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The Morrisburg Leader

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ATOM As WIN TROPHY AT FORT COVINGTON, N.Y.



The Morrisburg Atom A hockey team was the winner of the B series in a recent tournament at Fort Covington, N.Y., January 17—20. After losing their first game 3-0 to Cornwall Township, the local team defeated Norwood-Norfolk 2-0 on goals by Brian Howald and Lindsay Hollister. In the final game, Morrisburg defeated Saranac Lake 5-1 with Brian Howald scoring all five goals. The entire team played excellent hockey in winning the B series trophy.

On Saturday, January 26, the Atoms played in the Alexandria tournament, winning the opening game 8-3 over Maxville. Scorers were Alan McNairn, Lance Wells, Chris MacEwen, Lindsay Weegar with Daryl Fowler and Brian Howald each scoring two. Assists also went to L. Weegar, A. McNairn, D. Fowler and 3 to S. Sheridan. Morrisburg lost 5-0 to Alexandria in their second game and were eliminated.

Photo shows team Captain Brian Howald receiving trophy from tournament convenor John Dotte at Fort Covington, New York.

158 SNOWMOBILERS AT WILLIAMSBURG RALLY

158 avid snowmobilers participated in the 4th annual Snowmobile Rolly sponsored by Williamsburg I.O.O.F. last Saturday. The 35-mile course included five check points.

Following the interesting competition under ideal weather conditions, all enjoyed a full course supper at the hall. Trophies and awards were presented at the lively dance which climaxed a very successful project.

Mrs. Patt Hart was top winner and received the Cruickshank Construction Company trophy.

The second award, donated by the I.O.O.F., went to Bill Jarvis and prize number three, donated by the Winchester Sport Shop, was awarded to Don Garlough.

The organizational committee had words of praise for the ladies who prepared and served the delicious food, and also for the business firms whose prize donations had helped ensure the success of the rally.

BROOMBALL PLAYOFFS CONTINUE THIS SUNDAY

All season long Mariatown and Ingleside have fought very close games and last Sunday was no exception. Mariatown took a 1 goal lead into the second game of a two game total goals series. Vic Foster gave Mariatown a two goal lead midway through the game. Bill Dubro of Ingleside narrowed the gap as he scored. Then tiny, speedy Jim Donnely gave Ingleside a 2-1 lead in the game and the series was tied at the end of regulation time 2-2. In the 20 minute overtime period Tony Cummings scored 2 goals for Mariatown to send Mariatown to the finals.

Williamsburg took a 6-3 lead into their game with Beavers Roger Morrel and Lyn Whitteker made it 8-3 for Williamsburg. Beavers then pulled their goalie in favor of an extra attacker and scored 5 goals but it wasn't enough as Williamsburg scored 5 empty net goals to put Williamsburg into the final.

Mariatown, Williamsburg and Mutual will play each other twice to decide the winner. Sunday Feb 3 the games are as follows at 6 p.m. Mariatown will play Mutual and at 9 p.m. Williamsburg vs Mutual.

LICENCE APPLICATIONS NOW AVAILABLE AT LCBO

With only one month until the February 28 deadline, 74.8 per cent of Ontario motorists still face the possibility of a lineup to purchase their 1974 car registration sticker.

Licence renewals on a province-wide basis are down approximately five per cent over the same time last year representing over 185,000 people who will be adding to the last minute rush.

Renewal stickers have been on sale since the first of December last year at 291 issuing offices throughout the province.

To help speed up the renewal process, insurance forms certifying motor vehicle liability coverage are being made available at Liquor Control Board outlets, and motorists are encouraged to have one completed before they arrive at the Motor Vehicle Licence Issuing Office.

Those applying for renewal will be asked to present the insurance form, their ownership permit and the fee to the issuing agent. The validation sticker will then be issued, along with complete instructions as to the method of applying it to the plate.

As in 1973, fees are $23 for a 4-cylinder car; $32 for 6-cylinders; $40 for an 8-cylinder vehicle and $5 for trailers.

Broomball to Feature Carnival Opening Day

For the second year in a row, the Mutual Blue Jeans broomball team is organizing an all-day tournament This year it will be held on Saturday, February 9th, opening day of the Morrisburg Winter Carnival.

Organizer Walt Wagemans has gathered sixteen of the strongest teams in the district to battle for top prizes and trophies. All five Morrisburg teams are entered: Mariatown plays at 8 a.m. against the Prescott Coffee Shop; Williamsburg at 8:45 against the RCA Victor; The Barnbusters, a team sponsored by Alex English's Clothing Barn, plays at 9:30 against Millar's Men's Hairstyling from Cardinal. First year Ingleside takes on Kemptville Hotel at 11 a.m. and the host Muutal Blue Jeans squares off with AC Chantry at 12:30 p.m. Up for grabs are top prizes for winners and runner-up in both the A and B division. The A division winner takes home $125 and the runner-up $70; the consolation winner receives $75 with the runner-up $50. All four money winners will also receive trophies.

Other teams participating are from Stittsville, Prescott, Cardinal, Kemptville, Long Sault and Metcalfe.

Admission will be charged at the door on Saturday, February 9th: $1.00 for adults, players included, fifty cents for kids. Come out and support the game of broomball and the local teams.

January Meeting Knox Presbyterian W.M.S.

Morrisburg Knox Presbyterian W.M.S. held their January meeting in the lecture room of the church opening with tempting desserts and coffee.

The meeting commenced with a hymn scripture and prayer. — "Church Women at Work" was the theme of the meditation which lent itself to a panel discussion which was thoroughly enjoyed by all. The offering was taken and dedicated.

The secretary's report was given by Mrs. Ruth Kirkwood. The roll call was responded to by payment of dues and a "good New Years resolution." Yearly calendars stating convenors, committees suitable roll calls and yearly date reminders—Thankofferings and bazaar were given to each member. It was also mentioned that the group hold a "Missionary Sunday in June to tie in with the groups visitation program scheduled for the same time. We were reminded of the World Day of Prayer.

The President's message in the calendar was as follows:

—The joy of service comes from knowing we have helped others —that we have accomplished some task.

—there is joy in service found in fellowship.

—there is a joy in being with others who work also.

For the person who goes through life doing his best in the place he has to serve, there is always the joy of rest — the peace that comes at the close of the day

Mrs. DeGray chose Mark 10:44 as a guideline to her officers and secretaries:

"And whosoever of you will be the chiefest, shall be servant of all."

The secretaries report showed an active C.O.C. program highlighting a visit from Chinese culture and appropriate dinner by Mrs. Jo Mott and assistant Mrs. Marina Simpson.

Leader of Explorers, Mrs. Mae Boyd and assistant Mrs. Errol Welton expressed hopes for a successful year in their new study. Our literature convenor, Mrs. Margaret Reynolds reminded the group that orders could be filled within 2 weeks. Anyone desiring a catalogue is to contact her.

"Why Mission Today" — the study for 1974—introduced by the president, Mrs. Marion DeGray revealed basically the question of what it means to be the people of God in a time when the life and problems of people in one area are vitally affected by, and, in turn, affect the lives and problems of people in every other area Such a study is a stimulus for changes in our mission practice and policy as it makes us face honestly the question of why we are in mission at all. It is a challenge to review our attitudes towards men of other cultures and races and investigate the total program of our local congregation. Various stimulating questions were asked and discussion enjoyed by all.

Many interesting and useful resources were suggested by the President to help committees to plan their program.

To conclude the evening a play entitled "Points of Entry" which coincided with the theme was presented — the cast being Joan Farlinger, Jo Mott, Ruth Doney, Mae Boyd, Marguerite Baker, Laura Fraser and Marion DeGray.

The Mizpah benediction was repeated by all.

MORE CARE COULD PREVENT MANY CHILD FATALITIES

In Ontario in the last 5 years, many children under 4 were killed and thousands more injured as passengers in auto collisions. — Some authorities estimate that 40 percent of these fatalities could have been prevented and a great decrease in injuries could have been realized if the children had been properly restrained.

Of equal concern are the thousands of injuries to children caused by panic stop situations. Most of these injuries would have been prevented if children were using some type of restraint.

A child, under five, should use a restraint, designed for their age, that would distribute the force of a collision over as wide an area of the body as possible. If there is no specific restraining devices used for children ages 5-12, the regular lap belt should be used with the child sitting on a cushion. The belt should be adjusted to fit snugly across the hips. It is not recommended for a child under 55 inches in height to use the adult shoulder harness.

Child seats and harnesses should never be used for infants up to one year. Infants require a special carrier offering maximum protection while in a reclining position.

To be effective, all child restraints must be anchored to the frame of the car. Seats that only hook over or slide under the seat back, without being anchored to the car frame, offer no protection in a collision.

To help parents decide what seat to buy, here are some points to remember:

—Look for a sturdy seat that provides stability when anchored to the car frame.

—Make sure that the manufacture provides information on installation and use and whether there are restrictions or recomendations on weight or height of child, or location within the vehicle.

—The child car seat back should be at least 21 inches high and the parts that come in contact with the child's head should be covered with energy absorbing material.

—The child seat should always be used on a rigid rear seat. It should never be used on a hinged seat that is not equipped with a lock.

Remember — Everyone, while in a vehicle, should buckle up for safety sake.

CROSS COUNTRY SKIING AT CRYSLER PARK



Visitors to Crysler Park continue to experience the pleasure cross country skiing in the serenity of a snow covered forest. Here two skiers journey through the "Cardinal Trail" which along with the "Blue Jay Trail" and "Grosbeak Trail" offer miles of well designed, well groomed and picturesque landscape. All trails lead to Upper Canada Restaurant, which is open weekends for public convenience.

MORRISBURG CARNIVAL

CURLING BONSPIEL

FEB. 12 thru to FEB. 15

MORRISBURG CURLING CLUB

All welcome to participate in Mixed Curling Bonspiel: new curlers, old curlers, never-curled-before curlers.

FEB. 12 and 13 — Playdowns
FEB. 14 and 15 — Semi-Finals and Finals.
PRIZES AWARDED

Entry fee 50c.. Deadline for entries Feb. 9th. Sign up at Morrisburg Curling Club or Call:

S. HOPE — 543-2938

ALL INVITED TO ATTEND, PARTICIPATE and/or WATCH

5-6c.

MORRISBURG WINTER CARNIVAL

FEBRUARY 9th - - 16th, 1974

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YOU'RE WHISTLING IN THE DARK...

If you think that heart disease and stroke hit only the other fellow's family.

YOURS SINCERELY

BY MRS. WELLWOOD ADAM

You may remember that not long ago, I was attracted by the thought "Love makes the world go round!" and that if more people were to apply it in general understanding of one another, especially in high places — all would go a lot smoother than it appears to be doing at present. I still think so!

Of course, we are all very well aware there can be a serious lack of this understanding love, or loving understanding, sometimes, in family life, church life, community life, and so on. And this really can cause undesirable friction, which can be hurtful, to say the least.

I suppose if it is lacking in high places, say in natural life, then it is not really surprising if it sometimes fails on the lower levels.

Yet, I am sure that we, most of us at any rate, know deep in our hearts, that this matter of love with its understanding, is quite a wonderful expression, indeed. It CAN be shown in some family lie in sofme churches no matter what denomination, in s o m e community life, and so on. And it all starts with you, and me, if we are serious about helping the world go round, at least the world which is on our own door-step, so to speak.

Now, I came across the following, which illustrates my meaning of what real loving understanding is like, and I think you will be attracted by it, as I am.

How many remember that old, old song . . . "Believe me, if all those endearing young charms . . ."? I recollect the one-time great Irish tenor, John MacCormack, used to sing it so meaningfully, long before World War 2, and I always regarded it as a beautiful, but very sentimental song. Well, I shall now quote as nearly correctly as possible the story I once read, since, about the beginnings of this song with its lilting words.

"It was in America that it all happened, about a hundred years ago, maybe more, when a young man kissed his wife farewell and went away on a business trip. His name was Thomas Moore, and he was away for several weeks.

When he finally returned home, the house was in darkness.

He called out to his wife as soon as he opened the front door . . . no answer. He made his way upstairs, found the bed-room door locked, and he could hear his wife weeping inside. He begged her to open the door, to tell him what was the matter, but she would not do so, nor would she give any explanation.

So young Moore ran frantically down the stairs and ran to the neighbours next door. They finally told him that his wife had contracted the terrible disease of small-pox soon after he had left on his business matters. Now, her face was all scarred with the awful results of the small-pox, and she could not bear the thought of her dear Thomas seeing her face like this! S, to her, it was the end of everything!

Thomas went slowly home and said nothing once he got inside. He sat down and began to write—

"Believe me, if all those endearing young charms
which I gaze on so fondly today
Were to change, by tomorrow,
and flee in my arms,
like fairy gifts fading away . . .
Thou would'st STILL be adored,
as at this moment thou art...

It took him a long time to perfect his loving and tremendouly understanding thoughts towards his own dear wife in her real trouble . . . and it was dawn when he went upstairs again. He knocked on the bedroom door, slipped his verses under the door, and gently asked her to read them.

And then he waited. After a little while, the door opened, and the two clasped each other in their arms." (end of quote)

Whatever this thing called love and understanding may be, and it will have different meanings to different people, it certainly can be very powerful. With it, one is able to overcome much that is distasteful in like in today's living, as in past years.

But it has to be the real thing, deep and abiding, hasn't it? if one wants wonderful results, and all of us has it in our hearts — even if it is only a spark of flame, to begin with. What do you say?

Manpower Reports:

In his annual report on CMC activities during 1973, Mr. John Santini, Manager, has noted that in 1973 there were 9,621 persons who registered for employment at the local Canada Manpower Centre. Area employers listed 4,968 job vacancies with the local Centre. There were 4,178 of these j o b s filled by referrals from Canada Manpower. The manager a n d counsellors made over 700 emplower relations visits during the year. Casual placements for the year totalled 121. These figures show a marked improvement over last year, considering that 931 more persons were placed in employment than in 1972. This fact reflects the general improvement in the economy over the past several months.

The opening of the new Job Information Centre in August (officially in November) was a major step forward in the implementation of the Department of Manpower and Immigration's New Delivery System, a new and faster way of "delivering" Canada Manpower Services to Canadians with a minimum of red tape. Since its inception well over 8,000 persons have come in requesting job information. Of these, 491 h a v e found work through a referral from the Job Information Centre. Over 2,000 persons were referred directly to employers from the Centre and many others have received guidance and help.

Under the Local Incentives Program 16 projects were approved in 1973 creating 80 jobs at a cost of $205,720.

To date, in the Industrial Training section, 8 **Training-in-Industry** programs have been inaugurated. ed in various industries at a cost There are 169 workers being train of $48,797. **Training-on-the-Job** programs for skill shortages number 18. On these programs 51 workers are being trained at a total cost of $35,873. in various local industries. Employers are particularly encouraged to explore the possibilities of government grants for training disadvantaged Canadians Canada Manpower would like to promote this program and would welcome enquiries from interested employers.

The projection for the new year is for steady, continued growth. In 1973 there were 1,177 new jobs created in this area. Prospects for more new industry include a new larger industry expected with the approval of provincial infrustructure grants totalling $20 million.

Canada Manpower opened a suc cessful Student Placement office during the summer months. There were 852 students placed in employment.

NOW HEAR THIS

Ten years ago CBC Radio's Our Native Land began in Montreal under the CBC Northern Service with the title Indian Magazine. In 1967 the program and its new host, a young Ojibway Indian nam ed Johnny Yesno, moved to Toronto, and changed to its present title. In 1972, Johnny and his program moved to Winnipeg. To celebrate the 10th anniversary, the Saturday, Feb. 2 broadcast will recap some of the highlights of the program's history and interview some of the people connected with this weekly series about Canada's native peoples .

Joan Sutherland plays four roles in Offenbach's Les Contes d'Hoffman on the Met Opera broadcast of Saturday, Feb. 2. Her husband, Richard Bonynge, conducts.

Canadian born singer-composer Joni Mitchell is interviewed in her California home by Malka-Cohen for a two-hour profile on The Entertainers, Sunday, Feb. 3

A five part series probing the life and work of Aldous Huxley begins on Ideas, Monday, Feb. 4. Huxley's voice, recorded in interviews as early as 1938 and as recent as 1961 (two years before his death from cancer), provides insight into the nature of this creative, visionary author.

Saul, an epic drama by Canadian poet Charles Heavysege, pub lished in 1857, will receive its first performance on CBC Tuesday Night, Feb. 5. Alan Scarfe plays the title role of Israel's f i r s t king in this Vancouver production.

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World-famous heart surgeon Dr. Christian Barnhaard, Lord Thomson of Fleet and the Rt. Hon. John Diefenbaker are among five prominent people intterviewed by students on Student Magazine, a five-part series to be aired on Canadian School Broadcasts beginning Friday, Feb. 8. Two students from different provinces will be linked, via national and international hookups, with a prominent guest, to discuss topics of interest. On the first program, Dr Barnaard talks from Capetown on the pros and cons of transplants of hearts and other organs, and the morality involved.

The Dion Affair, on Between Ourselves, Friday, Feb. 8 deals with one of Quebec's most sensational crimes of the 60's when four young boys were murdered by Leopold Dion who was on parole from prison. The program concentrates on press reaction to the crime and the changing attitude of the press from the time of the crime to Dion's own death at the hands of a fellow convict.

KCAT Students Report on 16 Eastern Counties

Junior students in agriculture at Kemptville College are not slow to express their opinions on the rapid shift of urban people to rural communities.

"This shift has been caused by people trying to escape the congestion, pollution, dirt and grime of the city", says one student who adds, "They are, therefore, retreating to the country for peace and quiet, clean air and a decent place to raise their children; thus they build a house on good farmland."

Students who were given a free hand to judge the effects of non-agricultural demands on the rural environment noted the alarming amount of land required for parks and recreational areas especially.

Peter Appleton, Head of the Business Management Section at the College, encouraged students to take a hard look at problems of farmers in their home counties. The result was a complete collection of forthright reports on 16 counties in Eastern Ontario and Western Quebec

MEMORIES OF THE OLD MORRISBURG



Back in "the good old days" the Village of Morrisburg operated its own electric power system. There were two generating stations, and the one shown here was referred to as the "big" power house. Water to operate it came from the canal, and when it was in operation, the drain from the canal, dragged the canal boats against the stone wall. Prints of this and other photos in this series may be obtained from the Smith Photo Studio, Morrisburg, Telephone 543- 2873. (Negative No. 99).

The 2nd FORTY

Retirement Fears

Dear Margaret Brookfield:

In a few months my husband will retire, and I know it will be a difficult adjustment for both of us. He has worked for one company all of his adult life, starting as a clerk after graduating from high school and gradually working himself up to the executive position he now holds. Although he is a devoted husband and father (our two sons are married and have families of their own), my husband's life has revolved around his job and "the company." His job is so specialized there isn't much hope of obtaining part-time employment, and I'm afraid retirement will make him unhappy and sick. He has already started taking a few extra drinks at night, and he is often either edgy or abstrated. He has no hobbies, no interest in sports, and he's not handy around the house. Is there anything you can suggest that will help make this adjustment easier?

D.S.:

Dear D.S.:

Retirement can be a traumatic experience for many workers if the shift from the role of a productive worker to that of a "has-been" is sudden and approached without foresight. It is an especially difficult adjustment for workers who have not planned for retirement (or are unable to do so, for financial reasons) and for those without outside interests to fill the empty hours.

But, as it is not an unusual problem, a good deal of study has been given to it by experts in the field a retirement. While these authorities emphasize that plans for retirement should be made early, it's never too late to take advantage of the wealth of information available to help make the adjustment from the working years to the leisure years easier for both of you. I am sending you a list of books and pamphlets which can help your husband make his retirement as successful as his business career.

Widowed Mother.

Dear Margaret Brookfield:

After dad died, my mother moved in with me and my husband. She seems to be under the impression that where we go, she goes—whether we go shopping or to visit friends. Is this normal for a widow of 68? M.A.

Dear M.A.:

There's no clue in your letter to help explain why your mother behaves the way she does. Is she tagging along with you because she's afraid to remain at home alone? Was she very dependent on your dad for campanionship? Once you begin to understand your mother's problems, you'll be closer to an amicable solution. Perhaps your mother is lonely; if so, having her join a church group or a senior citizen center may provide her with rewarding social contacts.



ALWAYS READY TO HELP

Fur Care Week

Long-Life Can Make Luxury Furs A Bargain

Whether you luxuriate in a rabbit "fun-fur" or warm yourself in drop-dead mink — your fur has been taking care of you this winter. Have you returned the favor?

"Knowing how to take care of fur will lengthen the life of the garment," declares Harry J a y Treu, long-time Seventh Avenue furrier and chairman of National Fur Care Week. According to the expert, less durable furs such as flat broadtail, ermine and chinchilla require a lot of attention; sturdier ones such as raccoon, muskrat, mink and beaver also thrive on tender loving care.—"That includes plain coats with fur collars and trim," says Treu. He offers these fur-saving pointers:

How to wear fur: As any garment — gently. Avoid stress and strain on seams and edges. When sitting or stooping, relax the coat around your shoulders and body. Try not to sit on your coat any longer than necessary. On a long trip, remove the coat and wrap it around you. Don't carry packages or a purse under your arm—it will wear out one section prematurely. Wear a neck scarf to protect against friction rub and prevent oil and makeup from dam aging the collar.

Daily storage: Keep your garment on a long-necked, padded hanger with the collar standing up, and cuffs rolled down. Make sure the closet is away from the incinerator or hot water pipes; heat dries out the natural fats and oils. Leave enough room for your coat. But never, never cover the fur — even in a garment bag. Furs need to breathe. If you check your fur in a restaurant or other public place, see that their facilities are as good as yours.

Exposure to the elements: Rain and snow can be damaging. When you get home, shake off excess water, and brush the fur lightly with the grain of the hair. Then let it dry naturally in a cool, dry room. Don't hang it near a fire or radiator. If water has soaked the leather side underneath, take the coat to your furrier for examination and possible treatment.

Strong sunlight or artificial light can also harm fur. Continued exposure to light will change the shade of dark furs and cause white fur to yellow.

Spots and stains: Don't try to use fabric spot removers on fur—take it to the furrier for cleaning. The same advice goes for small rips and tears: take the garment to the furrier immediately so repairs can be made at minimal cost

Cleaning and storage: Dust, dirt and grime are a menace to furs. Furs should be cleaned and glazed at least once a season. Some women think air-conditioning or cedar closets provide adequate storage for furs, but only professional cold storage can keep the skins from drying out and losing their natural beauty.

"A fur garment is the most expensive part of a woman's ward robe in the beginning," maintains Harry Treu, "but when you divide the cost by the number of years you can wear it, furs are almost a bargain."

ACTOR PORTRAYS SIR JOHN A.



Versatile Canadian actor William Hutt portrays Sir John A. Macdonald in CBC-TV's new documentary-drama series The National Dream, based on Pierre Berton's best-sellers about the building of the CPR. The series starts Sunday, March 3 at 9 p.m. In case you're wondering, that's Hutt above, at left. The real Sir John A. is on the right

DENTAL TOPICS

Supplied by The Canadian Dental Association

DON'T BLAME GRAMPA

Whenever there is something wrong with a child, whether morally, physically or even mentally, somebody in the family will talk about the defects as having been inherited. Even if there is nothing wrong with the child, it will be said that the colour of his eyes or hair is the same as that of one of his ancestors.

When a child has irregularly-shaped jaws and teeth, Grampa and even Uncle Bill or Auntie Mame is liable to be blamed. Actually, irregularly-shaped jaws and teeth are sometimes inherited. But for every child born with such hereditary tendencies, four others either cause the irregularity themselves or their parents let it develop through lack of prop er dental care. Even the child who got his buck-teeth from father or grampa, can improve or correct this condition through proper dental care.

In most cases, malformed teeth and jaws can be prevented. A knowledge of the causes and their removal is all that is necessary. It is of utmost important, for example, to keep the baby teeth until they are ready to be replaced by the permanent ones.

Malocclusion can also be prevented by a good diet based on Canada's Food Rules and good eating habits. Following these rules will help build strong healthy bones, which support healthy teeth. Another frequent cause of malocclusion is mouth-breathing, generally caused by tonsils in bad condition, nasal obstructions and infected adenoids. They should be removed when they interfere with normal breathing.

Thumb sucking, tongue thrusting and lip biting, are bad habits, which, if practised vigorously during childhood, will cause teeth irregularities that may be difficult and expensive to correct. Why risk it, when an ounce of prevention will do the trick.

watch for X at BEAMISH!

CARNIVAL QUEEN CONTEST

ENTRY FORM

Contestants must be from Morrisburg and area, between the ages of 15 and 21 years. Entry date closes Friday, February 8, 1974. Mail to Chamber of Commerce, Box 896, Morrisburg.

Name .....

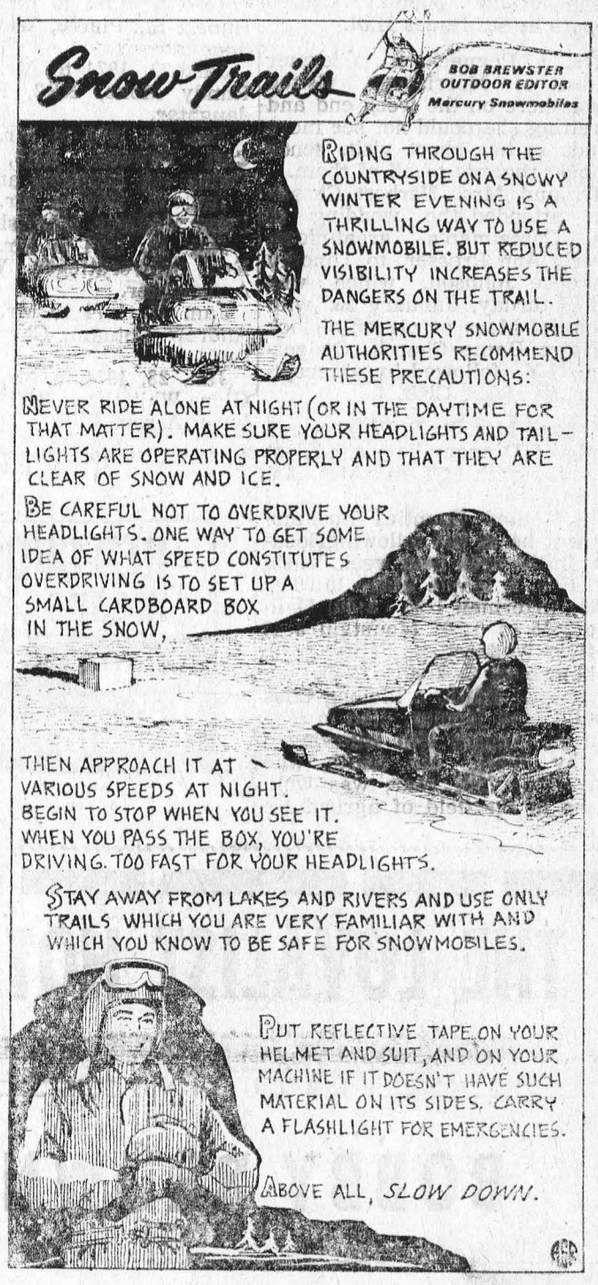
Address .....

Phone No. ..... *Age* .....

Sponsor's Name .....

Phone No. .....

3-6c.



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FOR FURTHER INFORMATION, CONTACT:

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WINCHESTER SPRINGS, ONTARIO

2-4p

LOCAL and GENERAL

The Board of Governors of the Cornwall General Hospital decided at their meeting on January 28th to close a 22-bed medical-surgical unit at the Hospital not later than February 28th, 1974. This action was necessitated by health ministry deductions from the hospital's budget base in 1972 and again in 1973, which the hospital with a forecasted deficit if all beds were left in operation. The Board noted thatthis reduction in beds may mean a longer waiting period for patients requiring admission to the hospital, as well as a shift of some procedures to an outpatient basis.

Watch this column for announcement of the popular Lenten Suppers at St. James Hall.

Mrs. J. Pennachetti a former resident of Morrisburg, visited friends here on the week end and regretting she could not see more friends in her short visit, sends her best regards to all of them.

Mr. and Mrs. Herbert Casselman attended the wedding of Mrs. Casselman's great-niece, Beverly Ann Prosser, to Timothy Lawrence Johnson, which was held Saturday, January 26, with a Nuptial Mass at eleven o'clock at Notre Dame Church, Ogdensburg, N.Y., followed by a reception at the W.P. Club.

Mr. and Mrs. R. P. Wilkins and family of Orangeville visited last Thursday with Mr. and Mrs. Art Laurin.

The United Counties Bookmobile will be at the following locations in the area next week. Tuesday, Feb. 5, Maple Ridge 10:00 to 12:00; Inkerman 1:30 - 3:00; Hallville 3:15 to 3:30; Mountain 3:45 to 4:15. Wednesday, February 6, Williamsburg C. 2:00 to 2:30.

J. Angus Smith, a lifelong Chesterville area farmer, died in hospital on January 29th following a lengthy illness. Mr. Smith, who was in his 76th year, was well-known in the field of agriculture and was recognized as one of the foremost Holstein cattle breeders in the country.

BIRTH

MAGEE — Bill and Sandy are happy to announce the arrival of a daughter, Linda Louise, on Tuesday, January 22nd at Cornwall General Hospital.

RECENT BIRTHS AT THE WINCHESTER MEMORIAL HOSPITAL

Jan. 22, 1974 to Mr. and Mrs. Hubert St. Pierre, Winchester. A daughter.

Jan. 22, 1974 to Mr. and Mrs. Randy Moke, RR2, Berwick. A daughter.

Jan. 22, 1974 to Mr. and Mrs. Carl Fawcett, RR2, Brinston. Twins —A daughter and a son.

Jan. 25, 1974 to Mr. and Mrs. Peter Meilleur, Morrisburg. A son

Jan. 26, 1974 to Mr. and Mrs. Eric Schwerdtfeger, Winchester. A daughter.

Jan. 27, 1974 to Mr. and Mrs. Andrew Cotnam, Chesterville. A son.

Jan. 28, 1974 to Mr. and Mrs. Glen Whitteker, RR1, Williamsburg. A son.

RED CROSS means People Helping People

Plenty of Prizes to be Given Away at Winchester Carnival

Kick-Off Dinner

The long parade of events gets under way with a 'Kick-Off' dinner between the hours of 5 and 7 p.m. in both the Presbyterian & United Church halls.

Immediately following dinner Mountain and Winchester girls will tangle in a 'Ringette' game at the arena and at exactly 8 a giant snowmobile 'torch' parade will wind its way through the village.

Meanwhile at the arena costume and racing events will be in progress and contestants for the 'Carnival Queen' title will be introduced.

A town league hockey game is programmed for 9:30 and following this game the fine ice surface will be immediately put back into top condition for public skating.

Rockets vs. Riders

A highlight of the Friday night program will be of special interest to all hockey fans. The old and once very famous, Inkerman 'Rockets' will be back in town and this time the opposition will be the Grey Cup Champion Ottawa Rough Riders. The puck will be dropped at 8 for this battle but earlier in the evening there will be an opportunity to enjoy a genuine old-fashioned bean supper sponsored by members of the Legion and immediately preceding the big game Pee Wee hockey players will attempt to out-skate and out-score their 'Moms'.

Following the feature game a modern 'hot-stove league' will be in progress in the arena hall with everyone invited to participate.

And On Saturday

Eighteen hours of continuous entertainment. That's the story for Saturday and to get everyone off with a full stomach a 'Pancake Breakfast' will be served between the hours of 7 and 10 a.m.

There'll be minor hockey games throughout the entire day with figure skating early in the evening immediately followed by the crowning of the new Carnival Queen.

The rink will remain open for public skating following the final event and at the same time (9 to 1) Helen Verhoeven and her Band will be playing for dancing in the community hall.

Finale Sunday

Everyone is invited to attend the church of their choice on Sunday and early in the afternoon winners of the snow sculpturing contest will be named and at 2:30 an important Junior 'B' Hockey contest will get under way with the Hawks hosting the colourful Embrun 72's.

For this game every child, accompanied by his parent, will receive an autographed puck as a souvenir.

Special Notice

Girls wishing to enter the Carnival Queen contest are requested to pick up entry forms at either the George Elliott Store or The Country Boy.

Those planning to attend the dance Saturday night should note that admission will be by advance sale tickets only.

The Ice Sculpturing Contest is being sponsored and completely planned and directed by the Senior Citizens group.

The Art that Came In From The Cold

Come in from the cold some afternoon and see how our Eskimos coped with their harsh environment. At The McMichael Canadian Collection in Kleinburg works of art created by the Eskimo are on prominent display every afternoon but Monday. Carvings from blackstone, soapstone and whalebone tell of the legends and animals of the Arctic. Seal skin and stone prints provide a glimpse into the Eskimo's rich mythological and spiritual world, inhabited by demons, spirits and unusual arctic creatures.

Inspired by a love for Canadian Art, The McMichael Canadian Collection features landscape paintings by the Group of Seven and their ontecmporaries as well as pioneer furniture and artifacts. These dominate the Collection but increasingly works produced by our native peoples, the Eskimo and Indian, are making the Collection a unique home for all types of Canadian art. A glowing tribute to Canada's artistic heritage, the rambling log and stone complex is ideally set in a wooded park. It houses 900 works in its thirty gallery rooms.

A small selection of fine Eskimo prints and carved pieces are available in the Gallery Shop along with reproductions of many paintings in the Collection, Canadian books and gift items. For your added convenience, a wood-panelled dining room which reveals an exquisite view of the surrounding countryside through its panoramic windows serves lunch and afternoon tea.

This winter as softly-fallen snow adds a touch of magic to the Gallery's winding paths and gently sloping hills visit the McMichael Canadian Collection in Kleinburg and recapture pleasant memories of the past. Open every afternoon but Monday from 12 noon to 5:30 p.m., there is no admission charge

Energy Board Reviews Hydro Expansion

Increases of about 10 er pcent per year in electric rates were predicted by Ontario Hydro at the opening of public hearings before the Ontario Energy Board last week in Toronto.

While this is a preliminary estimate, Hydro told the Board, increases in the order of 10 per cent are likely for at least the next three years.

In a written submission to the Ontario Energy Board, Hydro estimated that it must expand the province-wide power system by 92 per cent during the next eight years "in order to meet the requirements of the people of Ontario for electrical energy".

Total estimated capital expenditures for the period 1974-1982 in the order of $15-billion are foreseen.

The public hearings were established by authority of the Ontario Energy Board Amendment Act of July 17, 1973. The Act provides for the first time establishment of a mandatory public review process in respect of any rate change to take effect on or after January 1, 1975. The Board was also empowered to review Hydro's generation program, its financial policies and objectives.

In his opening statement to the Board, Hydro's General Manager D.J. Gordon emphasized that,— "Hydro does not look upon growth or expansion as having any value in itself. Our responsibility, as we see it, is to provide the capacity necessary to meet the demands of the people and the economy of Ontario for electricity."

The first several weeks of the Hydro hearings will detail the planned program ofr expanding the power system. During the first four days, L.T. Higgins, Hydro's load forecaster has described the complexity of developing a ten-year forecast.

"You can use, with great effect, things like computers and things like logic", Mr. Higgins told the Board, "but there is no black box that will churn out a forecast."

The evidence to date has described the steps employed by Hydro, in preparing a forecast of Ontario's future electrical needs. The use of forecast models and the careful weighing of demographic influences, immigration policies, weather and water cycles, local and international political and economic developments form part of the preparation of the forecast.

The growing power of the oil-producing countries and the uncertainty of oil supplies, together with the unknown reaction of people to the developing energy supply problem, were cited by Hydro as some of the variable factors which influence forecasts.

Hydro's forecast of the future load demand is the dominant factor in determining the need for the power system expansion program under review by the Ontario Energy Board. The program includes the extension of nuclear power stations at Pickering and Bruce, new generating stations at Bowmanville and Wesleyville and additional heavy water plants at Bruce.

With the completion of evidence on load forecasting procedures, the Board will examine Hydro's submission related to the reliability of the expanded power system. Hydro believes it should plan its future system on the basis that its reliability should be at least as high as today's system.

The hearings are expected to extend over several months.

WILLIAMSBURG

There will be service in St. Peter's Lutheran Church on Sunday, Feb. 3 at 11 a.m. and Sunday school at 9:45 a.m .Everyone welcome.

Mr. and Mrs. Graham Wells spent last Tuesday in Ottawa.

Mrs. Donald Hess and Mrs. Eva McIntosh of Winchester returned home on Sunday after spending 2 weeks in Florida.

Mr. and Mrs. Morley Erratt and Scott of Winchester visited the former's mother Mrs. John Erratt on Sunday afternoon.

Congratulations and best wishes are extended to Mr. and Mrs. Willis McIntosh who will celebrate their 65th wedding anniversary on Feb. 3, 1974.

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Hockey News

Morrisburg coached by Larry Dowell, captured the Annual Long Sault Bantam hockey tournament over the weekend, receiving trophy and crests. Morrisburg defeated Canton 4-1 on a pair of goals by Robbie Reynolds, singles to Peter McIntosh and Kevin Mackler.

North Franklin went down to an 8-4 defeat. Kevin Mackler scored a hat trick, Dave Tait a pair, and singles by Wayne Markell, Bill Morrow and Pete McIntosh. This put Morrisburg into the final game for the 'A' Championship and the defeated Cornwall B's 5-3 on doubles by Robbie Reynolds and Pete McIntosh and a single by Dave Tait. Steven Guy and Mark Duval divided the goal tending duties for the day.

Other teams in the tournament were — Cornwall Township, Alexandria, Maxville, and Osnabruck centre. Canton won the 'B' Championship.

Morrisburg Bantams will play Feb. 16th at the Spencerville Tournament.

WEEKEND RESULTS

Jan. 22 — Cornwall Royals 9, St. Lawrence Junior 'B' All Stars 0.

Jan. 25 — Embrun 6, Morrisburg 9; Metcalfe 3, Alexandria 3; Prescott 3 ,Winchester 5.

Jan. 26 Cardinal 6, Morrisburg 3; Spencerville 8, Winchester 4.

Jan. 27 — Alexandria 8, Metcalfe 4; Prescott 7, Embrun 4; Cardinal at Spencerville. No report.

Up To Date Standings

South Division—							
Cardinal	24	17	5	2	134	112	36
Morrisburg	26	12	12	2	157	170	26
Prescott	26	8	15	3	123	128	19
Spencerville	26	8	15	3	103	144	19
North Division—							
Alexandria	27	19	5	3	161	104	41
Embrun	25	12	10	3	117	108	27
Metcalfe	26	12	11	3	133	117	27
Winchester	26	3	18	5	84	141	11

Future Games

Fri. Feb. 1 — Alexandria at Winchester 8:30; Cardinal at Embrun 8:30; Metcalfe at Prescott 8:30.

Sat., Feb. 2 — Prescott at Cardinal 7:30; Morrisburg at Spencerville 7:30.

Sun. Feb. 3 — Embrun at Alexandria 2:30; Winchester at Metcalfe 2:30; Spencerville at Morrisburg 2:30.

KNOX CHURCH CLUB HELD JAN. MEETING

Inspiring words of welcome opened the January meeting of Knox Young Women's Club by the president Mrs. I. Doney.

A service of worship for the new year was conducted by the executive: Mrs. A. Reynolds, Mrs. C. Farlinger, Mrs. K Sott and Mrs. I Doney. The theme of the meditation resolved to us in this New Year of opportunity—is to share the message of His love with others in our own community in our own land and throughout the world.

"What is that in thine hand?", was the devotional message given by the President—will we use and offer our God given talents in 1974?

Roll call was answered by the payment of dues. The minutes were read and approved. Treasurer's report was given. The club accepted a request to cater in May. Unanimously carried to hold a "No Bake Valentine Bake Sale" by the Church Women. Mrs. T. Smith, Mrs. J. DeGray and Mrs. I Doney to reorganize the church canvassing lists. The president was pleased to announce the phone installation in the church by the Y.W. Club. Group decided to send for tickets for musical presentation of "Mame" in Cornwall.

The Churches

MASS HOURS AT ST. MARY'S CHURCH
MORRISBURG
SATURDAY — 7:30 P.M.
SUNDAY — 11:00 A.M.
CONFESSIONS
THURSDAY: 8:00 — 9:00 P.M.
IROQUOIS
ST. CECILIA'S CHURCH
SUNDAY — 9:30 A.M.
CONFESSIONS
THURSDAY: 7:00 — 7:45 P.M.

THE UNITED CHURCH OF CANADA
Lakeshore Drive Church
Morrisburg, Ontario
REV. G. BRUCE, B.A., Minister
Mrs. J. Graham
Director of Music
Sunday, February 3rd, 1974—
10:45 a.m.—Sunday School.
11:00 a.m.—Morning Worship.

ST. JAMES ANGLICAN CHURCH
INTERIM SERVICES
1st & 3rd Sundays—
8:00 a.m.—Holy Communion
Celebrant Rev. Allan Rogers
11:00 a.m.—Matins
Lay Reader
2nd & 4th Sundays—
8:00 a.m.—NO Service.
11:00 a.m.—Holy Communion
Celebrant Rev. Allan Rogers

THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH, MORRISBURG
Rev. T. H. Boyd, B.Sc., B.D.
Mrs. J. DeGray, Organist
Sunday, February 3rd, 1974—
MORNING WORSHIP, 11 a.m.
SUNDAY SCHOOL: Pre-School and Kindergarten Classes at 11:00 a.m. (during Church Service); all others at 9:45 a.m.

ST. LAWRENCE EVAN. LUTHERAN PARISH
4th Sunday After Epiphany—
St. Paul's Morrisburg—
10:00 a.m.—Confession and Holy Communion.
Sunday School and Confirmation Class after the Service.
Rev. Rosenquist in Charge
7:30 p.m.—Ecumenical Prayer Service. All congregations in Morrisburg have been invited to participate.
St. John's, Riverside Heights—
1:30 p.m.—The Service and Installation of Church Council. followed by Sunday School.
The Pastor in Charge
Everyone Always Welcome!

UNDER NEW MANAGEMENT

Barkley's Restaurant

MRS. THERESSA BARKLEY wishes to thank you for your patronage over the past five years

THE NEW OWNERS - -

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Would like you to drop in and have a coffee on them, Friday, February 1st.

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General J. A. Dextraze and reporters greet Brig.-Gen. D. S. Nicholson on his return from his duties as the first Commander of the Canadian contingent to the United Nations Emergency Force in Cairo. General Nicholson headed up the Evaluation Team which included the first Canadians in the Middle East and remained on as Commander until handing over to Brig.-Gen. D. E. Holmes, January 22nd. (Canadian Forces Photo).

REPORT FROM QUEEN'S PARK

BY DON IRVINE
M.P.P. for Grenville - Dundas

Address: Frost Building South, Queen's Park, Toronto, Ontario. M7A 1Y7. Telephone: 416-965-6901.

We have all become aware of a world-wide energy problem. The news reports every day have high lighted the Middle East oil embargos, potential shortages of gas and oil in Eastern Canada, lineups at filling stations in the United States and increased oil and gas prices.

But long before the energy crisis became a reality, the Government of Ontario was working to offset such an occurance. Approximately three years ago, Premier William Davis initiated several studies to assess Ontario's future energy supplies. These studies fathered the new Ministry of Energy, the reorganization of Ontario Hydro and an acceleration of Ontario's nucuear power program to name a few.

But our province could not solve the energy problem single-handedly. It is a problem that has a crucial relevance to policy-making which must be acomplished in Ottawa. About a year ago, Mr. Davis called for a national energy conference. And last week it happened. A Federal - Provincial conference was held in Ottawa to deal with Canada's energy situation.

Our energy problems are rather unique in relation to other industrial nations. At present we have an ample supply of energy. Our difficulties lie with distribution and prices — in other words getting gas and oil from the western provinces to the rest of Canada at a reasonable price.

Premier Davis has stated: "All of us need to be concerned that increasing prices do not result in a proliferation of the problems o regfional disparity. Economic disparity among provinces and regions works to Ontario's ultimate disadvantage. Policies which do not reasonably satisfy the regional interest of any part of Canada are not in the best interest of the people of Ontario".

At the Provincial Premier's Conference, Bill Davis outlined four key elements Ontario feels essential for a national energy policy:

A capacity for self-sufficiency —such an achievement would mean a substantial commitment of money to develop projects like the Alberta tar sands, Arctic petroleum reserves, offshore explorations and the building of a pipeline to the Eastern Provinces.

Energy pricing — a national energy policy should provide for a single domestic price (adjusted for transportation) and be established at a rate lower than world and U.S. prices. For this reason, Premier Davis asked for a continuance of the price freeze until May 1, 1974. Ontario would also question any decision to increase the price paid to oil producers for oil and gas already discovered. But a pricing policy which would provide incentives to producers to find and develop new reserves would be acceptable.

Environmental protection — before the energy crisis became a world concern, the problems of the environment were of high priority for the Government of Ontario. It continues to feel that this priority should not be allowed to lapse.

Conservation — a national commitment should be made to retain all known and available low-cost energy sources for Canadian use. It is not economic to deplete our lower-cost oil reserves by exporting them at a high profit now, when at a later date we would have to fall back on our more costly resources for our own use.

The increased use of nuclear power would also conserve scarce fossil fuels and provide a source of efficient, clean and relatively low-cost energy.

All of this affirms that the Ontario Government anticipated the energy problem, studied it carefully and made positive moves to make it as small an inconvenience as possible for Ontarians— and for the rest of Canada.

So right now, turn off that unneeded light and stop the drip in that tap. If you help to conserve energy now, it might eliminate the need for you to do so in the future.

TAILORING WORKSHOP OFFERED TO INTERESTED LADIES OF DUNDAS COUNTY

In this age of "do it yourself" projects, many people are discovering the joys and challenges of sewing. Ladies everywhere are using their talents and creativity to expand their wardrobes and decorate their homes. If you are one of these people, perhaps you will be interested in the following.

The Home Economics Branch of the Ontario Ministry of Agriculture and Food is sponsoring a Tailoring Workshop for eight days in April. This course will be available to about thirty ladies in Dundas County who have a keen interest in the details of making a tailored jacket. During that time, each participant will make a wool tailored jacket with a notched collar, turned-back lapels and set in sleeves.

Anyone who is interested in this course is invited to a meeting on Friday, February 8eth at 2 p.m. in the Board Room of the Winchester Office of the Ministry of Agriculture and Food. Details and requirements will be discussed. If you are unable to attend please request an application form from Miss Lorraine Holding, Ontario Ministry of Agriculture and Food, Box 655, Cornwall, Ontario.

BANTAM B HOCKEY

Friday night Morrisburg Bantam B's played host to Canton, N.Y. A shorthanded goal by L. Lafortune gave the home team a 1-0 lead. Canton then scored to tie the score. A third period goal by captain G. McIntosh gave Morrisburg a 2-1 win.

On Saturday, Jan. 26 the Bantam B's played in the Athens tournament. In their first game they were shut out 7-0 by Potsdam. They were then bombed 11-2 by Carleton Place and eliminated from the tournament.

TAX PROBLEMS TAX TIPS COLUMN OFFERS HELP WITH

Income tax time is almost upon us again. Even though filing our income tax returns is not the most pleasant task, there is some comfort in knowing that we're not alone. Everyone with taxable income must file by April 30.

Again this year, The Morrisburg Leader will do its part by publishing TAX TIPS columns containing questions representative of those most commonly asked in this area with answers provided by experts in Revenue Canada, Taxation. These columns won't make the job any more inviting but they may make it easier to file a correct return. If you need more assistance, you can call the District Taxation office at 996-8340, or, if it's a long distance call, ask the operator for ZENITH 0-4000 (toll-free).

The brighter side to all this is that seven out of ten Canadian taxpayers will be getting a refund this year. And besides, after tax time, spring can't be far away.

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SALADA PRIOR PARK — 100s
Tea Bags - - 69c

YORK SMOOTH OR CRUNCHY
PEANUT BUTTER 16-Oz. Jar - 69c

Reg. 49c CHRISTIE'S Pkg. of 9
DATE TURNOVERS SPECIAL - 39c

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Corn Flakes - 45c

ZIP — 15-OZ. TIN
Dog Food - 7/1.00

VIVA — 2-PACK
Bathroom Tissue 37c

FOR NORMAL HAIR
Brightside Shampoo 6½-Oz. Size - 99c

CALIFORNIA NO. 1 — FRESH, CRISP — LARGE SIZE 24
PASCAL CELERY - - 31¢

ONTARIO NO. 1 CRISP
CARROTS 5 LB. BAG - 45¢

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GRAPEFRUIT SIZE 48 - 8/99¢

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You, Your Community and Heart Disease

Someone once said, "Educate a man and you educate an individual. Educate a woman, and you educate a whole family".

Probably, like most women, you make the old boy feel that he's the boss around the house, and that's good. It's good for our male egos. We like it.

But we all know who runs the house and whom the kids go crying to when they stub their toes. It's ten to one, too, that when Hubby stubs **his** toe, he does just what the kids do!

Certainly, it's true that most women feel that they are responsible for the good health of their families.

Because diseases of the heart present to all of us the biggest health problem in this country today. And, as you will see, there is much that **you** can do to protect your own family.

Cardiovascular diseases — that is the diseases of the heart and blood vessels — is the Number One health enemy in the country today. The deaths from heart disease alone total **more** than the deaths from all the other causes put together. Out of every two deaths in this country, one is caused by cardiovascular disease.

Cardiovascular disease is an **individual** matter. It's your heart. It's your husband's heart. It's your child's heart.

The way to combat the cardiovascular diseases is through research and through making the findings of research available to the medical profession, to the general public, and to the patient. **You** must know to what extent heart disease can be prevented— so that you can protect yourself and your own family. **You** must know what are the earliest symptoms of heart trouble — because early diagnosis may lead to cure, in some cases. In many cases, it means adding years to lofe.

You must be able to separate the truth from the old wives' tales, if it should be **your** heart that is damaged. You must be able to co - operate intelligently with your physician. Many people, informed that they have heart trouble, endure untold anguish simply because they do not know the facts of heart disease. This is needless.

Great strides have been made in treating heart diseases. Greater strides will be possible when we know what causes them. That is the major job the research scientists are working on now.

We know that there are many different kinds of heart and blood vessel diseases. There are three, however, that might concern you. Nine out of ten cases of heart disease fall into these three categories — and we do not know their causes.

One is coronary heart disease resulting from hardening of the arteries. The second is hypertensive heart disease resulting from high blood pressure. The third is rheumatic heart disease which is most dangerous to children.

The hardest working organ in the body is the heart. It takes in, from the blood, the nutrients it needs in the split seconds between pumps. It repairs itself. It can stand hard work and vigorous sports. It adjusts to the demands put upon it. It's not a delicate organ. The truth is that the heart is tough and durable. In fact, it's almost indestructible.

Of the three major disease of the heart (coronary heart disease, hypertensive and rheumatic heart disease) the first, **coronary heart disease,** is usually considered a disease of older people, but it often affects people in middle age also.

As we grow older, changes may take place in those arteries that carry the blood to the heart muscle itself — the coronary arteries. In some people, deposits of a fatty substance in the walls of the coronary arteries produce a narrower channel for the blood to pass through. Then, when a clot forms in a narrowed artery, it chokes off the blood supply to one part of the heart. When this occurs in the main artery, death is instantaneous.

But this isn't what usually happens. Far more frequently, it will not be a main artery that is affected; it will be one of the artery branches, and the heart is able to recover. You hear about the very dramatic cases. You don't hear so much about the many people who have coronary heart disease and who nevertheless live l o n g and productive lives. They go on working as usual, or perhaps only a little less than usual, for many years after the first diagnosis. In this case, as in the other types of heart disease, **early diagnosis** is important.

Another kind of heart disease is **hypertensive heart disease,** due to high blood pressure that has continued over a long period of time and caused the heart to become enlarged.

This condition is not always serious. It does not always grow worse. But hypertensive heart disease is the kind that requires the greatest amount of cooperation from the patient. Often he must learn to "take it easy" when probably he has never taken it easy throughout his whole life.

One of the most helpful things you can do for a person with hypertensive heart disease — aside from setting the stage for helping him to approach everyday living in a more relaxed fashion— is to see to it that he doesn't become overweight. **Every** extra pound requires that the blood must travel through extra miles of blood vessels. **Every** extra pound makes the heart work hard er. In fact, one of the positive measures you can take in the direction of **preventing** heart disease is to keep your family's weight normal. Enough evidence has been built up so that we can say flatly that overweight puts a strain on the normal circulatory system and is therefore quite likely to aggravate any existing heart disease.

Now you know very well that no husband and no child of yours is going to watch you put homemade rolls or biscuits, fulffy whipped potatoes drooling with melting butter, or strawberry shortcake heaped with whipped cream on the table — and then turn away and say, "Sorry, honey" — or "Sorry Mom, I'm afraid I've had all my calories today". That's something you'll never see!

But you can serve appetizing and nourishing meals that go light on the sugars, starches, and fats. **You** — as the one who plans and cooks and serves the food at your house — **you** are the one who controls your family's weight.

Some babies are born with structural defects of the heart. However, some types of such congenital heart defects can now be corrected by surgery.

Do not think because you have a pain in your chest, or palpitations, or shortness of breath, that you must have heart disease. You may have; but it is more likely that you have not. There are quite a few body disturbances that have symptoms remarkably like those of heart disease. The only person who can tell you what those symptoms mean is your doctor. If it is heart trouble — the sooner it is diagnosed and treated, the better are your chances of a long and comfortable life.

Now, let us go back to rheumatic heart disease which is one of the major childhood diseases. This is one kind of heart disease that we surely know can be prevented. It begins in rheumatic fever, and rheumatic fever begins with a streptococcal infection — for example, 'strep' sore throat' tonsillitis, or scarlet fever. No layman should try to diagnose rheumatic fever. Consult a doctor. It's a sly disease. A child may seem to recover completely from a "strep" infection, but two or three weeks later may be tired all the time or restless or he may complain of pains in his joints. The symptoms of rheumatic fever may be vague and elusive. **Only a doctor can diagnose it.** Your job is to watch your child carefully during the weeks that follow a "strep" infection. If he seems at all under par, take him immediately to your doctor.

Remember — not every such infection results in rheumatic fever. Out of every 100 untreated cases of "strep" infection only 3 may lead to rheumatic fever. And not every case of rheumatic fever results in heart disease. For every 10 children who have rheumatic fever, only approximately 4 may suffer disabling injury to the heart.

If your child has already had an attack of rheumatic fever, then you must be extremely careful that he does not have another. Each new attack involves possible further damage to the heart. Therefore, prophylaxis should be prescribed.

One function of the Heart Foundation is to help the general practitioner keep up to date. Heart Foundations sponsor courses, lectures, and seminars for physicians so that they may have the latest information — so that they may know the newest techniques in dealing with heart disease.

Contact your Ontario Heart Foundation concerning the pamphlets, films and exhibts that give you authentic information about the heart, the circulation and the cardiovascular diseases in general. These materials are available as part of the year-round education program conducted by your Ontario Heart Foundation for you and your neighbours

"For information about the heart and its diseases, ask your Ontario Heart Foundation. For information about **your** heart, see your doctor". And remember disease is everyone's problem — it should be everyone's responsibility.

IT'S TAX TIME AGAIN!
ANY PROBLEMS?
INCOME TAX MEETING FOR FARMERS
At the Kemptville College of Agricultural Technology Auditorium
Agricultural Engineering Building
FEBRUARY 11 & 12
9:30 a.m. — 4:00 p.m.

SPONSORED BY:
Agricultural Economics Research Council of Canada
Canadian Cattlemen's Association
Ontario Federation of Agriculture
Kemptville College of Agricultural Technology.

REGISTRATION: $10.00, covering lunches and documentation. Please inform the Business Management Section, Kemptville College of Agricultural College, Kemptville, Ontario K0G 1J0 if you plan to attend.

COME AND BRING YOUR TAX PROBLEMS!
5-6c

World Snowmobile Games



Merc Sno-Twisters made a clean sweep in Stock D competition at the World Snowmobile Games held in Ironwood, Michigan. Guy Peterson (number 31) of Duluth, Minn., led in the first lap over Calvin Ackley (1163) of Hart, Mich., and Jack Weinberger (2924) of Montello, Wis. Weinberger won the five-lap event, with Ackley and Peterson finishing third and fifth respectively. All machines in Stock D finals were Merc Sno-Twisters, due to their domination of all preliminary heats.

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WE INVITE YOU TO COME, COMPARE OUR PRICES
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MENARD'S HOME OF FINE FURNITURE AND APPLIANCES
MORRISBURG SHOPPING CENTRE MALL OPEN 9.00 — 6.00 TEL. 543-3135
KEMPTVILLE HWY. 16 NORTH TEL. 258-3361 OPEN 9.00 — 9.00

CARE

LET CARE HELP YOU TO HELP OTHERS

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You can help spread Canadian medical knowledge by supporting Medico volunteers. Medico is a service of CARE.

Send your dollars to CARE Canada, Dept. 4, 63 Sparks St., Ottawa K1P 5A6



Ministry of Natural Resources

Weekly Report

A loud party of motorcycle riders bunched up on a single site amid family campers brings a storm of complaints. The Bon Echo superintendent visits, tells them about the group camping sites in another more secluded park area. They didn't know, are delighted and move. Everyone is happy.

Two juveniles crack the floor of a concrete picnic shelter by foolishly starting a cooking fire. Instead of laying charges, parents are contacted, the boys return, clean up the mess and spend a half day working in the park. Partings are cheerful, amicable.

Eastern Ontario parks staff want to solve all their problems that way, the ones occurring mainly in the larger "recreation" parks or heavily-used parks like Bon Echo or Outlet-Sandbanks on Lake Ontario. Here, there's surf, sand, scenery and about 500 camp sites apiece.

But the "Golden Rule" parks behavior of 10 years ago is under attack. A freer style of living, new urban attitudes to authority, rules and regulations and a heavier press of people has subtly changed Canadian public behavior. The change has slopped over into the parks.

Although they hate to give up an easygoing "good buy" image parks superintendents are being forced to lay more charges under The Parks Act.

This month one Belleville youth paid more than $250 and three friends paid $100 each for violations of the Parks Act eviction clause, camping illegally on Crown land, drug possession and illegal possession of alcohol. The case goes back to Bon Echo park last July.

In the popular sand beach parks on Lake Ontario last summer 100 charges were laid for liquor violations, drug possession, Parks Act violations, criminal offences and Highway Traffic Act violations. There were also 55 thefts and 24 evictions. And the parks staff could have been tougher, if they had wanted to be. They had to issue a whopping 274 warnings.

"It's not hard-nosed crime," said Chuck Matheson, supervisor of the heavily-used parks in the Napanee natural resources district. "It's more just serious annoyances . . . loud parties, vandalism liquor problems. Campers at Outlet-Sandbanks can't leave their coolers outside their tents anymore."

He said the 15 or so drug cases involved mostly marijuana and hashish, not "hard" drugs.

Sterner measures won't be the only method used to help insure everyone has a good recreational experience.

Several of the 15 new provincial parks conservation officers—men trained in parks law enforcement—will be stationed in Eastern Ontario parks. The new officers will undergo a month of training this spring in preparation for the summer park season.

"Enforcement is necessary, but it's not the final solution," said Mr. Matheson. "There are other means, such as information packages, closer supervision of the type of people entering our parks, changes in park regulations."

"That's why the enforcement officers won't be just 'cops on the beat.' They'll be information officers, ambassadors, mediators, recreational advisors, guides, wildlife interpreters and people to ocntact if you need help," he said.

John Bell, supervisor of all Eastern Ontario parks, stressed another measure:

"We have to combat in the park user his attitude of 'non-involvement'. If you have ridden the subway in Toronto as I did for 10 years, you would realize the only way to attain privacy is to disregard the people around you. That urban attitude is no good in our parks. We must teach park users to become involved, to shoulder some of the policing responsibility. After all, if there's property destruction and annoyances they, as Ontario taxpayers, are the losers."

He said people also have to be guided to the type of park offering the experience they wanted.

"The 'beer and weiner' crowd, to use an expression I once heard, should go to a 'recreation' park, not to a 'natural environment' park with bird watchers and nature hikers. We are going to be advising people more, matching the right people with the right park," said Mr. Bell.

Wayne Miller, superintendent of Bon Echo park, who was involved in motorcycle riders and juvenile fire incidents already mentioned said:

"Our parks are still a great place to be. Really, most of the trouble comes because people tend to relax a little more and forget now and then to exercise a little caution."

New Fur Sealer In The Smiths Falls Area

Trappers can now have pelts registered and officially marked with the provincial seal in the Smiths Falls area.

Anyone who harvests beaver, mink, marten, otter, fisher and lynx can have them sealed at the home of Robert Moir, 59 Broadview Avenue E., Smiths Falls.

According to law these animal pelts must be properly sealed before they can be sold. The regulations also act as a control and a means of assessing trapping pressure and animal populations.

More than 7,000 beaver pelts were sealed during the six-month 1972-1973 trapping season in Eastern Ontario. Trappers also harvested 463 mink, 123 otter, four lynx, two marten and one fisher.

Furs can also be sealed at any district office of the Ontario ministry of natural resources. The natural resources regional office in Kemptville does not have sealing facilities.

Sartorially Speaking

HORIZONTAL

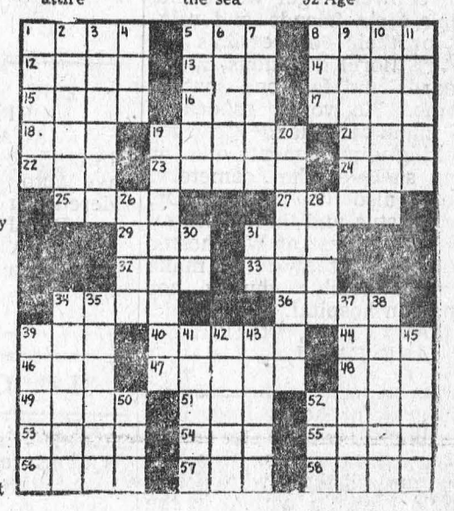
1 Sartorial item
5 Sartorial headgear
8 Sartorial garment
12 Italian river
13 Chemical suffix
14 Notion
15 Time gone by
16 Steamer (ab.)
17 Assists
18 Greek letter
19 Pester
21 Make lace
22 Drunkard
23 More uncommon
24 Summer (Fr.)
25 City in Nevada
27 Military assistant
29 Diving bird
31 Onager
32 Devotee
33 Select (ref.)
34 Irritate
36 Measure of paper
39 Legal point
43 Wash lightly
44 Snooze
46 Measure of cloth
47 Ceases
48 War god
49 European mining district
51 Before
52 Arabian prince
53 Heating device
54 Unit of wire measurement
55 Hindu queen
56 Scatters
57 Salt
58 Malt drinks

VERTICAL

1 Promontories
2 Speaker
3 Handled
4 Small child
5 Hebrew prophet
6 Sacrificial block
7 Succinct
8 By way of
9 Redacted
10 Dispassionate
11 Small sip
19 Sartorial attire
20 Rubbings out
26 Brad
28 Small island
30 Knight (ab.)
31 Symbol for actinium
34 Tell
35 Body of land
37 Beast
38 Pertaining to the sea
39 Place anew
41 Entries in ledgers
42 Persian waterwheel
43 Enchantment
45 Capital of France
50 Short-napped fabric
52 Age

Here's the Answer







TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Fred, 4, is small for his age but healthy, lively and active. He has dark hair, dancing brown eyes and olive skin.

Tiny at birth, Fred was diagnosed at three months as having Pierre-Robin Syndrome. Children with this condition usually have small mouths, cleft palates and very small chins. Sometimes they are retarded.

Fred is not retarded. In fact he is considered an average child. Though he had some early feeding difficulties, he did not need an operation for his palate and he now eats whatever his foster family is having. He will probably need orthodontic work later because his jaws may not be big enough for his second teeth, though his baby teeth are fine as you can see in the picture. He may also need speech therapy.

Fred is alert, quick to learn and well co-ordinated. He runs and climbs with agility. He can turn somersaults and stand on his head.

He is hyperactive and sometimes it is hard to slow him but he will usually settle down if somebody will read him a story or play records for him. He also likes drawing and coloring.

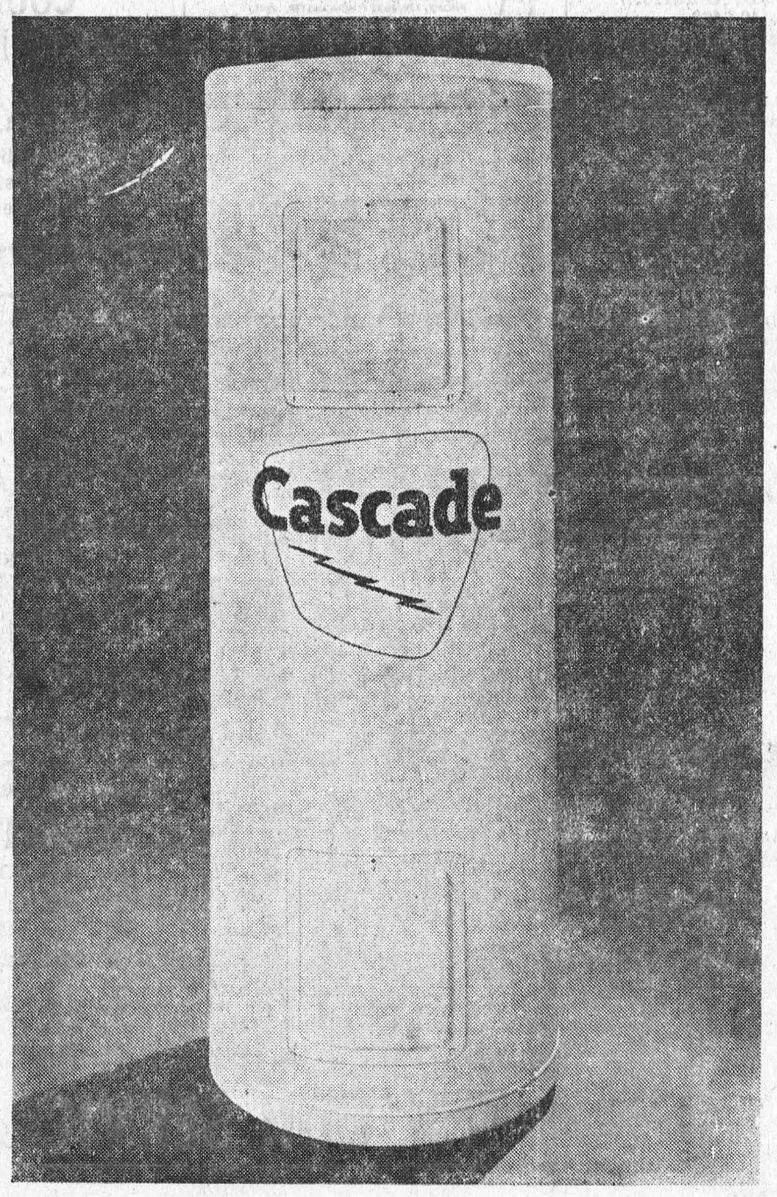
This young fellow will be a delight to parents who are young, energetic and have lots of patience.

Since Fred is used to other children, he will probably do best with brothers and sisters in his adoption home.

To inquire about adopting Fred, please write to Today's Child, Ministry of Community and Social Services, Box 888, Station K, Toronto M4P 2H2. For general adoption information, please contact your local Children's Aid Society.



LIKES OTHER CHILDREN



A word to the wise

When it comes to hot water, using it wisely—not wastefully—makes good sense.

your hydro

CSB - 7482 A

watch for X at BEAMISH!

The WANT ADS to work for you

CARDS OF THANKS

I wish to express my sincere thanks to all the staff of the Winchester Memorial Hospital, from the kitchen up to the 2nd floor for their kind attention and ministrations while I was in their care. All the many friends who took time to visit me and send their good wishes, make me appreciate all the more, the community in which we live.

IVAN BRIGGS.

5p.

The Morrisburg Branch of the Canadian Cancer Society wishes to extend their grateful thanks to the people of Morrisburg for their terrific response to the appeal for gifts for the Maurice Grimes Lodge. It was very encouraging to all the workers.

5p.

I would like to thank all my friends and neighbours for their flowers, cards, treats and visits while I was a patient in Winchester Memorial Hospital. Special thanks to Drs. Chande, Diemert, Marsden and Domanko. Also to the nurses on 1st floor.

LINDA DEVAUL

5p.

Williamsburg I.O.O.F. Lodge No. 349 would like to thank all the merchants for their donations to our snowmobile rally, which helped to make this rally of 158 snow mobilers a success.

5p.

The family of the late Mrs. Ross J. Schwerdtfeger would like to thank their friends and relatives for their expressions of sympathy, floral donations, memorial cards and for food sent to our home. We would especially like to thank Mr. Claude Crowder for making arrangements and for clearing snow at the cemetery. We would also like to thank Dr. Howard Justus and the nurses on the first floor East at Winchester Hospital for all they did to make mother comfortable during her long stay in hospital.

MARY, RAY, DORIS
AND FAMILY.

5c.

With grateful heart I wish to thank all my friends for their prayers, letters, cards, gifts and flowers, and all those who visited me while I was a patient in the Winchester Hospital. Special thanks to Dr. Marsden and Dr. Houze, and to Rev. Bruce. Their kindness will always be remembered.

MARGUERITE DUVALL

A small note of thanks to all my friends, neighbours, and relatives who sent me cards, flowers, and a lovely fruit basket during my stay in Kingston General Hospital Also a special thanks to Richard, my husband, and my Mother and Dad who all came to visit me every chance they could; and a very special thank-you to the best mother-in-law in the world, Eillen Barkley, who for a month has taken care of our son, Adam.

VALLI BARKLEY.

I wish to express my thanks and appreciation to relatives friends and neighbours for their kindness to me in my bereavement by the death of my beloved husband, who passed away January 20 in the Winchester Memorial Hospital; also for the lovely flowers, donations and cards of sympathy. Special thanks to Rev. Bruce and Rev. Ferguson; to Mr. and Mrs. Sheldon Robinson for music, etc.; to Dr. Houze and Dr. Diemert, and the nurses and staff at Winchester Hospital; and to Vice & Craig Funeral Home, Winchester .

MRS. FRANK E. BAKER

5c.

We would like to extend sincere thanks to all our friends and neighbours for their messages of sympathy cards at the time of the death of our dear brother, Frank Adam Esly Baker.

HAROLD C BAKER
AND HATTIE.

5p.

The family of the late Frederick Mason Devaul wish to express their sincere thanks for the beautiful floral tributes, donations to the Heart Fund and expressions of sympathy received from relatives, friends and neighbours during our recent bereavement. A special thanks to the friends and neighbours who supplied food to our home. A very special thanks to Dr. Houze, Dr. Ford Connell and the nursing staffs of the Winchester and Kingston Hospitals.

MRS. F. MASON DEVAUL
AND FAMILY.

FOR SALE

VACUUM CLEANERS and Floor Polishers. Will demonstrate in your home.

RALPH COULTHART,
Morrisburg, Ontario.

33-5p.

PUREBRED POMERANIAN PUPS FOR SALE.
PHONE 543-2571.

3tfc.

BEIGE LEATHER RECLINER-Rocker. Brown Chesterfield — Ideal for Rec. Room.
PHONE 543-2752.

5c.

6-FOOT AQUARIUM, All Glass; Filters, Gravel, Stones, Plants and Pump. $75.00
PHONE 535-2423.

5p.

54" MATTRESS & SPRINGS $15. Small Chrome Kitchen Table $10.00.
PHONE 543-3330.

5-6p.

1971 POLARIS SNOWMOBILE — Twin, good condition. Asking $400.00.
PHONE 543-3335.

PIANO. Antique Red. Terrific for Rec. Room or Bar.
PHONE 543-3273.

5-6c.

3-PIECE BATHOOM FIXTURES Complete with pipes and taps.
PHONE 543-2227.

5p.

HELP WANTED

DUE TO EXPANSION
MORRISBURG AREA
MANAGER NEEDED

Direct Sales Experience. Must have auto. Man or Woman considered. Write to:

R. LEMIEUX,
4822A Perrier St.,
Montreal, Que. H1R 1M1.

4-6p.

SERVICES REQUIRED

SCHOOLTEACHER FROM IROQUOIS requires mature couple to provide day care for 2 children. Private apartment available. Other considerations. References.

PHONE 652-2298.

5tfc.

THE STORMONT, DUNDAS & GLENGARRY COUNTY BOARD OF EDUCATION

TENDER

Sealed bids will be received by D. N. Shuttleworth, Superintendent of Business & Treasurer, no later than 4:00 p.m. Wednesday, February the 27th, 1974, on the following property:

The former S. S. No. 10 Osnaburck, part of lot 19, Concession III, Osnabruck Township, measuring approximately 110 feet by 99 feet. There is no building on this site.

Persons interested in bidding on this property are requested to obtain forms from The Purchasing Dept. 305 Baldwin Avenue, Cornwall, Ontario, or the area offices in Alexandria or Morrisburg.

W. G. MURRAY,
Manager of Purchasing.

5c.

watch for X at BEAMISH!

COMING EVENTS

LIONS BINGO

Morrisburg Lions monthly Bingo! Jackpot $150.00. Tuesday, February 5th at 8:00 p.m. in the Morrisburg Civic Centre. 15 regular games, 5 share the wealth. Admission: $1.00.

4-5c.

ADULT SKATING PART Y

Morrisburg Arena, Friday, February 1st, 1974, 9 p.m. Organ music supplied by Mr. Roy Fawcett. Anyone 14 years and over welcome. Admission $1.00 per person. Sponsored by the Morrisburg Figure Skating Club.

3-5c

EUCHRE

In the Fraternal Holl, Morrisburg, on Wednesday, February 8 at 8:00 o'clock under the auspices of I.O.O.F. Prizes and refreshments.

5p.

ST. PATRICK'S TEA AND BAZAAR

Auspices of St. Mary's and St. Cecilia's C.W.L., in the Morrisburg Civic Centre, Wednesday, March 13th.

5tfc.

THE STORMONT, DUNDAS & GLENGARRY COUNTY BOARD OF EDUCATION

requires

TEMPORARY TEACHER(S)

- ½ TIME ORAL FRENCH
- ½ TIME LIBRARY

Applicants may apply for either or both of the above positions

at

MAPLE RIDGE SENIOR SCHOOL

SALARY: $5,600 - $16,000

Written applications will be received by:

Mr. William MacMillan,
Prinicipal,
Maple Ridge Senior School,
R. R. 3,
Chesterville, Ontario, K0C 1H0
Tel: 613-448-2817
FRASER CAMPBELL,
Chairman.

T. ROSAIRE LEGER,
Director of Education

5-6c.

FLOYD FISHER

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MORRISBURG, ONTARIO

PHONES:

Office	543-2044
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INGLESIDE — 4 bedroom home with colorlock siding, neat and well-maintained. Ready to move into. One & half bathrooms. Tiled and carpeted floors. O.F. A. furnace. Garage. — Asking $25,000.

SEAWAY VALLEY — Excellent Wrecking Business, building heated with gas furnace. Approximately 750 used cars and equipment. 30 acres. 4 bedroom Brick and Frame Home, modern conveniences. Garage.

MORRISBURG — Beautiful view Park and River. 3 bedroom Steel Covered Home. Spacious rooms. Dandy double living room with fireplace. Diningroom. Kitchen. Two porches. Patio. T.V. tower. Garage. This is an excellent family home.

66 ACRES good productive land, partly surrounding a village in Twp. Roxborough. Lots could be sold. Plus frame barn $20,000

MORRISBURG — Frame 2 storey 4 bedroom home on 83' x 90' lot with Excellent Riverview. Oil hot water heating. Tiled and carpeted floors. Cold storage building. Paved driveway. Price $19,000.

SALESMEN

John Allison	543-2989
Alton Bolton	543-2002
Harold Fisher	543-2213
Bill Marshall	543-3200

BOSTON vs. TORONTO

Treat your son to an N. H. L. Game in Toronto, Boston vs. the Leafs — March 16th. Tickets now on sale by all Bantam hockey players for a draw on this all-expense outing for two. Please help your local bantam team.

2-8p

THE EARLY BIRD BREAKFAST

will be held in Allan Hall on Sunday, February 10th. Breakfast will be served from 8:00 to 10:00. Adults $1.25; Children 12 yrs. and under 75c.

5-6c.

PUBLIC SKATING

Saturday Night ..... 8:00 to 10:00

ADMISSION 25c — 50c

5c.

MORRISBURG FIRE DEPT. 2nd Annual SLIDE-A-BED CONTEST

Saturday, February 16th at 2:00 p.m. Entry forms available from Les' Supertest, Baker's Texaco, Casselman's Shoe Store.

5-6c.

THE STORMONT, DUNDAS & GLENGARRY COUNTY BOARD OF EDUCATION

requires for period
April 1, 1974 to June 28, 1974

TEMPORARY FULL-TIME TEACHER

GRADES 1 & 2
at

MONKLAND PUBLIC SCHOOL

SALARY: $5,600 - $16,400

Written applications will be received by:

Mr. Dwayne MacKinnon,
Principal,
Monkland Public School,
MONKLAND, Ontario.
Tel: 346-6466
FRASER CAMPBELL,
Chairman.

T. ROSAIRE LEGER,
Director of Education

5c.

FOR RENT

DOWNSTAIRS APARTMENT. 1 Bedroom. Heated. Available immediately. No pets.
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49tfc.

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ELECTRICIAN will do all kinds of Electrical work. Free Estimates.
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"HOMEOWNER LOAN"

For appointment or information Call:

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C.A.C. REALTY LTD.

8 SECOND WEST,
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Corner of Duncan and Hwy. #2

MARIATOWN
TELEPHONE 543-3266

3tfc

Furniture Refinishing
Stripping - Repairs
FREE ESTIMATES
CARMAN REFINISHERS

PHONE 652-4602 IROQUOIS

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When you need a new hearing aid, we'll give you the salesman's commission of $100.00 off the price if you come to the office.
Phone 774-2606 or write:

SUMMERS Hearing Aid Centre
WINCHESTER, ONT.

WANTED TO BUY

I BUY COINS — — Contact:
BILL GARDNER,
LOYALIST HOTEL
PHONE 543-2932.

41tfc.

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HIGH TEST 67.9c
REGULAR 62.9c

BIG DISCOUNTS ALSO ON

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When PLANNIN' A NEW HOME / PLANNIN' A NEW COTTAGE / PLANNIN' A RENOVATION / PLANNIN' SEE LANNIN
H. S. Lannin Ltd.
GENERAL CONTRACTORS
PHONE 774-2637 WINCHESTER, ONT.

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INDUSTRIAL WASTE AND SEPTIC TANK CLEANING - CALL

Cardinal 657-3271

1tfc.

FAIRBAIRN FUNERAL HOME LTD.

28 CHURCH STREET
MORRISBURG - ONTARIO

543-2271

NOTICE

The next regular meeting of the Council of the Village of Morrisburg will be held in the Council Chambers on Monday, February 11th, 1974.

(Signed):
LLOYD D. BARKLEY,
Clerk-Treasurer,
Village of Morrisburg.

5-6c

A NEW SERVICE

CARPET STEAM CLEANING

See the Soil Extracted from your wall-to-wall or room size carpets. A Real Clean Service

CALL 925-3533
COLLECT

WILSON'S CARPETS & DRAPERIES

PRESCOTT — ONTARIO

26tfc.

BILL MARCELLUS

WE GIVE YOU MORE IN QUALITY & VALUE!

STEAK SPECIAL! LB.

Round .....
Sirloin **1.45**
T-Bone .....

BREAKFAST BACON COUNTRY STYLE
Lb. 79c

PORK SAUSAGE FARMER STYLE
Lb. 45c

FRESH BOLOGNA COUNTRY STYLE
Lb. 45c

FRESH FARMER'S BUTTER
Lb. 73c

IN STOCK
WELL AGED STEER BEEF
Cut and Wrapped for Freezer

Sides 98c
Hinds 1.13
Fronts 89c

Effective to Sat. Nite, Feb. 2

★

Open Hours:
Thurs., Fri., — 1:00 to 6:00 p.m.
Sat. — 8:00 a.m. to 6:00 p.m.
Until Further Notice

★

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DUNBAR, ONTARIO
12 Miles North of Morrisburg
5 M. North-East of Williamsburg
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ARCTIC CAT
SNOWMOBILES
Clothing & Accessories
STRADER TRADING POST
AUTHORIZED
ARCTIC CAT DEALER
Iroquois Ontario
Owned and Operated by
KEN STRADER

27tfc.

CRAFT HOUSE

IROQUOIS, ONT.
Open Hours:
Monday to Saturday — 9 to 6

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On all needed repairs to Watches, Clocks, Jewellery, etc. Rings sized to fit you properly. Replating also done on the premises. We can engrave your name or initials on your trophies, silverware, etc. Just try us!

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Morrisburg Shopping Centre *Ph. 543-3014*