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THE IROQUOIS POST

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VOLUME 57, NUMBER 17 WEDNESDAY OCTOBER 10, 1979 25c

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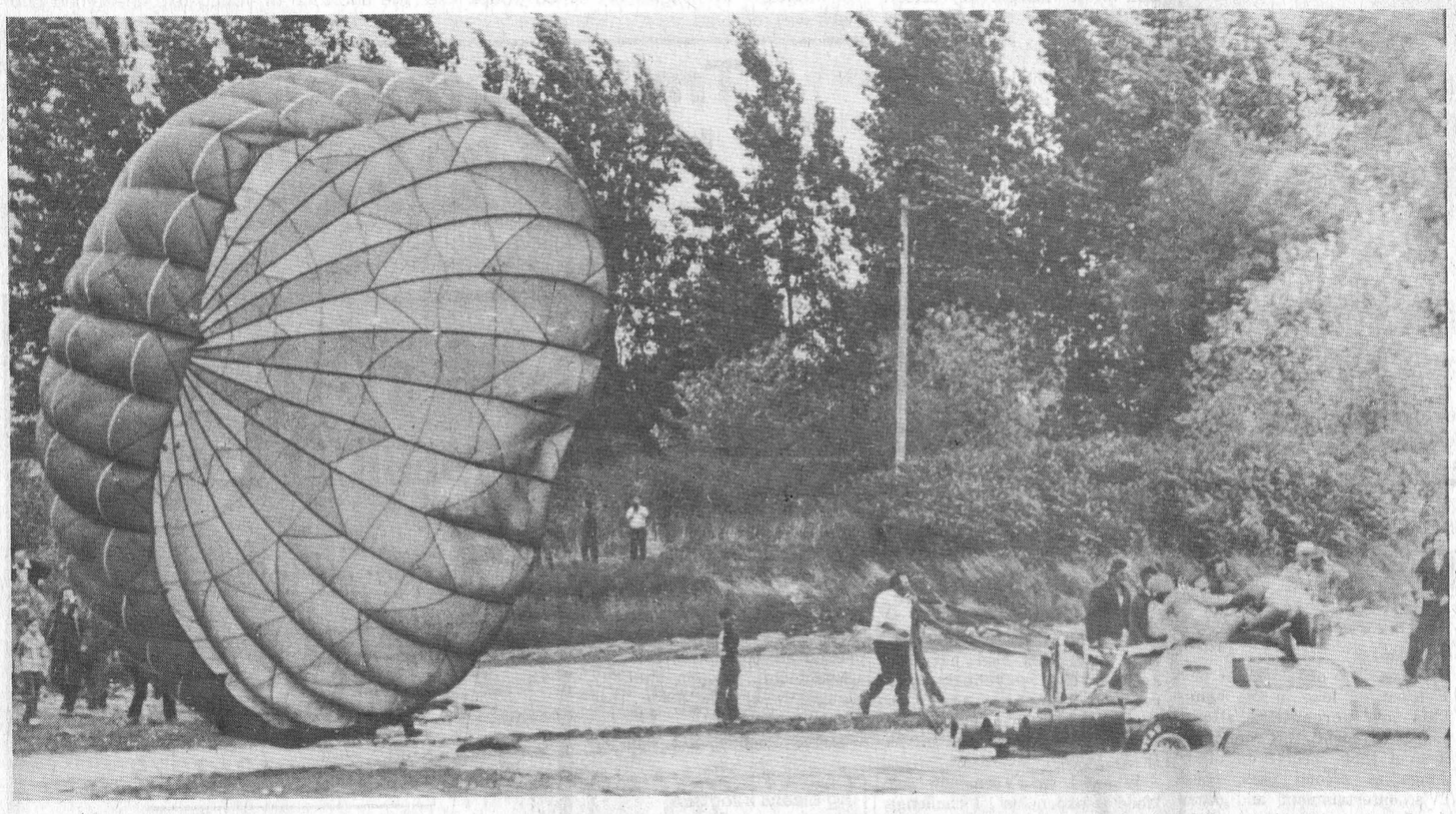
The great leap forward fails



Ken Powers is helped out of the Ken Carter rocket car seconds after landing in the St. Lawrence River. The jump fell short of it's goal, Ogden Island. Powers is listed in stable condition at the Ottawa Civic Hospital.
Photo by Bill Tupper

The great leap forward finally took place at the Ken Carter ramp site, even if the prophet himself did not command the wheel of fortune.

Ken Carter, a 41 year old Verdun native, was noticeably absent from his own jump last Friday morning.

The Lincoln Continental rocket powered car took off down the ramp at about 11:30 a.m. October 5th, with Ken Powers at the wheel. Observers from the Carter organization said that the jump was doomed from the moment the car took off.

"The car hit the ramp wrong, the wind was gusting, and it looked like the chutes opened early. It looked like the wind hit him and drove him back at least 100 feet," said Paula Deats, a spokesman for the International Jumping Team.

Powers, 33, who sustained a broken back and other injuries, was rushed by ambulance to the Ottawa Civic Hospital after the car landed in water about 1 metre deep.

Fewer than 300 people were on hand for the jump that was both unannounced and unscheduled.

Morrisburg OPP Constable John Steele, who was on hand for the spectular sight said that it was quite a sight.

"The body of the car blew apart, then flipped over, the chute deployed and it landed on its wheels in three to four feet of water," Constable Steele said.

Powers managed to open the tophatch of the car and climb out and within seconds rescue teams had him on a stretcher.

The former U.S. Navy diver, a native of Vandurm, Virginia, is expected to return home this week after being listed in stable condition.

Meanwhile, the Carter camp has become split and the two sides are charging each other with accusations.

Carter was believed to have been on route to the jump site that day, but weather conditions forced the organization to move ahead with Ken Powers at the wheel in order to meet a contract deadline the group had signed with a private film company based in Los Angeles.

The film company's crew had set a 3 p.m. deadline on Friday.

A Montreal based group, claiming to be the real backers of Carter, termed the jump a 'fraud' and said the launch was unauthorized. But, in Ottawa, another group denied the claim. It is not known if Carter himself will make an attempt and utilize a second rocket vehicle that the organization has.

The ramp itself is still breaking a counties bylaw and an agreement signed between the S.D. and G. United Counties and Hugh Kennedy, Carter's lawyer, leaves the ramp legally safe until December 31st of this year. After that date legal action will be sought to have the structure removed.

Loss of grant forces agreement in principle at meeting

The loss of $6,000. was the deciding factor Tuesday evening that brought two groups together to agree in principle to attempt to iron out their differences over the exapnsion of the Iroquois Golf Club house.

The agreement came about after a lenghty discussion involving the Iroquois Golf Club and Iroquois Lions, were told by councillor John McAllister that if an settlement was not rached by this Friday, a surplus Wintario grant of $6,000. would be forfeited.

Both the Golf Club and Lions have been at odds over the intention of each other in the expansion of the porch of the club house and neither side has relayed their goals to each other.

The two groups met together with council to discuss the future of the porch and Dr. Henry Prins, president of the Iroquois Lions, told council that his organization had become involved in the idea of the expansion of the porch after having come to a decision that rotating between the Civic Centre and the Club house had become too much trouble.

"We alternated our monthly meetings between the two locations, but while the Civic Centre proved to be too large, the Golf Club was a bit too small", Dr. Prins said.

"In addition, we have had problems getting groups to cater to us at the club house because of the facilities there," he added.

While the Lions were looking at solving their problems of not having a permanent site to house their twice monthly meetings, the Golf Club was looking at expanding their porch.

"We found out that the Golf Club was seeking to expand and through that the two of us could work together and solve both problems at once," the Lions president said.

But, while the idea was good, Golf Club President Russ Fader told council that his group were unsure of the intentions of the Lions and wondered what concessions would have to be given up in order for the Lions to use the room on the porch after it was built.

"We are concerned about how much the Lions would want to use the facilities and whether it would be licensed," Mr. Fader said.

Mr. Fader went on to say that the club has three options to follow if they proceed with building the porch addition, all hinging on the LCBO, regulations. The club could build the room for a permanent license, an ocassional license or no license at all.

"Our main concern is that we protect our present license, as it is a large part of our revenue

See page 3

Ag. Reps urge silo caution

Agriculture representatives in the three United Counties of Stormont, Dundas and Glengarry are urging farmers to be aware of silo gas this fall.

The warnings have been tragically underlined by the deaths of three men who died two years ago in the Gananoque area after they entered a silo filled with the poisionous gas. The men died only minutes after entering the silo that had been recently filled.

The event triggered many farmers to install detectors, but

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Giving thanks

Thanksgiving was celebrated in a special way at Iroquois Public School with students from all levels taking part in the Thanksgiving program held last week. Students sang, recited poetry, and read skits in both french and english.

Crown Attorney tells council

Village vandalism not unique

Vandalism is not a unique problem that only the village of Iroquois faces, were the words spoken to council Tuesday evening by the Crown Attorney.

The special meeting, held to discuss the recent rash of vandalism that has surfaced in the village over the past year, had council facing Crown Attorney Don Johnson of Cornwall, and Sergeant Roberts, of the Morrisburg OPP, to attempt to solve the problem that has plagued the area for so long.

Mr. Johnson, who is the Crown Attorney for the United Counties, told council that the problem of vandalism in Iroquois is not unique to only the community.

"It is not unique and has become prevalent in our society," said Mr. Johnson.

While the Corwn Attorney admitted that even he as a teenager had participated in such antics as throwing apples, or similar pranks, he expressed concern that it has gone beyond the stage of just pranks for fun.

"What we are seeing today goes beyond apple throwing, it has become malicious," explained Mr. Johnson.

While council agreed with the Crown Attorney that the events happening in the community were beyond pranks, they felt at a loss for solutions and asked what the courts could offer to help stem the tide of vandalism, recover damages suffered as a result.

Mr. Johnson replied that the courts could ask for restitution under both the criminal code or a probationary term. But, that in either event, getting the full dollar per dollar replacement for damages could be a drawn out affair, because of the many legal involvements.

A person who gets the claim in the favour can file it in either small claims court or county court. But, the system is set up so that they would not throw someone in jail if they are unable to pay for damages.

"The days of debtor's prisons are long gone," commented Mr. Johnson.

Sergeant Roberts said that his detachment is aiming to catch the leaders of vandalism and in effect deter others from following behind.

But, while the OPP are catching some of the leaders, Mr. Johnson told council that more citizens must participate and become responsible citizens and go to court. "Nothing can be done if the people of the community stand back and not come forward," he said.

"The communities feelings cannot be hidden, but must be made so that those in and around the community will know that vandalism acts will not be tolerated," he added.

Applefest

Dunking, dining and dancing

A chance to stuff your face, dunk your friends and dance is what the Iroquois-Matilda Lions are offering local and area residents at the annual Applefest being held this Saturday in Morrisburg.

Beginning at noon, and lasting until 7 a.m., the Morrisburg Arena will be the focal point for the 4th Applefest to be held in the community.

A dunking machine will enable friends to dunk their friends and a contest will be held to see who can guess the number of apples in a barrel.

For those who are more prone to eating pies there will be a pie eating contest with $30 in cash prizes going to the top 3 quickest eaters.

A chicken Bar-B-Q will be held inside the building, beginning at noon and the afternoon itself will be filled with such events as apple dunking, a poster contest, displays of cheese and apple products and handicrafts and vegetables that will be on sale.

A pie baking contest will be held with cash prizes totaling $50 going to the top three winners. Pies should be at the arena by 11:30 a.m. For further information contact Joan Farlinger at 543-2897.

Ten area schools have been invited to participate in the poster contest and a number of entries is expected.

Special draws will be held throughout the day until closing and at 8 p.m. a giant dance will be held with the Duke of Earl supplying the music.

Tickets for the dance are $2.00 advance and $3.00 at the door and can be obtained from any Morrisburg Lion.

The Energy Page

October 1979 has been designated as the first International Energy Conservation Month (IECM) by Canada and the 19 other member countries of the International Energy Agency.

During IECM the Federal and Provincial governments, industry, and citizens' groups will all be sponsoring a variety of activities aimed at helping to reduce Canada's energy consumption.

This week, The Post takes a look at electricity, in the second of a five part series designed to offer readers tips on saving energy, some alternatives to heating and helpful do-it-yourself projects that can both reduce energy and in return save money.

Separate schools seek consent to introduce flouride rinsing

Consent forms are being sent home with students who attend elementary schools in The Separate School Board of Stormong, Dundas and Glengarry Counties seeking parents approval for participation in a mouth rinsing programme.

The programme, which has been given the approval of the board, involves a weekly rinsing of student's mouths with a .2 per cent flouride solution under the direction of the Eastern Ontario Health Unit located in Cornwall.

The unit cites a number of reasons for instigating the programme, aimed at lowering dental cavities in young children, stating that it has been shown that 1) A weekly mouth rinse with a .2% sodium fluoride solution has been found to reduce dental caries by 25%.

2) This procedure also reduces dental plaque formation.

3) It costs about $1.00 for each decayed, missing or filled tooth saved.

4) It ranks No. 1 among the most popular methods used, excepting water fluroidation which is standard, but is a good adjunct to the latter.

5) Some other methods cost as much as $21.00 for less effectiveness.

Mouth rinsing with a fluoride solution has been widely adopted in this country and in the United States. Currently, about 6,000,000 children are participating in a school mouth rinsing programme. No undesirable side effects have been attributed to the fluoride rinse. If a child were to swallow the entire 10 mls of the solution accidentally, he would ingest only 9.0 mgms of fluoride, an amount too small to cause concern about acute toxicity. In addition to its rewarding cost-effectiveness and wide margin of safety, there are other reasons for the popularity of fluoride mouth rinsing. These are:

a) School children of all ages learn and execute the techniques easily.

b) The method of disposal avoids any cross-contamination.

C) The treatment requires few materials and supplies.

d) Non-dental personnel can supervise the procedure with minimal training.

e) The treatment procedure is suitable for mass application because as many as 30 children can simultaneously treat themselves under one lay supervisor.

f) The application hardly interrupts a school's academic programme. They require only 3 hours of classroom time per year.



Hulbert Church laid to rest

The walls came tumbling down for the Hulbert Church, after it had fallen victim to a fire for the second time in it's history. The walls were demolished this past weekend after members of the church board decided that they had become too weak after absorbing two fires. A decision on the future of the church is expected to be made soon.



From Soup to Nuts

The Iroquois Public Library was the scene of Soup to Nuts, a play performed by Theatre 5 of Kingston. The highly acclaimed troupe kept the audience of youngsters enertained and was well received.

Trailer park proposal hinges on rezoning

The proposed trailer park that is to be located north of Fetterly's on the east side of Carmen Road is still in it's birth stages, says the developer.

Henry Zandbergen, who is developing the 10 acre site, and said that he is negotiating with a company in which he is a shareholder to assist in the development and will be meeting with them later this month. But, he said, he must take with him council's decision on whether the land will be rezoned for trailers.

Mr. Zandbergen told council that he was more than willing to conform to any bylaws and would stricly enforce any conditions set down by council. A sketch of the park would be presented to council before actual building began and any changes would be made that council requested.

Reeve Rooney said that he himself was personally against the location, but that was only one vote and would abide by council's decision.

A committee is expected to report back to council this month and give a decision for council to work with.

Grocery expenses, compared to what ?

by Anna Smail

My weekly groceries were easily put into three shopping bags last week, yet cost over $50.00. My first impression was that it seemed like a lot of money for three little bags of food.

When I got home, I separated the food and the sundry items. About half of what was purchased consisted of kleenex, toothpaste, sandwich bags, cigarettes, etc. These are not food items. I can imagine if everyone separated these items (food and sundry) before they got to the cash register (paid for each separately) they would be very much surprised as to how much the actual food bill cost.

Food **is not** very expensive when you consider the rate items such as income, houses, machinery, parts, etc. have increased in price over the years.

We enjoy the most inexpensive food in the world. From 1961 to 1978, direct taxes increased over eight times, price of a home-four times and food at home three and one-third times. Salaries and incomes have increased five times. A job that provided a salary of $2,000 thirty years ago, now would pay $10,000 a year. If food prices had risen at the same rate as wages over this period of time, you would now be paying $4.60 for a dozen eggs, $3.90 per pound of chicken, $1.90 per quart of milk, $7.20 per pound of tea, and $4.80 per pound of sirloin steak. This to me shows that food here is not very expensive.

In 1961, old age pensions were $55 a month. In 1978, it reached $280 per month. That represents a 500% increase, yet food, during this time, increased by 225%.

Today, 14% of take-home pay is spent on food in the home. This low percentage allows people to spend the remaining 86% of their income on other things as second cars, color TV's, entertainment and other luxuries.

Recently an item in the Canadian Grocer magazine stated that pet food is the third most popular item in the supermarket (in terms of shelf space). Pet food comes just after pop and paper goods. I wonder where plain nourishing wholesome food ranks?

We have more luxuries, more entertainment and more money in our pockets than our parents had. This again results because so little of our income is spent on food. If you disagree, and wish your food bill to be the same as it was ten years ago, then you will also have to accept the paycheck you received ten years ago. One goes hand in hand with the other. Were you as well off as then?

When I hear someone say "food is expensive", I challenge them with "Compared to What"?

kg means kilogram
mg means milligram



WDMH award

Bert Stel, Winchester Hospital Administrator, watches as John Glass, Kodak Technical Representative, presents John Gray, Chief Technologist, a plaque honouring the hospital's standings as one of the lowest in Canada for radiation exposure levels.

Docks to be removed

The days for swimming will be gone by this weekend at the Iroquois Public Beach as village workmen begin to pull out the docks.

Council instructed village foreman Ray Delegarde that the 15th of October is the latest the docks should be removed and that any further hesitation may find the docks frozen in the water.

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Stormont, Dundas & Glengarry Liberal Association
NOTICE OF ANNUAL MEETING
The Annual Meeting of the Stormont, Dundas and Glengarry Provincial Liberal Association will be held at the Finch Arena
on Wednesday October 17, 1979
at 8:30 p.m.
Everyone Welcome. Guest Speaker.

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Morrisburg Pre - School

Coping with independence

The majority of the people that you find in the old home economics room at the former Morrisburg High School have a bright outlook on life, but some of the more seasoned ones are expressing concern about the future of the room's present occupants.

Morrisburg's Pre-School is coping with a monthly deficit of $100 in operation expenses, and with each passing month, the group is watching the bills increase while the funds slowly decrease in matching the expenses.

But, Vice-Chairman Diane Garner says the Pre-School, which has weathered the transition from government subsidies in the early stages of birth several years ago to it's present self-sufficiency, is moving ahead with staying alive as long as there is a need for the school.

Eighteen youngsters now arrive daily at the old high school in Morrisburg, spending three days per week at the classroom.

Ten of the youngsters spend the morning at the school, while the remaining eight are there for afternoon classes.

The only one of its kind in the area, the closest one is located in Winchester, the pre-school is playing a duel role in the area it serves.

With the tightening of finances in the family home, and more women seeking careers, the school has helped ease the fears of mothers who work and yet still want their children to be properly supervised while they are absent from home.

A second, and perhaps more important aspect of the school is that it softens the shock that a small child will experience that first day in kindergarten. This especially holds true for the single child at home who is not exposed to other youngsters their age.

Wendy McGregor, who holds a diploma in teaching pre-schoolers, is the only full-time staff member.

While she is primarily concerned that the youngsters are busy and enjoying themselves, Mrs. McGregor slips in a bit of knowledge that the kids have yet to learn they will be taught for another 13 years.

"I try to give them a bit of the basics in numbers, identify shapes and meeting people to learn about various things in the world around them," Mrs. McGregor said.

Learning about the outside world takes the youngsters on a number of organized excursions, some that are still scared to only a few select members of our society.

How many pre-schoolers can say they have seen the apple in all its glory at the orchard, or spent time with the doctors at Winchester and District Memorial Hospital having lunch in at the doctors own lounge? Were they discussing techniques or the latest in ice cream treatment for tonsillectomy patients.

What went on will be a mystery, but in the minds of the kids it proved to be an enjoyable visit and one that no doubt opened up the eyes of the kids.

"The youngsters are not limited to just the classroom, and the outdoor trips are a large part of the pre-school," Mr. McGregor added.

Money to keep the school in opration comes from a number of sources, the majority of them volunteer.

Parents are charged $25 per month to have their child attend the school that runs from September to May, and each parent is asked to assist the teacher one half-day per month.

The system not only helps out the teacher, but gives the parents an inside look at what is going on at the school and allows them input.

The Pre-School takes in children who reach the age of 3 before the end of December of the year that they are attending, and normally teacher Wendy McGregor does at home interviews with the parent and child to both explain the school and to get to know the child before he or she begins the school year.

Working on a volunteer basis, the executive attempts each year to meet their bills with events such as the Tea and Bazaar that they will be holding next month at the Morrisburg Civic Community Centre on November 30th from 11 a.m. to 4 p.m.

Proceeds from the tea will help to keep the school afloat and in turn keep alive an important part of the communities web alive.

"The children, while they do receive some basic instruction, are given free time to wander around the various areas of the school that has sandboxes, a small kitchen, trains and other toys for the kids to play with," said vice-chairman Garner.

"Supervision is supplied, and each day the youngsters sit down with the teacher who reads to them and askes questions about the story," Mrs. Garner added.

The Morrisburg Pre-School is hoping to cut down costs by having more youngsters attend, and the school has not limited itself to the Morrisburg area. Two students from Iroquois and one from Williamsburg attend classes and there are hopes that an even wider area can be served. The school executive is looking at the nearby communities of Cardinal, Iroquois, Williamsburg and nearby rural routes for students and have openings that could accomodate the area.

"Although we have had some response from Iroquois and Williamsburg, we believe that there are many parents who are not aware of our presence and could use our facilities to their advantage and their young children's," said Mr. Garner.

"Anyone wishing more information can contact either Mrs. Garner at 652-4823; or Judy Saunders at 543-3246; or the Morrisburg Pre-School at 543-3502.



Julie Wells of Morrisburg, and Brenda Van Allen, right, of Iroquois, take time out for a cup of tea, made of play dough. The two girls are part of a group of 18 that spent part of their week at the Morrisburg Pre-School.

Williamsburg resident dies at WDMH

A life-long resident of Williamsburg, Edwin Keith McIntosh died at the Winchester and District Memorial Hospital on September 24th at the age of 65.

He is survived by his wife, Freda M (Hyndman), whom he married in Ottawa May 22, 1933.

Born September 22, 1914 in Williamsburg he was the son of Merle and Evanna McIntosh, who predeceased him.

He is also survived by Robert G., of Iroquois and Mary Ruth (Deeks) of Williamsburg.

Attending local schools, Mr. McIntosh was a member of the I.O.O.F. at St. Peter's Lutheran Church.

Funeral services were held at the Fairbairn Funeral Home September 26th at 2 p.m., with Rev. Larry Ehrhardt officiating.

Pallbearers were Paul Van Steinburgh, Herbert Bockus, Harold Bouck, Glenn McIntosh, Jack Eldridge and Ramon Casselman. Interment followed at New Union Cemetery in Williamsburg.

K of C collect $ 131.50

Although it was a short effort, the Knights of Columbus Council 6882, Iroquois - Morrisburg, are pleased with the response they received from the public in their door-to-door campaign for the Arthritis Society.

Five members of the council collected $131.50 in just over an hour over a two day period last week.

The council's first effort, they are looking to more than doubling this year's total when they campaign again next fall. All of the money collected goes to the Arthritis Society.

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Club house renovations

Lions and golf club seek common agreement

From page 1

source," the Golf Club President said.

Lions President Dr. Prins said that his group would like to have a room that would have the capacity for 50 - 100 people, and that at most meetings there are normally only 50 in attendance.

"The room would function basically as our meeting place and occasionally fund raising events, Dr. Prins said.

While the two sides could not come to a definite agreement on how to go about the building of the room, or if it should be done at all, councillor McAllister told the two groups that whether they build or not, they should reach an agreement in principle to notify Wintario of their intentions to look at the matter and therefore secure their remaining $6,000. grant until the end of this year.

"Whether you build or not, you should both agree to look into the matter. If nothing comes of it, then you have lost nothing," Mr. McAllister said, "but if you do proceed, then you have the $6,000. to work with."

The two sides are to each appoint two members to a committee that will include councillors John McAllister and Jim Styles, and the matter will be looked into and a report made back to council on their findings.

In other business, council agreed to pay Rosalie Mayhew her days wages even if school is not in for the day or part of it.

"I have had many favourable comments about her and it is hard to get people to take on the job of cross-guard," said John McAllister, "she has proved to be a conscious worker in her duties."

Council is to send a letter to the Ontario Municipal Board asking them to delete or change number of sections, in the new zoning for the village.

Included in those changes will be the industrial covering, size and number of loading zones, and service station inclusion to commercial-industrial.

Town foreman Ray Delegarde told council that he has been requested to affect a number of new safety measures and total cost is expected to run at approximately $700. Included in the changes will be new hard hats, safety belts and rubber sheets to protect from electrical shock.

Paving next year, maybe

Paving in front of the Senior Citizens apartments will be held off until next year at least, said council Tuesday evening at their regular meeting.

The town will look into the costs for doing the paving, with the majorigy of expenses going towards preparing the ground for the paving.

The village is hoping that the work can be done at the same time that paving is done in the village itself.

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Chas. Angels (R. Lanthier) ... 10
Hot Stuff (Terry Dowick) 5
The Happy Six (S. Holmes) .. 15
High Single -
Ladies -
Doreen Bailey - 297
Mens
Clair Easter - 292
High Triple -
Ladies -
Joyce Helmer - 694
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the EDITORIAL

THE IROQUOIS POST

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As anyone who lives in a small town knows, it's hard to keep anything secret. If someone on a village council gets a payoff for installing parking meters along the main drag, people will soon hear about it, one way or another.

In cities, the natural flow of communication breaks down. Information may never get around - unless people make an effort -- when so many live and work in different worlds. Office and home may be even further apart in attitudes to life than they are in miles.

In cities, that natural flow of communication breaks down. Information may never get around -- unless people make an effort -- when so many live and work in different worlds. Office and home may be even further apart in attituedes to life than they are in miles.

And when you get to the biggest organizations of people -- to international corporations and national governments -- secrecy turns into a fetish. Information doesn't get around at all. It stays in double-locked filing cabinets, on documents marked "Private", "Confidential", and "Secret", out of bounds to everyone without proper authorization. Any information that does get out, such as press releases or annual reports, is carefully checked by corporate vice-presidents and public relations officers to insure it says nothing more than it should.

The former federal government's mania for secrecy even kept it from telling an engineer working on defence contracts that his security clearance had been lifted. So he didn't know he wasn't supposed to see the documents that he was eventually arrested for possessing. Some of them he had written himself. Others had been sent to him by different departments -- which had not been informed of his revised status either.

And cabinet ministers in that same government -- to give them the benefit of the doubt -- were apparently kept in the dark about the acitivities of their own security forces.

Granted, those are extreme examples. But they reveal a pervasive pattern of thinking, in which secrecy becomes a basic principle.

Because big government and big businesses are engaged in a power struggle - with each other and within themselves - because when you know something that someone else doesn't -- whether it's a current fact, a marketing trend, or a technological process - you're in a position of power. You have an advantage over someone who doesn't know.

But at the same time, you degrade the other person. Secrecy reduces the other person from a fellow human to a threat to be wary about, if not an enemy to be destroyed.

That attitude sets corporate and governmental secrecy in contradiction to some basic religious principles: that all humans are equally the children of God; that to despise or degrade others is wrong; that faith overcomes fearfulness and hostility.

To be sure, religious bodies have long maintained some kinds of secrecy, too. But there is a significant difference between, say, the confidentiality of the confessional and secrecy of business or government: one protects someone else, the other protects yourself.

Before it was elected, the present Canadian government proclaimed the need for a Freedom of Information Act. It is to be hoped they will not succumb to the malaise of bigness and power, and will introduce legislation to cut secrecy down to size.

For secrecy, in the end, always works against the owner. If you have no secrets to hide, you never need fear that they may be discovered and used against you.

by the United Church of Canada



'One foot in the furrow' by Bob Trotter

Letters are appreciated by Bob Trotter Eldale Rd Elmira Ont N3B 2C7

Bandwagons are too easy to get on and difficult to get off of.

(And if that isn't breaking all the rules of English -- ending a sentence with a preposition -- then I'll apoligize now to my high school English teacher).

Which is why this columnist has not joined the hue and cry against nuclear power stations. Jane Fonda and her husband (what's his name?) have become outspoken critics of nuclear power. They were joined by a few thousand other porch-climbers and assorted hangers-on recently at a demonstration which indicates how easily most people are led by a hero image. Pardon me: heroine.

I cannot understand how North America can continue gobbling up fossil fuels, especially petroleum. At this point, I can see no alternative to nuclear energy. Agriculture needs petroleum to produce food. If the energy crunch hits Canada as it surely will withing the next decade then Canadians must be prepared to give agriculture priority for petroleum.

If we are not, as a nation, ready to do this then we are going to have empty bellies. Therefore, other forms of energy must be used.

Nuclear energy is the only reasonable solution at this time.

I have read most of the books written by Isaac Asimov, a respected biochemist as well as a well-known writer of science fiction. He recently penned a piece in support of nuclear power that is worth reading. He said the Americans press called the Three Mile Island accident -- and that is all it was, just an accident -- a catastrophe. Was it?

No one died. In fact, no proof has ever been given that anyone has died as a direct result of the peaceful application of nuclear power in Canada or the United States. Yet, says Asimov, hundreds of thousands of people die in highway accidents every ear and nobody is trying to ban the automobile.

Why aren't these bleeding hearts like Jane Fonda and what's-his-name out leading demonstrations against cars? Because the automobile is too convenient for them.

We cannot continue to put ourselves in hocke to OPEC and Mexico. Coal is certainly not the answer. You can't shove coal through a pipeline and we have let our railroads fall apart making it that much more difficult to refine coal. Besides, if we solve the problems of refining coal, we come smack-dab up against air pollution problems.

There are no easy solutions. We cannot destroy the nuclear age and still have all the energy we want for the luxurious way of life we demand.

Canada's method of nuclear power -- the Candu reactor -- is the safest yet devised. I have no great love for Ontario Hydro as regular readers of the this column know.

I do not like the high-handed methods Hydro has been guilty of perpetrating on farmers when power corridors are needed. Buy Hydro's extertise in generating electrical power by nuclear methods is head-and-shoulders above any other utility in the world.

Those who believe the energy shortage will not come in a few years are playing the ostrich game. Maybe the powerful, rich, multi-national oil companies are fostering some of the hysteria. Maybe they are only interested in their current balance sheets and just do not want to see into the future when petroleum reserves dwindle.

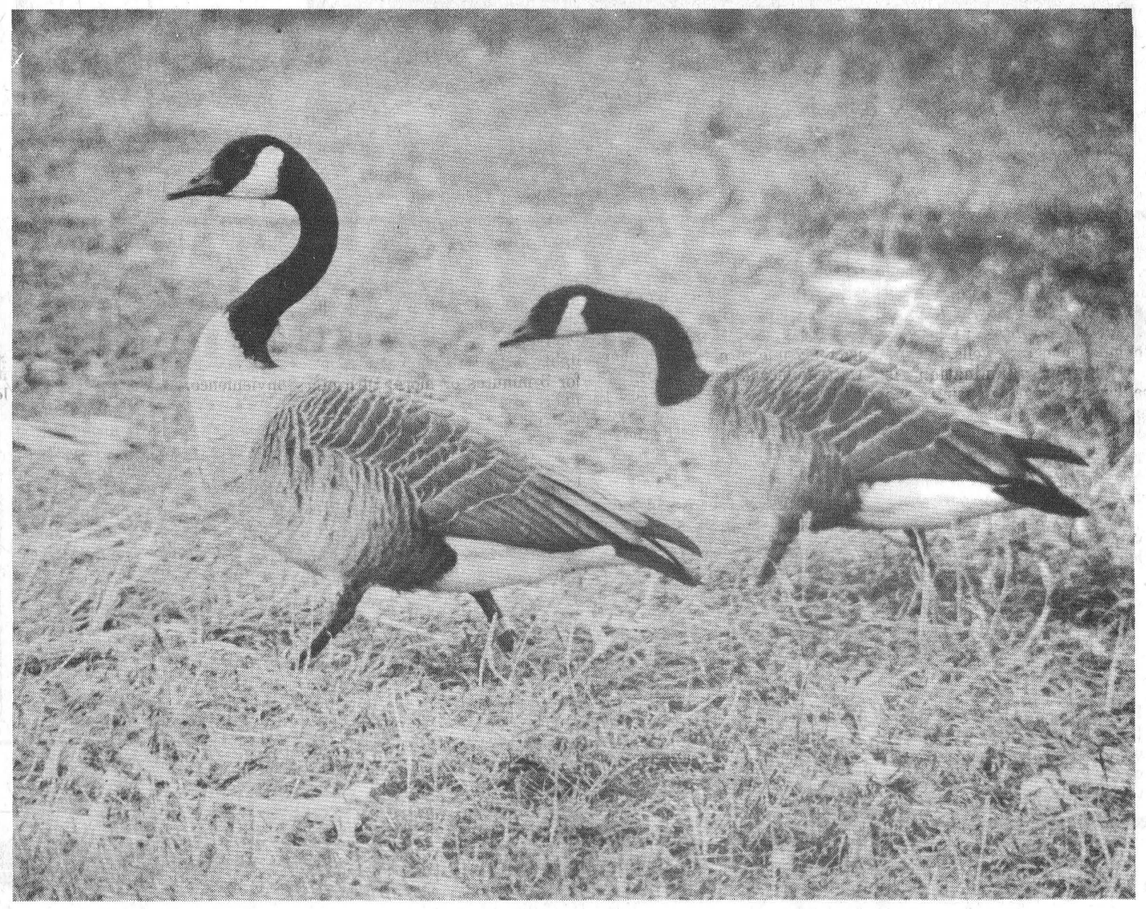
The point is that these resources will dry up. They are finite. Other energy sources must be trapped and Canada is in the forefront in nuclear research. We must continue to maintain this position.

If we do not, we could all be going to bed with empty stomachs in the foreseeable future. If farmers cannot get enough fuel to raise food for the nation, we could be sorry we didn't use the nucelar energy which could, if you'll pardon the expression, siphon enough petroleum for agricultural purposes.

Americans, apparently, would rather drive than eat. Thr truckers trying to get food to the nation, especially from California, didn't have enough gasoline to do the job.

Several Cardinal residents took advantage of the Thanksgiving holiday weekend by enjoying a bus tour to Wheeling, West Virginia.

The Cardinal Fish and Game Club announced the results of the recent duck derby. Gordon Woods earned 1st place with a three-pound duck while Jeff Woods captured 2nd spot with a duck weighing two pounds and 14 ounces. Placing third was Bert Turner with a two-pound nine-ounce duck. At the derby's conclusion, Walt Morris, Derek Robichaud and Bev Reid each won a box of shells.



Avoiding trouble ... Bill Smiley

Some people, like me, believe in rolling with the punches, rather than sticking out our chins to show how many we can absorb. I have found that, in general, if I avoid trouble, trouble avoids me.

If I know that some pain in the arm has been trying to get me on the phone, I also know immediately that he or she wants me to do something that I don't want to do. Therefore, I take the phone off the hook and leave it off until the pain has found some other sucker.

Another invention of mine to stay out of trouble is patented as Nega-Prod. This is short for Negative Production. The theory is simple. The more you produce, the more problems you have, whether it is children, manufactured goods or farm products.

The more children you have, the more emotional and economic problems you create for yourself. The more goods you produce, the more you have to hustle to find customers and meet payrolls. The more farm stuff you raise, whether it's beef or beans, the greater your chance of being caught in a glut on the market.

Our great national railways caught on to this years ago. When they had lots of passengers, they had lots of problems. People wanted comfort, cleanliness, decent meals, and some assurance that they would get where they were going on time. There was much more money to be made and fewer problems by transporting wheat and lumber and cattle.

So the railways began treating people like cattle. Passenger trains became uncomfortable and dirty. Quality of the food dropped like a stone. And they never arrived on time.

Presto. End of problems. No more passengers. So the railways were able to cut off non-paying passenger lines, get rid of all those superfluous things like station agents and telegraphers and train conductors, and concentrate on taking from one point to another things that paid their way and didn't talk back: newsprint, coal, oil, wheat.

Perhaps this is the answer for our provincial governments, which, are quickly and quietly building massive mountains of debt for future taxpayers.

Perhaps they should just stop building highways and repairing those already in existence. We'd all be sore as hell for a while, but as the roads got worse and worse, most of us would stop driving our cars. The government would save millions of dollars now spent on highways and they could fire two-thirds of the highway cops.

I don't quite see how the governments could use Nega-Prod to get out of the liquor business, which certainly produces plenty of problems. The booze trade is so profitable that asking government to abandon it would be like asking a millionaire to forsake his country estate for a run-down farm.

Perhaps if they had a Free Booze Day, once a week, every week, say on a Saturday, it would solve a number of problems. It would certainly reduce the surplus population. This, in turn, would cut down, drastically, the unemployment figures.
unemployment figures.

Should the provincial governments find that Nega-Prod is all I've suggested, some of it might spill over into the federal government, usually the last to catch on to what the country really needs.

Instead of the manna and honey flowing from Ottawa in the form of baby bonuses and pensions, we might get some terse manifestoes:

"People who have more than one and a half children will be sent to jail for four years. Note: separate jails."

"Persons who plan to live past 65 and claim a pension will be subject to an open season each year, from October 1 to Thanksgiving Day. Shotguns and bicycle chains only."

"All veterans of all wars may claim participation by reason of insanity, and may apply to Ottawa for immediate euthenisation."

These might seem slightly Draconian measures, but they sure would put an end to a lot of our problem and troubles. Think of what they would do for such sinful activities as sex, growing old, and hanging around the Legion Hall, playing checkers.

But we must also think of the economic benefits. With a plug put into the river of paper money flowing from Ottawa, taxes would drop, inflation would vanish and undoubtedly, separatism would wither on the vine. People would be lined up six deep at the U.S. border, trying to get across, and that would solve, in one fell sweep our unemployment dificulties.

We could go back to being hewers of water and carriers of wood, which was our manifest destiny before the politicians got into the act. Fishermen or lumberjacks, in short, which most of the rest of the world thinks we are anyway.

Nega-Prod may seem a bit lofty and abstract at first glance, but it works. I know from personal experience. Every time I try to make something, or fix something, it costs me a lot of money, and I get into a lot of trouble.

So, I have a policy of never trying to fix something. It's a lot less trouble to put up signs: "Beware of falling bricks; Not responsible for slivers from picnic table." And so on.

Publisher's Forum

The rumour mill has been at work again with the news that a teachers strike in the United Counties of S.D.&G. is almost a certainty, barring some unforeseen miracle. Apparently the main issue of contention is the larger classes that teachers are being asked to handle and thus reduce the full time staff requirements of the board. Anyone working in todays economic climate of cutbacks, staff reductions, budget restraints, and making-do situations can sympathize with their feeling of not being able to do an adequate job under conditions which at times are unmanageable. We have all been placed in the same position and their situation is not unique.

To comtemplate strike action at this time over this issue and interrupt, at a crucial stage for some students, the education that should be provided, would be irresponsible and only antagonize the public toward a justifiable grievance. It is to be hoped that a conciliatory position will be adopted by both the teachers and the board and compromise can be reached which will benefit the community as a whole and not just a small segment.

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Staying in the arena of education, the late bus or should we say the lack of a late bus has brought the local high school and the board of education under fire from many parents. Again we are seeing the effects of a good thing coming to an end when an organization starts cutting back to live within it's income. The parents clain, and rightly so, that if the schools provide programmes which require their children to remain after school, and they want the students to participate as fully as possible, that a means of transportation should be provided those students when required.

The Board on the other hand has established budgets for each school district and the administration of the school must attempt to live within the terms and constraints of the budget. If services previously provided must be cut back or eliminated to achieve the desired goal, then there is no other choice, except to raise taxes and provide additional money's to maintain the status quo. Maybe the solution rests with the parents. Has anyone thought of using a system of car pools?

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On the lighter side of the news our one time compatriot at this newspaper, Jim Millard tells us that he finally received all the parts to little David James swing. He has proceeded with great enthusiasm to put the contraption together and informs us that by Christmas, little David will be swinging to and fro throughout the house. Having some knowledge of Jim's mastery of all things mechanical we can only offer baby David the following advice, hang on for dear life.



Mainstream Canada

The New World of "Shrink"

By W. Roger Worth

"Shrink," according to the dictionary, means to "draw back, as in retreat or avoidance."

That six-letter word has gained new credibility in recent years, to the point where government technocrats, politicians, even business people, cringe when they hear it used.

The Canadian public should also be concerned.

While a few powerful decision makers may be referring to friendly psychiatrists when they use the word "shrink", most understand it reflects basic changes that are taking place in Canadian society, affecting everyone in the country.

The most prominent example of "shrink" in action is the dramatically smaller size of North American automobiles, a response to the shrinking supply of energy, as well as high-cost oil and gas.

But "shrink" is the operative word in virtually every sector of the Canadian economy. Consider a couple of examples of how people are being affected by "shrink:"

Roger Worth is Director, Public Affairs, Canadian Federation of Independent Business.

*Hundreds of elementary schools across the country have been closed because of the shrinking size of Canada's school age population.

As a result, teacher layoffs have become a normal occurrence.

The impact of a shrinking school age population is now being felt in high schools and universities, and it won't be long before the effects of Canada's changing demographics hit the work place. Even now, many smaller businesses across the country complain they can't find workers.

*Governments are particularly concerned. Canadians, both at federal and provincial levels, have been living beyond their means for a number of years, chalking up federal deficits of $10 billion or more per year. That's $1,000 for each and every working Canadian.

Now decisions are being made that will hopefully shrink that deficit. Naturally, a great many people will be affected.

Ottawa is considering much tighter rules on unemployment insurance payments - now costing at least $4.5 billion ($450 per worker) - and a lot of other programs. Cutbacks in advertising budgets, the size of the civil service, and the amount of money spent on government subsidized programs are in vogue. Few new programs that cost money will be considered.

The provinces are following suit. Belt tightening is the order of the day. Virtually every institution from hospitals (shortening the length of a patient's stay), to social welfare agencies (fewer professionals, smaller budgets), to sanitation services (less pickups to save money) is affected.

"Shrink" is so widespread, in fact, that it's only a matter of time until every Canadian understands it is not just another catchy word in an advertisement for a new fangled diet.

And for those wondering what happened to the size of chocolate bars during the last few years, there's a simple explanation. It's called "shrink." Now if we could only "shrink" prices on the same items.

Planning meals conserves and saves

Meal planning usually entails selecting menus for a week or more and making an accompanying food shopping list. This conscientious meal planner adds another step: planning for efficient use of energy. To take full advantage of kitchen appliances, and at the same time save energy, make optimum use of appliance design features.

Top-of-Range Cooking

The efficiency of a surface unit or burner depends on the utensil as well as the range. For better use of energy, match the shape and size of a cooking utensil to the task. Cookware with flat bottoms allows efficient heat transfer. The pan should be thick enough to resist denting and warping. Match the pan to the unit or burner. The bottom of the utensil should not extend more than 1" beyond the outer ring of the surface unit; similarly, the falme or coil should not extend beyond the pan. Turn the heat down when the food reaches the cooking temperature and use the lowest possible heat level to complete the cooking process.

Aluminum is frequently used for cooking utensils. Both aluminum and copper are good conductors of heat and spread the heat evenly in the utensil; stainless steel is not as good a conductor. For improved spreading of heat for top-of-range cooking, use stainless steel pans with aluminum or copper bottoms. Because of its thickness, cast iron heats up slowly; it is better for long cooking processes than for short jobs. Glass and ceramic glass are poor conductors of heat for top-of-range cooking but are good absorbers of radiant (oven) heat.

Use a minumum amount of water for cooking. (It takes energy to heat water.) Pans should be straight-sided and should be covered with tight lids whenever possible to retain heat. For better heat reflection from the unit to the pan, keep reflector pans or inserts shiny clean.

Always place a pan on a surface unit before turning on the source of heat. Turn off electric and smooth-surface units a few minutes before cooking is completed; use the residual heat to complete the cooking process.

Oven Cooking

The efficiency of an oven depends on the amount of food cooked at one time. Baking one potato in a range oven would be poor use of energy, but using the oven to prepare a complete meal for a family would increase the efficiency of the oven considerably.

Shop and plan ahead for meals so you can use the oven to prepare double or triple batches of food; refrigerate or freeze the extras for future meals. Defrost foods before cooking. Preheating the oven is unnecessary unless you are preparing foods that contain leavened food in to bake as soon as the oven is preheated.

Don't be a "peeker" when baking or roasting. Every time the door is opened, the oven temperature drops 25 - 75°. The oven must then turn on to replace the heat that was lost. Make sure your oven termostat is accurate, and use a timer to tell when to check the food. Cure yourself of the "peeking" habit.

Glass and glass-ceramic cooking utensisl absorb radiant heat well and allow cooking at temperatures 25° lower than levels required by metal cookware. Bake and roast carefully; clean spills and spatters before they bake onto the oven surface. This reduces cleaning time later on and saves energy if you have a self-cleaning oven.

Special and Small Cooking Appliances

Because small cooking appliances have enclosed heating elements, they often require less energy for a cooking job than an oven or surface units or a range. Substitute small appliances, if you have them, for the range. An electric frypan can be used for frying, baking, stewing, and broiling; and it is energy efficient. For example, less energy is required to cook hamburgers on an electric skillet than on a surface unit of an electric range. Coffeemakers, toasters, toaster ovens, broilers, and egg cookers are similarly efficient.

Another versatile and energy-efficient kitchen utensil is the pressure cooker, which requires only one-third the time of conventional cooking methods. Oven cooking in plastic bags and in aluminum foil also reduces cooking time and thus saves energy.

Food Preservation

Food preservation accounts for a sizable amount of all energy used in the home. To keep your refrigerator and freezer operating efficiently, clean the condenser coils to remove dust and defrost the evaporator. Allow for air circulation around the condenser. Place the refrigerator or freezer away from heat sources such as the range, a heat register, or a sunny window.

Buy food in quantity to decrease the number of shopping trips. Cook and freeze in quantity. Try to reduce the number of times you open a refrigerator or freezer, especially in hot, humid weather. Unused portions of refrigerated food such as milk should be returned to the refrigerator as soon as possible. If you think ahead during meal preparation, you can remove and return several items at the same time and thus reduce the cooling load on the unit. Because bacteria grow rapidly in food held at room termperature, cool hot items for only a short time before refrigerating them.

Freezing food requires more energy than refrigerating it; therefore, if food will be used within a few days, store it in the refrigerator, not the freezer. When defrosting foods, such as a roast, place them in a fresh food section of the refrigerator so they can help cool the refrigerator.

The Energy Page

The wonder of electicity

Through the wonder of electricity, we can literally turn night into day. The electric light, used for home lighting and home decorating, safety, and security, is an essential part of our lives, but extravagant use far outstrips basic needs.

Lighting amounts to 3.5 percent of a home's total energy bill and 8 to 16 percent of the total electric bill. By using and maintaining efficient lighting and by turning off lights when not needed, it is possible to save energy and dollars.

Incandescent Lights

Light bulbs are rated in lumens (the light output) and watts (the rate at which they consume electricity). Today, most packaging also indicates the average life of bulbs, usually 750 to 1000 hours.

"Long-life" bulbs, which last an average of 2500 hours, give off 20 percent less light per watt than standard bulbs. Long-life bulbs are not energy efficient; use them only in areas where it is difficult to replace them, such as stairwells.

If higher illumination is required, consider using one high-wattage incandescent bulb instead of several bulbs of low-wattage. For example, one 100-watt bulb produces approximately the same amount of light as two 60-watt bulbs, yet uses 20 percent less energy. For safety, never leave live light sockets empty. Fill them with burned-out bulbs. Never use a higher-wattage bulb than specified for a fixture. Increased wattage may cause the fixture to overheat - a fire hazard - and shorten bulb life.

Flourescent lights

Flourescent lights are 3 to 5 times more efficient than incadescent bulbs and last 7 to 10 times longer. They also generate less heat, a plus during summer months. One 40-watt fluorescent tube provides 3,200 lumens, whereas one 100-watt standard incadescent bulb provides 1,750 lumens. Use fluorescent lighting in the kitchen, bathroom(s), laundry, workshop, and recreation or family areas of your home. Fluorescent lighting can also be used effectively in valance or cove lighting in living and dining areas. If fluorescent lighting isn't feasible, use fewer higher-wattage incandescent bulbs.

Efficient Use of Lighting

Concentrate light where you need it - for work and study - and in safety areas. Provide task lighting (preferably flourescent) for desk, work benches, kitchen work areas and sewing tables; general lighting in the room can be much lower. Recreation or large areas seldom require full illumination in all areas at one time. Install fixtures on 2 or 3 circuits so lighting in various parts of the room can be controlled spearately. Use solid-state dimmer switches in living, dining and sleeping areas so the lighting level can be regulated according to activity. Whenever you reduce light level, you save energy.

Maximize light by locating table, floor, and hanging lamps in corners where the light will reflect off two walls. Paint or paper walls and ceilings in light colors, and use light-colored draperies and shades. All will better reflect light back into a room.

Turning off lights does save energy; however, frequent switching on and off shortens the life of a bulb. Make it a practice to turn off incandescent lights if you are leaving a room for 3 minutes or more; turn off fluorescent lamps if your are leaving a room for 15 minutes. Teach children to follow your example. The turning off of lights will be made simpler and more certain if every room entry and exit is equipped with a wall switch.

Keep light bulbs, reflectors, shields, lampshades, and lamp chimneys shining clean. Dust and dirt absorb light and lower lighting efficiency - as much as 50 percent.

Small Appliances

Small appliances often cost pennies a year to operate. Yet, if you count up the number of small electric appliances in your home - from a blender to a warming tray - you will readily see how, taken collectively, the account for 3 to 5 percent of your total energy bill. Thoughtful selection and use of small appliances are important. Consider the basic usefulness of an appliance before you buy.

When you purchase any appliance, look for efficiency, durability, repairability, and versatility. Use an appliance to save energy - yours and the nation's - but don't abuse it or waste energy through thoughtlessness or in the name of convienience.

Follow the manufacturer's operating and maintenance instructions for each appliance, and keep all electrical cords in good repair.

Thermostat control

A thermostat is a temperature-sensitive control for heating or cooling equipment. Your automatic heating system has such device. To operate satisfactorily, a thermostat must be properly located and maintained as its operation influences the amount of fuel used for heating.

Location

If your home has a single thermostat, it should be located on a central, interior wall in the living area. A thermostat will sense localized hot and cold spots around it rather than the average interior temperature of a room. It should be located away from heat sources such as stoves and fireplaces, heating vents and radiators, electric lights and televisions, and sunlight, and away from cool or drafty areas such as windows, doors, and interior halls. If drafts are noticed, a shield can be placed around the perimeter of the thermostat. However, the thermostat should not be enclosed completely.

Zone heating utilizes several thermostats and saves a considerable amount of heating fuel if used wisely. If your home has zone heating, close doors between heating zones or install doors if there are none.

Maintenance

Have your thermostat(s) checked seasonally by a heating service specialist. This can be done when your furnace is serviced. The dust should be removed, the accuracy checked and adjusted if necessary, and the contacts cleaned, if possible. If a thermostat is off by one degree, it can affect your fuel bill as much as 3 percent. You can check your thermostat's accuracy with a centrally located, reliable thermometer, but if a discrepancy is noted, a professional should be called in to make adjustments.

Setting

A thermostat setting of 65°F provides sufficient heat for normal daytime activity and comfort, although young children and the elderly may require more. Whereas less heat is required when sleeping, a thermostat setting of 60-65°F is recommended for nighttime hours. An around-the-clock setback of 5 to 9 degrees from current level will reduce fuel consumption 15-20 percent.

If your home has zone heating, set the thermostats for the activity of the area: higher temperatures in bathrooms, study, and living areas; lower temperatures in the kitchen, sleeping and less active areas.

Don't reset your thermostat higher than needed: your furnace will not produce heat any faster and you may forget to turn it back. Constant resetting of a thermostat increases fuel consumption and costs. Determine satisfactory and regular settings and stick with them. A clock or light-sensing device attached to the termostat does this for you automatically.

Additional Tips

•During winter vacations or long periods away from home reduce your thermostat setting to 50°F.

•If your home has one thermostat, adjust radiator valves, dampers in air ducts, or heat registers. Concentrate heat where you need it; lower the temperature in less active areas.

Water vapor from cooking and bathing adds moisture; so use exhaust fans sparingly during the heating season. This will help to increase humidity in the home.

•If an electric clothes dryer is being used, it can be vented into the home during winter months to add heat and humidity. Install an extra lint trap; vent outside during summer months; discontinue if condensation runs off windows or if a dust problem occurs.

•Warm, loose clothing and sweaters are energy and money savers during the heating season. By regularly wearing a sweater, you might comfortably lower your thermostat 3 degrees and save as much as 10 percent on your fuel bill.

Water heating, monitoring helps

"Off-Peak" Water Heating

Some utility companies offer a special or "off-peak" rate to customers in an attempt to reduce electric demands, thus avoiding the need to put into use back-up generating equipment which is usually less energy efficient. Such rates, if available, apply during evening hours and are lower than rates for peak use. They require special equipment and a separate meter. By gearing hot-water use to off-peak hours, it is possible to reduce the amount of money you spend for water heating.

Even if your utility company does not presently offer an "off-peak" rate, try to reduce your peak hour hot-water demands. Take showers, do laundry, and run the dishwasher before 7:00 a.m. or after 8:00 p.m. or on weekends when there is less generating demand on utilities. Such practices will not lower your utility bill, but they will help conserve energy and will reduce the need for building additonal generating capacity which, currently, is very costly.

Hot Water Conservation Tips

A simple rule of thumb applies to energy conservation and hot water: every time you use cold water instead of hot you save energy and dollars. The following tips will help remind you of ways to reduce hot water consumption.

•Wash only full loads of laundry. Use water level or load size devices on your clothes washer.

•Use as low a water temperature as possible for the wash cycle of your clothes washer. Use cold water for all rinse cycles. Presoak heavily soiled clothes before washing.

•Scrape dishes before placing them in a dishwasher. If rinsing is necessary, use cold water.

•Try to run your dishwasher no more than once a day or only when fully loaded. Between meals, store soiled dishes in the unit.

•When washing dishes by hand, fill a pan with hot water for rinsing. Don't let hot water run continuously.

•A flow restrictor can be purchased for as little as $1.50. Easily installed in a shower head, this device reduces the amount of water flowing from the pipe (but not the pressure) from 5 gallons per minute to 3.

•Take quick showers instead of baths; they use up to 50 percent less hot water.

Don't let hot water run continuously when you shave. Close the drain and fill the basin with water instead.

•Turn down your water heater thermostat to a minimum setting if you plan to be away from home for an extended period of time.

Laundry conservation

You can save considerable amounts of energy in the laundry through conservation of hot water and by using your atuomatic washers and dryers less often and more efficiently.

•**Wash clothes in warm or cold water, rinse in cold.** You'll save energy and money. Use hot water only if absolutely necessary.

Washing Machines

•**Fill washers** (unless they have small-load attachments or variable water levels) but do not overload them.

•**Use the suds saver if you have one.** It will allow you to use one tubful of hot water for several loads.

•**Don't use too much detergent.** Follow the instructions on the box. Oversudsing makes your machine work harder and use more energy.

•**Pre-soak or use a soak cycle when washing heavily soiled garments.** You'll avoid two washings and save energy.

Clothes Dryers

•**Fill clothes dryers but do not overload them.**

•**Keep the lint screen in the dryer clean.** Remove lint after each load. Lint impedes the flow of air in the dryer and requires the machine to use more energy.

•**Keep the outside exhaust of your clothes dryer clean.** Check it regularly. A clogged exhaust lengthens the drying time and increases the amount of energy used.

•**If your dryer has an automatic dry cycle,** use it. Overdrying merely wastes energy.

•**Dry your clothes in consecutive loads.** Stop-and-start drying uses more energy because a lot goes into bringing the dryer up to the desired temperature each time you begin.

•**Separate drying loads into heavy and lightweight items.** Since the lighter ones take less drying time, the dryer doesn't have to be on as long for these loads.

•**If drying the family wash takes more than one load, leave small, lightweight items until last.** You may be able to dry them, after you turn off the power, with heat retained by the machine from earlier loads.

•**Save energy by using the old-fashioned clothesline.** As a bonus, clothes dried outdoors often seem fresher and cleaner than those taken from a mechanical dryer.

Ironing

•**Remove clothes that will need ironing from the dryer while they still are damp.** There's no point in wasting energy to dry them thoroughly if they only have to be dampened again.

•**You can save ironing time and energy by "pressing" sheets and pillow cases on the warm top of your dryer.** Fold them carefully, then smooth them out on the flat surface.

•**Save energy needed for ironing by hanging clothes in the bathroom while you're bathing or showering.**

The steam often removes the wrinkles for you.

The Energy Savers

The garbage grind

When we lug out those loads of garbage or toss them down a chute, we are not only using up our own energy and that of the garbage truck and its crew, but all the energy resources that go into the production of so many everyday things of life that end on the scrap heap.

It seems so futile. We are expert at making things that look attractive in the supermarket and the department store. Then, in no time at all, we have turned them into something unsightly and offensive that we would rather not think about. The sooner someone comes to take it away to burn or bury it, the better.

If that garbage could come back to haunt us, we might be shocked into changing our ways. Each of us throws away an average of almost 2 kilos of it every day, counting all the waste for which we are wholly or partly responsible. That's about 680 kilos a year, and if we live to the age of 70, we each score more than 47,000 kilos of garbage in our time. Just imagine how much garbage a family of four can produce, and try burying that pile in your own back yard.

Do you know that we spend $500 million a year in Canada just to collect and get rid of our garbage? Think of the value of the fuel it took to grow, extract, process, manufacture and transport so much stuff in the first place.

Think of the dwindling stocks of petroleum that we turn into plastic and other synthetic materials, and then use for such a brief time. The same goes for many other raw materials that cannot be renewed.

Think of the money and resources we could save if we did without a lot of the boxes, bags and wrappers that we often throw away as soon as we get them home.

Think how much more enjoyable our land and water would be without the pollution that comes from continually making and discarding all that short-lived stuff.

So, what can we do for relief from the daily grind of making 2 kilos of garbage?

We can serve meals no bigger than our appetites, unless we can use what is left another time.

We can buy things only when we need them and try to avoid buying all that packaging as well.

Where there's a choice, we can stop using disposables, like plates, cups and diapers made of paper.

We can buy liquids in reusable containers such as bottles and milk jugs instead of cans, plastic bags and cartons.

We can buy things that last longer, especially in furnishings, appliances and clothing.

We can do more mending and fixing instead of discarding.

We can save wrapping materials and use them again.

We can send unwanted household items if they are still usable to charities or second-hand stores.

We can help in collecting bottles, cans and paper that could be recycled into new products.

None of this calls for a return to the Dark Ages, just a small shift in our habits that would make life no less enjoyable, and perhaps more attractive. It's not only garbage that's a blight, but all the other things that we allow to rust, rot or fall apart, when they could be rescued with a little more care.

There's a publication called The Garbage Book that tells how you can help. Write for a copy to Box 3500, Station C, Ottawa, Ontario K1Y 4G1. It is issued by Conservation and Renewable Energy Branch, Department of Energy, Mines and Resources Canada.

October is International Energy Conservation Month. What are you doing today to conserve energy for tomorrow?



JUST ARRIVED.....



Our Fall and Winter Styles of Tender Tootsies Shoes and Sno-Boots. See them this week at Jack's.

OCTOBER COAT SPECIAL - Entire stock of ladies coats & Jackets by Poslun, Utex & Croyden - During October Only. 10% OFF - SAVE 10% ON YOUR WINTER OUTERWEAR. 10% OFF.



REVERSIBLE HUNTING JACKETS — Reversible to red - Roomy pockets - Corduroy gun patch - Detachable Game Pockets - Waterproof flap seat - Fully insulated - Canadian Made - Sizes Med. & Large only. SPECIAL OFFER - $49.50 - (Reg. $80.00 coats). Only 7 left.



MENS VESTED SUITS - All wool & polyester blend fabrics - Latest styles - Sizes 38 to 48 including shorts & talls - From $149.50. OCTOBER SPECIAL 10% OFF *SUIT UP NOW & SAVE 10%.

JACK'S OF CARDINAL

Cardinal, Ontario

Right next door to the Elka Bakery

Chargex & Master Charge accepted

Going Out of Business



SALE!



SPECIAL CLEAR-OUT CORNER — PICK A BARGAIN!

ENTIRE STOCK MARKED DOWN!

EVERYTHING MUST GO!

FIXTURES FOR SALE! STORE FOR RENT

CARPET CITY KEMPTVILLE NEXT TO CANADIAN TIRE

Reassessment could mean drop in Cardinal taxes

Local property owners could face significant changes in education taxes for 1980 if the Ontario government implements a proposed equalization assessment factor. Education taxes for Cardinal could drop as much as 26.6 percent, while Edwardsburg could face an increase of 12.1 percent.

Almost all rural municipalities in Leeds-Grenville would face increased taxes under the proposed system while most urban municipalities would see their tax rates decrease.

The tax reassessment would result from an update of the equalization factor in each Leeds-Grenville municipality. Because each community has a different base on which they determine property assessment, two communities could have substantially different assessments of similar properties. The equalization factor would take the different tax bases into account and attempt to standardize their rates.

Prior to 1971 the equalization factor had been in effect and was updated annually. However it was frozen for eight years while the government worked on a project of property tax reform based on market value assessment. The equalization assessment factor was reintroduced this year when the other project was shelved indefinetely, and because it hasn't been updated for eight years major inequalities have become apparent in tax assessment, resulting in dramatic tax assessment changes to some municipalities.

Because some Ontario communities face education tax increases of more than 300 percent the government is examining ways of easing the sudden tax burden and has not confirmed that the equalization factor will be reintroduced.

All the equalized assessment work was completed by the Ministry of Revenue and published in the Ontario Gazette July 14. The ministry sponsored workshops in July outlining the system to municipal clerk-treasurers and education finance officials.

Municipalities have until November 1 to appeal their assessment.

People From Cardinal

VILLAGE OF CARDINAL

Requires an arena attendant
Applications to be received before October 19, 1979

Wes Baldwin
Clerk-Treasurer

Apply To: BOX 400
CARDINAL ONT.,

Police report:

Children recover stolen money

Cardinal Police reacted to 20 calls between October 3 and 9.

Several children found $21.57 in change October 5 and turned it over the police. Chief Walter Kolodziechuk said the money had been stolen some weeks ago from Harry I. Moore of John Street.

A hit and run caused an estimated $300 damage to the left front door of a 1978 dodge which was parked on First Street. The accident was reported October 6 at 9:30 a.m.

At 10:30 p.m. October 7, police responded to a call on Henry Street. A 1979 Chevrolet parked in a driveway had white paint poured on it and a deep scratch had been gouged into the trunk of the car. The air had also been let out of all the tires. Chief Kolodziechuk stated a similar incident had taken the place the same evening in Prescott and that he believes the case relates to the labour dispute at Rehau Plastiks in Prescott. An investigation is continuing in the case.

The Police Chief also said that he wanted to remind parents that several children are constantly playing around the works-garage near the community centre. He noted that his constables are often chasing children away from the area but they usually return. "Parents must keep their children away from that area," the chief stated, "It's dangerous, somebody could get badly injured."

He noted that last week some children tipped a compressor backwards while playing on top of it, and while damage was minimal to the compressor, it one of them had slipped underneath it, they could have been killed.

Man guilty as charged

A 57-year-old Cardinal man was found guilty of indecent assualt and received a two-year suspended sentence and two years probation at provincial court in Brockville, October 5th.

Lorne Francois was found guilty of indecent assault against a 13-year-old Prescott boy March 26. Mr. Francois was told by County Court Judge James Newton that he must not associate with boys under 18 yrs. old and that he must also obtain psychiatric help for his condition. "You must stay out of trouble, keep away from boys and follow your doctor's orders," the judge stated during sentencing. "Avail yourself of psychiatric help," Judge Newton added, "because if you feel this way for young boys a psychiatrist may help you overcome the feeling."

During the trial, two teenage newspaper carrier boys told the court that the accused had made advances toward them.

Mr. Francois was called to the witness stand by defence lawyer Robert Barr, and testified that he was beaten at the Prescott police station after being arrested.

He told the court he grabbed a chair to defend himself after a constable had hit him on the side of the head, but the constable called for assistance and the accused said he was then handcuffed and beaten.

Red&White Food Stores Celebration Sale

4 great reasons why you should shop Red & White

1. free groceries

You could win the value of your Red & White Cash Tape in Free Groceries.

1) Simply fill in your name, address and telephone number on the back of your Red & White Cash Tape.
2) Deposit it in the entry box at the front of your Red & White Store.
3) Each Saturday at a time posted by each merchant, a customer shopping at that time will be asked to pull one tape from all those deposited during the current week of business.
4) The selected customer, after answering a time limited skill testing question, will receive free groceries equal to the value of their winning tape. No cash will be offered in lieu of groceries.
5) Chances of winning are dependent upon number of cash tapes deposited each week.
6) This contest is open to all residents of Canada over the legal age of 18 except for the employees and immediate families of National Grocers Company Limited, its affiliated Group Stores and advertising agents.
7) Contest ends Saturday November 10, 1979.

2. free mustang ghias

You could win a 1980 Mustang Ghia
(Approximate Retail Value $7,033.20 each)

1) Simply fill in your name, address and telephone number on the entry form available from the cashiers at any Red & White store, or a reasonable hand drawn facsimile. No purchase required.
2) Deposit it in the entry box marked "Win a 1980 Mustang" at the front of each Red & White store.
3) At the end of the contest, all entries received from Red & White, Super Save, O.K. Economy and Marche Supreme Food Stores in Ontario and Western Quebec will be split into 4 geographic regions and one 1980 Mustang will be awarded in each area.

The four areas are as follows:
1) Central Ontario
2) Southwestern Ontario
3) Eastern Ontario & Western Quebec
4) Northern Ontario

4) The selected entrants will be contacted by telephone and must answer a time limited skill testing question. Cars must be accepted as awarded, no cash will be offered in lieu of prizes.
5) Chances of winning are dependent upon number of entries received.
6) This contest is open to all residents of Canada over the legal age of 18 except for the employees and immediate families of National Grocers Company Limited, its affiliated Group Stores and Advertising Agents.
7) Contest ends Saturday November 10, 1979. Winners will be drawn at 22 St. Clair Avenue East, Toronto on Friday November 23, 1979 at 3:00 p.m.

3. look for the yellow signs in our stores, indicating in store savings

One of many unadvertised Red & White specials each week.

4. menu for savings every week this week savings for lunch

lunch

Nescafe Instant COFFEE 10 oz. Jar 5.49

Cloverleaf pink salmon 7 3/4 oz. tin 1.19

ready to serve Habitant soup 28 fl. oz. tin .59

assorted easy to open Chef Boy-Ar-Dee pasta 2 212 g pkgs .89

lunch



assorted varieties Hamburger Helper 6 to 8 oz. pkg. .69

western style Armour chili con carnie 24 oz. tin 1.49

Del Monte fancy tomato juice 48 fl. oz. tin .69



orange pekoe Salada tea bags pkg. of 60 1.59

Kellogg rice krispies 575 g pkg. 1.29

Kelloggs cracklin bran 350 g pkg. .89

Shirriff good morning marmalade 24 fl. oz. tin 1.19

Kellogg's frozen Eggo waffles 11 oz. pkg. .79

dinner



assorted Cordon Blue stews 24 oz. tin .99

Valley Farm frozen choice french fries 2 lb. pkg. .29

Duncan Hines cake mixes moist & easy 383 g pkg. .89

Catelli elbow macaroni or spaghetti 500 g pkg. .59

Highliner frozen shrimp 7 oz pkg. 2.99

frozen assorted Chun King dinners 11 oz. pkg. .99

choice sliced or whole Avon potatoes 19 fl. oz. tin .39

meat

Cut from Canada Grade A Beef (Bone In)
Chuck Blade or Short Rib ROAST lb. 1.38

Fresh Whole or Half Pork Picnic Shoulder Roast lb. .88

fresh whole or half pork picnic shoulder roast lb .88

Thrifty Sliced bacon 16 oz. pkg .68

from the shoulder, fresh pork butt or shoulder chops lb 1.18

Taillefer Pork & Beef sausage 8 oz. pkg. 1.08

Burns Pride of Canada bologna 16 oz. pkg 1.48

Burns Pride of Canada skinless wieners 16 oz. pkg 1.38

Taillefer Store Sliced chicken loaf 16 oz. pkg 1.48

Balderson mild coloured cheese lb. 1.98

Ideal for dressing pork riblets lb. .68

Fresh Frozen pork hocks lb .48

Taillefer by the Piece bologna .98

family&home

aluminum foil Reynolds Wrap 12 x 25 roll .69

extra absorbent or daytime disposable diapers Pampers pkg of 24 or 30 2.79

Colgate prepriced 1.69 toothpaste 150 mL cont 1.39

Stretch 'N Seal 50 ft roll .65

Dixie refill bathroom cups pkg. of 200 1.69

concentrated Borateem 1.1 kg box 1.09

stain remover Shout 10 oz. aerosol 1.49

furniture polish Pledge 12 oz liq. or aerosol 2.69

powdered detergent Cheer 6 litre box 3.29

liquid detergent Mir 750 mL cont 1.19

fabric softener Downy 1 litre cont 2.29

complection size Dial soap 3 bar pkg 1.49

Lady Patricia creme rinse or shampoo 350 mL cont .99

Gillette Trac II razor blades 4's 1.29

grocery

regular, decaffeinated or freeze dried Tasters Choice coffee 8 oz. jar 5.79

Quaker assorted harvest crunch bars 200 gram jar 1.09

chocolate or strawberry Milkmate 20 fl. oz. cont 1.29

ground coffee Chase & Sanborn 1 lb. pkg 2.99

grocery

Gold Star pure Barbados Crosby molasses 675 g cont .79

pure vegetable shortening Crisco 1 lb pkg .79

Thorofed dog food 2 25 1/2 oz. tin .89

vaseline Intensive Care lotion 200 mL cont 1.19

produce

Canada No. 1 potatoes .49 10 lb

Canada No. 1 Celery Stalks .29 ea

Bananas 1.00 4 lb

Canada Fancy Red McIntosh Apples 1.29

IROQUOIS RED & WHITE

THESE SPECIALS ONLY APPLY TO IROQUOIS RED & WHITE IROQUOIS

Values effective until closing Saturday October 13, 1979 We reserve the right to limit quantities

Report from South Mountain

Mr. and Mrs. Ernest F. Brayan of Rome N.Y. spent the past few days here at their home and visited with Mr. and Mrs. Wilfred Crowder and family in Ottawa returning back to their home again on Wednesday in Rome, N.Y.

Mrs. John Johnston accompanied by Mr. and Mrs. Basil Casselman of Winchester Springs attended Metcalfe Fair on Sunday afternoon.

Mr. Reginald Marchand and sister Miss Kathy Marchand and friend Mr. Kearns of Prescott and Miss Evelyn Gates visited their grandmother Mrs. Viola Marchand also had supper on Sunday afternoon.

Mr. and Mrs. Bertram Gains and family of St. Catharines spent the weekend here with their son Bruce and Mrs. Gains and daughter Mandella.

Mr. and Mrs. David Balck and Mr. and Mrs. Gordon Richardson attended the Football Game between Montreal Alouttes and Ottawa Rough Riders which ended in a tie.

Mr. and Mrs. Basil Watson spent a short time with Mrs. John Johnston on Thursday evening.

A large crowd attended the Bazaar and Bake Sale and plants and Jewellery Book Rummage Sale and Afternoon lunch on Saturday afternoon held by the Senior Citizens of Mountain Township.

Italian freighter grounded nearby

An Italian freighter, The Marie Placibo, ran aground near Cardinal when the ship's engines suffered a total loss of power and coasted into the ground in U.S. territory.

The ship ran into problems the evening of October 8 and was stuck for nearly 24 hours until finally freed at 9:31 p.m. the following day. Two tugboats towed it to the Prescott grain elevator where it is unloading some of its cargo of grain while repairs are made to a hole in the front of the freighter.

The ship was bound for Sorel, Quebec where it was to take on additional grain before crossing the Atlantic. An estimate of damage was not released, and no injuries were reported from the incident.

Guest speaker at meeting

The members of the Anglican Church Women of St. Paul's met at the church hall on Monday October 1. Guest speaker for the evening was Mrs. Norma Fisher, area chairman for Grenville County, accompanied by area secretary, Mrs. Mary Wilson. The theme of Mrs. Fisher's speech was the role of Anglican Church Women in the Diocese and within the community. Members of the Church from Prescott and Cyrstal Rock were in attendance along with members of the senior guild. After the close of the meeting a delicious lunch was served.

SHOWING THIS WEEK AT SEAWAY MOTORS



THE 1980 LINEUP OF DODGE, CHRYSLER CARS & TRUCKS

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One drive and you'll be sold!

Dodge
CHRYSLER
Dodge Trucks
SALES/SERVICE

SEAWAY MOTORS
RIVER ROAD E. HWY. No.2
PRESCOTT 925-4763

Cardinal this week

The Oldtimer Hockey team of Branch 105 have been running a 50 / 50 draw for three weeks. Jim Sorrell won $223 as the first winner, while Lloyd Travis received $303 as the second weekly winner. Bill Barnhardt picked up $308.50 for winning last week's draw. The final draw will be held Saturday October 13.

An annual event many Cardinal and area residents look forward to is the anniversary dinner at St. Andrew's and St. James' Presbyterian Church. The date for this year's dinner is October 30. Mark your calendars to attend the Christmas Bazaar and Tea to be held Saturday afternoon December 1. Baked goods, crafts and plants will be available.

Members of the first Cardinal Ranger unit will attend a fall round-up and campout at Christie Lake this weekend with many outdoor activities planned. This month the Cardinal unit will attend an all-Ranger, Ranger-Leader and Ranger-coordinators province-wide conference at Doe Lake near Huntsville.

Plan to attend the Catholic Women's Tea and Bazaar on Thursday October 18 at the Anglican Church Hall. Euchre games are planned for the evening. In conjunction with the bazaar, 50 / 50 draws are being held. Last week's lucky winner was April Beckstead of Iroquois who was the recipient of $197.

Miss Connie Cullerton of New York City and Mr. and Mrs. Robert Laidlaw of Edinburgh, Scotland have returned to their homes after spending a month holiday with their sister and brother-in-law Sally and Raymond O'Brien.

The Thanksgiving weekend provided an opportunity for many persons to visit local residents. Mr. and Mrs. Gilles Poissant of Sorel, Quebec spent the holiday as guests of Mr. and Mrs. Len Crawford, who also were visited by daughter Julie of Brockville. Miss Jane Mason, a student at Brock University in St. Catherines spent the weekend with her parents, Mr. and Mrs. Bob Mason and family. Mr. Taylor Reddin of Toronto visited for some time with his mother Mrs. Hazel Reddin during the holiday.

The Ladies Auxiliary of Branch 105 have been running a very successful euchre evening recently. Results from the latest euchre held Thursday October 4 show Inez Farmer and Margeuritte Campbell finishing first and second respecively in the ladies division. John Wright placed first in the gentlemen's division with Ron Smith taking the runner-up position. Winner of the door prize was Wilfred Yandeau.



Ice preparation

Another season of winter sports has begun at the community centre. Ice has been installed for more than a week and the Cardinal figure skating club and individual ice-rentals have started, with minor hockey getting set to go. During the summer, showers were installed in the dressing rooms. In this picture, two workers from Thompson's Sanitation spray paint the ice to reduce glare.

Figure skating club busy

A skate sale jointly sponsored by the Cardinal Minor Hockey Association and the Figure Skating Club will take place this Saturday October 13 between 9 a.m. and 12 noon at the community centre.

Bernice Stewart, figure skating instructor, said those persons interested could make a straight purchase of skates, or they could exchange their skates for a pair of about equal value.

Registration for 20 weeks of power skating and for 20 weeks of precision skating will be taken at the centre during the same hours as the sale. The fee for power skating will be about $17 plus $3 for custumes.

Mrs. Stewart explained that precision skating, a fairly new sport, will be offered to all girls 12 years of age and older. It is a sport similar to chorus line dancing, involving the synchronization of movement. The girls will practice one hour per week; half an hour on ice and half an hour off.

All girls interested in the sport are invited to phone Mrs. Stewart for further information at 657-4885.

The second of four 50 / 50 draws sponsored by the figure skating club was held last weekend. The lucky winner was Randy Stitt of Cardinal who took home $146.50 as his prize. Don Whittaker, an Iroquois resident, picked up $146 as the winner of the first draw September 29.

Tickets available for soccer draw

Tickets are now on sale for a 50 / 50 draw sponsored by the Cardinal Minor Soccer League. Prices are $1 for a single ticket and $5 for six tickets. If all tickets for the draw are sold, prize money could run as high as $800.

The draw is being sponsored to cope with the possible expansion of the league for the 1980 season. The league executive has ambitious plans for next season including the possibility of allowing girls in league play. The executive is also considering raising the age limit for competition.

With registration fees being only $1 the executive committee is looking for other ways to raise money and feels that the draw may be the answer.

The winning ticket will be drawn at the awards night to be held in the United Church Hall on October 20.

Bus driver fined

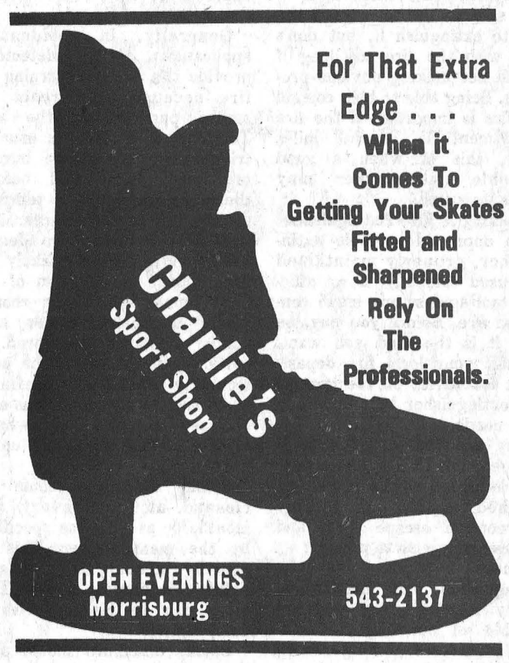
Cardinal Reeve, James McLaughlin of 127 Joseph Street was found guilty of failing to yield to oncoming traffic and fined $28 at provincial court in Prescott Thursday, October 4.

The charge resulted from an accident involving a school bus and a car at the intersection of Shanly Road and the second concession road, January 26. Mr. McLaughlin was driving a school bus eastbound on Concession Road 2 and failed to yield to traffic when he turned north onto Shanly Road. A southbound school bus driven by Yvette Blue of R.R. 4 Prescott, was struck by a northbound car driven by James Hubbard of R.R. 1 Iroquois. Hubbard's car was a write-off, while the school bus sustained about $3500 damage.

At the time of the incident, investigating constable Don Kerwin of the Prescott OPP, said that as far as could be determined, the accident was caused by Mr. McLaughlin's failure to yield at a stop sign at the intersection.

"The accused admitted that he did not stop at the intersection and did not look before pulling onto the road," stated Judge Bruce Hunter prior to sentencing. The judge noted he was not considering the accident in his judgement, but was treating the case as a simple failure to yield the right of way.

Three school children were treated for minor cuts and bruises and the driver of the car, Mr. Hubbard was hospitalized for a short time as a result of the accident.



For That Extra Edge . . .
When it Comes To Getting Your Skates Fitted and Sharpened Rely On The Professionals.
OPEN EVENINGS
Morrisburg
543-2137

Sterling expects agreement

Norman Sterling, M.P.P., Carleton-Grenville, expects that a new Eastern Ontario Development agreement between the Province of Ontario and the Federal Government will soon be signed.

Sterling stated that he wrote to Prime Minister Clark six days after the federal election to empahsize the urgency of the agreement. The Carleton-Grenville M.P.P. raised the matter on three different occasions in the Provincial Legislature last Spring. Sterling said "I will continue to bring this matter to the attention of both levels of Government as I know how important drainage is to the Eastern Ontario farmer."

His present optimism results from recent correspondence and conversations with The Honourable Elmer MacKay, Minister of Dree, and The Honourable Lorne Henderson, Minister of Agriculture for Ontario.

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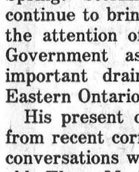

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225 LEWIS ST.
CARDINAL 657-3396

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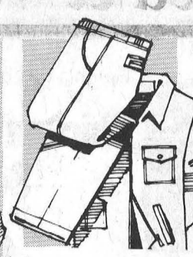
Forney 225 Amp Welder
Easy 'plug-in' type welder that gives the accurate amperage ranging from 30 to 225 amps with 15 heat stages. Use for soldering, brazing and boring holes. Accessories include fully insulated heavy-duty electrode cable, helmet, plus more.

SUPER FALL SPECIAL
FRANKLIN FIREPLACE
JUST 205.00



Insulated Coverall 44.44 ea.
Polyester/cotton coverall with nylon/polyester insulation. Perma-pressed and Scotchguarded". S. M. L. XL. Brown 546-804



Perma-Press Work Pant 19.99 ea.
Full cut. Reinforced front pockets. Green 30-46. Leg 30" and 32" 546-662
Matching lined jacket. Green. 36 to 46. 546-652 Ea. 21.99



Flannelette Plaid Shirt 9.99 ea.
Perma-Press medium-weight shirt in assorted colours. Full cut, bone collar insert. S, M. L. XL. 546-791



Pile-lined Suedine Vest 15.99 ea.
Zip-front vest has pile lining. Heavy-duty zipper and double knit side inserts. Extra long for kidney protection. Brown. . . 546-794



Corduroy Vest 15.99 ea.
Extra-long vest pile lined for extra warmth. Dark Brown in colour. Available in sizes Small, Medium, Large, X-Large. . . 546-797

White Dryer
287.99 ea.
Dryer Vent Kit. (Not shown) Fits most dryers. Installs in window or wall. Includes: vent, 3 lengths of 24" aluminum pipe (4" diam.), plus elbows.
503-097 . . . . . ea. 3.99

Viscount Automatic Dryer by GE.
Five drying cycles and three heat selections let you choose the right combination for your washneeds. Safety start switch.
End of cycle signal 503-335
Almond $9.00 extra 503-339



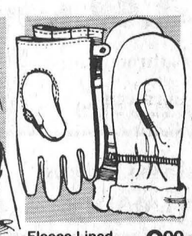
Men's Deluxe Navy Nylon Parka 29.88 ea.
Keep warm the light, comfortable way with this zipper front parka with half quilt lining and half pile. Fitted, detachable hood, fully lined with drawstring. Slash pockets. Available in even sizes 36 to 46 546-808



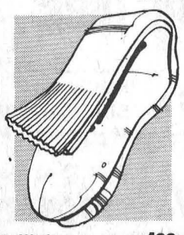
Warm Plaid Wool Coat 21.99 ea.
20/22 oz. wool/nylon/mohair blend for extra warmth. Ideal for the Canadian fall and winter. Features full cut with satin yoke, button front and cuffs. 2 domed breast pockets and two front pockets. Sizes XS, S, M, L, XL 546-706



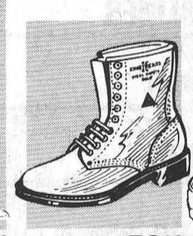
Green Overall 19.99 ea.
Full-cut cotton/polyester coverall in green. Two-way zipper. Six pockets with one domed flap breast pocket. 36 to 46. 546-695



Fleece-Lined Gloves 9.99 pr.
Heavy fleece-lined roper glove. Cream steerhide. Domed back. 546-406. . . . . 9.99
Lined mitten cream cowhide. Rolled cuff. Elastic at wrist. 546-421 . . . . . 9.99



Work Sock 1.99 pr.
Combination of 56% wool, 29% nylon and 15% acrylic. Elastic at top. Cushioned with botany wool. Stretch fit. Ass't. colours. 546-121



Insulated Work Boot 59.99 pr.
8" Cheyenne rawhide boots with steel safety toe. Bontex foam-backed insole. Puncture-proof sole. Full and half sizes 6-13 (No 12-1/2). 549-869



Soft-toe Work Boot 22.99 pr.
Soft-toe boot with felt lining for comfort. Lug bottom. Full sizes 6 to 13. Leather top, rubber bottom. 549-440

Please Note — CO-OP promises to make every effort to have sufficient advertised products available to meet customer demands. However, if CO-OP is unable to secure sufficient stock due to unexpected customer demands, we must reserve the right to limit quantities wherever possible, supply a substitute product of equal or better quality. Due to space limitations at some CO-OP Stores, some advertised products may not be stocked but will be readily ordered for you, as long as supply lasts.

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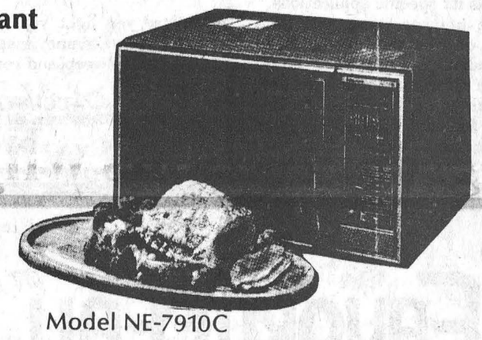

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Fire Prevention Week

Fire safety begins in

When fire strikes, get everyone out of the house, call the fire department and then, if it is still safe to do so, attack the fire to extinguish it, but don't stay with the fire too long if you're not making obvious progress. Being able to help control the fire is important if the fire department is several miles away, this is when a good portable extinguisher may prove its worth.

Selecting A Fire Extinguisher

An approved portable extinguisher, properly maintained and used correctly, is an efficient tool against any small contained fire. Before you buy, be sure it is the kind you want. Consult your local fire department for advice on the type of fire extinguisher best suited to your needs.

Buy an extinguisher that is light enough to use effectively and locate it where it can be reached easily, preferably between an escape route and the area you wish to protect.

Know how to use the extinguisher, and instruct all family members you feel are capable of handling it efficiently. Most extinguishers should be recharged yearly, so operate the extinguisher just before recharg time to practice wit it. To keep your extinguisher safe and ready to use, have it examined yearly or as frequently as the manufacturer or the dealer suggests.

Fire Detection Warning Systems

Fire extinguishers are great providing you have sufficient time to use them. When fire strikes in the home, early warning is crucial. A recognized fire detection warning system can spell the difference between life or death, escape or entrapment.

There are three basic classifications of fire detection-warning systems on the market - smoke, flame and heat detector has its specific applications.

The number, type and location of these detectors is dependent on the type of building in which a person resides. Consult your local fire department for advice on the type of dector best suited for your needs. In addition, consumers are advised to purchase only detectors which have the approval of the Underwriters, Laboratories of Canada.

Generally, in residential applications, SMOKE detectors provide the earliest warning of fire because they react to smoke particles in the air. Therefore, the alarm is usually triggered before a fire bursts into open flame and before there is a major rise in temperature in the protected area.

FLAME detectors are ideally used where fires are likely to first appear in the form of an open flame, such as in rooms where flammable liquids and similar substances are stored.

HEAT detectors can be particularly useful in confined areas such as furnace rooms and enclosed storage areas, where in case of fire, heat build-up is very rapid.

Smoke detectors shoule be cleaned at least every six months or as often as specified by the manufacturer. This is done by removing the cover and lightly vacuuming inside. The cover can be cleaned with a damp cloth.

Smoke detectors should also be tested at least once a month. The dector can be activated by blowing smoke into the chamber. Manufacturers' instructions may offer alternate testing measures which should be followed.

Eight to nine hundred Canadians die in fires each year and it is estimated that many of these deaths could be prevented by the presence of detectors in the home.

Smoke, fire and heat detectors, however are no substitute for carefully pre-planned fire prevention measures and escape plans. When an alarm sounds every member of the familymust know what to do.

React quickly - your life depends on it.

Fire detection, evacuation, reporting and fighting all come into play if a fire is detected in your home. So far we have discussed all four of these topics buy maybe with a little forethought and effort on your part you will never have to take any of these actions, except maybe in practice. Remember a little care can go a long way



The Cardinal fire department plans spot-inspections of private residences and businesses during Fire Prevention Week. The fire hall will also be open to the public tonight. Fire Chief Jim Grant said persons who require emergency number stickers for their telephones should contact Ted Campbell at 657-3100 or 657-3126. Pictured here in the front row, left to right, are: Donald O'Brien, Frank Seeley, Tom Owers, Fred Campbell and Jim Grant. In the back row are: Pat McLean, Graham VanCamp, Gerald Seeley, Rick Hare and Sheldon Gill.

Watch out for ...

Heat and Deadly Gases are the main killers. Even a small outbreak may be deadly. The only wise course for the occupants of any building is to get out quickly. When you detect smoke or flame, shout to warm others. Remember that small children and older people will need help.

A Hot Door is a deadly warning. Never open a door without first checking it for heat. If it is hot, leave it closed and go out by the window. If this is impossible, wait by the window or on a balcony for rescue. Place clothing or bedding at the bottom of the door to keep out fumes.

Beware of Stairs. In time of fire, the stairs may be the most dangerous part of a home. They can become a chimney of scorching poisonous gases. If you cannot leave an upper room through the window, close doors behind you and open or break the window. Shout for help and wait for rescue. At night, show a light to mark your position.

Raise the Alarm. No time should be wasted in calling the fire department. If the phone cannot be reached before leaving, shout to neighbours or use any public alarm system. Never waste vital time trying to fight anything more than a very small fire. The most important thing is to get out.

Tell the Fire Fighters if anyone remains in the building. Leave rescue operations to them, unless you can safely raise a ladder or hel anyone down from a window or roof before help arrives.

Never Go Back into a burning building for any reason whatsoever. Many lives are lost through the deadly effects of fumes, even from small fires. Never risk a life in an attempt to save personal possessions.

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Highliner Frozen 397 Grm. COD CRUNCHIES ea.	$1.85
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Gainsborough Frozen 11 oz. ENGLISH MUFFINS ea.	59c
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Pepperidge Farm Frozen 304 Grm. POUND OLD FASHIONED CAKE ea.	$1.29
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Success 28 oz. Standard TOMATOES	59c	Catelli 2 lb. box SPAGHETTI	79c	Noxzema 110 ML Jar SKIN CREAM	1.29
Kraft 500 Grm. Smooth or Crunchie PEANUT BUTTER	1.09	Clark's 19 oz. PORK & BEANS	49c	Seacliff 19 oz. SWEET POTATOES	67c
Libby's 48 oz. ORANGE JUICE	99c	Gattuso 1 Kg. MACARONI	89c	Allen's 28 oz. Fancy APPLESAUCE	79c
Zip 250 oz. tin DOG FOOD	39c	Heinz 14 oz. COOKED SPAGHETTI	39c	Folger's 13 oz. FLAKED COFFEE	3.49
Aylmer 48 oz. TOMATO JUICE	69c	3 FRUIT MARMALADE Vachon 24 oz. Jar	1.13	POWDERED DETERGENT Sunlight 6 litre	2.79

the home with you

Metric — measure for measure, it's a better way to measure

Check your home ...

The basement is the primary workshop and storage area for most houses. In addition, the basement normally houses the furnace and in some instances fuel for the furnace providing the furnace operates on oil, coal, or wood. The basement may also contain a play or recreation room with fireplace, plus a bedroom, a study and-or a sewing room. Workshop. If your basement contains a workshop, then this is the first place you should inspect in your search for possible fire hazards.

1. Clean up any sawdust, wood shavings, or fine dust accumulations on or around the workbench (which itself may be wood and oil-soaked). Sometimes careless smoking or a spark from electrical equipment can fall into this fuel, causing a slow smoldering fire which may not blaze up until you've left the area.

2. Do not allow large amounts of wood or other combustibles to accumulate in the workshop. Store any lumber in flat stacks; in the leaning position it will burn much more readily.

3. Locate safe ashtrays with flip-trap tops about the work area.

4. Locate a few signs about the work area as reminders never to smoke when using flammable liquids.

5. Examine electrical equipment. Replace power cords or extension cords that are dry, cracked or have worn spots in the insulation. Fires start from flashing, sparking short circuits in wiring.

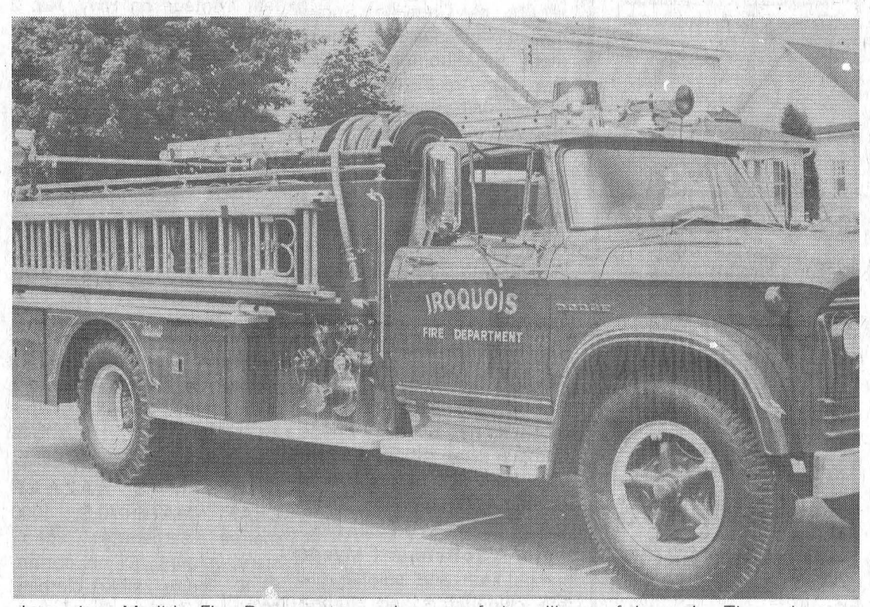
6. An unguarded pendent bulb is dangerous. If it gets smashed while burning, its hot filament can drop into combustibles, and keep the wire guard on your extension light.

7. Check your fuse boxes. Ensure that all fuses are of the correct rating. Never bridge a fuse or replace it with a penny or with a fuse of higher rating that was inteded for the circuit. A 30 amp fuse does not protect a circuit designed for 15 amps. Circuit breakers do the same protective jobs as fuses. However, instead of blowing, the circuitbreaker trips, that is, a switch opened to cut off power; and instead of having to replace the breaker to put it back in service, you press a button which closes the circuit. If after closing, the circuit breaker opens again, there is a trouble condition on the circuit that needs correcting. To keep the reset of your circuit breakers operational, operate the button several times twice a year to prevent binding.

8. Store flammable liquids in approved type containers, never in glass. Store the containers in a closed metal cabinet, or in a metal rack or shelves. Handle flammable liquids with care. Never bring gasoline into the house. Use oil-base paints, varnishes, lacquers, thinners, shellac, alcohol, and paint removers in small quantities in well ventilated areas.

9. Never allow wipe cloths saturated with paint, oil or cleaning solvent to accumulate. Spread cloth out to dry in a well ventilated area or store cloths in a metal container with a secure fitting lid. Never attehmp to dry this type of cloth in a clothes dryer.

10. Do not allow your basement to become a catch-all. Evaluate the contents in your basement and then either throw away or give to charity those things you don't need. Garage sales provide an excellent means to depose of those articles for which you may no longer have need, but may still be of significant value to someone else.



Iroquois - Matilda Fire Department works out of the village of Iroquois. The volunteer department includes 3 pieces of modern equipment complimented by 20 firemen.



Williamsburg Fire Chief Lyle Kehoe, Captain Ron Froom, and firefighters Alan Brunt and Ernie Barkley pose beside their No. 1 pumper. The Township Fire Department enlists 18 men and 3 pieces of equipment. Part of the departments responsibility includes the eastern part of Matilda Township.

Timothy Christian School writes to WTFD

Dear Fireman,

I liked the siren on your truck and the walky talky. The film I liked when the house was on fire at very first. Then when he said let's go back and when the smoke went into the house again that was funny. When that little guy appeared he got a little schock. When he wanted to call the fire department and the little guy said I already called the fire department.

Your fire-safety friend
Peter Van Dode Waard
Brinston, Ont.

Dear Fireman,

Before when you were here last year, I liked the film about Chimp the Fireman. It was good.

And the film this year was even better. I like the sound of the horn from your fire truck. I hope you come again soon.

Your fire safety friend,
Darren Heuvel
Cardinal, Ont.

Dear Fireman,

My brother Doug sleeps beside a window that leads to the roof. When there's a fire he can go on the roof and down the T.V. antenna. We can to. Now we have an escape plan.

Your fire-safety friend,
Charles Lemon
Williamsburg, Ont.

Dear Fireman:

I like the film about Donald Duck. We made a plan about getting out the hose. I think it won't work. Thank your for coming to Timothy Christian School and telling us to make a plan although we got one.

Your fire safety friend
Linda Blockland
Iroquois, Ont.

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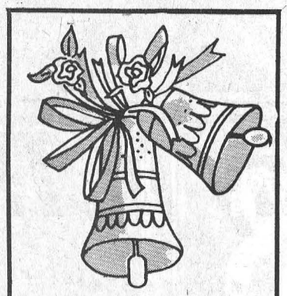
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CRAFTS, DRAPERIES, UPHOLSTERY, TOOLS, SUPPLIERS, FOAM, FASHION FABRICS Leatherettes, Carpet ends, Millends 58 Buell, Brockville. 16-4p

1975 DATSUN 710 4 door, standard. Lic. JYN 671. Call 345-0052. 17-1c

HORSES BOARDED - good barn and good care, trail rides even in winter, phone 652-4209. 16-3c

1975 FORD T-BIRD, air, automatic. Lic. MKA 507. Call 345-0052. 17-1c

BROCK FURNITURE AND ANTIQUES. Antique car parts. Open Saturday and Sunday 9 to 5. Sarah's Flea Market, Ingleside. 14-tfc

FOR SALE

111 ACRES FOR SALE, 1,000 feet frontage on Hwy. No. 2 located between Morrisburg and Iroquois. Call 543-3269. 14-tfc

WE PAY the highest prices for copper, brass, radiators, batteries, mercury. Charles Benovoy, Heritage Highway No. 2, 2½ miles west of Iroquois. 613-652-2238. 51-tf

TRAILERS FOR SALE - 17 ft. Tandem Trailers, excellent condition C.I.L. Agromart, Kemptville. 258-2613, 258-5123. 15-3c

CHRISTMAS BAZAAR CRAFT MATERIALS, 1000 metres Leatherettes, upholstery, velours, quilters cotton, $1.10 metre table clothing $3.98 yd, Ticking, Tea Towelling, Plastics, Millends, 58 Buell Brockville. 16-4p

FRESH BAKED GOODS can be bought daily at the Iroquois Pop Shoppe. For orders call 652-9314. 48-tfc

ATTENTION FARMERS for custom fertilizer spreading contact C.I.L. Agromart, Kemptville 258-2613 or 258-5123. 15-3c

1973 DATSUN 610, station wagon, automatic. Call 345-0052. 17-1c

TRUCK OWNERS we have the truck cap for you. Fibrobec truck caps have proven reliability for all weather conditions. See them now at Iroquois Surf & Turf Sales on Brinston Road, Iroquois, Ont. 652-2054. 14-tfc

ROOSTERS FOR SALE Live weight price 60c lb. Phone 652-4080. 17-1c

1979 DATSUN 210 - 2 door, automatic. Lic. NYT 033. Call 345-0052. 17-1c

USED ELECTRIC RANGE - 30 inch model. Call 652-4577. 17-1c

DRYER - Used Speed Queen Call 652-4577, excellent condition. 17-1c

STOVE WOOD for sale, $20.00 per cord. Call 535-2706 mostly ash. 17-2p

DOORS AND WINDOWS for sale. Call 652-4763. 17-1c

1975 CHEV TRUCK, 350 automatic, P.B., P.S., Call 652-2246 after 6 p.m. 17-1p

ANTENNA - Used Delhi television antenna tower and scanner, CB aerial, call evenings 652-4393. 17-1c

FIREWOOD for stove, fireplace etc. Call 652-2383. 17-tfc

TRAILER - Dual axle goose neck flatbed trailer, can be handled easily by ½ ton. Complete with hitch, 657-3011. 17-3c

SET OF FOG LIGHTS, unused $40.00; 1973 Moto Ski Capri 440 cover and helmet, asking $750.00; and one cassette stereo with 2 speakers, like new. $75.00. Call at 213 Victoria St., Iroquois. 17-1c

FOR SALE

YARD SALE — 279 Church Ave., Iroquois. October 20, 1979. 10 a.m. - 5 p.m. Craft, baking, plants, pickles, clean used clothing, hairdryer, heat rollers, books and many other articles. 16-3p

HUNTERS, WINTER COVER-UPS BURLAP 144" x 36 $3.00 yd., Wools, Fashion Fabrics, Millends 58 Buell, Brockville. 16-4p

POLLED HEREFORDS - Yearling bulls and heifers, 2 year old heifers cows some with calves at side. Phone 652-2460. 16-2c

BARREL BARGAINS, UNBLEACHED SHEETING $3.00 lb., canvas $2.00 lb. Corduroy, $3.30 M. Millends, 58 Buell Brockville. 16-4p

ONE BABY CARRIAGE, one folding umbrella, one walker, one jolly jumper; a swing-o-matic and crib gym. One hoover humidifier and one electric stove. Call 652-4471. 17-2c

1977 PONTIAC GRAN LE MANS, excellent condition, many extras, certified. Call 652-2483, best offer. 17-2p

FUND RAISING - Does your group need funds? Make up to 51% profit with over 20 money making products. No Obligation! Write to: MONEY c/o Brockville Street, Smiths Falls, Ontario K7A 3Y4. 17-4p

FOR RENT

LARGE COUNTRY HOME for Rent. 4 Bedroom, Oil Furnace Matilda 4th Concession. Asking $150. Phone 652-4118. 17-1c

APARTMENT - Modern newly decorated 1 bedroom, downstairs, heat included. Available Nov. 1. Call 657-3201. 16-2c

SUITABLE FOR COUPLE - Available November 1st. Apt. For rent, heated garage. Along Highway 2 between Cardinal and Iroquois. Call 534-2621 after 7:30 p.m. 17-tfc

COMING EVENTS

ANNUAL DINNER MEETING Dundas County Federation of Agriculture Friday evening, October 19th, South Mountain Agricultural Hall 6:30 Social Hour, 7:30 Dinner. Guest Speaker Hal Anthony, CFRA. For tickets call 543-3389 or 652-4915. 17-2c

MEETING - Canadian Red Cross Joint Branch Meeting for Iroquois and Morrisburg, October 23rd, 8 p.m. at 15B Fifth Street, Morrisburg. 17-1c

RUMMAGE SALE - Sponsored by Knox Church in Civic Centre, Iroquois, October 26, 9 a.m. - 8 p.m. October 27 - 9 a.m. - 1 p.m. Donations appreciated. Please call 652-4573, 652-4413. 17-3p

FOOD SALE - The Good Companions of Iroquois will hold a Food Sale and Tea Table, on Friday October 12th from two to four p.m. in the civic center. 16-2p

COMING EVENTS

TURKEY SUPPER — Anniversary Turkey Supper Brinston United Church, Wednesday October 24th beginning at 4:30 p.m. Adults $4.00 Children $2.00, Pre-schoolers free. 17-2c

IROQUOIS BUSINESS ASSOCIATION MEETING at the Council Chambers Thursday October 11, 7:30 p.m. All members are urged to attend. 17-1c

CUB REGISTRATION October 17th at United Church Hall from 7 p.m. to 8 p.m. Parents please accompany boys. 17-2c

PIE BAKING CONTEST in Morrisburg Arena for Applefest. Pies to be at arena by 11:30 a.m. Contact Joan Farlinger 543-2897. 17-1c

108th ANNIVERSARY SERVICE at Brinston United Church, Sunday October 21, 1979 at 11 a.m. Rev. Cathy York, Minister of Williamsburg United Church guest speaker. 8 p.m. a service of instrumental and vocal music. The Adams Family, Gospel Brothers, Hogeveen Brothers (of Ottawa) and others. 17-2c

BIG FALL DANCE - at Matilda Community Hall, Saturday November 3, 1979. Sponsored by Iroquois Fraternal Hall Committee. Masons - Odd Fellows - Eastern Star. Music by the Entertainers of Perth. Refreshments - Lunch. $10.00 couple. Tickets available from Johnny's Spot or any member.
Everyone Welcome 16-5c

BAZAAR AND TEA for legion Ladies Auxiliary November 17th. 17-1c

FULL GOSPEL BUSINESS MEN'S FELLOWSHIP MEETING Saturday October 20th, 1979, 8:30 a.m. Morrisburg Legion Hall. COme for breakfast. Singing gospel songs with Tom Gill of Cardinal. Hear speaker Paul Walker of Brockville. Paul is born again - in the past a man of drinking alcohol only. Now he serves a risen Lord.
For reservations call Morrisburg 543-2245, Iroquois 652-2335. 16-3c

DANCE to be held October 27, in Matilda Community Hall. Music by Desperado. $5.00 per couple. 16-tf

HALLOWE'EN DANCE - Saturday October 27, Iroquois Civic Centre - sponsored by the Iroquois-Matilda Lions Club. Prizes for best costumes. Music by Helen's Selection. Tickets $6. per couple from Lions members. 15-3c

WINCHESTER TOURS - Royal Winter Fair Bus Trip November 13th - November 15th. $99.00 per person includes return bus from Winchester, 2 nights accomodation at the Chelsea Inn, downtown Toronto, reserved seat for Royal Horse Show, and roast beef dinner. "The Great Toronto Adventure". Please contact Winchester Tours, Box 340, Winchester, Ontario 774-2424. Monday to Friday 9 a.m. to 5 p.m.; Saturday 9 a.m. to 1 p.m. 15-tfn

COMING EVENT

RESERVE SATURDAY OCT. 20TH (8 p.m.) to attend the "Musical Extravaganza" being presented by the Ottawa RA Theatrical Society at the Seaway District High School in aid of the Dundas Association for the Mentally Retarded. 16-3c

WANTED

PARTIAL OR COMPLETE ESTATES. We are interested in old furniture, dishes, guns etc. Call John Hands 926-2919. We will buy it from you or sell it for you. 35-tfnc

BIRTH

LAW - Stephen and Dianne joyfully welcome their first child Barbara Dianne, 6 lb. 1 oz., Friday September 29 at the Winchester District Memorial Hospital.

A sincere thank you to the Winchester nursing staff and to all those who visited or sent cards. A special thank you to Dr. Marston and the nurses at the Iroquois clinic. 17-1p

CARDS OF THANKS

I wish to thank my friends and neighbours for cards, gifts, and phone calls, while a patient in Civic Hospital and since I came home. Your kindness was greatly appreciated.
Aden Marcellus. 17-1p

I would like to thank Ken Kirby, Rev. Roers, Rev. Gooch, doctors, nurses and everyone else who visited me, sent cards and gifts and helped me while I was a patient at the Ottawa Civic Hospital.
Wm. Ellis Sr. 17-1p

CLASSIFIED RATES

Classified Advertisements, $1.75 minimum up to 25 words — additional words, 10c each. Change in wording, additions or deletions, on subsequent weeks constitute a new advertisement.

Coming Events, In Memoriams, Cards of Thanks, Announcement of Meetings, Births, Deaths, Marriage, Engagement, and Graduation Announcements, $2.50 minimum up to 30 words, additional words 10c each. Additional photos where applicable, $4.00 each. Photos must be of professional quality.

An additional 50c will be added to cover postage and handling if not paid in cash before billing date.

Advertisements ordered to an Iroquois Post box number, $1.00 additional. Mailing box number replies, 75c each mailing. When advertisements ask for replies to a box number, replies must be sent in writing to the number of the box. The newspaper cannot reveal the identity of the advertiser or give any particulars not printed in the advertisement.

Classified display advertising 12c per agate line. Agate measurement, 14 lines to the inch.

Social news, weddings, and obituaries published free of charge. Forms for wedding and obituaries available at this office.

NOTE:

The Iroquois Post is not responsible for any error in advertisements taken over the telephone, nor for errors in copy. Correction on classified word advertising will be made free of charge upon notification by the advertiser, if the classified advertisement is ordered repeated by the advertiser.

Deadline for classifieds TUESDAY NOON

CARDS OF THANKS

We wish to thank all those friends who helped us celebrate our recent 25th Wedding Anniversary, those who sent cards, gifts and contributed in any way to make it a memorable event. Your kindness will always be appreciated. A special thank you to Joyce and Ron Fader.

Jean and Charlie Marsden 17-1c

Sincere thanks to friends and neighbours for kindness shown me during my stay in Brockville General Hospital.

Special thanks to my Pastor Rev. Jens Hjaer for his visits also the cards and visits of all others.

Harvey Barkley 17-1p

My sincere thanks to Drs., 2nd floor staff, neighbours and friends for their many thoughtful deeds during my stay in Winchester Hospital. Each one of these kind acts seem to help toward a quicker recovery.

Dorothy Millar 17-1p

The family of the late Earl Crober wish to extend sincere thanks to Pastor Keith Crouse, Lutheran Church Women, Canon Francis Gooch, Rev. Alex Morrison. Mr. and Mrs. Janis lerests, Dr. Page, the staff of Intensive Care Unit Brockville General Hospital, St. Lawrence Lodge for special care and many kindnesses while a resident there. Thanks also to friends and neighbours who helped out in so many ways and to Mr. Dave Plant and Staff of Boundry Street Public School, Prescott and to the Staff of St. Rose of Lima Separate School Scarborough. The floral tributes and memorial cards were deeply appreciated.

The Family 17-1c

REAL ESTATE

Van Sleuwen Real Estate
LTD. Brokers
Winchester, Ontario

READY TO MOVE INTO a 3 bedroom 1½ storey brick, large lot, garage. Very good condition. Owner will take back mortgage.

MATILDA TWP 2 bedroom bungalow, good garden spot, 2 acres, paved road, outbuildings. A retirement dream

MILE FROM VILLAGE 3 bedroom excellent 1½ storey home, immaculate, attached garage, stream through lot.

CARDINAL Dry good store, stock and fixtures; an opportunity to get into your own business in good business town.

KEN KIRKBY
652-4395



REAL ESTATE

JOHN A. **ALLISON**
Realtor
Office 543-2044
Home 543-2989

MORRISBURG - Custom built home filled with extras. Central vacuum, built in cedar closet, 1½ baths. Three Bedrooms, large family kitchen with separate eating area and lots of cupboard space. Separate dining room and living room. $68,000.

MORRISBURG - Perfect family home - three bedroom bungalow, kitchen, living room and dining room, Partially finished basement and lovely flower and vegetable garden. $54,500, in choice residential area.

IROQUOIS - Choice location - right across from the tennis courts. Three bedroom brick bungalow - Large kitchen with eating area and plenty of cupboards. Living room with brick fireplace - full bath, and full basement. Attached garage - Take a look.

IROQUOIS AREA - Three year old bungalow, large living room, separate dining room with built in cupboards & mirror. Kitchen and dining area and family room combination. 1½ baths. $46,900 overlooking St. Lawrence.

FOR RENT: 3 bedroom bungalow $300.

JOHN ALLISON REALTOR
MORRISBURG, ONTARIO
543-2989
543-2044
Rita Michielsen 652-2491
Dale Beckstead 535-2103
Ian McColl 543-3136

Gordon W. Thom
REAL ESTATE BROKER
Morrisburg, Ontario
613-543-3598

IROQUOIS - Lakeview Drive, 3 bedroom bungalow, dining room, living room, kitchen, full basement with finished recreation room, garage with storage room attached, overlooking the golf course and St. Lawrence River.

MORRISBURG

Spacious side split 3 bedroom home. Featuring large main bath, fireplace, carpeted throughout, family room, built in dishwasher. Sliding doors to porch of master bedroom and dining room.

EAST OF MORRISBURG

Country home, 2 story frame, living room, dining room, kitchen, 4 piece bath, 4 bedrooms and attached garage, new well and insulation, and newly carpeted throughout.

RIVER FRONT

Two STorey Brick Veneer Home on the beautiful St. Lawrence River. Has living room, dining room, kitchen, three bedrooms and 4 piece bath. Extras include fireplace, wall to wall carpet downstairs. Good well and septic tank. Stop in for more information.

Cam Martel
543-3337
Langton Carr
543-3277
Karen Gorrell
543-3195

NOTICE

IF YOU DRINK that is your business. If you want to stop that is our business. For information call 652-4147 or 543-2269 A.A. or Alanon (Families of Alcoholics) 652-4147. 31-52p

IN MEMORIAM

SEELEY - In loving memory of a dear husband, father, and grandfather Jesse Miles Seeley who passed away October 7th, 1958.
His days of toil is done
His race of life is run
Father grant thy weary one
Rest forever more
When for vanished days we yearn
Days that never can return
Teach us in thy love to learn
Love forever more
Lovingly remembered by wife Georgia and family 17-1p

WARREN - In loving memory of a dear Husband, Father and Grandfather Harry A. Warren who passed away October 14, 1969.
Sadly missed along life's way
Quietly remembered every day.
No longer in our lives to share
But in our hearts he's always there.
Marion & Family 17-1p

ROBERTSON - In loving memory of Lyall Robertson who passed away October 6, 1976.
Farewell, dear father, thy work is o'er,
Thy willing hands will toil no more,
A loving father, kind and ture,
No one on earth we'll find like you.
Always remembered by Sandra, Pepper, April, and Judy. 17-1p

ROBERTSON - In loving memory of Lyall Robertson who passed away October 6, 1976.
Calm and peaceful he is sleeping,
Sweetest rest that follows pain;
We who loved him sadly miss him,
But trust in God. to meet again.
Always remembered by grandchildren Brian, Amy, Tracy, Bobby & Stephen. 17-1p

---

RIDDELL - In loving memory of Victor H. Riddell who passed away October 13, 1974.
Just a though of sweet remembrance
Just a memory sad and true
Just the Love and sweet devotion
Of us who think of you
Sadly missed by Enda, Eric, Darlene, Fay, Rosalie and Granddaughter Angela. 17-1c

BABY SITTING

I WILL BABYSIT AT MY HOME, Brinston. Call 652-2097. 16-4p



AUCTION

CONSIGNMENT SALE
McHAFFIE AUCTION BARN
HWY. 31
Glen Becker, Ont.
2 miles north of Morrisburg
Friday, Oct. 12th
7:00 p.m.
Have something you'd like to sell?
PHONE 543-2523 OR 543-2226

AUCTION SALE
Consignment of household contents on:
OCTOBER 20th, 1979
12:30 [sharp]
At Seawayview Farms 2½ miles west of Morrisburg on Lakeshore Drive.

Sears portable Dishwasher, chrome table & 4 chairs, Kenmore dryer, several livingroom lamps, small lamps, three livingroom chairs, swivel rockers, end tables, assortment of wall pictures, combination stero & radio, 6 plate glass mirrors, 1 black Gibbard bedroom suite, twin beds, 2 poster 3/4 beds with triple mirror & dresser, 2 bed with springs and mattress, 4 dressers, writing desk, 4 bed stands electric heater with portable thermostat and fan, bedroom towel rack, drapes and bedspreads to match, medicine cabinet & mirror (new) 3 electric fans, astersizer, dehumidifier, coffee maker, bird cage, 2 radios, tools, small appliances. Numerous other articles.

TERMS OF SALE CASH
Auctioneer
Charles Farlinger
543-2897
Auctioneer not responsible for inquiries or accidents on premises.
17-2c

St. John Ambulance, Canada's leading authority on First Aid, also teaches courses in child care, home nursing and health care for senior citizens.

A NEW CAREER?
We'll help assess your sales ability for a career in real estate. Take a few moments to call:
PAUL LEEDER
(613) 342-5100
BROCKVILLE
It could be the best thing you'll ever do.
BOWES & COCKS LIMITED REALTOR

CUSTOM FARM SERVICE
Corn Combining, Drying,
Trucking, Space,
Limited storage available,
Dry & high moisture shelled corn bought & sold, Custom ploughing
Bill Haggard 543-3371

MORTGAGES
For any purpose, e.g. Build - Buy - Refinance - Consolidation.
To 95% Current Rates
-Existing mortgages. Bought and Sold.
Call COLLECT
PRIMOR EQUITIES LIMITED
99 King Street E. Gananoque Evenings: 613-382-4146

Quitting smoking

Most smokers say they would quit.....if there was an easy way. And last year several thousands of them tried to Kick The Habit.

More than 3 million Canadians have quit smoking. Statistics Canada reports that in 1977 approximately 13 per cent of Canadians 15 years of age and over had successfully Kicked the Habit. That's not bad says the Lung Association. Studies show that one of the best predicators of eventual success in quitting is several attempts to do so. It reflects a desire to quit and it's practice in quitting. People who really want to quit manage to find a way that works for them.

More than a third of current smokers express an interest in smoking withdrawal group courses. But the facts are that almost 95 percent of ex-smokers quit on their own. What can really help, though, is a lot of support. From family, friends, neighbours, the boss, fellow employees, a physician.

One of the reasons many people go to smoking withdrawal courses is the need for group support. But support can be created in other places. We can all help create caring, supportive environments where we can help someone to maintain a healthy life style by being a non-smoker.

STORMONT, DUNDAS & GLENGARRY
COUNTY BOARD OF EDUCATION

requires immediately a
FULL—TIME TEACHER
to teach
Trainable Mentally Retarded Adults
in a workshop
at Morrisburg

Written applications will be received by:
Mr. Jean-Paul Scott,
Superintendent,
902 Second Street West,
Cornwall, Ontario.
K6H 5S6
Tel: (613) 933-6990

E. Legault, Chairman. T.R. Léger, Director

SALES HELP

Our company requires a full time sales representative. This position requires a person to take full charge of all sales and related responsibilities. Company operates in a 50 mile radius of the plant. Salary is negotiable.

Supervisor Required

To co-ordinate production of our sawmill department. Responsibility will be for production of logs to lumber wood and plant maintenance. Salary negotiable. We are willing to train someone with leadership ability. Both positions offer usual company benefits and a chance to work with a small agressive company.

IROQUOIS ENTERPRISES
Box 218,
Iroquois, Ont.
Tel-652-4854



PROPERTY, HOUSEHOLD CONTENTS AND MOTORCYCLE
AUCTION

Having been transferred to Alberta I am giving the undersigned permission to sell by Public Auction the following property, contents and motorcycle (Property subject to Reserve Bid) on

Saturday, Oct. 13 11 a.m. sharp

This property is located on Lot 25, Concession 8 South End. 1 mile south of Boundary Road or 1½ miles south of Sand Town Road in Osnabruck Twp.

PROPERTY: A mobile trailer (no wheels) and 1½ acres of land in a beautifull location. Includes garage and two storage sheds.

CONTENTS: Brand new Woods 22.5 cu.ft. deep freezer, new Inglis Gas Dryer, Snow Flite Blower (under warranty), 23" Zenith Color TV, 2 door refrigerator, stereo tape player, TV trays, new compact washer & spin dryer, 2 fire extinguishers, 3-pc. chesterfield set (flip flop), old books, encyclopedias, bottles & jars, Coleman cooker, steel office desk & chair, filing cabinet, lots of dishes & ornaments, 2 single beds, 36-cup percolator, cannister set, metal shelves, wash stand, sleeping bags, industrial vacuum cleaner (like new), tires, rakes, hoses, tools, nails, lumber, lots of tin, axes, chain saw, piston pump, 40' TV tower, log chains, wagon, shingles, grease. 12 Gauge Wingmaster Remington Pump Shotgun, .303 rifle (not army surplus), both like new. Guns sold only to persons holding a valid gun permit

Bryan K. Duvall

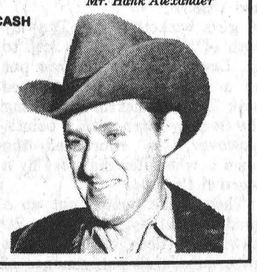
All these articles are as I say and must be seen to appreciate the care given.

Mr. Hank Alexander

TERMS — CASH

AUCTIONEER
DUVALL AUCTION SERVICE
R.R. 2, BRINSTON, ONT.
PHONE 652-4901, 652-4710 or 537-2688

Auctioneer will not be responsible for accident or injury to persons or property at sale.



Groceries winner

The first winner at the Iroquois Red and White groceries contest is Roger Markell of R.R. 2 Brinston, whose name was drawn for the first week of October. He will be able to purchase groceries valued at $76.94.

The contest ends on November 10th of this year.

ANTIQUES & HOUSEHOLD CONTENTS
AUCTION
Saturday, October 20th
1:00 P.M. SHARP
26 ST. LAURANT AVE., LONG SAULT, ONT.

Moving to a new residence, I will offer for sale by Public Auction the following articles:

ANTIQUES: Duncan Phyfe drop leaf table, drawer on end; Empire Loyalist desk, chair and bookcase; magazine rack; 2 upholstered parlor chairs; hall desk and chair; china cabinet; dining room table, 3 leafs, 6 chairs and matching buffet; 6 piece bedroom set (believed to be Chippendale design)) manufactured by Peppers (twin bed, night stand, dresser, chest on chest & mirror); large corner whatnot, 5 shelves; cedar chests; numerous round tables; trunk; lamps; old books; crock; hand painted dishes; silver, Royal Winton, Peach Blossom, Pink Dainty, Bavarian China.
Note: The elegance of these antiques has to be seen to be appreciated.
TOOLS: Lawn and garden tools, wheelbarrow, Lawn Boy mower and seeder, table saw, work bench, picnic table, gas cans, jig saw, Mitie saw and box, step ladder, 100' hose, many misc. items.
CONTENTS: 16 cu. ft. Woods deep freeze, dehumidifier, wringer washer, vinyl lazyboy chair and rocker, folding table, assorted lamps, pictures, ornaments, Indian rugs, card table, golf clubs, book case, jars and bottles and many other items too numerous to mention.

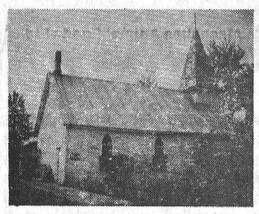
Proprietor: Mrs. Ruth Cobb
Terms — Cash
LUNCH AVAILABLE

Auctioneer: SHEILA McHAFFIE
McHAFFIE AUCTION SERVICE
543-2523 Morrisburg, Ontario 543-2226

Auctioneer and owner not responsible for accident or injury to persons or property at sale.

AUCTION
OF PROPERTY & OTHER ITEMS
I will sell by Public Auction on
Sunday, October 14th
at 12:00 noon

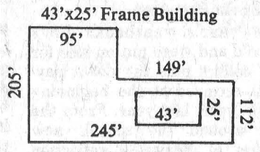
The property, building and contents of Duvall's Auction Hall in Hainsville, Ontario. The hall is really nice and must be seen to be appreciated. It could be converted to a home very simply. It is sitting on an L-Shaped Lot. The reserve bid is very small considering the value of the property.



property

R.R. #1 BRINSTON, ONT., TOWNSHIP OF MATILDA PART EAST ½ LOT 31, CONCESSION 5.

43'x25' Frame Building



Feather edge siding, solid cement floor and footing, unique varnished fir tongue and groove ceiling. This property has many interesting possibilities.

9 Miles North of Iroquois on Carmen Road
7 Miles South of South Mountain or 10 Miles West of Williamsburg. Watch for Auction Signs.

CONTENTS: 2 antique kitchen cupboards, 1 pine rocking chair, wagon wheels, regrigerators, stoves, camping supplies, lots of old wrenches and tools, antique wood pump (all wood), old oil burners, dressers, tables, table and chairs, 2 wooden storage cupboards (good shape), wardrobe, beds, sealers and jars, 3 old wood stoves, quantity of sheets, pillow cases and blankets, rugs, chairs, dishes, 5 h.p. riding lawn mower, lawn chairs, lamps, chrome rally wheels, exercise bike, ornaments, pictures and frames, horse harness, trunks, tool & dye set, nuts, bolts and nails, pots & pans, windows & doors and lots of miscellaneous items too numerous to mention.
All these articles are things I have bought over the years. No reserve bids except on the property. Everything goes. These wood stoves are in A-1 shape. Now is the time to buy before winter sets in.

TERMS — CASH

AUCTIONEER
DUVALL AUCTION SERVICE
R.R. 2, BRINSTON, ONT.
PHONE 652-4901, 652-4710 or 537-2688

Auctioneer will not be responsible for accident or injury to persons or property at sale.



Sunday In The Churches

FREE METHODIST CHURCH
Cardinal
Pastor - Rev. J.N. Patterson
Telephone 345-0702
SERVICES:
9:45 - Sabbath School
11:00 a.m. - Worship Hour
7:30 - Evangelestic
Mid-week each Wednesday at 8:00 p.m. Prayer and Bible Study in the homes.
Visitors Always Welcome

THE PENTECOSTAL ASSEMBLIES OF CANADA PHILADELPHIA PENTECOSTAL TABERNACLE
Dundas Street, Cardinal
Pastor Dale Broadworth
9:45 a.m. Sunday School Classes For all ages
11:00 a.m. Morning Worship
7:00 p.m. Evening Evangelistic Service
8:00 p.m. Wednesday Mid-Week Bible Study & Prayer

MORRISBURG PENTECOSTAL CHURCH
Pastor: John B. Buschert
Church 543-2681 Home 543-3450
SUNDAY
9:45 a.m. Christian Education
10:45 a.m. Morning Worship
7:00 p.m.
Visitors Always Welcome
Wed. 7:30 - Home Bible Studies

ST. CECILIA'S CHURCH
Rev. F.M. O'Connor,
Parish Priest
Sunday - 9:30 a.m.
Confessions - Before Masses

ST. MARY'S - MORRISBURG
Saturday - 7:30 p.m.
Sunday - 8:00 & 11:00 a.m.
Confessions - Before Masses

CHRISTIAN REFORMED CHURCH
Williamsburg, Ont.
Rev. L.T. Schalkwyk, B.A., B.D.
Telephone 535-2598
Morning Service - 9:30 a.m.
Evening Worship - 7:30 p.m.

THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH - IROQUOIS
Mrs. M. Casselman, Organist
Church School - 9:45 a.m.
Divine Service - 11:00 a.m.
Nursery Care is provided during the Church Service.

UNITED CHURCH OF CANADA
Matilda Pastoral Charge
Rev. L.D. Joyce,
M.A., Ph.D., Th.D.
11 a.m. Brinston

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. W. Brian Gee,
B.A., B.D., Thm.
11:00 A.M.
Worship and Sunday School

ANGLICAN CHURCH OF CANADA
Trinity 18 October 14
St. John's, Iroquois -
11:00 a.m. Holy Eucharist and Sermon
Masonic Lodges' Church Attendance
St. James', Morrisburg -
8:00 a.m. Holy Eucharist
10:00 a.m. Instruction Classes
11:00 a.m. Morning Prayer and address
Holy Trinity, Riverside -
9:30 a.m. Holy Eucharist and Sermon



Busy as bees

Upper Canada Village staff were busy as bees Sunday as the holiday of Thanksgiving was marked with a quilting bee. It was the final holiday weekend to enjoy the pioneer setting as winter slowly begins to set in.

Close contests in soccer action

In spite of the bite in the air and an almost gale force wind last Saturday morning two very good and close games were played at the Canal field.

It is unfortunate that the Hornets and Eagles have a majority of players who lost interest as the scheduled 9 a.m. game between these teams had to be cancelled because neither team had the required number of players. This sort of thing is very disappointing to the League who feel the fact that both teams are out of contention for the league title is not an excuse for boys not turning out.

The Committee go to a great deal of time and trouble to set up the field, provide officiating and all the other things which go to providing facilities for youngsters to participate in a sport. It is certainly a problem for the coaches and very unfair to those players who do turn out.

The other two games were excellent contest and those involved, players, coaches and officials are to be congratulated for their efforts under such trying weather conditions. In the 10 a.m. game the Cardinals helped by the wind in the first half, had almost all of the territorial play and scored two goals. The second half saw the Jays putting on the pressure and it wasn't surprising when they tied the score. In the final ten minutes both teams fought hard to break the deadlock but the score remained 2-2 to the final whistle.

The final game was also a good contest, especially since the championship Knights could field only eight players. The Snowbirds pressed constantly in the first half with the wind in their favor but the Knight defence remained solid and the half ended with no scoring. After the interval much of the play was in the Snowbirds end of the field but their defence played extremely well, and it appeared they might prevent the Knights from breaking through. However John Boisclair broke the tie with a great individual run, after receiving a perfect pass from Danny Grisdale, cutting in front of the wing and giving Mike Hoy in the Snowbirds goal no chance on a great shot.

In the 10 a.m. game at Benson school field the Hornets continued to fight hard after beating the league leaders two weeks ago and opening up a chance to catch the Cardinals. They had little trouble beating the Eagles winding up with a 7-0 win with goals from Chris McLaughlin and Ted Gaylord (2 each) and Eddie Mills, Mike Gaylord and Ricky Amell scoring singles.

In the second game the Cardinals returned to their winning ways but had to fight hard to beat the Jays 2-1.

CURRENT LEAGUE STANDINGS ARE NOW AS FOLLOWS:

Senior	GP	W	L	T	GF.	GA.	PTS.
Knights	13	11	0	2	29	6	24
Cardinals	13	7	5	1	30	18	15
Jays	13	5	5	3	23	28	13
Snowbirds	13	4	6	3	27	19	11
Hornets	12	3	6	3	25	24	9
Eagles	12	2	10	0	10	29	4
JUNIOR STANDINGS							
Cardinals	15	12	1	2	60	20	26
Hornets	15	9	3	3	49	30	21
Jays	15	5	8	2	45	27	12
Eagles	15	2	10	1	21	63	5

Junior B hockey teams prepare for new season

Hockey season is just around the corner.

The Junior "B" teams representing the Ottawa Junior "B" Hockey League are divided into 4 divisions with 6 teams each. The north-west division will begin October 14th; and the south-east on the 21st.

Char-Lan Rebels from Williamstown joined the South-east or St. Lawrence Division along with the regulars - Morrisburg Lions, Prescott Saints, Cardinal Broncos, Winchester Hawkes and Metcalfe Jets.

The South-west division consists of - Kemptville 73's, Brockville Tikis, Athens Aeros, Spencerville Bruins, Smith Falls Settlers and Westport Rideaus.

The South-east and South-west dividions play an interlocking schedule starting October 14th and finishing up 192 games later on February 24th.

The top 2 teams in each division will compete in the annual tourney held Boxing Day this year to be held in Smith Falls.

On Friday, October 26th, Prescott Saints will host the Morrisburg Lions and Williamstown will travel to Winchester. Metcalfe will meet the Broncos in Cardinal on the 27th and on the 28th Prescott travels to Williamstown and Morrisburg Lions will host the Winchester Hawkes.

Births

September 27, Mr. and Mrs. Eroc Morrison, Vernon, A Daughter.
September 27, Mr. and Mrs. Stephen Ault, Winchester, A Son.
September 28, Mr. and Mrs. Charles MacNeil, Finch, A Son.
September 28, Mr. and Mrs. Stephen Law, Iroquois, A Daughter.
September 30, Mr. and Mrs. Peter Loewan, Greely, A Son.
October 1, Mr. and Mrs. Robert Roderick, Iroquois, A Son.

Yearbooks available at Seaway High

by Kevin Patterson

Last year's yearbooks have arrived and were put on sale for two dollars plus the down payment received at the beginning of the year, last year. From the talk around the school, new edition of Seaway's reflection book "Looking Back 1979" (the title for the book) seems to have been greeted with open arms from the students and staff.

Remarks, mostly good, on the quality and layout of the yearbook can be heard throughout the school. Congratulations should be given to the editors and staff who produced this book and the best of luck should be extended to this year's staff that they might turn out a comparable edition for the students of Seaway.

The school's photography club is getting into full swing this week with the arrival of new chemicals and film. A new wave of shutter bugs has joined the ranks of the club this year and they are in the process of learning the ropes, as taught by the advisor, Mr. McGregor, or one of the more experienced senior students.

Don't be surprised if you see one of the new members busy snapping shots of anything and everything around them, including you.

The Seaway junior boys fell to defeat last Tuesday against North Dundas High School. The score of the game was 3 to 1 with Craig Patterson scoring the lone Seaway goal on a penalty shot. That puts Seaway's record to 1 win, 1 loss, and 1 tie.

In girls basketball last Tuesday both of Seaway's teams lost to St. Lawrence. The Seniors put on a well played performance with Lynn Cruickshank leading the Seaway force with 9 points. However, the effort led the team nowhere for they lost by a score of 48 to 34.

Though the juniors put up a good fight, they too lost to St. Lawrence. Both of the teams have an overall performance of 1 win and two losses.

SPORTS

Agriculture course offered by Board

The S.D.&G. County Board of Education is offering a course in Agriculture Technology if enough students show an interest. It will be offered on a Co-Operative Education basis; part-time in the classroom, and part-time on a farm.

Successful applicants for the Programme will study Agriculture, English and Mathematics at the senior level. In addition students will be expected to participate in a work experience program by living on a farm and carrying out work assignments prescribed by the farm owner. Upon completion of the Iroquois, on Tuesday, October 23rd, 1979, at 8:00 p.m. in room 102 to discuss the Programme, answer questions and enrol students interested and wishing to finish off their Grade 12 Programme, the student will be awarded a total of seven credits towards the Secondary School Graduation Diploma.

A meeting will be held at Seaway District High School, diploma.

If you cannot attend the meeting, call Mr. Gilles Lacelle at Seaway District High School, 652-4878 or Mr. Ron Sullivan, Cornwall, 933-6990.

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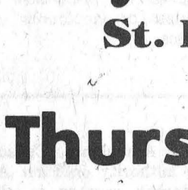
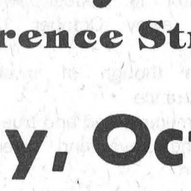
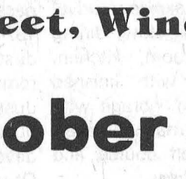
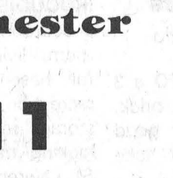

Carl Van Allen
Sales Representatives

Bill McRoberts

George Smyth

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by E. G. AVERY

Bird Notes

After the first glance out of the window on Tuesday morning, folks in this part of Ontario spent the rest of the day in a state of shock. Out came the warm jackets, wooly caps and gloves after their brief retirement.

Any Warblers who were caught dawdling along during the warm days last week, will be well on their way to warmer places by now. We saw a Robin surveying the landscape from the top of a tall tree, no doubt wondering where his next worm was coming from. Daily flights of Canada Geese have been heading south, and we shall soon have only the winter residents. Bluejays are already making the rounds, calling loudly, and it looks as though the purveyors of sunflower seed will soon have a sharp increase in sales. In the country, Chickadees and Woodpeckers are already coming to the feeding stations. White crowned Sparrows have put in an appearance also, so we are hoping some of them will find their way into town as they wind their way South.

On Thanksgiving Day, we heard a thud against the kitchen window, and upon investigation, found that a Partridge had become confused, or frightened and couldn't find his way out of the maze of houses and fences. This is the second such incident of a Partridge coming to the end of its life in this way.

Now we can look forward to Indian Summer, those precious few perfect Autumn days when Nature slows down and prepares for a restful winter. It is also the time when the birds that remain here will have hard days ahead, and any help we can give them will be amply rewarded with an opportunity to learn and enjoy the presence of the many different species that come to feed.

4-H clubs hold meetings

The first 4-H meeting of the Matilda No. 3 homemaking club was held on Wednesday September 26th at the home of Mrs. Gwynneth Shaver, at 7:30 p.m.

The meeting opened with the 4-H pledge and then the election of officers was held: President: Kim Van Beilen, Vice President: Brenda Vanderpoel; Secretary: Sabrina Straube, Treasurer: Ute Straube, Press Reporter: Kathy Larabee.

The name of our group is to be decided at the second meeting and each girl is to think hard this week about a name.

The meetings are to be held each Thursday night at Mrs. Shavers at 7:30 p.m.

During the meeting we talked over the food guide and about eating habits, and had a grocery game.

In this club project "Essential Edibles" we are to use all metric measures.

Mrs. Shaver made some crispy granola and also granola bars and the club members had the pleasure of eating them. The bars were good and all were eaten. Our next meeting will be on Thurs. October 4th.

The meeting was closed with the Lord's prayer.

The second meeting of the Matilda No. 3 homemaking club was held at the home of Mrs. Shaver, Thursday October 4th at 7:30.

The new president Kim Van Beilen, called the meeting to order and opened with the 4-H pledge.

The roll call "Eating Habits Survey" were in the form of a game and Kathy English won.

The minuters of the last meeting was read by our secretary Sabrina Straube and adopted as read.

It was decided our club name would be "The Kolonel's Konverters."

The breakfast meal was talked about and many suggestions for this meal were discussed.

Ute Straube and Brenda Vander Poel demonstrated "Yogurt Loaf" and we had this, and also Mrs. Shaver had made a zucckini loaf and we sampled that also. Both breads were very good.

We then had some ideas for a brunch and we have to make some of the dishes at home.

The next meeting will be Thursday night, October 11th, at 7:30.

Members do well in Ottawa

Eileen Rose, R.R. 2, Mountain won Grand Champion 4-H Ayrshire Calf. She won the Wm. Bompas Challenge Trophy and a plaque and $20.00 presented by Eastern Breeders' Incorporated.

Janice Rose, R.R. 2, Mountain showed the Champion Junior Ayrshire and Reserve Grand Champion Ayrshire. Sharon Strader, R.R. 2, Brinston showed the Division 4 Junior Holstein Champion.

Dundas had a total of seven out of nine dairy entries place in the first prize group. The only beef entry placed in the second prize group. There were aproximately 225 entries representing 13 counties in the Eastern Ontario and Western Quebec 4-H Championship Show.



Nationview School opened

Nationview Public School officially opened last Thursday with the handing over of the keys to principal Mel McCormick. Pictured at the ceremony are left to right, F.X. L'Abbe, builder of the school, M.S. Thompson, architecture, E. Legault, chairman of S.D. and G. School Board, and Mel McCormick.

Beatrice Cretes passes away

A long-time Morrisburg resident, Beatrice K. Cretes, aged 85, passed away at her home September 29th, after a lengthy illness.

A housewife, she had lived in the village for the past 26 years with her husband, John Cretes, who survives her. They were married at Aultsville in 1943.

Born at Casselman November 23, 1890, she was the daughter of Anne Prunner and Charles Cassleman, both who predeceased her.

She is also survived by two brothers, Hazel and Fred of Morrisburg, and three grandchildren.

Mrs. Cretes passing was honoured in special ceremonies conducted by the Rebecca Lodge and Auxiliary Legion. She was also a member of the United Church of Morrisburg.

Funeral services were held at Fairbairn Funeral Home Ltd. October 1st at 2 p.m., with Rev. Dr. Floyd MacGellan officiating.

Interment followed at Fairview Cemetery in Morrisburg, pall bearers were Stephan Cretes, David Cretes, Brian Locke, Wayne Locke, Walter Cretes and Eric Cretes.

Village secretary hired

The village of Iroquois has appointed Miss Lorna Seibert as Secretary to the Clerk-Treasurer.

Miss Seibert took up her duties as of Wednesday October 3rd and will be assisting in the clerk's office.

Gas detectors may err

From page 1

a concern by the ag. reps is that some of the detectors may be insufficient and misleading to the farmer.

Silo gas is basically created by immature silage because of the immature plants having a higher nitrogen content. It is this content that is lethal to anyone entering a silo filled with the gas.

In extreme concentrations, the gas appears reddish-brown in colour, but even diluted and colourless the danger remains.

Although silage gas detectors have aided many farmers in checking their silos before entering, the negative reading of the detector should not be taken as the absolute truth.

A second step to ensure safety is to remain outside of the silo for a minimum of 3 weeks after filling and then run the blower before entering. The person who does enter should have a lifeline attached to his / her body and a second person should remain outside to give assistance if necessary.

The gas, which is a mixture of nitrogen dioxide and other gases, is heavier than air. Although the incident is not common, the gas has been known to run off the top of a quantity of silage and down a feed chute into a feed room.

A remedy for the situation is to provide ample ventilation.

Heat unit - rainfall report

Provided by the Ontario Ministry of Agriculture and Food [Winchester]
25.4 mm equals 1 inch of rainfall
Week of Sept. 30 - Oct. 6

	Chesterville	South Mountain	Morrisburg
Heat Units Accumulation to Date			
Rainfall [mm]	18.2	18.2	18.6
Accumulation to Date	561.6	433.2	455.6

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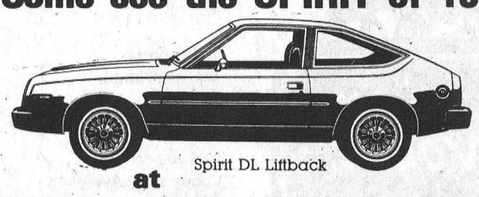

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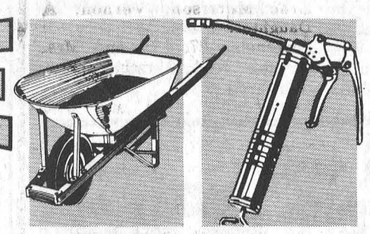
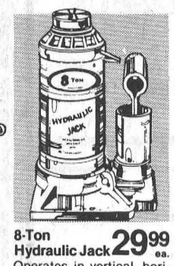


All-purpose Wheelbarrow 58.44 ea. Wood frame with no-seam one-piece steel tray. 2-ply pneumatic tire with tube. 4 cu. ft. dry capacity. Unassembled . . . 591-000

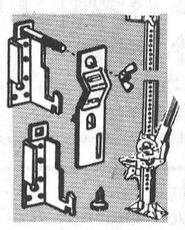
Pistol Type Grease Gun 11.22 ea. Convenient pistol type operation takes just one hand. All steel construction. Choose cartridge, power or suction fill. 571-017



WD-40 All-Purpose Oil 2.66 ea. Multi-purpose product that lubricates and protects. Stops squeaks, loosens rusted parts. 12 oz. aerosol can . . 548-100



8-Ton Hydraulic Jack 29.99 ea. Operates in vertical, horizontal or angular positions. Heavy-duty cast steel base, welded steel body. Adjusts 8-1/2" to 18" in height. 571-102

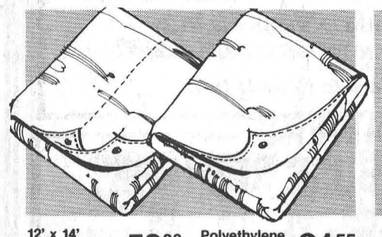


48" Jackall Jack Welded steel construction 8000-lb. capacity. 571-106 Ea. 34.99

Jackall Jack Rack For mounting a jack horizontally or vertically. 571-108 . . . . . Ea. 7.99



5 Gallon Jerry Can 8.99 ea. ULC approved for gasoline and naptha fuels. Reversible pouring spout, crush-proof, rust-proof and non-corrosive 572-203



12' x 14' Canvas Tarp 10 oz. 58.88 ea. General purpose for grain, lumber, machinery, etc. Waterproof; mildew, rot-proof and insect resistant. Brass grommets; tie ropes 572-164

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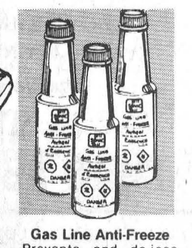

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Starting Fluid For all types of diesel and gasoline engines. 11 oz. 548-027 . . . . . ea. 1.15



Sonic Anti-Freeze 5.88 ea. All-season permanent anti-freeze and coolant that protects against summer boil-over and winter freeze-up. Won't evaporate, boil or foam away. 4 litre bottle. 548-015

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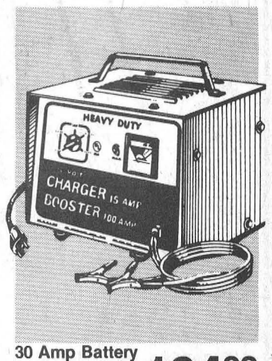
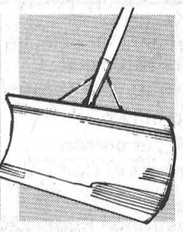


30 Amp Battery Charger with 200 Amp Booster 104.33 ea. Dual purpose . . . boosts car batteries on coldest mornings or charges overnight. 6 & 12 volt settings with fast, slow & boost settings. Double insulated. 572-173

Sonic 10 amp automatic battery charger. Complete with meter & polarity light. For 12 volt batteries. 572-038 . . . . . ea. 44.88

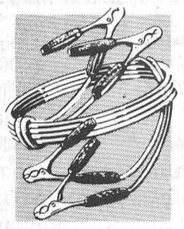


All-Purpose Shovel 6.55 ea. Good quality hot formed steel blade. "D" handle. Great to keep in the car trunk. 590-019



24" Aluminum Snow Pusher 12.55 ea. Special alloy heavy-gauge alum. 'D' grip . . . 590-073

18" Steel Snow Pusher 590-077 . . . . . ea. 7.99



H.D. Booster Cables Colour coded. 12' cables. 572-266 . . . . . ea. 39.99

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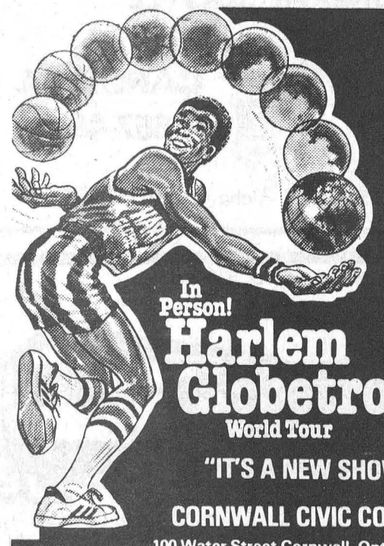
"Musical Theatre at its Best" The Journal



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TV TALK

by Ross Mutton

For the first time, two dramatic television series this year feature Negro stars. They are **The Lazarus Syndrome**, upon which I have already commented, and **Paris**, starring James Earl Jones. Jones has long beeen recognized as a quality actor in the U.S., starring in various stage dramas. His deep sonorous voice is probably most recognized for providing the voice of Darth Vader in Star Wars.

One might almost wonder why Jones would lower himself to television, but apparently it was the monetary lure that was most appealing. There is no doubt that there is more money in a weekly prime-time television series than in acting on stage.

Paris provides the usual plot and srcripting for American crime drama. However, the plot for the first episode was not full of holes, was well written with just the right amount of humour, and provided Jones with acting opportunities. It is true that he is capable of far more than this series allows, but the quality of his abilities shows, and will most likely carry the show. James Earl Jones can do more with a look than a lot of television actors can do with a page of script.

The initial episode was not a traditional whodunnit, but gave us that information early. They concentrated on the political situation when a city father wants to have a murder covered up. Paris has to struggle with the political pressures in trying to prove his murder case.

The set people provided us with another police office a la circa 1937. Do all police departments operate out of such facilities? The traditional chase scene in the first episode proved interesting. No, everyone didn't hop into cars and speed off across Los Angeles. Instead, the suspect hightailed it out on foot, fell over a garbage pail and ran into a car backing out of a driveway. That is how it most likely happens in real life.

It was interesting to note that Jackie Cooper directed on the opener. Cooper, who back in the good old days was a star on television, has had considerable experience in directing, particularly with several episodes of M*A*S*H a few years ago. On the whole, the series is entertaining and appears to be one of the most promising series of this season. **Paris** can be seen on Ch. 7 on Saturdays at 10 p.m.

What do you get when you shorten **Paper Chase** down to a half-hour situation comedy? The answer **The Associates.** We have a group of young articling lawyers teamed up with the old sage, Emerson Marshall.

The series is your average situation comedy, with some good lines and decent acting. It's not in the class of M*A*S*H or Mary Tyler Moore, but it's certainly above The Ropers. They couldn't help resisting the temptation of a little jiggle as Sara decides to change her clothes in the office in front of Tucker.

It' unfortunate that we do not see more of Marshall (Wilfrid Hyde-White), since he provides some of the better humour with the best lines. In summary, then, an average comedy that could well outlast Paper Chase. It's aired on Ch. 13 on Sundays at 8:30.

Speaking of **Paper Chase,** there's a rumour going around that the series may go back into production to be aired by PBS. The series deserves more than the axe after the first year.

WHAT'S COMING - On Wednesday night, Ch. 4 presents coverage of the second game in the **World Series.** At 9 p.m., Ch. 13 runs the comedy-western, **From Noon till Three"** starring Charles Bronson and Jill Ireland. Also at 9:00, Ch. 18 presents the Royal Ballet in **"The Dream",** based on Shakespeare's Midsummer Night's Dream on Great Performances. At 10 p.m. Ch. 18 presents **Baryshnikov at the White House,** originally broadcast in February.

On Thursday at 8:00, the **Muppets** are joined by Kenny Rogers on Ch. 4. At 9 p.m., Ch. 18 runs Hitchcock's **Frenzy,** starring Jon Finch and Alec McCowen. At 9:30, Hollywood director John Huston takes us on a tour of Dublin on Cities on Ch. 4. At 10 p.m. **David Frost interviews Henry Kissinger** on Ch. 5. Also at 10 p.m., Ch. 68 presents a special on homosexuals. At 11:00 Ch. 18 presents the first of two interviews with **Monty Python's** John Cleese on Dick Cavett. The second show is shown Friday night.

On Friday at 8 p.m., Game 3 of the **World Series** is broadcast on Ch. 4. At 9 p.m., **Rockford Files** expand to two hours in an episode with special guest star Luaren Bacall. That's on Ch. 5.

On Saturday at 1 p.m., the **World Series** continues on Ch. 4. At 2 p.m., the Winnipeg Blue Bombers meet the Argonauts in Toronto on Ch. 13.

On Sunday, game 4 of the **World Series** is presented at 4:20 on Ch. 4. At 8 p.m., CBC presents Carroll Baker in Nashville on **Superspecial.**

On Tuesday at 8 p.m., Ch. 18 looks at sugar on **Nova.**



The rocket car lies demolished after having been towed out of the river. The vehicle began to disintegrate seconds after leaving the ramp, somersaulting in the air and then landing in water approximately a metre deep.

Quick action averts Post Office fire

Morrisburg OPP report that a number of incidents of wilful damage and vandalism were recorded over the weekend, with one incident involving a fire at the Iroquios Post Office.

William Ewing, of Ellis Street, reported to police that he found a fire in a garbage can that normally is located in the lobby of the post office. Damage was kept to a minimum when Mr. Ewing removed the burning can to the exterior of the building and allowed the smoke to escape from the building by opening the windows.

Police are continuing their investigation into the incident that occurred on Sunday evening.

Two other incidents were reported in Iroquois with the plaza being struck.

Jeno's Barber Shop and The Pool Hall both suffered minor damage when their windows and doors were broken and jammed.

In vehicle traffic the Morrisburg detachment reported only a number of minor accidents over the holiday weekend.

Births

October 2, Mr. and Mrs. Michel Poirier, Morrisburg, A Son.
October 3, Mr. and Mrs. David Sharpe, R.R. 2, Winchester, A Daughter.
October 4, Mr. and Mrs. Leo Leduc, R.R. 3, Crysler, A Son.
October 4, Mr. and Mrs. Ted Wardle, R.R. 1, South Mountain, A Daughter.
October 5, Mr. and Mrs. Terrance Ouderkirk, Finch, A Daughter.
October 5, Wendy Dale & Bert Hill, A Son.

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Hospital convention

Mr. Bill Porteous, President of the Board of Governors, Mr. John R. McIntosh, Vice-President of the Board of Governors, Dr. G.N. Houze, Chief of Staff and the following staff members. Mr. H.P. Stel, administrator, Mr. J. O'Gorman, Business Manager, Mrs. C. Manley, Director of Nursing, Mr. A.R. Larocque, Purchasing Agent and Mr. Allan Freeland, Accountant, from Winchester District Memorial Hospital will attend the 1979 OHA Convention to be held October 29, 30, 31 at the Sheraton Centre, Toronto.

More than 6,000 trustees, staff and physicians from Ontario's public hospitals, psychiatric and other health care facilities, and representatives from hospitals and health care organizations across Canada and the United States will be attending. The Convention theme for this year is "Patient Care - Our Business" and the keynote address, "Our Caring", will be given by Judge Ryenell Andreychuck of the Provincial Court of Saskatchewan, at the first general session on the afternoon of October 29.

The guest speaker at the Convention's Opening Luncheon on Monday October 29, will be The Honourable Frank S. Miller, Treasurer of Ontario and Minister of Economics, and a former provincial Minister of Health.

A presentation on "Child Abuse - The Hospital's Responsibility" will be given by Dr. Robert Bates, a Pediatrician and the Director of the Child Abuse Program at Sick Children's Hospital in Toronto, on October 30. This presentation will be followed by a panel discussion.

The Honourable Dennis Timbrell, Ontario Minister of Health and OHA's Honorary President, will participate in a question and answer session during the general session on Tuesday, October 30.

In addition to the general sessions, there will be concurrent sessions for the different professional groups in the health field. A large trade show is also held in conjunction with the Convention.

Winchester District Memorial Hospital is a member of the Ontario Hospital Association, the independent, non-governmental, representative association of hospitals in Ontario. The Convention is one of the many education programs organized by OHA for hospital staff and trustees.

Music show featured at high school

A musical extravaganza will be featured at the Seaway District High School in Iroquois Saturday October 20.

Players of the Recreational Association Theatrical Society of Ottawa will treat the audience to their rendition of songs and dances from hits of the roaring twenties to the fabulous fifties. Spectators will also hear the players sing and dance to special day music, featuring songs for such occasions as St. Patrick's Day, Remembrance Day, Octoberfest and others.

The extravaganza is presented by The Knights of Columbus in aid of The Dundas Association for The Mentally Retarded. Admission is $3 for adults and $2 for students with student cards.

Curtain rises at 8 p.m.

Awards night

For the Dundas County 4-H the Harvest season signals the closing of another year of activities and the final wrap-up to the 1979 year will come with the annual Awards Night Banquet that will be held at the Winchester and District Community Centre, Friday, November 2nd.

A turkey supper will be served at 7 p.m. and followed by award presentations at 8:15.

Tickets are now on sale for $4.00 per person, and they can be obtained from Howard Gilles at the Agricultural office in Winchester.

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Health & Human Studies Department
ST. LAWRENCE COLLEGE OF APPLIED ARTS & TECHNOLOGY

Date: Thursday, October 18, 1979
Time: 7:00 - 10:00 p.m.
Place: Aultsville Hall Theatre, Windmill Point
Fee: $5.00 per person
Participants: Members of Child Abuse Team
Registration: St. Lawrence College, Registration Room 224, Moulinette Hall, Windmill Point, Cornwall, Ontario

FOR FURTHER INFORMATION
Contact: Health & Human Studies Dept., Miss Carol Ann Godard
933-6080, Ext. 312 or 308

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