722337

MIXED VOLLEYBALL. Anyone interested in playing in a mixed volleyball ROSTER contact Ian Bradbury 722209 or at the Gymnasium Thursday nights. Teams will be picked from the hat. Cost will be approx \$1.00 per person per night.  
Ian Bradbury.

## DATES TO REMEMBER:-

26th/27th	OCTOBER - School Sports
7th	NOVEMBER- Melbourne Cup Lunch
23rd	NOVEMBER- Leavers Dinner
1st	DECEMBER- Schools Open Day
20th	DECEMBER- End of Term
20th	DECEMBER- School Staff Dinner
22nd	DECEMBER- St.Marys Street Party.

Any other information on coming dates are most welcome.

# STARDUST

Week commencing October 12, 1989

## LIBRA September 24 - October 23

The main topic of the coming week seems to be making that special relationship work, but with a little bit of perseverance you will get there.

Best Days: 12, 23.

## SCORPIO October 24 - November 22

Be sensible about health and diet now, and take care not to exhaust yourself by overwork. Sleep is important, and your dreams may tell you a lot.

Best Days: 14, 25.

## SAGITTARIUS November 23 - Dec. 22

Career activities hold a good chance of positive results now. Friends, associates and relatives may also feature in this coming week, with a lot of invitations.

Best Days: 17, 21.

## CAPRICORN December 23 - Jan. 20

Your professional life and social activities are likely to be busy this week, but don't forget to pay attention to the domestic environment or there could be trouble.

Best Days: 15, 18.

## AQUARIUS January 21 - Feb. 19

What you will need to do in the coming week is learn how to control that impulse action as you may find yourself in a little hot water.

Best Days: 13, 22.

## PISCES February 20 - March 20

An interesting time for you. Social life holds pleasant developments, and you will work out quite a bit in your relationships.

Best Days: 19, 24.

## ARIES March 21 - April 20

Life may not be fantastic at the moment but believe me, what you do now will create good future - if you go about it the right way.

Best Days: 12, 20.

## TAURUS April 21 - May 20

Don't allow unfounded fears or mistaken ideas to undermine your well-being and confidence now. Also watch out for an involvement with a male / or female that you might regret.

Best Days: 14., 19.

## GEMINI May 21 - June 21

This time is important for you. Your life powers are amplified, and you can make major progress. Your home also has a certain beauty about it now, with all the hardwork you have accomplished.

Best Days: 16, 23.

## CANCER June 22 - July 23

There could be conflict between the demands of home and career, or the males / or females who matter to you may give you cause for concern.

Best Days: 13, 21.

## LEO July 24 - August 23

Daily life is busy and eventful. Interaction with partners, either business or personal should go well, bringing benefits to all concerned.

Best Days: 15, 24.

## VIRGO August 23 - September 23

People find you really pleasant now and want to be with you. If you have to host any occasion or function you will do it splendidly.

Best Days: 18, 22.

## ST. MARYS BUTCHERY

FOR THE MEAT YOU  
WILL LOVE TO EAT

SEE TOBY NOW. PHONE 722274.

## ST. MARYS H & B

FOR GIFTS GALORE

CHRISTMAS, BIRTHDAYS ETC.

SEE KEVIN & JILL

AT ST. MARYS HEALTH AND BEAUTY