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The Iroquois Post

VOLUME LII—No. 38 SECOND CLASS REGISTRATION 1361 Wednesday, March 12th, 1975

3rd Trophy of Year

Atom A's Win Morrisburg Tournament



Atom A's won the Morrisburg Tournament played Saturday at the Morrisburg Arena.

In round-robin play the team eliminated Morrisburg 5-1; Cardinal 10-2 and finally Athens 3-1 to win the Beaver Dental Trophy.

For individual scoring see Community Scoreboard on Page 7.

Environment Ontario Establishes Permanent Office in Cornwall

Twelve local residents are associated with the new consolidated office of the Ontario Ministry of the Environment that was recently opened at 408 Pitt St. The office part of the Ministry's recent decentralization and regionalization program, is open to the general public during normal working hours, Monday to Friday, and prepared to handle all local environmental inquiries.

Two major environmental areas are being given prime attention by the staff of the Cornwall office. These include municipal and private waste abatement, under the direction of Jerry McKenna and industrial abatement, headed by Jack Pruner. Eight additional environment officers complete the office's professional staff, plus two in the office support services. The office's area of jurisdiction covers the Counties of Dundas, Stormont, Glengarry, Prescott and Russell.

The regional office for southeastern Ontario is located in Kingston at 133 Dalton Street, telephone 549-4000. The region consists of all those counties east of the western boundaries of the Counties of Hastings, Prince Edward and Renfrew, plus the southern portion of the District of Nipissing, and Murray Township in Northumberland County. In addition to the regional office in Kingston, there are also Ministry offices in Belleville, Ottawa, Pembroke, plus the one in Cornwall.

Environment Ontario's regionalization program has been designed to bring the Ministry's services closer to the general public. Besides the regional office in Kingston serving the southeastern part of the province, regional headquarters are also located in Thunder Bay, Sudbury, Toronto, Stoney Creek and London, plus an additional 23 offices located throughout the province. The role of the Ministry is the overall protection of the natural environment to prevent degradation by man's activities through control over contaminant emissions, establishment of environmental safeguards in planning, improved management of waste and water, and maintenance of restorative and enhancement measures.

It is the Ministry's belief that only by maximizing the services rendered and by minimizing the inconvenience to the general public can Environment Ontario truly fulfill its role. Hence the decentralization program and the establishment of a permanent office in Cornwall. Those wishing to contact the office by 'phone should call 933-7402. At 408 Pitt Street, the Ministry's office is located on the main floor, straight ahead to the end of the hall. Night and weekend emergency calls can also be placed to the same phone number.'

Crysler Sugar Bush Opens March 15th

Spring is here -- well almost. For in Crysler Park sap buckets are being washed, the evaporator cleaned and tapping equipment prepared for the start of the annual sap run. It's all part of North America's oldest industry.

Located 6 miles east of Morrisburg, just off Hwy. 2, Crysler Park Maple Sugar Bush will begin operations on March 15 and, weather permitting, continue daily through Mid April.

Since 1964 over 150,000 visitors to the Sugar Bush have captured the nostalgia and memories of another era, tasted maple sugar and taffy and purchased maple syrup. With co-operation from weather and snow conditions, children will again enjoy the "sugaring off" taffy ladled on fresh white snow.

2000 trees have been tapped. There is no charge for visiting the Sugar Bush and on weekends horse driven vehicles will be available to carry visitors to and from the Sugar Bush.

Films on the making of maple syrup and maple products will be shown on weekdays for school groups in the lower level of the Upper Canada Restaurant.

The Village Store, open weekdays 9:30 - 4:30 and on weekends 9:30 - 5:00 p.m., offers a wide range of maple products. Again this year the snack bar will serve hot and cold drinks, light refreshments, pancakes and sausage buttons with pure maple syrup and as a special "pickle sinkers"

Bring the family for an enjoyable outing. Old Times -- Good Times are really not so far away.

Iroquois Councillors Attend Conference

J. L. Fetterly, J. H. Styles and Mrs. H. Smith, were among over [illegible] delegates representing electric utility commissions from across the province at the Annual Convention of the Ontario Municipal Electric Association (O.M.E.A.)

The Association represents more that 340 municipal electric commissions which distribute electric power to two and one-quarter million (2,250,000)households in Ontario.

Delegates to the three day Annual Meeting, held at the Royal York Hotel, March 2nd - 5th were involved in discussion on significant issues that affect their consumers.

The program was highlighted by an address by R. B. Taylor, Chairman, Ontario Hydro, and a panel presentation on "Rate Structures - Which One? When? Why?" Panelists were Roland A. Kampmeier, Consulting Engineer of Chattanooga, Tennessee and Dr. Irwin M. Stelzer, Economist and Consultant from New York City. Both men are leaders in the field of utility rate structures. Panel moderator was A. J. Bowker of Gloucester, Ontario, retiring President of O. M. E. A.

In addressing the meeting, Mr. Bowker outlined the Association's increased responsibility and activity in developing dialogue with the various ministries at Queen's Park since the completion of the Task Force Hydro reports.

Pressures for changes in rates and methods of distribution of electric power, both warranted and unwarranted, will demand that the Association become more active presenting the viewpoint, and interest, of the customers of electric utilities in Ontario.

Mr. Bowker called on all local utility commissioners to get involved and become more vocal on behalf of their constituents. He stated, "These are times of change, for better or worse. Now is the time to plan for the future and to press for adoption of the things you believe in."

The Convention was held in conjunction with the Association of Municipal Electrical Utilities (A.M.E.U.)

Ontario Unveils $10 Million Summer Employment Program

TORONTO - Culture and Recreation Minister Robert Welch has announced that Ontario will provide 7,500 summer jobs for youths under a special employment program.

Ontario Experience '75 will be separate from the regular summer replacement program under which approximately 10,000 students are hired by various Provincial Ministries and agencies. Estimated cost of Experience '75 is $10.1 million.

The Youth Secretariat is responsible for the overall coordination of the summer employment program including program development, budget, evaluation, and the information function.

The 27 component programs that make up the Experience '75 package, however, are all operated through various Ministries of the Ontario Government. In most cases, programs are also run in cooperation with local, established agencies such as municipalities, conservation authorities, school boards, travel associations, libraries, and museums.

These local organizations are involved in their communities on a day-to-day basis ensuring that Ontario Experience '75 programs are responsive to local concerns and priorities. They also have the necessary administrative systems for control and accountability of the programs.

"We feel these direct lines of control and accountability are essential if the young people employed are going to gain realistic work experience and if the people of Ontario are to receive maximum value for their tax dollars," Mr. Welch said.

Mr. Welch stressed that Ontario Experience '75 employees would be doing jobs that need to be done. They will be concerned with developing new initiatives, finding new ways to deliver services, or adding innovative new elements to existing programs. In effect, Experience '75 permits agencies throughout the Province to accelerate their own responses to changes in our economy and society.

As the name Experience '75 suggests, young people are also gaining valuable work experience while they do jobs that provide concrete benefits to their communities and the citizens of Ontario. The program spans a broad range of employment fields as varied as recreation, culture, social service, education, the environment, law, tourism, and commerce.

This summer, young people might be found conducting traffic studies for a local police force or staffing a summer legal aid clinic. They may be providing information on Government equal opportunity programs for women or operating their own summer business. Some will certainly be clearing roadsides and lakeshores of litter, while others help local museums catalogue their collections.

These are just a few examples of the many challenging and important career decisions.

Mr. Welch pointed out that the Experience '75 office of the Youth Secretariat has published a brochure that describes each program and also tells young people where and how to apply.

This guide is currently being mailed to all secondary schools, community colleges, universities, and Canada Manpower Centres throughout the Province. In addition, individual copies can be obtained by simply writing Ontario Experience '75 Queen's Park, Toronto.

"The Ontario Government wants to ensure that every young person has equal access to the many employment opportunities that Experience '75 offers," Mr. Welch said. "We hope many of Ontario's young men and women will find interesting opportunities that utilize their special talents in the area of public service."

Ontario Tax Information Centre Extends Hours

Ontario Revenue Minister Arthur Meen announced today that his ministry's Tax Credit Information Centre will remain open evenings and on weekends during the months of March and April, in response to the growing number of inquiries handled by the centre.

From Monday to Friday, the Information Centre will be open from 8:30 a.m. to 8:00 p.m. on Saturdays and Sundays, the hours will be noon to 5:00 p.m. The Centre can be reached, free-of-charge, from anywhere in Ontario by Dialing "0" and asking the operator for Zenith 8-2000.

Mr. Meen explained that an Ontario resident must file an Ontario Tax Credit Form, together with a completed federal income tax return, in order to claim Ontario tax credits.

"Many people complete their tax returns in the evening and on weekends," the minister noted, "and if they run into a problem with the tax credit portion of the return, we want them to call us. It's much better for people to take a minute or two to phone and get the right information than make a mistake which could delay not only the processing of their return, but also the pay-

see EXTENDED HOURS page 4

News Briefs

Ice Breaking Operation to Start

All sportsmen in the area are advised that ice breaking operations in the Prescott-Lake St. Francis Lake, St. Lawrence area will begin Monday, March 17th.

The solid ice cover will be broken by the Ministry of Transport's C.C.G.S. Simcoe, and the resulting open track of water could constitute a hazard to snowmobilers, ice fishermen, and the like, especially at night.

Community Planning Grant for Edwardsburg

The Honourable Donald R. Irvine, M.P.P., Grenville-Dundas, Minister of Housing, is pleased to announce that a Community Planning Study Grant in the amount of $1,500.00 has been made available to the Township of Edwardsburgh in order to assist this municipality in carrying out certain planning studies.

The Township will receive 50% of the total amount in a initial payment with the remainder to be provided upon completion of the study.

These community planning study grants may be used to help municipalities in preparing or up-dating official plans and zoning by-laws, and assisting in the establishment of a sound planning framework for that area.

Ontario East Subject of Council's Annual Dinner

W. A. (Bill) Elliott, Eastern Ontario's number one tourist promotor will be guest speaker at the Seaway Valley Regional Tourist Council's 13th Annual Dinner at the Morrisburg Civic Centre on Wednesday evening March 19th.

Bill is the first Managing-Director of the new Eastern Ontario Travel Association with offices at Landsdowne, and as such he is charged with planning of promotional literature, TV and other advertising to lure tourists to what he insists on everyone calling "Ontario East".

He is a travellor at heart starting from his days as a fighter pilot in Europe during World War II. Born in Windsor Mr. Elliott has had a varied career in sales, advertising and management, and he has lived and worked in Brockville, Phi adelphia, Chattanooga and Kingston in that order. His topic will concern tourism in Ontario East and what is being done about it. The public is welcome to attend.

Municipalities Receive Housing Study Loans

Three additional Ontario municipalities have been allocated funds to conduct "municipal housing policy studies," it was announced today by Housing Minister Donald R. Irvine.

The three municipalities, and the total funds allocated, are: City of Cornwall - $10,000; Township of Elliot Lake - $5,000; Town of Smith Falls - $5,000.

The grants, allocated in response to individual requests from the three municipalities, are designed to assist in the preparation of a housing policy statement which determines the municipality's housing needs and establishes housing targets to meet these needs.

A two-phase approach to housing policies is recommended by the Ministry, the first stage consisting of establishment of short-term housing targets with special attention paid to low and moderate income housing.

The second stage is to be a more detailed analysis of targets by type of housing, price range, income groups served, and the availability of serviced land for future use.

The study grants and the housing policy statements being sought from Ontario municipalities are designed to encourage active municipal participation in the achievement of the province's housing goals.

Variety Nite Plays to a Full House



Seaway District High School's Variety Nite opened to a well-attended house on Thursday night despite the inclement weather and followed through with a repeat performance on Friday.

The show included eight plays and skits and six soloists with over 75 high school students participating under the directorship of Wendy Gibb.

Plays included the student's version of the Broadway musical "Godspell" which made effective use of some rather bizarre make-up. Other plays included "Fiddler on the Roof" and "School Days" which is featured in the above picture.

The Seaway District High School Band, directed by Mr. Frank Blair, made their debut public performance at the show.

The annual event is held to raise funds for the Student Council's activities and this years' performance reflected the student's efforts.

EDITORIALS

The Iroquois Post
AND MATILDA ADVOCATE

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EDUCATION AND WISDOM

The highly educated person is not necessarily a wise person. The unusually clever person does not always show wisdom in his cleverness. You can have a high I.Q. and still not be wise. Wisdom, real wisdom, can come to persons of quite ordinary intelligence. Wisdom is not so much a matter of intelligence as of what is done with intelligence.

Teachableness is as significant as intelligence in the attaining of wisdom. And that is not simply a capacity to take formal instruction and pass examinations — although such things can be significant.

A. N. Whitehead, one of the most influential philosphers of our time, said this: "A merely well-informed man is the most useless bore on God's earth." He added, "Now wisdom is the way in which knowledge is held. It concerns the handling of knowledge, its selection for the determination of relevant issues, its employment to add value to our immediate experience."

In any education that is to count there is an inescapable element of sheer dogged grinding. If you wish to advance from milk to meat you must be prepared to chew gristle. And you mustn't expect to be spoon-fed: as the novelist, E.M. Forester, put it, "Spoon-feeding in the long run teaches us nothing but the shape of the spoon."

What we do with our educational opportunities has much to do with the degree of wisdom to which we attain. Stephen Leacock once said, "An education, when it is all written out on foolscap, covers nearly ten sheets." Leacock made an important point there: much of the real value of your education is to be found in what remains after you have forgotten much of what you deliberately set out to learn. And in that can be an essential source of wisdom.

Letters to the Editor

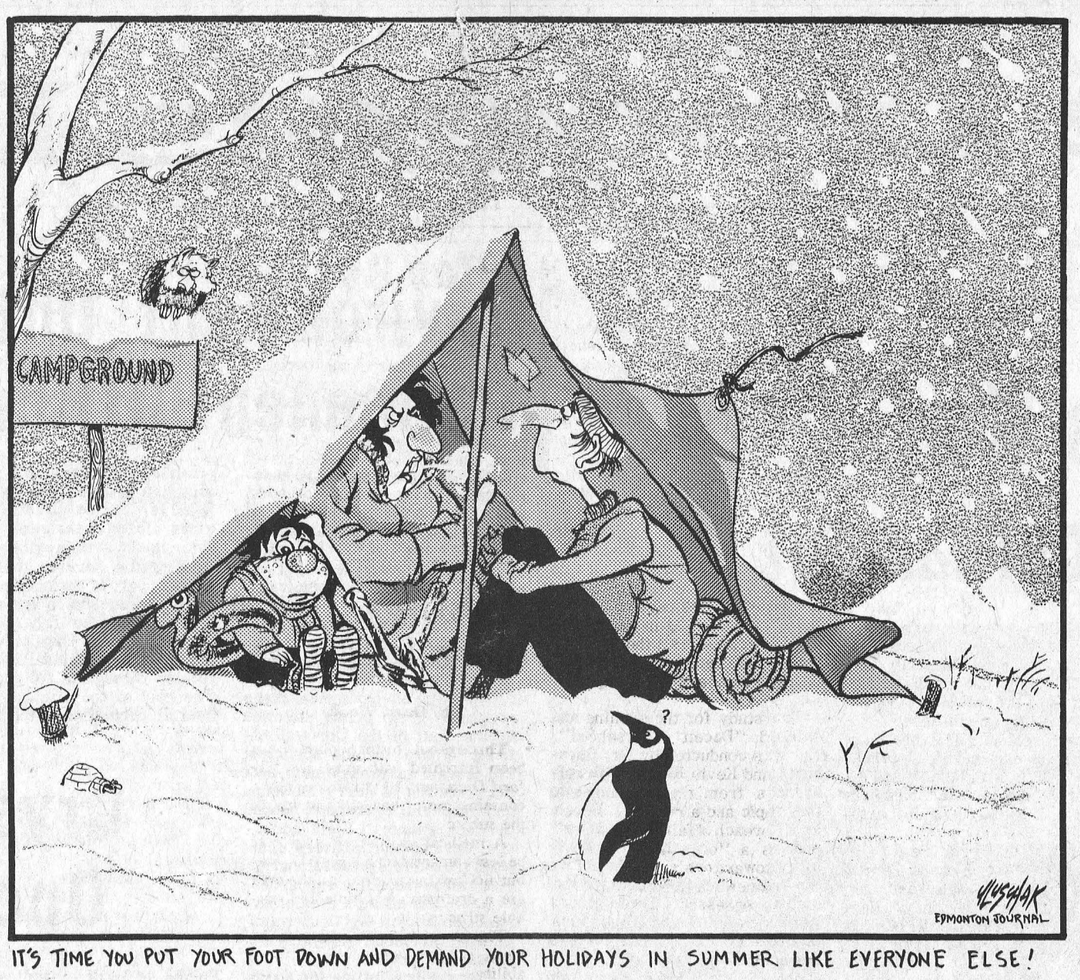
Dear Editor,

The brief to the Ontario Government on the matter of an Upper Canada Summer Theatre seems to properly justify that proposal.

However, if it is so clearly in the best interest of the area, one wonders why it's promoters have not suggested private investment? One cannot help but suspect a truly viable project would not have begged for government underwriting for nine long years.

Could it be that the benefits are not sufficient or sufficiently certain for the area tourist-operators to risk their own money? If so, how does one justify asking governments to invest and risk our money?

Best wishes.
Yours very truly,
Victor Wagemans
Morrisburg, Ontario.



IT'S TIME YOU PUT YOUR FOOT DOWN AND DEMAND YOUR HOLIDAYS IN SUMMER LIKE EVERYONE ELSE!

Walter Baker, M.P. Reports To Grenville Carleton

Bill 22: Mockery of the Official Languages Policy

MADAM SPEAKER, The Prime Minister (Mr. Trudeau) who, if he is anything at all, ought to be the keeper of the constitution of this country, said that he will not initiate any action to bring Quebec's Bill 22 before the Supreme Court of Canada.

Bill 22, no matter from what end it is viewed, is perhaps the most divisive piece of legislation that has ever appeared on a federal or provincial statute book. Quite aside from the fact that it was rammed through the Quebec assembly, it makes a mockery of the official languages policy of the federal government. It is a denial of justice to the English speaking minority in Quebec and to those who came to Canada from other parts of the world.

There are aspects of the bill about which there can be a real question as to their constitutionality. Basically, it is an attempt by a provincial government to amend the British North America Act. It has a profound effect on the rights of Canadians to learn and to have their children taught in the language of their choice. In the long run it will do more to damage the relationship in our country between the two major language groups than anything that has preceded it.

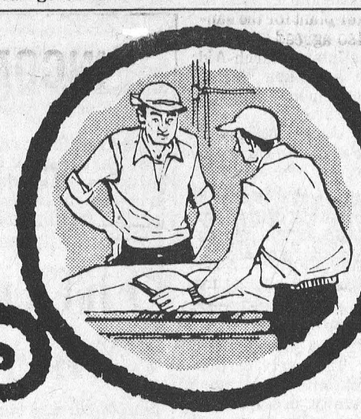
The bill places an astounding reliance on bureaucrats, a state of affairs that is questionable in itself. Rule by regulation is the order of the day. I cannot imagine anything more dangerous where basic rights are seen to be threatened. However, what does the Prime Minister do? First, he will not disallow the bill. He used as his excuse that the remedy of disallowance has not been used for 30 years. Perhaps that is a greater tribute to the wisdom of provincial governments than an indication of the obsolenscence of the method.

The Prime Minister was asked if the federal government would refer the matter to the Supreme Court of Canada so that this smouldering time-bomb could be laid to rest one way or another. The terror of the fund-raising dinner in Montreal is not such a terror after all. He refused to do that. I then asked him the question which is the subject of this debate tonight. In effect, he does not have the courage to take action himself, and so he hides behind other groups.

I asked the Prime Minister whether he would aid financially those who do in fact have that courage. He did it with the Indians in James Bay. However, again the great leader evaded, slithered and slid away. In the House he stated it would be considered, but outside the House he is reported to have said in effect that no one ought to hold their breath. Those who paid $125 to attend his fund-raising dinner should ask to have their money refunded.

When asked what instructions would be given to federal counsel intervening in a private action, he avoided answering the question. He called it hypothetical. Well, Bill 22 is not hypothetical. It is a reality. The problems are real. Its divisive quality is real indeed. In the judgement of many, it is a blot on the legislative landscape of this country. It ought to be dealt with swiftly and finally, and not allowed to linger and fester as an irritant to confederation. I have to confess that I am left with more than a lingering doubt about the political courage of the Prime Minister when he deals with the government of Quebec.

I have not met any right-thinking person who does not have a sympathetic understanding of or desire to see the French language and the French culture survive in Canada, but surely no one can agree that this ought to be at the expense of the rights of others. That is what the reaction to this bill is all about. The bill should be tested, and tested immediately, so that the question can be laid to rest, and the Prime Minister ought not hide behind the skirts of others to bring this about.



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Bill Smiley



The road to travel

By BILL SMILEY

EVERY year about this time, I turn a deep green, almost a turquoise shade, with pure, unadulterated envy.

This is brought about by that fairly new occasion in school life known as "Winter Break." It is a week's holiday during March, in which the poor, ground-down students, near a state of total exhaustion from not doing their homework, skipping school, and sleeping at their desks, have a chance to recharge their batteries for the terrible, gruelling term ahead, during which they will be worn to a frazzle from not doing their homework, skipping even more school because the weather is better, and falling in love because it's spring.

It's not that I have anything against winter break as such, or holidays in general. Far from it. If I had my way, we'd also have a fall break and a spring break and school four days a week the rest of the time.

My envy is churned up by the seemingly limitless opportunities the rotten kids have these days to see the world, something I have desired fiercely since I was about four, and have never been able to fulfill.

You should hear the young blighters, in the classrooms and the corridors.

"Hi, Liz. Where y' goin' winnerbrake? We're go'na Greece."

"Hey, great. We're there lasyear. Snot bad. Lotta statutesnstuff. We got inna the wine. Terry puked all overtha teach."

"Hey, great. But wearya goin' this year. Yer nawgunna jis stay homen get mouldy, arya?"

"Helno. I'm gonna Spain. Sounds great. Bullfighters and flamencos. Hey, whatsa flamenco? Trouble is, we got ole Droopy-Drawers anis wife for chaperones. and he allus wantsa goda museums an all that."

"Yeah, tough. Oh well, he'll be dead by ten o'clock anya can sneak outa the hotel and hit the vino joints ana bullfighters anall."

"Ya. Rideon. Hay, javnee trouble geddin bread for your trip?"

"Na. Worked three weeks last summer an saved twenny bucks, before they fired me. Tole the oleman iddus discrimination caws Ise bedder lookin than the head waitress. He bleeved me. Then I tole im Ise gonna goda Manpower an geddanother job. He bleeved me. Tole Manpower I wannad a job as a go-go-girl. They didden havnee. So he put up the other four hunnert. He allus wannada travel himself, poor ole slob. He never even godda cross the border."

"Ya. Minesa same. He's allus tokkin bout South See Islands anthat. Antha Depression. Antha war. Drag. Putt him on a south sea island with a coconut in one hand, a broad in the other, anna lagoon in front ofim, an he wooden know which to take a bite outa. Kinda sad. Hey, where's Timmynthem goin."

"Oh, they're gonna Russia. Good deal. They goddan extra week offa school. Swurth the extra hundred bucks."

Now, gentle reader, it's not as though our students actually talk like that. It's just that they sound as though they talk like that.

And I guess you can see that the foregoing conversation reflects quite vividly my bitter envy of these young punks who take off for Moscow and London and Rome with about as much awe as we used to have if we were going to spend a Saturday night in the nearest big town.

Aside from those who are flying to faraway, exotic places that you and I have only dreamed of, there are the others. Ask them what *they're* doing during winter break.

Jim: "Oh, I'm jis gonna smash aroun in the snowmobile a liddel an maybe hit the pubs a few nights." The snow-mobile cost more than his father had saved in eight years for the first mortgage on his house.

Jeff: "Well, a few of us are gonna Colorado to ski. Snot bad. Just three hunnertanady bucks for a week." This is just twice what his father earned a month when Jeff was born.

So. Mixed with my envy is a good solid streak of rage. Rage that I was born at the wrong time, in the wrong place, in the wrong economic climate.

It took me 21 years, and a lot of hard, cheap labor, and the risking of my life many times, to get out of this country and see some of the great cities of the world, only to find them bleak and blacked-out.

I've been busting my butt ever since, raising a family and paying off mortgages, too busy and too broke to travel.

And yet ... and yet ... I feel almost sorry for these kids. It's all too easy. None of them can ever have the heart-thudding thrill I had when I first rolled into one of the great stations of London, England.

And none of them can ever have the heart-thudding thrill I had as I rolled out of one of the great Berlin stations, the bombs falling happily behind me.

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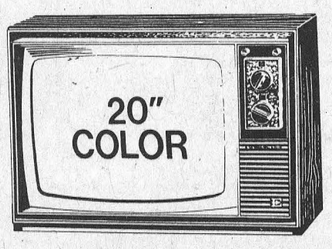

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Hon. Frank S. Miller, Minister

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Ann Landers

Dear Ann Landers: You asked for letters from single girls who were willing to state what they would like in the way of a husband and bed-mate. Here is mine:
1) A man who will accept me as I am, let me be me -- and not try to change me into his ideal.
2) A man who will appreciate me and show an awareness of the things I do to please him.
3) A man who is willing to let me alone and not insist that I be talkative, cheerful, and completely charming when I feel like hell.
4) A man with whom I can laugh, cry, communicate -- about anything -- and depend on to keep his mouth shut about our family affairs.
5) A man who will criticize me when I need it and compliment me when I have earned it.
6) A man who is big enough to say, "I was wrong," and not need to say "I told you so," when things turn out as he predicted.
7) A man with a sense of humor so keen and all-encompassing that he can laugh at himself when the occasion demands it.
8) A man who makes me feel so secure that I wouldn't be the least bit concerned if the most beautiful woman in the world threw herself at him.

As for what I want in a bedmate -- I haven't any idea, but I'm pretty sure if he had all the qualities I have listed, he would also be a wonderful bed partner.
-- Still Looking

Dear Looking: Great list. When you find him let me know. And please pass the word if he has any brothers.

Dear Ann Landers: May I add my two cents' worth to your advice to "Old Fashioned" -- the woman who was concerned about topless bathing in Texas? (It seems her husband was being transferred there and she was worried about her two teenage sons and what such "exposure" might do to them.)

I suggest that lady keep her sons AND her husband away from the South Pacific. The topless bathers (all native, of course) have much better-developed, healthier-looking, and more attractive mammary glands that what might be seen if the American woman went topless on the beaches and in public pools -- which, so far as I know, is against the law not only in Texas but everywhere in the U.S.A.

As a male who has traveled the world over and seen practically everything, I can tell you that the average American woman's bosom is so undernourished, flabby and unattractive that it should NEVER be exposed to public view.
-- An Authority

Dear Thor: You seem to think that you've seen two in America, you've seen 'em all. I'm printing your comment, but I'm sure your letter will generate plenty of angry rebuttals.

Dear Ann Landers: I'm worried about a sweet young woman who came to work in this office a few months ago. The poor dear is fresh from a small town and so naive you wouldn't believe it. I have it on good authority that she is seeing one of the senior officers of the company -- a widower with grown children.

Will I feel guilty if she marries this man and in 15 years, when she is still a sexy and attractive woman, she finds herself stuck with a doddering, arthritic old man?
-- Do-Gooder By Nature

Dear Gooder: Did she ask for your advice? If not, keep your views to yourself, honey. Maybe in 15 years, he'll still be sexy and SHE will have arthritis.

There is a big difference between cold and cool. Ann Landers shows you how to play it cool without freezing people out in her booklet, "Teen-Age Sex--Ten Ways to Cool It." Send 50 cents in coin and a long, self-addressed, stamped envelope to Ann Landers, P.O. Box 1400, Elgin, Illiniis 60120.

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Six municipalities Allocated Funds for Community Planning Studies

An additional six Ontario municipalities have been allocated funds to conduct community planning studies, Housing Minister Donald R. Irvine announced today.

The planning study grants are designed to assist small and rural municipalities with insufficient planning staff and limited resources to participate actively in the province's overall housing and planning goals, Mr. Irvine said.

The grants will be disbursed in an initial payment of 50% of the total allocation with the remainder to follow upon satisfactory completion of the study.

Community planning studies can be used to assist municipalities in preparing or bringing official plans and zoning by-laws up to an acceptable level. In some cases the implementation of approved official plans and by-laws are prerequisites for municipalities to participate in other Ministry of Housing funded programs.

The funding can also assist municipalities to prepare zoning by-laws to replace zoning orders imposed by the Minister of Housing and to finance planning programs for unorganized territories which help establish a sound planning framework for that area.

A list of the six recipient municipalities and the funding is as follows: Township of Augusta, $3,000; Township of Brantford, $5,000; Township of Carleton Place, $1,050; Township of Chapleau, $5,000; Township of Edwardsburgh, $1,500; Township of Nottawasaga, $3,000.

Knox P.Y.P.S. Plan Outing

The regular monthly meeting of the Knox Young People's Society was held in the church-hall on Monday evening, March 3rd, with 20 members and leaders answering the roll-call. Mr. Bill Barnhartd, leader, welcomed everyone and a new member was also introduced. Kevin Kenny was elected Interim-President for the evening, with Melvin Yee recording the minutes. The call to worship was given by Kevin, followed by the spirit song, "Guide us Now", and with the group sharing The Lord's Prayer in unison. Coleen Coulter led in the reading of the Scriptures, the offering being received by Gwen Smollett and dedicated by group prayer.

The study for the evening was entitled "Deceit - Falsehood", and was conducted by Mr. Barnhartd and Kevin Kenny, with references from the Scriptures to this topic and a reading. Deceit as a "breach of faith toward God", and as a "breach of responsibility toward one's neighbour" was the framework around which the study progressed. Three groups were formed to discuss questions on the topic and to report-back to the main body. Sam Taylor, Janie Barnhartd and Kevin Kenny did the reporting, with summary by Mr. Barnhartd and the Rev. Hibbs. The spirit-song "I Can See a New Day" concluded the study portion.

The roll-call was taken by Melvin Yee and the minutes of the last meeting read and approved. Gwen Smollett gave the treasurer's report, showing receipts from the Pancake Supper as surpassing last year. A discussion regarding the Presbytery Youth Council concluded that "open elections" of all officers for the Council should be acted upon, and the secretary to write the Presbytery Convener regarding this matter. Lorraine Norton, leader, expressed hope that the Council will bring about a unification of young people's groups throughout the Presbytery. Plans for the Easter Sunrise Service, March 30th, were made, with P.Y.P.S. members sharing in the service of worship, the junior choir singing. Setting-up of the church-hall for the annual Easter Sunrise Service breakfast, and decoring the sanctuary, will be arranged by the executive. The gift of an easter plant for the sanctuary was also agreed upon. A donation to the Inter-Church-Aid appeal "Help a Broken World" was also acted upon, for Palm Sunday, March 23rd.

Discussion about an outing resolved to have a swimming party at the Brockville Recreational Centre, Saturday evening, March 8th, members meeting at the church by 6 p.m., following by a show date Miss A. Yee and Miss Colleen Coulter will take the study at the next regular meeting, and members were appointed for food and refreshments.

The remainder of the evening was enjoyed in the recreational room, playing ping-pong, darts, and billiards, with refreshments being served by the host-committee, the Mizpah Bebediction concluding a good evening of fellowship.

TODAY'S HEALTH

Testing, protection and care keep eyes healthy

by David Woods

Throughout history poets have been intrigued with eyes: the *Oxford Dictionary of Quotations* alone contains more than 400 entries on the subject.

A medical approach to eyes may be less romantic than a poetical one, but no less fascinating, for the eyes are a dramatically simple and durable structure.

The secret, from a health point of view, is to recognize their vulnerability — and protect them. Most serious eye trouble is caused by trauma. If you're hammering steel on steel, or welding, use goggles. Be cautious in handling caustic cleaning solutions.

The *cataract* is one of the most common results of injury to the eye —and also one of the most misunderstood optical changes. It isn't caused, as many people believe, by a film or coating developing in front of the eye and hampering sight; rather, it occurs when the protein in the lens *inside* the eye is affected by some outside object or substance and turns white, thus clouding vision. Treatment is a simple form of surgery that is one of the most commonly performed in general hospitals.

Cataracts can also occur as a natural result of aging — when the lens hardens; and also are sometimes present in the children of women who have had rubella (German measles) during pregnancy.

The fairly short list of non-inherited eye problems includes *glaucoma,* a pressure inside the eye which can lead to loss of vision. It occurs mainly in middle age and beyond and can be detected early by a simple testing method called tonometry.

For children, vision testing in the schools is, according to Dr. John Speakman, a professor of ophthalmology at the University of Toronto, an effective means of catching problems early. The important thing, however, is that parents should act on the findings.

The child with *strabismus,* for example — a crossed eye — should have the "lazy" eye stimulated by covering the good eye, on a doctor's recommendation, so that vision can be fully developed. But ideally this should begin before the child is five; similarly, corrective spectacles should be ordered if these are necessary to head off eye problems in later life.

For adults, vision testing should be part of a regular medical check-up. And any changes in vision should be reported to a physician immediately. Most refractions are referred to either an ophthalmologist or an optometrist. An optician dispenses glasses.

Dr. Speakman points out that flashing lights, or "spots before the eyes," are not at all uncommon in middle age but should be checked into if they persist. He also stresses that *using* your eyes — for instance, by extensive reading even in a poor light — may cause fatigue but doesn't do any harm.

The principal lesson to remember in optical care is this: look after your eyes and they'll look after you.



Bird Notes

E.G.A.

The return of Winter this past weekend has kept the feeding-station operators busy, as all the regular visitors came again for their meals. After an absence of a week the Purple Finches have returned, and the Chickadees are bounding back and forth in their exuberant flight pattern.

There are many unknown factors about the behaviour of birds, and trying to solve some of these, is one of the attractions of bird-watching. We often grow weary of knowing exactly what will happen in a given situation, and "something different " is a welcome change. Here's a small example of the sort of challenge that can develop. Towards the end of a bitterly cold afternoon a Tree Sparrow was seen sitting in the Pussy Willow tree outside our window. He stayed so long, it seemed that he must be too cold to move, or perhaps sick; he certainly wasn't hungry as the well-stocked feeder was just a few feet away. As we made our meal-time preparations, with one eye on the bird outside, a good half-hour passed by before a sudden flurry of wings announced the arrival of the rest of the flock, they had a quick snack, and all, including the little "loner", took off together for their night's resting place. This might have seemed to be a coincidence had it not been for a repeat performance a couple of days ago - the little bird sat there alone, in a blinding snow storm until the rest of the family came by to "pick him up on the way home". A story with a do-it-yourself ending".

Now is the time to prepare for Spring migration. A little note book, to keep on record of birds seen, clues to unknown species, etc. Very soon we should see the Horned Larks, these small birds frequent on the gulf courses, so residents with a good view of the River will be the first to spot them. They are yellowish, with a black "bib" in front and if you are lucky enough to get a close look, little black "horns"!

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Dollars & Good Sense

by William J. Martin
Special Consultant to AVCO FINANCIAL SERVICES

Insurance has to be one of the most complicated subjects ever devised by man, but it doesn't have to be that way. It can really be quite simple.

To get insurance for yourself, you must decide what kinds of coverage you need where you are going to get it.

You should treat buying insurance like making any major purchase. You want the very best value for your money. So the key is to compare before you buy. The American Institute for Economic Research surveyed 70 insurance companies and found that the net cost for the same coverage varied from a low of about $80 to a high of more than $150. And that's quite a difference in price for the same product.

To get better acquainted with insurance prices, I'd suggest the booklet, "Life Insurance—From the Buyer's Point of View." Its available for $1 from the American Institute for Economic Research, Great Barrington, Massachusetts 02130, and its well worth the money.

Next, you should find yourself a good insurance agent. And you do this the same way you would find a good doctor or lawyer. Ask around. Talk to your friends and business associates whose opinions you respect. It's important to find an agent you like and trust, because the decisions he helps you make could change the course of your family's future.

Readers' questions are welcome and should be sent to Box 5857, London, Ontario.

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ATTEND THE NELSON PATTERSON OGDENSBURG CRUSADE

DATE: March 15th thru March 22nd 8 Days!
(SATURDAY THRU SATURDAY)

TIME: 7:30 P.M. Nightly 2:30 ONLY (SUNDAY, MARCH 16TH)

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NO WHEELCHAIR FOR SARAH!

Ten year old Sarah, daughter of Mr. & Mrs. Hardold Byron of Mansfield, Ohio, was born with a dislocated hip. After eleven surgerys her doctors prepared the family for a future in a wheelchair. Pain was so intense that an operation had been scheduled to deaden the nerves which would have caused paralysis. INSTANTLY Sarah was healed in a service. Because of her hip condition Sarah's leg was nearly two inches short and caused a noticeable limp. The leg lengthened out miraculously before the eyes of hundreds of people. Today Sarah is doing things she never could do before and is totally free from pain. A living miracle, this young lady rides her bike, jumps rope, swims, rides horses and everything other children can do. What God has done for one, He will do for another. A miracle could be waiting for you!

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Sunday Services in the Churches

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9:30 a.m. — Text: Matthew 26 verses 36-46; Theme: A prayer of suffering.
10:30 a.m. Sunday School
2:30 p.m. Lord's Day 1—Question 11

Anglican Church of Canada
Parish of Iroquois
and Morrisburg

Rev. Francis N. Gooch, B.A.
Telephone 543-2867
5th Sunday in Lent—March 16th

ST. JOHN'S - IROQUOIS

8:00 a.m. ..... Holy Eucharist
11:00 a.m. ..... Morning Prayer
Other Services in Parish
Holy Trinity, Riverside
9:30 a.m. ..... Holy Eucharist
St. James', Morrisburg
11 a.m. ..... Holy Eucharist

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. W. Brian Gee, B.A., B.D., ThM.
Organist: Mrs. George Fowler
Sunday, March 16
11 a.m. — Worship and Church School.
Pot luck lunch after church

UNITED CHURCH OF CANADA
Matilda Pastoral Charge
Rev. L.D. Joyce, M.A., Ph.D., Th.D
9:30 a.m. ..... Hainsville
11 a.m. ..... Hulbert
1:30 p.m. ..... Brinston

ST. MARY'S CHURCH
Rev. F.M. O'Connor, P.P.
Saturday ..... 7:30 p.m.
Sunday ..... 11 a.m.
Confessions Friday 8 to 9

ST. CECILIA'S CHURCH
Sunday ..... 9:30 a.m.
Confessions Friday 7 to 7:45

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Midweek Youth-Adult Program
SUNDAY
Church School ..... 9:45 a.m.
(Kindergarten thro. Grade 12)
Worship Service ..... 11 a.m.
(Adult Nursery Supervision for Children 4 years and under)
VISITORS AND NEW CHURCH FAMILIES WELCOME!

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SUNDAY
9:30 a.m. ..... Service of Worship
(Adult Bible Class Following)

YOU ARE MOST WELCOME!

THE PENTECOSTAL ASSEMBLIES OF CANADA
Dundas Street, Cardinal

Rev. Lorne Trimble, Pastor
Sunday - 9:45 a.m. — Christian Education Hour
11:00 a.m. - Worship
7:00 p.m. - Evangelism
Wednesday - 7:30 p.m. - Bible Study, Discussion and Prayer.
In the church hall.
COMING UP! Sunday, March 23 at 7 p.m. - the feature length movie, "IN HIS STEPS", based on the book written by Charles M. Sheldon.
Friday, March 28 at 10 a.m. —a Good Friday Communion Service. This is an open communion and all Christians are welcome to attend.
"Visit With Us - You'll Never Feel Like a Stranger"

Iroquois Native Dies in Edmonton at Age 89

The Grand Old Man of education in Alberta, Dr. M.E. LaZerte, died Sunday.

Dr. LaZerte of 8444 118th St., was 89.

His career as a teacher, school principal, university professor, dean and school trustee has been called "a history of education" in Western Canada.

For his long service to education in Alberta, Dr. LaZerte was awarded an honourary doctor of law degree from the University of Alberta and named a fellow of the Canadian College of Teachers.

Edmonton's M. E. LaZerte High School was also named in his honor.

Born in Iroquois, Ontario, Dr. LaZerte was graduated from Calgary Normal School in 1910 after receiving his BA from the University of Toronto in 1909.

He completed his formal education with an MA from the University of Alberta in 1925 and 1926 and his PhD from the University of Chicago in 1927.

Dr. LaZerte began his teaching career as a school principal at Hardisty then became a school inspector.

In 1924, he joined the staff of the U of A as a lecturer in philosophy. He was promoted to professor of education, then director of the school of education and finally dean in 1942.

Dr. LaZerte retired from the dean's chair in 1950 but continued to work at the university doing special research and teaching.

From Manitoba he went to Prince Edward Island to do a special education research project for two years.

In 1956, he accepted the position of dean of education at the University of Manitoba, remaining there until 1959.

Dr. LaZerte entered the field of politics in 1960, winning a seat on Edmonton's city council.

In 1962, he won a seat on the Edmonton Public School Board and served as chairman of the board for part of that period until retiring in 1971.

He was active in many organizations devoted to better education, including stints as president of the Canadian Education Association, the Canadian Teachers' Association, the Alberta Teachers' Association and the Canadian Council for Educational Research.

He is survived by his wife, Hazel, and sons James Donald of St. Paul, Minn., Roland Milton of Calgary, and Curtis Alan of Campbell River B.C.; and by 10 grandchildren.

Funeral arrangements are not completed.

Funeral arrangements are being handled by Howard and McBride.

Hawkesbury Recieves O H R P Grant

Grants for the implementation of the Ontario Home Renewal Program (OHRP) has been allocated to several additional Ontario municipalities, including Hawkesbury, Housing Minister Donald R. Irvine announced today.

OHRP provides per capita grants to Ontario municipalities to administer directly as loans to homeowner occupants to repair their houses to an acceptable municipal minimum standard.

Hawkesbury has been allocated $15,673 at this time Mr. Irvine said, which represents 25% of the total 1974-75 funding designated under OHRP for the municipality.

The prime objective of the program is the correction of faulty structural and sanitary conditions and the upgrading of plumbing, heating and electrical systems of the owner occupant's home.

"OHRP is directly oriented to low and moderate income families, with a maximum annual income of $12,500", Mr. Irvine said. "Hawkesbury is to be congratulated for its initiative in moving quickly to implement this program, which ensures the continued usefulness of needed existing housing."

The maximum amount of an OHRP loan, as determined by the local municipality, is $7,500, less any funding from other home other home renewal programs. The municipality is also responsible for determining the rate of interest charged on the loan, from zero to eight per cent, and what portion of the loan will be "forgiven", and therefore need not be paid back.

OHRP extends home renewal possibilities to owner occupants in any municipality in Ontario, urban or rural, which has adopted either a minimum housing standards bylaw or a resolution setting such standards.

Stitching Witches Hold Meeting

The second meeting of Stitching Witches was held on February 6th. The back stitch was demonstrated and colour harmony was discussed. The third meeting was held on March 4th and Miss Mary Michels, home economist for Dundas county was the guest.

Slides on colour scheme and design were shown. Sheri Smail read the minutes of the last meeting and the twisted chain was demonstrated.

WINCHESTER THEATRE

Thurs.-Fri.-Sat. March 13-14-15
"Dirty Mary and Crazy Larry"
Starring Peter Fonda, Susan George, Adam R Darke. A modern version of Bonnie and Clyde. Recommended as Adult Entertainment.

Sunday Night Special March 16 - 10:00 p.m.
"Frankenstein and the Monster from Hell"
Starring Peter Cushing, Shane Briant.
"captain kronos the vam-

"CAPTAIN KRONOS THE VAMPIRE HUNTER"
Recommended as Adult Entertainment.

Mon.-Tues.-Wed. March 17-18-19
"THE BEARS AND I"
Starring Patrick Wayne and Chief Dan George. A wonderful picture superior to the much advertised "Grizzly Adams."

"THE SHAGGY DOG"
Starring Fred MacMurray and Jean Hagen.
Fine Disney pictures for the school winter holidays.

"DIRTY MARY AND CRAZY LARRY"

"FRANKENSTEIN AND THE MONSTER FROM HELL"

CARDS OF THANKS

I would like to extend my sincere thanks to my neighbours, friends and relatives for flowers, gifts, cards, and visits, while I was a patient in the St. Vincent De Paul Hospital, Brockville.

Special thanks to Dr. A. G. Ten Cate, Dr. Middleton, nurses and staff on the fourth floor of the hospital.

Willis Barkley. 38-1p

I would like to express my sincere thanks to all my friends and neighbours for their cards and visits while I was in the Kingston General Hospital. A special thanks also goes to Rev. Hibbs, my sister Flora, and my two daughters Margaret and Marian.

Kay Perry. 38-1p

The family of the late Wellington Keck wishes to express our sincere thanks to neighbours, friends and relatives for your messages of sympathy, beautiful floral tributes and donations to the heart fund, received during our recent bereavement.

Your many acts of kindness will long be remembered by the family.

The Keck Family. 38-1p

WALKER

We wish to extend our heart-felt thanks to relatives, neighbours and friends, Stone and Webster of Canada Ltd., Jack Stevenson, Raymond Thompson Employee's of Stone and Webster, Members of Millwright Local 1410 for sympathy expressed through calls, cards, floral tributes, contributions to the Heart Fund, and food for our family at the time of the death of our beloved Husband, Father and Grandfather.

Mabel, Marian, Walter and Grandchildren. 38-1p

I sincerely thank my family, friends and neighbours who remembered me with a beautiful plant treats, cards and calls during my stay in Winchester Memorial Hospital and after returning home receiving a beautiful rose from Moonlight Chapter 224.

Special thanks to Dr. Damanko, Rev. Hibbs and Rev. Eaton for their visits and prayers. Thanks also to the nurses and staff on second floor and last but not least the Ambulance Drivers who were so kind and considerate.

These kindness will never be forgotten.

Gladys Johnson. 38-1p

A pound of natural uranium produces 29,000 kilowatt-hours of electricity, compared with 1.5 kilowatt-hours per pound of coal and two kilowatt-hours for a like amount of oil.

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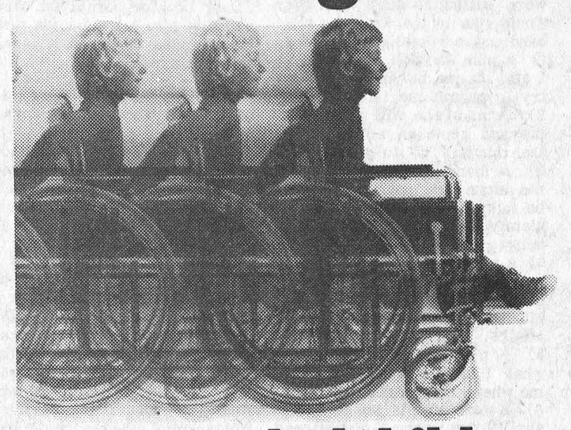

Help crippled children with Easter Seals.

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Your money and credit



OBTAINING CREDIT

People who have a job and a reputation for paying their debts in reasonable time have no trouble getting credit.

If you want to open a charge account at a department store, the credit department will ask some questions. They will probably want to know how long you have lived at your present address; how long you have had your present job; which other charge accounts you have. They may also check with the credit bureau to find out if there has ever been any problem about your bills being paid. If there has been a problem, they will look into the situation further. If not, they will probably open an account for you.

They will ask you if you want to pay the full amount owing every month, or pay a minimum amount every month over a period. There is a charge for the second sort of credit!

If you choose to go for the second — which is usually called an instalment or revolving credit plan — they will work out how much credit you are good for and the minimum amount they would like you to pay off each month. They will also tell you that there is a charge for this because they don't have the use of your money, which is still owing, but you do have the use of the things you bought.

If you want to borrow money at a chartered bank, which is generally the least expensive kind of credit, or from another financial institution, they will probably ask the same sort of questions as the department store did. They may also want to have an idea of your income and how much of it goes on rent or paying off the house or car. They may also ask what you are planning to do with the money you want to borrow.

Obviously, the manager is not going to encourage anyone to have too much of his money spent in advance when there are still food and clothing and emergency costs which need a certain amount of cash on hand each month. If he seems to ask personal questions it is because he has a responsibility both to the person who wants to borrow the money and to the financial institution he works for. He doesn't want the customer to get into a financial jam.

In Memoriam

FROATS - In loving memory of a dear son, brother and uncle, Donald Froats who died suddenly March 17th 1973.
Beautiful memories are wonderful things,
They last till the longest day,
They never wear out, they never get lost,
And can never be given away.
To some you may be forgotten,
To others a part of the past,
But to us who loved you and lost you,
Your memory will always last.
Mother, brothers Lorne, Dale, Edwin and families. 38-1p

In loving memory of our dear brother James L. Millar who passed away, March 19th 1973.
Iva and Mahlon Zeron 38-1c

EXTENDED HOURS

con't from page 1

ment of any Ontario Tax credits or income tax refunds that might be due."

The Ontario Tax Credit System is designed to contribute greater fairness to provincial and municipal taxation, through the payment of credits which are related to the individual's ability to pay taxes. This year, it is expected that approximately $375 million in property, sales and pensioner tax credit claims will be made by Ontario residents.

The Tax Credit Information Centre can only provide assistance with Ontario Tax Credit Claims. Questions on other aspects of the income tax return should be directed to the nearest federal district taxation office.

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Tom Butkovich, Co-ordinator
Continuing Education

SOCIAL and PERSONAL

SHANLY

Mr. and Mrs. Walter Froom visited Mr. and Mrs. Arnold Froom of Ottawa, on Sunday.

Mrs. Randy Bilz spent a few days during the week with her grandmother Mrs. Holtz in Ottawa, and visited her father Mr. J. Nasski of Pembroke, a patient following surgery in Ottawa Civic Hospital.

Gospel Favorites, Something old, Something new. An evening of sacred music will be presented by Shanly United Church choir on Sunday March 16th at 8 p.m. in Shanly United Church. Everybody Welcome!

On Sunday last, Mr. and Mrs. Arnold Pitt who were accompanied by Mr. and Mrs. Keith Flegg, of Hulburt, returned from a trip to Florida.

Mr. Russell Bennett spent the weekend in Toronto. He was a delegate from Grenville Jr. Farmers to the Rural Learning Association Provincial Marketing Seminar, held at Cambridge Holiday Inn.

Mrs. Walter Froom visited her mother Mrs. Leslie Taylor of Ormstown Quebec from Monday to Wednesday this week.

The World Day of Prayer service for the Shanly area, was held in the United Church Hall, Thursday evening March 6. With the president of UCW Mrs. A. Cross in charge a short business session was held as it was the regular March meeting. Mrs. Walter Froom leader of group 1 with helpers presented the printed programme. The meeting opened with quiet music by Mrs. Earl Pitt. The theme for this years' service was "Be Perfectly One". This theme seemed fitting at this time when there is so much strife in all parts of the world so much unemployment, and poverty in many sectors of our land. Out of the richness of their various traditions of worship and fellowship women of Egypt prepared the service for this world Day of Prayer. Persons in over 168 countries around the world shared in it. They chose this theme "Become Perfectly One" because these women have deep concern for the way our dividedness, weakens the effectiveness of our Christian witness around the world. A trio was sung by Mrs. C. Bennett, Mrs. Stuart Irving, Mrs. Jim Irving. The offering was received by Mrs. C. Thorpe and Mrs. A. Pitt.

Mrs. Lawrence Pelton of Hydman a guest speaker brought a most interesting and enlightning message on the theme. She was thanked by Mrs. Earl Pitt. Funds from these services are distributed in Canada, and around the world, to support the production of Christian literature, ecumenical projects, educational work and to alleviate poverty and assist refugee programmes.

PITTSTON

Mr. and Mrs. Larry Conlin entertained Mrs. Gail Moulton and Joey, Ventnor, Mrs. Doris Shirley and Janet Winchester, for dinner on Tuesday.

Mr. and Mrs. Desmond Claire Ottawa, visited Mr. and Mrs. Robert Sloan, Friday.

Heather Montgomery and Patty Watts recited their prize winning recitations during the morning service. These girls spoke at the W.C.T.U. at Spencerville, Thursday evening.

World Day of Prayer was held in the Pittston United Church on Friday at 2 p.m. Crystal Rock, and Mainsville Congregations met here with Pittston women. The service of prayer was followed throughout from the Women's Ecumenical Prayer of Fellowship. "Become Perfectly One". Mrs. Theodore King, gave a Challenging address on Have we loved enough and Let us take a good look.

Pittston U.C.W. met Wed. evening at Mrs. Reg. Conners for their Easter Thank-offering. Mrs. Gary Roddick opened with poem. "Spring time Prayer. Mrs. Willis Montgomery had devotions Scripture on Luke 23 verses 27-46. Earths' Richest Hill followed by Meditation Easters' Assurance. Business and Correspondence was dealt with. Roll call answered by a Show and Tell item of St. Patrick. Sunshine money handed in. Mrs. Reg. Conners based study on "Missions in the Family" and a reading on Mummy's Bible. Meeting closed with prayer. The hostess served angel cake and ice cream, coffee and tea. A social time was enjoyed.

HANESVILLE

Mrs. Irene Lewis spent Sunday with her son Mr. Lloyd Lewis.

Mr. Lee Hanes is home visiting with his parents Mr. and Mrs. Newell Hanes.

Mrs. Valerie Barnhartd returned home from Odessa with the children.

Miss Barbara Doucharm is spending a few weeks at her sister's Valerie Barnhartd.

A party was held at Mr. and Mrs. Bryan Duvals for Mrs. Susan Crozier who celebrated her birthday.

A Party was held at Mr. and Mrs. Albert Oelen for Albert who celebrated his birthday.

Congratulations to Mr. and Mrs. Sandy Gibson on the arrival of their new daughter.

4-H Leaders Attend Conference

Doug Ransberry, R.R.#2 Mountain, and Ken Smith R.R.#2 Mountain, represented Dundas 4-H Agricultural Leaders' Conference held in Toronto, February 21st and 22nd.

During the conference, the leaders took part in workshops and discussion groups covering numerous aspects of 4-H. This included a panel discussion on 4-H Councils, a session on 4-H resource materials, ways to improve local meetings, and the role of social recreation in 4-H programs. Elgin Craig, a 4-H'er from Peel County, shared his experiences at regional, provincial, and national 4-H activities.

Key speaker at the conference was Ken Lewis, a students' counsellor with Centennial College in Toronto. Mr. Lewis worked with leaders for a full morning to improve their ability in communicating with young people. Later the same day, the 4-H leaders developed recommendations and goals for the 1975 4-H program.

Margaret Woof, Supervisor of Junior Extension, Home Economics Branch, Ontario Ministry of Agriculture and Food, was guest Speaker at the annual banquet Friday night, and shared her ideas on "the qualities of leadership".

Also attending the banquet were The Honourable William A. Stewart, Minister of Agriculture and Food, and Mrs. Stewart.

The near one hundred delegates to the Conference represented over 1,500 4-H agricultural club leaders in Ontario.

FAIRBAIRN
FUNERAL HOME LTD.
MORRISBURG
PHONE 543-2271
SERVING DUNDAS COUNTY SOUTH
GORDON FAIRBAIRN, President
H. C. FAIRBAIRN, Associate

General Meeting Of
Canadian Legion
LADIES' AUXILIARY &
MENS' BRANCH
Thursday, March 20th
8:00 P.M.

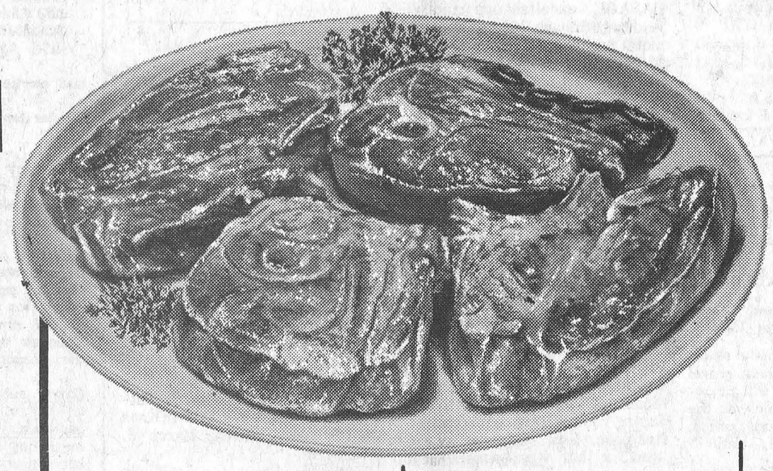


We're Painting the Store Green with Savings!

WHOLE LOIN PORK
CUT IN CHOPS
99 lb

PORK LOIN
END CHOPS
LB. $1.09

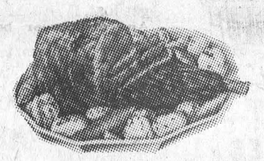
PORK LOIN
CENTRE CHOPS
LB. $1.39



BURNS 3 Lb. Tin
HEAD CHEESE
lb 69¢ SLICED lb, 79c

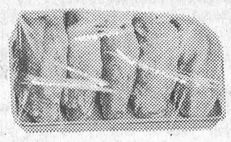
Lean
RIB STEW
lb 69¢

HOMEMADE
SAUSAGE MEAT lb 49¢



Canada Packers
COOKED HAM
TO SLICE
lb $1.44

YOUNG
BEEF HEARTS
TO STUFF or ROAST
lb 59¢



FRESH
CHICKEN WINGS
lb 49¢

IMPORTED
LAMB LEGS
lb 99¢

TALL GROW THE SAVIN'S
BAKERY Specials

Weston's Pak of 12 Baby
Sesame Hamburg Buns 59c

Weston's Pak of 9 Tasty
Date Turnover Cookies 55c

Christie's Pak of 9 Moist, Tasty
Cherry Turnovers 59c

Betty's Pak of 12 —Reg. 59c
Hotel Dinner Rolls ..... Spec. 2/89c

FROZEN FOODS

Silverbright—Sliced or in the piece
SALMON $1.49

McCain—10 oz.
French Green Beans 33c

Supreme — 2 lb Bag
Mixed Vegetables 75c

Green Giant —2 lb. Bag
Corn Niblets 95c

Country Maid —15 oz.
Choice Sliced Strawberries 49c

P.S. Have you checked the price of frozen vegetables against the price of canned or fresh vegetables

Libby's Unsweetened
Grapefruit Juice
48 oz. 59¢

Nabob
1 lb bag All Purpose Grind
Coffee lb.99¢

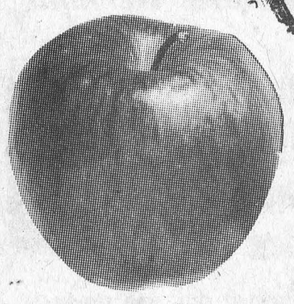
Melodie Parchment
Margarine
1 lb. 39¢

Libby's 19 oz. Fancy
Tomato Juice 20¢

Aylmer
Ketchup
11 oz. Bottle 33¢

White Swan 2 roll pak
Kitchen Towels 79¢

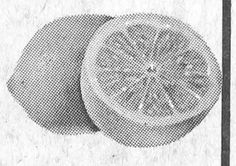
Catelli
Spaghetti
1 lb. Box 29¢



RED DELICIOUS
Apples
3 Lb. Bag
58¢

Green Cabbage
lb 19¢

SUNKIST 140's
Lemons
4/29¢



WHITE 48's
Grapefruit 6/79¢

CATELLI — 1 Lb. Box
SPAGHETTI 29c

KING SIZE
Oxydol Detergent $2.09

KING SIZE
Cheer Blue Detergent $2.09

ROSEDALE 19 OZ
CREAM CORN ..... tin 39c

LIBBY'S 19 OZ.
Choice Canned Tomatoes ..... tin 49c



SPECIAL PAK—4 oz. Boxes
DREAM WHIP ..... 2 for $1.19

DAVID'S FRESH—1 lb. Pk.
STRAWBERRY TARTS 79c

MAXI 15 oz. Tin Moist Nutricious
DOG FOOD ..... tin 16c

MAXWELL HOUSE—6 oz. Jar
INSTANT COFFEE $1.59

TANG — Pouch of 4 Envelopes
ORANGE CRYSTALS $1.23

SAULER—25 lb.
Sanitary Kitty Litter $2.59

BORDEN'S 16 oz.
Creamelle Coffee Creamer ..... jar $1.29

MAPLE LEAF 1 lb.
Tenderflake Lard 63c

DUNCAN HINES
Devil's Food Cake Mix 89c

TENDERFLAKE — Pak of 60 Orange Pekoe
TEA BAGS $1.00

KRAFT 24 oz. Jar
Spaghetti and Meat Sauce 87c

CARNATION 16 oz.
Evaporated Milk ..... tin 31c

PROVIGO 32 oz. Jug
KETCHUP 96c

24 oz.—Pak of 2
Mir Liquid Detergent 99c

MOTHER PARKER'S 1 lb. bag all purpose Grind
COFFEE $1.09

KEN-L-RATION 15 oz. tin Quality
DOG FOOD 20c

Provigo 48 oz. tin
Pure Orange Juice 49c

PROVIGO 20 lb. Bag
All Purpose Flour $2.89

S & F
IROQUOIS SHOPPING PLAZA

OPPORTUNITY SAVINGS PROFITS RESULTS THEY'RE ALL IN CLASSIFIED

FOR SALE

APPLES for sale. Smyth Orchard, Dundela Phone 652-4089 7-tfc

BRISTOL BOARD--All Colours-25¢ per sheet. Iroquois Post, 652-4806.

MOBILE HOMES
New and used, reasonable, Can be seen anytime at Godkin's Mobile Home Park, 3 miles west of Ingleside on Highway No. 2
Tel. 613-537-2609 17 tfc

VACUUM CLEANERS and FLOOR POLISHERS; also Rug Conditioners for sale. Apply Ralph Coulthart, Morrisburg.
Will demonstrate in your home. 44-tfc.

RUBBER STAMPS Made to your specifications. Fast Service. -- Iroquois Post 652-4806.

1973 - 440 Moto Ski Capri Electric Start, low mileage, priced to sell. Phone 652-4332. 37-2p

1970 4-door Chevrolet. New 350 motor and transmission. Just 3,000 miles, completely rebuilt. For scrap or parts, see at 341 Broadway. John Pare. 38-2p

Electric Bar-B-Q machine for sale. Iroquois Coffee Shop 652-4539. 37-4c

ENVELOPES--All sizes, Singly or by the carton--Iroquois Post 652-4806

1971 Torino Brougham, 4 dr.HT, V8, Automatic power steering, power brakes, radio, low mileage. $1795. Phone 925-3955 after 6:30. 38-1-p

A SWIMMING POOL OF YOUR OWN THIS YEAR? Be ready for spring! Order now and save $$$. Full size complete inground pool kits at low low prices. Free delivery in this area. Installation or assistance if required. KOPAS POOL & PATIO Limited, 1-774-2133, Winchester Springs, Ontario K0C 2L0. 37-2c

One 30' Moffit heavy duty stove 4 burner large oven with glass in door. Reason for selling changed to colour.

One 15' Marconi black and white T.V. good working order just changed over to colour. Cabinet in good shape with its own base. Ideal for cottage or rec room.

One apartment size record player and radio combined. Automatic record changer. Ideal for cottage or rec room.

Anyone interested in these items please contact Mrs. Ethel Flegg, Brinston, Ont. R.R. #1, 652-4233 37-2p

PERSONAL ADDRESS LABELS-Different styles and colours. Iroquois Post 652-4806.

Hydro's Pickering Generating Station's four reactors contain 464 tons of uranium. That's equal to about 9,000,000 tons of coal--enough to fill approximately 120,000 railway cars.

1 set of acetyline cutting torches and hose.

1968 Ford Custom 500. 302 V8 motor all new brakes, exhaust, shocks, and snow tires, tie rod ends, and 1975 license.
Phone 652-4127. 38-1p

Floor furnace complete with pipes and controls and a 200 gallon tank. Farrell Service, 21 5th Street, Morrisburg, 543-3339. 38-1c

For Sale or Trade: 1 serviceable Hereford Angus Bull. Apply R.G. Runions, Brinston. Phone 652-4665. 38-1-p

WANTED

EXPANDING CANADIAN OIL COMPANY needs dependable person who can work without supervision. Earn $14,000 in a year plus bonus. Contact customers in Iroquois area. Limited auto travel. We train. Air Mail G.E. Dick, Pres., Southwestern Petroleum Canada Ltd., 87 West Drive, Brampton, Ontario L6T 2J6. 38-2-p

WANTED TO RENT
LOCAL businessman requires house to rent in or near Iroquois. Phone 652-4806 28-tfc

APARTMENT WANTED TO RENT
Apartment wanted to rent in Morrisburg or Iroquois furnished or unfurnished. Call 652-4207 after 4:00 p.m. Ask for Sheila. 38-1p

WANTED TO BORROW
Pictures of old landmarks, events, farm equipment at work or any historical picture of Dundas County for a Pictorial History of Dundas County.—Contact:
M. Cole - M&J Cole Photography 652-4564

FOR RENT

2 bedroom bungalow in Brinston, carpet, bath partly furnished. Immediate possession. Older couple. Phone 652-4710. 37-2c

EMPLOYMENT OPPORTUNITIES

COMMISSION SALES AGENT
Required immediately by Canada's fastest growing specialty lighting company. You will call on Commercial, Industrial and Institutional Accounts and offer a selection of products and service unequalled in Canada today. Our flexible sales policies highest rate of commission in the industry all add up to immediate executive earnings. Applicants over 50 welcome. Fulltime or Sideline. You do no delivery or collecting. Commissions are paid weekly on all orders shipped, with no holdback. For further details, telephone collect (416) 632-9020 and ask for Don Crossley. 38-2c

NOTICES

NOTICE TO TRUCKERS AND SHIPPERS

HALF LOAD RESTRICTIONS

Half load restrictions will be enforced on all County Roads in the United Counties of Stormont, Dundas and Glengarry, as of
SUNDAY, MARCH 9, 1975
with the exception of:

1) County Road 1 — Between King's Highway 401 and King's Highway 2.
2) County Road 14 — Between King's Highway 401 and King's Highway 2.
3) County Road 33 — Between King's Highway 401 and the City of Cornwall.
4) County Road 35 — Between King's Highway 401 and King's Highway 2.
5) All those portions of County Roads in villages and towns serviced by King's Highways.

Persons contravening this regulation will be prosecuted under Section 66 of The Highway Traffic Act, R.S.O. 1970.

D. J. McDonald, P. Eng.
Counties' Engineer
County Buildings
Cornwall, Ontario

TENDER

TOWNSHIP OF MATILDA

Tender call for Crushed Gravel and Crushed Rock for 1975

SEALED TENDERS, plainly marked, "Tender for crushed gravel and or crushed rock," will be received by the undersigned at the Matilda Township Garage office, lot 24, concession 3, until 5 p.m., local time,

TUESDAY, APRIL 1, 1975

for the following:

To supply, crushed and deliver on any road in the townhsip at a flat rate only, per ton of:

(A) 6000 tons more or less of 5/8" crushed gravel.

(B) 7000 tons more or less of 3/4 to 1" crushed rock, crusher run.

(C) 15000 tons more or less of 5/8" crushed rock, crusher run.

Crushed rock from rock quarry only

A certified cheque for 10% of the total bid to accompany each tender. Bidders may bid on the crushed gravel or the crushed rock or on both. Only tenders submitted on township tender forms will be accepted and these forms may be secured from the undersigned.

The lowest or any tender not necessarily accepted.

Township of Matilda,
c/o John McCaslin,
Road Superintendent,
Lot 24, Concession 3,
R.R. 2,
Iroquois, Ontario.
K0E 1K0
Tel. AC-613, 652-4074

38-2c

REAL ESTATE

You can still acquire Public Land Free! Government Land Digest Box 2217, Norman, Oklahoma 73069. 38-4c

Floyd Fisher
REAL ESTATE BROKER
MORRISBURG, ONTARIO
Bus. 543-2044 - Res. 543-2989

WILLIAMSBURG - Two storey 3 bedroom frame home, 3 pc. bathroom, spacious living-room diningroom and kitchen. Garage. On large lot. $16,000.

MOBILE HOME - 12' x 65' new deluxe model, 3 bedrooms with centre kitchen and livingroom, only six months old, beautiful shape. Can be transported without special permit. Offers invited.

IROQUOIS - twp storey 4 bedroom home with new colorlock siding, new modernized kitchen, new wiring, O.F.A. heating. Excellent family home facing the park. Visit this property and make us an offer.

GARAGE - excellent opportunity, yearly gallonage 200,000 frame metal building 45' x 45' on 3 acres. $35,000. 30% down balance Mtg. 10%.

SALESMEN
J. Allison..... 543-2989
A. Bolton.....543-2002
H. Fisher..... 543-2213
W. Marshall.....543-3200

W. C. MacDONALD & ASSOCIATES REAL ESTATE LIMITED
Real Estate Brokers
Winchester, Ontario

IROQUOIS - 3 bedroom stucco bungalow, well kept on beautiful landscaped lot, with view of river. Dining room, living room, corner fireplace, 4-pc bath, rec room, lot 75 x 150. Appointment only.

MATILDA TWP. - 3 miles to shopping plaza, an excellent country frame home, 3 bedrooms, 1 1/2 baths, almost completely refinished inside. Better than average condition, paved road, approximately 2 acres high land. Taxes only $130.00.

SMALL FARM - 38 acres on 3rd concession, older home needs renovation, excellent barn, all land clear. Taxes $175.00.

FOR FAST RESULTS
CALL TO LIST YOUR PROPERTY
Sales Representative
KEN KIRKBY
Phone 652-4395

SERVICES

ART SANGER'S UPHOLSTERY SHOP
Corner of Duncan & Hwy. 2
Free samples available. Free estimates. Phone 543-3266 34-tfc

FURNITURE REFINISHING - Stripping - Repairs - Free estimates. Carman Refinishers, 652-4602 Iroquois 14-tfc

CALENDAR OF EVENTS

DRAG RACES

Sponsored by Cardinal and District Snowmobile Club.
Place - Cardinal. Time - 1:30 p.m. Date - March 16th. Races open to all classes of machines. 38-1c

SEAWAY DISTRICT HIGH ANNUAL PUBLIC SPEAKING CONTEST

Seaway District High School will hold its annual Public Speaking Contest on Thursday, March 13th, at 8:00 p.m. in the school. The public is cordially invited to attend. 38-1p

ST. PATRICKS TEA AND BAZAAR
The Catholic Women's League Annual St. Patricks Tea and Bazaar, Monday March 17th 1975, Morrisburg Civic Centre, 4:00 p.m. to 9:30 p.m
Bingo, Fish pond, games, Entertainment, Door Prizes, food, Fun for the whole family.
All are Welcome to attend! 34-5c

CASH BINGO
To be held every Wednesday night, starting October 9, at Williamsburg Legion Branch 538 (Boucks Hill). Everyone Welcome. Admission $1.00 tfc

HADDO SNOWMOBILE CLUB

There will be a meeting of the Haddo Snowmobile Club, Monday, March 17 8:00 p.m. sharp, at the School. 38-1c

ST. PATRICKS TEA AND FOOD SALE

Knox Ladies' Aid Annual St. Patricks' Tea and Food Sale in Knox Church Hall, Saturday March 15, 3 to 5 p.m. 37-2p

DESSERT AND GAMES PARTY
The Winchester and District Memorial Hospital Auxiliary will hold the annual Dessert and Games Party in the hospital on Thursday, March 20, from 1:30 p.m. until 4:00 p.m. Bring your friends for an afternoon of bridge or euchre, delicious desserts and exciting prizes. Admission $1.00. Everyone welcome. 37-2c

BAZAAR AND BAKE SALE

On Thursday March 20th, the Timothy Christian School, at Williamsburg, 1 mile east of light, will hold their annual Bazaar and Bakesale. There are many fine items for sale, also fun and games for all ages, so come and bring your family. Hours from 2-5p.m. and 7-11 p.m. Admission is free. 38-1p

ST. PATRICK'S DANCE
St. Patrick's Dance March 15. Tickets on sale. See Lions Club members. Band: Three's Company. 36-3c

We welcome you to Dundela United Church, Pot Luck Supper, March 24th 7:30 p.m. Entertainment - Sunday School. 38-2p

CORRECTION

Ontario Hydro

PROPERTY FOR SALE VILLAGE OF IROQUOIS
Ontario Hydro is offering for sale Lot 1, Registered Plan 40, in the Village of Iroquois, Known as Store No. 1 in the Iroquois Shopping Centre.

This is rectangular lot of approximately 3,367 square feet and is improved with a one story shopping centre store containing approximately 2,400 square feet.

Further information and arrangements for viewing may be obtained by writing to Ontario Hydro, 420 Dundas St., East, Belleville, Ontario, attention of Mr. C.N. Davis,—telephone 968-6721.

Offers to purchase must be submitted in a sealed envelope as follows:

W.E. Raney, Secretary
Ontario Hydro
620 University Avenue
TORONTO, Ontario
M5G 1X6

and marked:

Tender for Village of Iroquois Property

and must be received by the Secretary no later than 4:00 p.m. Eastern Standard Time on Tuesday, March 18, 1975.

Offers to purchase must also be accompanied by a certified cheque payable to Ontario Hydro for at least 3 per cent of the amount of the offer. Cheques will be returned to the unsuccessful bidders.

Offers submitted must allow until April 3, 1975, for acceptance or rejection and must not be withdrawn until after that date.

The highest or any offer not necessarily accepted.

AUCTION SALE

SATURDAY, MARCH 22, 1:00 p.m.

Lower section of the new edition of the Morrisburg arena

Household contents and miscellaneous articles - 2 combination sofa and daybeds, 2 antique occasional tables, 2 swivel armchairs, 3 end tables, 1 coffee table, 1 nearly new Electrohome 21" black & white T.V., 2 armchairs, 1 dining room table with 6 matching chairs, 1 daybed, 2 wooden, rocking chairs, dining room buffet, 2 double steel beds, 1 3/4 steel bed, 3 dressers, 1 Vanity, 1 washstand, assortment of wooden chairs, 2 wooden cupboards, 1 chrome kitchen table with 6 matching chairs, 1 McClary electric stove, Universal fridge, Fairbanks-Morris 12 cu. ft. upright freezer, Beatty swirlator twin tub washer nearly new.
Terms - Cash
To settle estate of the late Dorothy Burton
Auctioneer - Charles Farlinger
543-2897
38-2c

BUSINESS DIRECTORY

CONTACT US FOR RATES ON Farm Fire Insurance—Dwelling, Contents, Outbuildings, Cattle & Machinery.
LORNE MELLAN
BRINSTON ONTARIO

ERIC'S CARPENTRY CABINETMAKING
Renovation & Repairs
INDUSTRIAL RESIDENTIAL COMMERCIAL
Custom Build Cabinets and Build-ins
Rec. Rooms & Kitchens Built to Your Specifications
for free estimates call:
652-4162—Iroquois
Prov. of Ontario Carpenter's License 34-12p

Edward Beckstead
BUILDING CONTRACTOR, GENERAL REPAIR WORK
PHONE 652-4726
R.R. 2 BRINSTON, ONT. 26-tfc

PLAZA BEAUTY SALON

Hair Styling for Women and Men
Iroquois Shopping Plaza
Prop. - Liz Holmes
652-4466

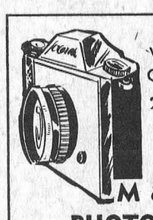
DIANA'S FLOWER SHOP
SAY IT BEST WITH Flowers
MORRISBURG 543-2566

John H. Taylor, D.C.
Chiropractor
110 KING ST. WEST (EDWARD AND KING)
Prescott, Ont. 925-3436
- Office Hours -
Monday, Tuesday, Thursday and Friday
9 a.m. - 5 p.m.

PAINTING, POTTERY & WEAVING
the country studio
Audrey 543-3324 Marion 652-4594 Libby 537-2685
Corner of High and 2nd St
Morrisburg, Ont.
FRI., SAT., SUN. 1 - 5 P.M.

FOR INFORMATION ON—
LIFE INSURANCE
INCOME PROTECTION
RETIREMENT PLANS
— CONTACT —
ROGER COULTER
43B Beach Ave., Iroquois
Phone 652-4535
Representing The Prudential Insurance Co.

Plannin' A New Home
Plannin' A New Cottage
Plannin' A Renovation
Plannin' See LANNIN
H. S. LANNIN LTD.
GENERAL CONTRACTORS
Phone 774-2830 - Winchester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WEDDING & COMMERCIAL
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M & J COLE PHOTOGRAPHY
RR1, Brinston Rd., Iroquois
Phone 1-613-652-4564

ORGANS and PIANOS
CONN ORGANS
LESAGE PIANOS
SALES AND SERVICE
ROY FAWCETT
WINCHESTER 774-2205

MONUMENTS
Where You Buy The Best For Less
Satisfaction Guaranteed
No. 1 Granite Only
Cemetery Lettering
Dwight H. Crowder
Williamsburg, Ontario
Phone 535-2683

LEGION BRANCH 370
LADIES NIGHT
SAT. MAR. 15
LEGION HALL
Music Supplied by Rythm Incorporates
Couples Only

Attention

LOCAL ARTISTS, CRAFTSMEN, HOBBYISTS

Prepare now for the

IROQUOIS WOMEN'S INSTITUTE CRAFT SHOW AND SALE

to be held in the

CIVIC CENTRE JUNE 13th & 14th

WOODWORKING - QUILTING - CROCHETING HOOKING - ALL NEEDLECRAFT - KNITTING PAINTING, ETC. JUST TO NAME A FEW

Articles for show must not have been exhibited before.

For more information call Mrs. E. Summers at 652-4443 or Mrs. D. Sisty at 652-4436

This is your chance to display or sell your Crafts

LEGION BRANCH 370 BINGO

TO BE HELD

EVERY MONDAY 7:30 p.m.

LEGION HALL, IROQUOIS

15 REGULAR GAMES - $5 PER GAME
3 SHARE-THE-WEALTH GAMES
3 SPECIAL GAMES - $10 PER GAME
1 JACKPOT $100 - SPLIT 4 WAYS
WINNER-TAKE-ALL GAME

Plan To Attend This Evening of Fun at the Legion Hall

Classified Advertising Rates

All forms of classified advertising: For Sale, For Rent, Wanted, Cards of Thanks, Engagements, Birth Announcements, Coming Events, etc. are 5c per word (Minimum of $1.00 for 20 words or less for the first insertion and 4c per word for additional insertions (Minimum of 75c)

All classified Advertising is on a cash basis only. Advertisments may be taken over the phone or by mail if you have established a standing account with us and these will be subject to a 25c service charge.

In Memoriams $1.50 minimum (includes 4-line verse) plus 50c per 4-line verse thereafter.

Wedding and engagement announcements, when accompanied by a photograph are charged at $4.00 per picture.

Deadline for Classified advertisments is 11 A.M. Tuesday of week of issue.

In Hospital

Frank Rooney is a patient in the Kingston General Hospital for an operation. We wish him a speedy recovery.

****

Ontario Hydro has reforested more than 2,500 acres of land in the past three decades. The program has involved the planting of more than 2,000,000 trees.

Windmill Point
Cornwall, Ontario
K6H 4Z1
(613) 933-6080

ST. LAWRENCE COLLEGE
OF APPLIED ARTS AND TECHNOLOGY

ONTARIO COACHING DEVELOPMENT PROGRAM

Interesting? Interested?
What do you know about it?

Meet Mr. Terry Valeriote, and Mr. Gordon Wells, two representatives from the Sports and Recreation Bureau who will explain the program.

WHEN: Tuesday, March 18 at 7:30 p.m.

WHERE: St. Lawrence College, Windmill Point, Cornwall, Ontario Room 362

For furher information on this meeting, contact:
Eugene Cardinal, Chairman, Continuing Education Department, St. Lawrence College 933-6080

the 3R's RIGHT... REASONABLE AUTO REPAIRS

Radiator Acting Up? See Our Mechanics



They'll flush it out, use up-to-date equipment to pressure test for leaks, repair or even reweld to put it in top condition once more.

You can trust our shop with any car emergency. Full service is our specialty. So is modest cost. Come visit us.

Complete Car Care

SUNOCO Sales with Service **Fetterly's** Dodge CHRYSLER
A COMPLETE AUTOMOTIVE SERVICE
On Highway No. 2 At Carman Road
JUST SOUTH OF THE WATER TOWER
652-4841 — IROQUOIS

POST SPORTS PAGE

Community Scoreboard



HOCKEY REPORTS IN THE NEWS

Kemptville Novice Tournament
March 8—Kemptville
FIRST GAME
Iroquois 4 Carleton Place 7
Iroquois goals scored by:
W. Traynor 1
(Assisted by C. McDermed)
R. Frances 1
(Assisted by D. Hall, A. Lee)
C. McDermid 1
(Assisted by W. Traynor)
D. Hall 1
(Assisted by A. Lee)
SECOND GAME
Iroquois 7 Nepean 0
Iroquois goals scored by:
B. Byers 3
(Assisted by R. Francis, M. Veltkamps; A. Lee; A. Lee)
R. Francis 2
(Assisted by A. LLe and M. Veltkamp)
W. Traynor 1
(Assisted by C. McDermid, T. Picotte)
T. Picotte 1
(Assisted by J. Kirkeer)
THIRD GAME
Iroquois 9 Prescott 1
Iroquois goals scored by:
R. Francis 2
D. Hall 3
(Assisted by A. Lee, R. Francis; R. Francis)
W. Traynor 1
(Assisted by C. McDermid)
T. Picotte 1
(Assisted by J. Kirker)
C. McDermid 2
(Assisted by T. Picotte; A. Lee)

Upper Canada Atom
March 6—Cardinal
Iroquois 3 Cardinal 2
Iroquois goals scored by:
R. Francis 1
D. Hall 1
(Assisted by R. Frances, B. Byers)
T. Picotte 1
(Assisted by C. McDermid and W. Traynor)
Exhibition
March 5—Brockville
Iroquois 4 Brockville 6
Iroquois goals scored by:
T. Picotte 1
(Assisted by A. Lee)
C. McDermid 1
(Assisted by T. Picotte)
D. Hall 1
(Assisted by R. Frances, B. Byers)
R. Francis 1
(Assisted by A. Lee)

Morrisburg Atom Tournament
Sat., March 8—Morrisburg
FIRST GAME
Iroquois 5 Morrisburg 1
Iroquois goals scored by:
Tim Patterson 2
(Assisted by R. Shaw and K. McEwen)
Kevin McEwen 1
(Assisted by T. Patterson and R. Shaw)
Alan Burgess 1
(Assisted by D. Nesbitt 1
Tom Waddell 1

SECOND GAME
Cardinal 2 Iroquois 10
Iroquois goals scored by:
K. McEwen 3
(Assisted by R. Shaw; D. Cherry; T. Patterson)
R. Shaw 1
Davdi Cherry 3
(Assisted byb F. Lee; S. Adams; Tim Patterson 3
(Assisted by K. McEwen; S. Adams;)
(Assisted by R. Shaw)

FINAL GAME
Athens 1 Iroquois 3
Iroquois goals scored by Kevin McEwen, assisted by T. Patterson and R. Shaw; two unassisted.

This was an exciting close checking contest. Following the final buzzer, team captain Tim Patterson was presented the Beavers Dental trophy. This is the third time this season the Atoms have won the "A" Championship in Tournament play.

Atom "A" Playoff
Sunday, March 9—Cardinal
Athens 2 Iroquois 2
Iroquois goals scored by Tim Patterson, assisted by S. Adams and unassisted)
Future Games
Iroquois at Athens on Tuesday, March 11 at 6:30 p.m.
Sunday, March 16, Athens vs Iroquois at Cardinal at 5 p.m.

Exhibition
February 26—Cardinal
Iroquois Novice 2 Kemptville 2
Iroquois goals scored by:
D. Hall 1
(Assisted by A. Lee and R. Francis)
B. Byers 1
(Assisted bby R. Francis, D. Hall; M. Veltkamp)
Novice "A" Tournament
March 1st — Brockville
FIRST GAME
Iroquois 1 Brockville 7
Iroquois goal assisted by W. Traynor
SECOND GAME
Iroquois 3 Smiths Falls 1
W. Traynor 2
(Assisted by T. Picotte)
R. Frances 1
THIRD GAME
Iroquois 1 Nepean 9
D. Hall 1
(Assisted by R. Francis, J. Kirker)

Iroquois Types
February 26—Cardinal
Morrisburg 0 Iroquois 5
Iroquois goals scored by:
Steven Byers 1
Steven Picotte 2
Billy Hutt 1
Jeff Veltkamp 1
March 5—Cardinal
Prescott 1 Iroquois 8
Jeff Veltkamp 3
Tim Cassidy 3
Steven Byers 2
March 8—Spencerville
Iroquois 15 Spencerville 0
Jeff Veltkamp 5
Tim Cassidy 3
Billy Hutt 2
Steven Byers 2
Steven Horner 1
Steven Picotte 1
Darin Eden 1
Our boys have played 15 games to date, winning 13, loosing 2. Due to tournaments and carnivals, we are receiving ice time on short notice.

Iroquois Old Timers
Thursday, Feb. 6—Morrisburg
Iroquois 3 Morrisburg 6
Iroquois goals scored by:
D. McCurdy 2
J. Brennan 1
Sunday, March 9—Chesterville
Iroquois 6 Chesterville 6
D. McCurdy 2
B. Lapier 1
J. Brennan 1
T. Styles 2

Pee Wee 'A'
Tuesday, March 4—Brockville
Iroquois 5 Brockville 0
P. Moran 1
(Assisted by R. Casselman and K. Brown)
K. Smith 2
(Assisted by G. McMartin; G. McMartin and K. Brown)
S. Kirker 1
(Assisted by G. McMartin and K. Brown)
G. McMartin 1
(Assisted by K. Brown)
Sun., March 9—Cardinal
Edwardsburg 2 Iroquois 1
Iroquois goal scored by G. McMartin, assisted by K. Smith and B. Graham

St. Lawrence Division
Junior 'B' Hockey
Best of 7 Quarter Finals
March 1 — Prescott 5, Cornwall 3; March 2 — Cornwall 11, Prescott 1; March 8 — Cornwall 9, Prescott 4; March 9 — Cornwall 9, Prescott 2. Cornwall leads 3-1: 5th game in Cornwall March 11th.

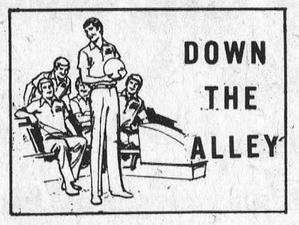
March 1 — Morrisburg 9, Cardinal 5; March 2 — Cardinal 4, Morrisburg 2; March 5 — Cardinal 7, Morrisburg 3; March 8 — Morrisburg 5, Cardinal 4 overtime: March 9 — Cardinal 6, Morrisburg 2. Cardinal leads 3-2, 6th game in Morrisburg on March 11. 7th if necessary in Cardinal March 12th.

Feb. 28 — Metcalfe 7, Alexandria 4; March 2 — Alexandria 8, Metcalfe 3; March 5 — Alexandria 6, Metcalfe 4 overtime; March 7 — Metcalfe 4, Alexandria 1; March 9—Alexandria 15, Metcalfe 6 — Alexandria leads 3-2, 6th game in Metcalfe March 11. 7th if necessary in Alexandria March 12th.

Best of 5 Semi-finals will begin March 14th.

Winner of Cardinal/Morrisburg; play winner of Alexandria/Metcalfe.

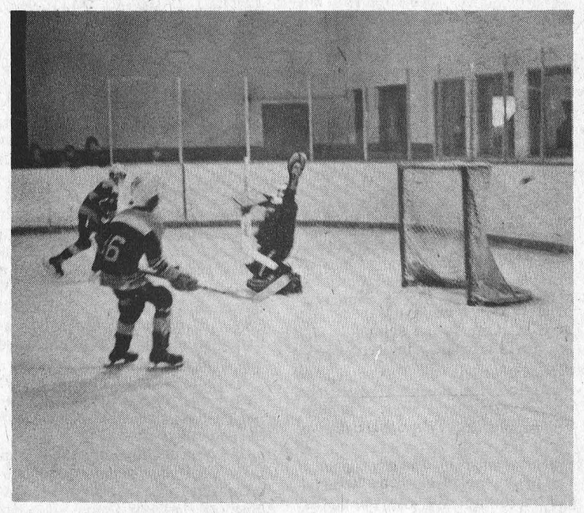
Winner of Cornwall/Prescott advance to finals to await winner of semi-finals.



Branch 370 Bowling League
Jolly Hoppers (C. Easter) 91
Hush Puppies (H. Easter) 85
Sandals (G. Kirker) 84
Grasshoppers (J. Helmer) 76
HIGH SINGLES—
Bonnie Lanthier 291
Ronnie Lanthier 309
HIGH TRIPLES—
Bonnie Lanthier 704
Gary Easter 765

Matilda Bowling League
Cuckoos 51940
Doves 51736
Robins 51092
Owls 50503
Larks 50078
Wrens 49700
HIGH SINGLES —
Marilyn Payne 278
Percy Robertson 315
HIGH TRIPLES—
Joan Toupin 758
Percy Robertson 821

Game of the Week



Iroquois' MARK NESBITT whistles a shot past the post goalie DAVE LANG stretches for the puck.

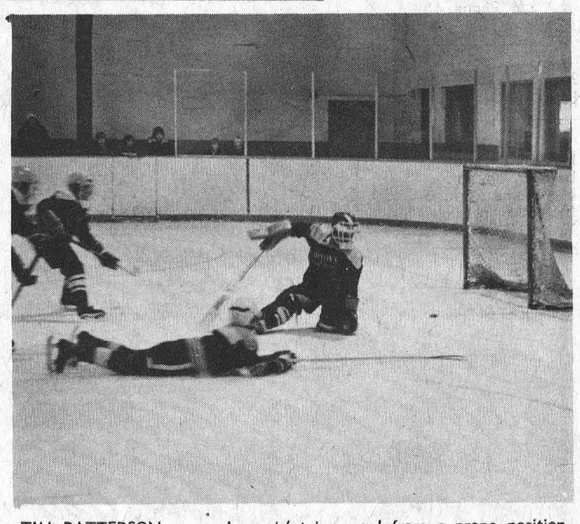
Atom A Playoff Action

Iroquois Atom A's faced-off against Athens in the first game of the playoffs between these two strong teams. The Sunday night game at the Cardinal arena produced four goals and four penalties and ended in a two-all tie.

Athens opened the scoring with an unassisted goal by No. 9 Roger McLean. Iroquois tied the score at 8:45 of the second period with a goal by No. 4 Timmy Patterson. Thirty seconds later No. 12 G. Coshaw and No. 9 R. McLean combined to put Athens back in the lead.

Tim Patterson scored his second goal of the night to tie the score when No. 10 Shannon Adams fed him a pass in front of Athens net.

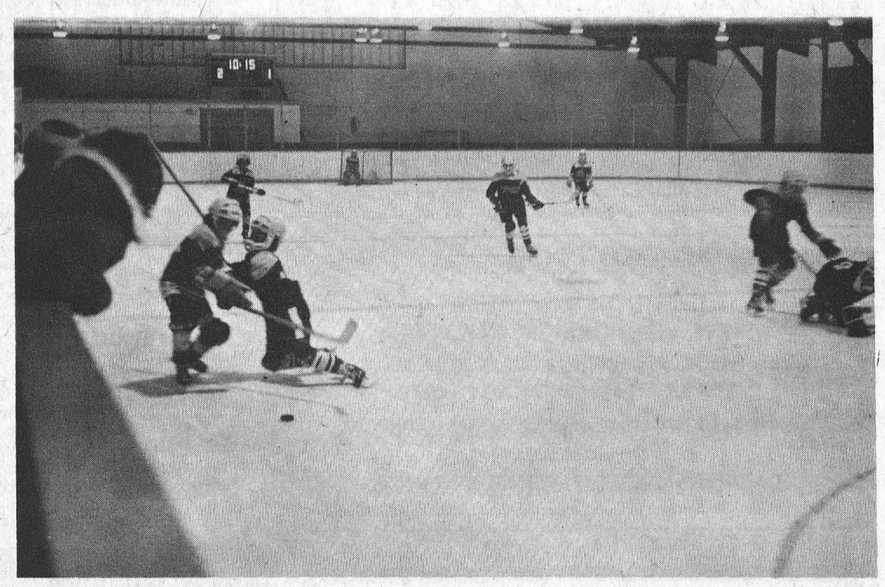
The rest of the game produced many scoring chances for both teams which failed to result in a goal due to the fine goal tending at both ends of the rink.



TIM PATTERSON scores Iroquois' tying goal from a prone position.



Athen's DAVE LANG displays his talent with Iroquois players outmanouvering defencemen.



Heavy checking as players fight for possession of puck

Sports Slants

by Leo DeBellefeuille



Badminton is a fast game played with rackets and a shuttle cock on a wood, dirt, or grass court. The court is somewhat like a tennis court, but smaller. The shuttle cock, often called simply the shuttle, or "bird" is hit back and forth over a net 5 feet hight. It must be returned before it strikes the court. The game can be played by two persons (singles) or four persons (doubles). It is a very adaptable game and can be played both indoors and outdoors. Official tournaments are played indoors. The outdoor game is more suitable for family enjoyment at home.

Badminton developed from Battledore and Shuttle cock, an ancient game that was popular with children. There are several explanations of how the modern game began; one is that about the year 1870 English army officers brought a version of it to England from India, where it was called Poona. The new game took its name from the Duke of Beaufort's estate. Badminton, where the game was probably played indoors for the first time. Badminton became popular in England, and in the 1890's the Badminton Association was formed. In 1934 the International Badminton Federation was organized.

There are two international badminton championships: the Thomas Cup competition for men which began in 1948, and the Uber Cup for women, which began in 1957.

Malaysia and Indonesia have dominated the men's event, and the United States and Denmark the women's competition.

In playing badminton, scoring points can be scored only while serving. The basic strokes are overhand shots, underhand shots, forehand shots, and backhand shots. The serve is the most important stroke because it puts the "bird" in play at the start of each point. The smash shot, is the principal point-winning stroke in badminton. The clear shot is one that sends the "bird" high to the opponent's back boundry line. The drop shot causes the "bird" to drop close to the net in the opponent's court. the drive sends the "bird" skimming low over the net in a line parallel to the floor. Several auxiliary shots are called the hairpin, and cross court, the round-the-head shot, half smash, and driven clear.

Proper grips for holding the racket, good foot work, and proper stroke production are vital in playing a sound game.

The object of the game is to win the required number of points by forcing your opponent to make errors. The basic strategy in singles is to out maneuver your opponent so that he or she is forced to "set up" the shuttle or "bird" high in the fore court, where it can be put away with a solid smash shot.

The outstanding characteristic of a champion at badminton is the player's ability to react in split-second time with his eyes, mind, feet, and hands. Becoming a champion takes combined physical and mental effort at all times. Constant practice, physical fitness, reading instructional books and observing expert players help make a winner. Habits of concentration, confidence, and self determination are necessary. The great players of the game have often been great sportsmen. This is apparent in their conduct and dignity on and off the court.

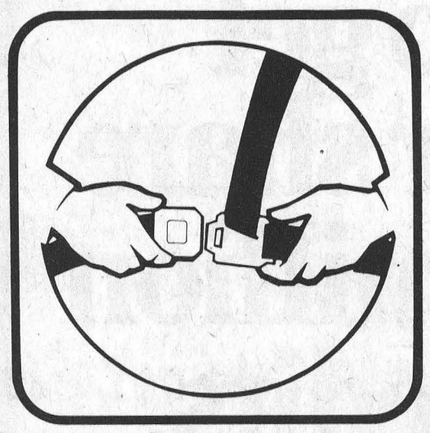
Some of the world's most famous men badminton players have been Walter R. Kramer, David G. Freeman, Martin Mendez, Joe Alston, Eddie Choong, Finn Kobbers, James Poole, Tan Joe Hock, Richard Yeager, Wynn Rogers, and J. H. Hansen.

The most renouned women to play the game have been Mrs. Oel Bark huff, Evelyn Baldrick, Ethel Marshall, Judy Devlin, Zoe G. Smith, Thelma Kingsbury, and Lois Alston. Anyone can play badminton and enjoy the game, requirements are top finesse and expertise needed to master the second most difficult sport to play. There is a great boom in Canada and an explosive rebirth of the sport. This year, the bustling Ontario Badminton Association will receive $75,000 from provincial coffers. Membership in the OBA has jumped from 1,000 four years ago to over 8,000. There are 250,000 playing the sport in Ontario, with almost every high school having a club. Canada is one of the better countries in the world at badminton. It is a relatively inexpensive game to play and can be enjoyed immediately without months of practice. The game is becoming

see page 8

Seat belts mean greater safety.

This is what Ontario is doing to make sure people know it - and wear them!



In 1973, 2000 people were killed and nearly 100,000 injured in car accidents here in Ontario! Tragic? Sure. But even more tragic when you consider that many of these people could have been saved by one simple action. Buckling a seat belt.

Scientific evidence proves that seat belts reduce the chance of death or injury in a car accident by 50%!

So your Ontario Government is sponsoring an intensive educational program to persuade drivers and passengers—and children, too—to wear a seat belt even on short drives.

The symbol of this program is the sign shown. It's a reminder to "Buckle up for safety." You'll be seeing it often along Ontario streets and highways.

It's part of a plan to help protect you, your family, and everyone in the province—to help Ontario residents live better, longer.

And to make doubly-sure of it, the government has prepared interesting, informative booklets, a film, and a special school program on the importance of wearing a seat belt.

For more information on seat belt safety, write:

Public and Safety Information Branch,
Ministry of Transportation and Communications,
1201 Wilson Avenue,
Downsview, Ontario. M3M 1J8.

Ministry of Transportation and Communications
John Rhodes, Minister

Government of Ontario
William Davis, Premier

Dear Frank-
Today we went to Vogue to shop for our Bridesmaids gowns. Judy and Carol chose the prettiest gowns in white nylon with little Red Polka dots all over. They picked large white picture hats, and the nice people at Vogue are putting matching bands on them. — and Frank, they're dying shoes to match exactly.
I love you
Jane
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XXXX

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Report from Queen's Park by the Honourable Donald R. Irvine

$375 Million in Tax Rebates for Ontario Residents

The Government of Ontario will return $375 million to Ontario residents this year in the form of tax rebates.

The Ontario tax credit system is designed to bring greater fairness to the provincial and municipal tax systems through tax rebates which are related to the individual's ability to pay taxes.

During the past few weeks I have received a number of questions from my constituents about Ontario's Tax Credit System. I thought the following question and answer format might be useful in clearing up some of the problems.

Q. Who is eligible to share in Ontario's Tax Credits?

A. If you were living in Ontario on December 31, 1974, and you were 16 years of age or older on that day, you may be eligible to share in the Tax Credit Programme.

Q. What are the three Tax Credits?

A. 1. The Property Tax Credit: The purpose of this credit is to reduce the burden of municipal taxes you paid in 1974. This credit can be claimed for a principal residence only. To calculate your Property Tax Credit you must first establish your occupancy cost. If you are a homeowner, occupancy cost is the amount of municipal tax you paid for your principal residence in 1974. If you are a tenant, occupancy cost is 20% of the rent you paid during 1974.

If you occupancy cost is higher than $180, your property tax credit will be $180 plus 10% of your occupancy cost.

If your occupancy cost is less then $180, your property tax credit claim will be the actual amount of that cost plus an additional 10% of that amount.

The Sales Tax Credit can be claimed by any tax filer who is not claimed as a dependent on the Income Tax Return of any other Ontario resident. To calculate this credit you must determine your personal exemptions on page 4 of your Income Tax return. One per cent of your total personal exemptions may be claimed as your sales tax credit.

Most residents of Ontario who were aged 65 or over on December 31, 1974 may claim a Pension Tax Credit of $110. In the case of a married couple, both of whom are 65 or over, the spouse with the higher taxable income must claim the credit.

While these rebates are claimed through the Federal Income Tax form, the monies are refunded to you by the Ontario Government. These particular tax rebates are available to Ontario residents only.

Therefore, if you have any questions regarding the tax credit, please contact the Ontario Ministry of Revenue's Guaranteed Income and Tax Credit Branch Information Centre at 965-8470. Outside Metro Toronto the Information Centre can be reached, free of charge, by calling the operator and asking for Zenith 8-2000.

SPORTS SLANTS

cont'd. from pg. 7

so popular that some clubs have lengthy waiting lists. One club in Brampton Ontario has a waiting list of 800. It is a sport people can play all their lives. Publicity has been lacking but television coverage is going to improve the public acceptance of the game. The facilities for Badminton are excellent here in Iroquois.

For the top ranking players or the average social player, they are most welcome to join the Iroquois Club. If you are interested in becoming a member of a perfect sport, simply drop into Seaway District High School gym and get all the particulars from Mr. Jeff Beaupre the local co-ordinator. The local club workout is Mondays and Wednesdays from 7 to 10 p.m.

In addition to the long hours that Mr. Jeff Beaupre has dedicated to the Iroquois Badminton Club, he is the first to admit that one cannot form a thriving club without co-operation. In this area, Jeff states "Much of the credit for the formation of the Valley Badminton League must be extended to Mr. Pat McCourt.

Mr. McCourt, a teacher at St. Cecilia's School, is a member of of the local club and serves as an executive member of the S.D. G. club in Cornwall. By virtue of the Iroquois Club joining the Valley League, has provided the members the opportunity to travel and meet other club members thus creating more interest in the sport for the Iroquois players. The Valley Badminton League is based on a 12 point system for each match. Two out of three games for a single point. The doubles and mixed doubles are played with a team of eight players. The local club is basically self supporting. Each local member contributes a small fee to supply birds, and nets for the season. Jeff Beaupre, has done a superb job in organizing this very active group, his only regret has been the lack of more citizens not taking an advantage of the club and the excellent facilities provided by Seaway District High School. The membership is always open to anyone from nine to ninety. Age has no barrier. At present most of the local membership is comprised of elementary and secondary students. Jeff, wishes more adults would take an active interest and accept membership. In reality, too few adults participate in active recreation. Most are spectators, instead of being engaged in some form of solid conditioning. Well, in the Iroquois Badminton Club, they have the solution for you. Simply, register as a member to Jeff Beaupre and see for yourself how much pleasure one can receive from this tremendous family sport. The game should be played by every member of the family because it is a fun sport, in addition, it is an excellent source for body conditioning and development and keeping one in good shape.

The 1975 membership in the Iroquois Badminton Club is divided into two classifications, league players who enter into competition and the balance perform in regular club play. The league players are Carol Duval, Geraldine Crober, Jennine McCourt, Judy Sheldrick, Diane O'Neil, Janet Beckstead, Shelley Fader, and Cindy Tippins in the Ladies Section. Competitors in the Men's Section are George Kavanaugh, Kevin Merkley, Stanley Davis, Jim Edgar, Paul Calhoun, Pat McCourt, Robin McIntosh and Jeff Beaupre. Regular members are Arneda Smith, Cindy Sheldrick, Brian Couglar, Adrian McKinnon, Barry Casselman, Woodrow Casselman, Edward Rooney, Bruce Hubbard, Robert Delegarde, Steven Montpetit and Henry Swank The president of the local club is Jeff Beaupre and the Vice President is Robin McIntosh. The Valley League is made up of the following teams, S.D.G. Cornwall, St. Johns Cornwall, Massena N.Y. and Iroquois. The results of league games to the present are as follows: Jan. 16 - St. Johns Cornwall 10 - Iroquois - 2, Jan. 29 - S.D.G. Cornwall - 7 - Iroquois - 5, Feb. 2 - Massena N.Y. - 9 - Iroquois - 3, Feb. 12 - Iroquois - 7 St. Johns Cornwall - 5, Feb. 26 Iroquois - 10 - Massena N.Y. - 2, March 2 - Iroquois - 11 - S.D.G. Cornwall - 1. Standings 1. Iroquois 38 points, 2. St. Johns Cornwall 37 points, 3. Massena N.Y. 34 points, S.D.G. Cornwall 17 points. To the present time, as anyone may see, the Iroquois Badminton Club are enjoying a splendid season.

Being a relatively new and a young club, much more will be heard from them in the future. They will become much stronger and more competive with a larger membership. Why then, do you folk not give more concern for this local group and drop over to Seaway Gym Monday or Wednesday evening and join the ranks? They are to be given a tip of the hat for a wonderful effort in getting Badminton off and roaring in Iroquois. Good Luck to one and all!

In conclusion, are you interested in participating in a Snooker Tournament? If you are, entries are being accepted by Wayne Barkley at Iroquois Billiards. More on this event in a future release.

Until next week, again remember
"If You Play Sports Be A Good One"!

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February 25/75 Dr. and Mrs. Gabrial Slowey, Chesterville, Ontario. A Daughter.

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