THE IROQUOIS POST

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Community Saddened By Demise Of Gordon E. Barkley

The death occurred suddenly on August 5th, of Gordon Earle Barkley at The Brockville General Hospital. The remains rested at The Fitzsimmons Funeral Home, Iroquois, until August 8th, when the funeral service was held in St. Paul's Lutheran Church at 2 p.m., conducted by the Rev. F. Howald, Pastor of the Church. Interment took place in Mt. Pleasant Cemetery, Morrisburg.

A member of St. Paul's Church, Mr Barkley had served on the Church Council and had been faithful in his attendance at worship all his life.

An ardent lover of nature, and a true sportsman, his main interests were farming, gardening, hunting and fishing. He loved the out of doors, and all growing things. His quiet, friendly, sympathetic and unassuming manner won him many firends wherever he went.

Mr. Barkley was employed at Automatic Electric in Brockville and lived in Prescott, where he leaves to mourn his loss, his wife, the former Frances Crober and his daughter Catherine Anne. Also mourning his death are his parents, Harvey and Emma Barkley of Iroquois: his brother, Donald of Morrisburg; and Larry of Belleville: his grandmother, Mrs. Margaret Earle of Cornwall three nieces and a nephew.

The pallbearers were: Fred McCaslin, Keith Kirkwood, Clair Algire, Arthur Casselman Paul Adshead, Lyle Black, Leonard LeClair, Terry Johnston.

Mourn Passing Matilda Resident Sandfield Lapier Jr.

Friends in the area were saddened on Saturday evening, August 3rd when it became known that Sandfield Lapier Jr. had passed away at the hospital in Winchester following several months illness. In his 51st year, Tunney as he was known to all who knew him, was born in Dundela and spent all his life in the area. A former employee of the Canada Starch Plant in Cardinal, he farmed in Glen Stewart for some years and prior to his illness was employed by the township. He was well liked by all who knew him.

He is survived by his wife Evelyn, a son Glen of Hanesville, Francis at home, and a daughter Barbara Ault, and a grandson Steven Ault and Kevin Lapier of Winchester. A son Raymond pre-deceased him in 1973. Also surviving are his father of Chesterville, brothers Dwayne Chesterville, Arthur and Acil of Iroquois, and two sisters Ruby James and Evelyn Jackson of Dixon's Corners. A number of other relatives also reside in the area.

Funeral services were conducted at the Fitzximmons Funeral Home Iroquois, on Tuesday afternoon with many friends attending. Interment was at the cemetery in Brinston. Pall bearers were close neighbors of the deceased. The beautiful flowers and the large number of contributions to the Cancer Society were a silent trubute to a good friend and neighbor. The sympathy of the neighborhood is extended to the family.

New System of Motor Vehicle Inspection Starts Sept 1st



After September 1, 1974, all used vehicles must be inspected at a Motor Vehicle Inspection Station prior to the time of sale or transfer. Service stations licenced by the Ministry of Transportation and Communications to carry out a Safety Standards Certificate inspection will display this sign.

Minister of Transportation and Communications John R Rhodes today announced details of the Motor Vehicle Inspection program coming into effect the first of September.

Under the new program, a Safety Standards Certificate can be issued only by licenced Motor Vehicle Inspection Stations, and each inspection of a used vehicle must be carried out by a mechanic registered with the Ministry.

The Safety Standards Certificate will replace the Certificate of Mechanical Fitness now in use.

In Ontario, a motor vehicle must undergo an inspection of its safety related componets prior to resale or transfer of ownership. It is estimated that approximately one-third of the vehicles in the province is inspected each year under this program.

In making the announcement, Mr. Rhodes said, "The purpose of this program is not to take cars off the road, but to have mechanical defects corrected at the time of resale, resulting in safer vehicles on our provincial roadways."

There will be approximately 5500 licenced stations throughout the province, mainly at service stations and car dealerships. Each station will be inspected prior to the issuing of a licence to ensure sufficient space. tools and equipment are available to properly complete safety standards inspection.

Mr. Rhodes indicated, "The new program is designed to provide a uniformly high standard of inspection throughout the province and to insure the public that both the mechanic and the station producing the certificate meet the standards established by the Ontario Government."

Paid Tribute On 80th Birthday

The congregation of Knox Church, Iroquois, paid tribute to Mr. Stewart A. Thompson, on the occasion of celebrating his 80th birthday, following morning worship, Sunday, August 18th. A gaily decorated cake with appropriate wording was presented to Mr Thompson during the lemonade refreshment time on the church lawn at the close of the service, which he duly cut and ladies of the congregation served to all in attendance. Many well-wishes were extended to Mr. Stewart on this happy and memorable occasion.

For amazing results place an ad in the Post this week!

Celebrate 50th Anniversary

On returning home Saturday August 10 from a trip to Western Ontario, Mr. and Mrs. Ralph Marcellus were pleasantly surprised to find their home inside decorated, and over Seventy Relatives, Friends and Neighbors, that came to celebrate their 50th Wedding Anniversary.

A social hour was spent chatting and reminiscing, after which a dainty lunch was served including a lovely decorated Anniversary Cake.

News items are always welcomed by the Iroquois Post.

Garden Clubs Conclude With Awards

The counties of Stormont and Dundas concluded their 4-H Garden Club "Use of Vegetables" at Chesterville Town Hall, on Wednesday, August 14th. An important part of the day was the presentation of County and Provincial Honour Certificates. The girls who had completed six successful units in the 4-H Homemaking Clubs received the County Honour Certificate and pin. Only one girl received this County award and she was Barbara Beaudette from the Finch Club Provincial Honours are given to those girls who have successfully completed twelve 4-H Homemaking Units. There were three girls receiving this certificate and pin - Donna Clark from Cornwall, Ontario, Debbie Dingwall from Ingleside West and Marilyn Gibson from Hallville, Ontario.

The afternoon program was made up of skits and demonstrations which were given by Avonmore, Chesterville, Matilda and Winchester Clubs. There were also several exhibits presented. Commentator for these were, Marilynn Gibson of Hallville, Debbie Dewey of Osnabruck Centre, Mary Donkers of Ingleside West, Leah Lovesey of Bloomington, Jennifer Kirkey of Cornwall Centre, Linda Como of Morewood and Nancy MacMaughton of Finch. Special exhibits were given by Bev Gibson of Hallville and Mary McInnis of Matilda on the projects they did as Third Year Gardeners in the Homemaking Club. All the girls made the afternoon program a very valuable learning experience for all the visitors

The Achievement Day was very colorful as each girl was to display a flower arrangement which consisted of flowers they grew themselves, as well as a vegetable display. All the vegetable and flower displays were eyecatching and extremely well set up. Congratulations girls, on a job well done.

Visitors assisting during the day were Mrs. Margaret Woof, Regional Supervisor with the Home Economics Branch, and Miss Helen Aucoin, the new Home Economist in Russell, and Prescott Counties.

It is hoped that many of these girls will be participants in the Fall projects. In Stormont County, "The Club Girl Entertains" will be offered and in Dundas County the club will be "World of Food in Canada"

The activities for the day were conducted by Miss Mary Michels, Home Economist for the United Counties.

Collect $600.10 For Cancer

Matilda Women's Institute convener Mrs. Grace Strader wishes to announce the amount collected in Matilda Township this year for the Canadian Cancer Society was $600.10.

Much credit is due all the canvassers for their efforts on this behalf and it makes this the largest canvass ever received for the Cancer Society in the Township.

Mourn Late Russell Beggs

Many mourned the passing of Mr. Russel Beggs, life-long resident of South Mountain, who passed away at Winchester Memorial Hospital, Monday Morning, August 19th.

THE EDITORIALS

The Iroquois Post

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A CITY IN THE COUNTRY

It now appears that a satellite city will come to pass north of Cardinal, according to reports filtering around the countryside this week. Several thousand acres of land have been optioned and the building up of this large tract of land could very well bring Eastern Ontario into the future in a hurry.

For years now Eastern Ontario politicians have tried to push the provincial and federal governments into realizing the potential that exists in this part of Ontario. In many respects Eastern Ontario is a new frontier and with its abundance of land not being utilized for agriculture and being wasted with weeds, there had to come a time when higher authorities decided to do something before it had been gobbled up for the hobby farmer's private domain, leaving land idle that should be used.

Just how long it will be before we see any concrete results of the latest announcement remains to be seen, but at least the provincial government is taking the initiative in time.

It must have been difficult for the province to keep the project under wraps even for a very short period of time. The people of Edwardsburg no doubt came to the point where they demanded to know what was taking place in their municipality and since the project takes in a great chunk of that township, the local council must have been under great pressure from local citizens. From interviews with several farmers in that area it was evident that they knew nothing about the future use of the land they were selling.

Few seemed to care what the land was being used for. The price being offered was far better than they could get under present economic conditions and many of them who have been marginal farmers for years, seemed pleased to have an opportunity to get out from under.

Just what this announcement will do for the firm taking options is now indeed open for review because many might feel they will want to hang on a few more years to benefit even more from whatever transpires in Edwardsburg.

But they may have a long wait to reap even greater profits and some might even find themselves in an awkward position ten years hence. If the project goes ahead, then certainly the land will be worth much more than at present. But when one considers the present cost of servising such a large area, think what the cost will be ten years hence!

Inflation will take its toll of many government projects in coming years and this could very well become hold back the provincial dreams of the future. The $500 per acre price being optioned is well above the present prices being asked for similar property a few miles away and for many property owners in Edwardsburg, will give them a sum of money that will see them into and through their retirement years.

As time progresses so too will the complaints pile up and there will be those who will wish that progress had stayed away from Eastern Ontario. We feel that our part of Canada has not kept pace with the rest of the country and this may be ehat is needed to give us that boost to bring us an economic parity that we have been waiting for. It may yet come in time to save the present generation and give future generations a new lease on life.

CARDS OF THANKS

To all who helped in any way at the time of the death and burial of our beloved husband and father, we offer our deep gratitude and heartfelt thanks.
Frances and Cathy Barkley
1c

We wish to "Thank" our friends and neighbours for the kind actions and words of sympathy at the time of our bereavement. These thoughts will always be remembered.
The Family of the late E. Perry
1p

We would like to thank our relatives, friends and neighbors for the many lovely cards received and in helping in anyway to make our 50th Wedding Anniversary a very pleasant event.
Ralph & Hilda Marcellus 1p

A "Sincere Thank You" to my friends, neighbours, and relations, who remembered me with cards, flowers, fruit and gifts while I was a patient in the Kingston General Hospital, and since my return home.
Sincerely
Jean Willis
9-1-p

SHANLY

Mr. and Mrs. Robert Hutchison and some of Brouseville visited their aunt Mrs. Ernest Pitt, on Friday.

On Saturday, August 17th, Mrs. Cecil Bennett attended the Fiftieth Wedding Anniversary of Mr. and Mrs. Ewart Peters in Ottawa.

Recent guests with their parents Mr. and Mrs. Charlie Gilmer were Mr. and Mrs. Dale Gilmer and Jennifer of Manotick and Mr. and Mrs. Jim Hanes of Smiths Falls.

Mr. and Mrs. Walter Froom and family spent the weekend with Dr. and Mrs. John Taylor and family of Sherbrooke, Que.

On Sunday evening August 25, at 8 o'clock in the Shanly Church, the Young Peoples Choir of Osnabruck Centre will provide a program of Sacred music with Rev. Birch of the Baptist Church, as guest speaker. Come and join in the fellowship.

HANESVILLE

Mr. and Mrs Dale Hutt and Lisa of Hanesville spent the weekend with Mrs. and Mr. William Grant of North Augusta.

Mrs. Rita Coughler and friend of Ottawa visited with her sister Mr. and Mrs. Clifford Fader Rae and Roy Coughler.

Mr. Lee Hanes of Hamilton spent some holidays with his parents Mr. and Mrs. Newell Hanes.

We are sorry to report Mr. Russell Beggs of South Mountain is confined to the Winchester Hospital, we hope he will soon feel better.

Mr. and Mrs. Gordon Liezert and Mr. and Mrs. Graham Fossiet visited with the formers brother Mr. Herbie Leizert who is a patient in the Brockville General Hospital, having got his leg and ankle hurt in an accident in the Cardinal starch factory. We hope Herbie will soon be fine again.

Mr. and Mrs. Jonas Swerdfeger and family of Iroquois were Sunday visitors of his sister Mr. and Mrs. Graham Fossitt.

We are glad to report Mrs. Jonas Fossitt home from the Winchester Hospital after illness, Best of luck, Marnia.

Mr. Roger Fossitt had the misfortune to have his hand hurt while working on a machine, he did not have to stay in the hospital but will have to return for treatment.

Mrs. A. Fader had dinner on Sunday with her son Mr. and Mrs. Clifford Fader.

Bill Smiley



THOSE WERE THE DAYS

by Bill Smiley

Once upon a time, I really enjoyed shopping in supermarkets.

My wife hates shopping of any kind. Most women, I believe, rather enjoy it, especially for clothes. She detests it.

Therefore, she'd hand me a list as long as a foot, and off I'd go to the supermarket. Walking into that air-conditioning on a sweltering summer day was like going for a cool swim off a red-hot beach.

Picking up your empty grocery cart was like getting into a boat to go fishing, or finding an empty cornucopia to fill.

Then there was the pleasant, leisurely stroll through the vast maze of goodies. Past the vegetable counter, where the contents were sprayed with water to make them look "garden-fresh". Poking through the meat counter, with the red light overhead to make the meat look fresher.

Along the frozen-food section, where I always did some wild impulse buying, like fiddleheads or fresh shrimp in a gourmet sauce.

Into the fruit section, where I'd snatch up a basket of apples that looked as though they came from the Garden of Eden and tasted like wet tissue. Or grab a bag of oranges that looked as though they'd just been plucked off a tree and had about as much juice in them (and a lot more seeds) as a wizened little old lady of 94.

Pondering over the cheese counter and selecting a ripe Camembert, forgetting the cheese slices which were on the list.

Then there were the delightful personal encounters. The bowing and stepping back and smiling when you almost ran into a little old lady with her cart. The making friends with sticky babies riding in the baskets. The brief interchange with a friend and the inevitable, "We must get together one of these days." The polite and friendly clerks who would gallop a quarter-mile up and down the aisles to find you one small item you couldn't locate.

And finally, a pleasant chit-chat with the cashier, and the cheery willingness of the packers, the boys who put your stuff in bags and then carried it to your car, even in a blizzard, refusing a tip, once, then taking it with thanks.

Those were the days. But they're gone. Oh, the same cruddy moodmusic comes over the speakers. The signs and banners are there, more misleading than ever. But by gosh, the price is NOT right, the service is lousy, and the old courtesy and leisureliness is a thing of the past.

The vegetables are still hosed down, but now the customer is being hosed as well. Fifty cents for a head of lettuce?

We now walk past the meat counter with eyes averted, until we come to the hamburg section and surreptitiously snatch up half a pound.

The frozen food department is enough to freeze the blood. In fruit, raspberries at $1.00 a pint, bananas that look beautiful at ten cents each, and rot overnight. And on and on. Cheese must be made of angels' milk.

Service? You might as well be in the Sahara looking for an oasis as in a supermarket looking for a clerk.

There seems to be a big cut-back on staff. Hit for the door with a full shopping cart on a busy Friday or Saturday afternoon and two of the five or six check-out counters will be closed. You can stand in line for half an hour. The cheery boys who used to do the packing are almost non-existent, and you're lucky if they put the groceries in your cart, let alone take it to your car. The cashiers are as friendly as computers.

Inside the store, don't turn your back on that sweet little old lady you once exchanged smiles and apologies with. She'll run you down from behind with sixty pounds of groceries, trying to beat you to that "super-special" on aged turnips.

Don't try to make friends with that cute kid riding in the basket. He'll probably throw a half-empty pop can at you, or sling a half-eaten chocolate bar onto your clean shirt.

Oh, dear reader, we are being manipulated by the supermarkets. Who do you think is paying for that "free" parking, those full-page or double-page advertisements, all that fancy packaging? It is you and it is I, fellow-sucker.

I always knew I was being taken in a supermarket. But it used to be sort of fun. Now it's a nightmare.

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Is to be friendly to the other race
So the next time you see a foreign man on the street
Be kind, be friendly, don't look at your feet.
All to true, Addie Eichner.

AS SOON as you return from holidays - - broke - - is time to sell something you don't need - for extra cash. Call in a Classified advt.

Now is the time for 'winterizing' to protect plants, trees and lawns



Bare spots on the lawn can be prepared to accept fresh seed by scarifying with a spade or other tool. Chop the soil thoroughly every half-inch or so and spread fresh seed. Then cover lightly with soil after seeding.

TALKING GARDENING with



'DOC' HARTNOLL

I thoroughly enjoy the fall season for working in the garden. Not only is it cool for humans, but just ideal for plants. No better time than right now, September or early October, to divide and transplant peonies.

The planting location is extremely important. Peonies should be planted in full sun. Dig up the plants and shake off soil around the roots. Divide the clumps by cutting with a sharp knife, but make sure that each division has three to four basal buds above the roots. These are sometimes called the "eyes". Remove by cutting any damaged or hollow roots; they are of no use to the plant. The divisions should be covered with no more than two inches of soil.

I don't like to crowd in peonies with other plants — not that they object too much to their being in the same bed with them — but if given about three or four feet of growing area, peonies will produce beautifully.

There are two schools of thought regarding the feeding of the dormant plant in the fall, but we find that an application of a fertilizer like Vigoro Bone Meal becomes available at the time the plant starts growing the following spring. And the bone meal breaks down to feed them at the proper time.

Well-rotted manure helps protect the divisions and allows the organics to get to the root system early in the spring. I like to help the divisions along with an application of a low-nitrogen fertilizer like Pink Vigoro — adds deeper color to the bloom and makes the foliage more intense.

September and early October are about the best times of the year to start new geraniums from cuttings. Cuttings can be taken from coleus as well. Take side shoots about four-inches-long and cut just below a node where the leaves come out. Remove the lower leaves to make for easier planting.

Dip the cut end in the root-starting hormone. Use a four-inch pot which will accommodate four cuttings, and use sharp sand or perlite as the rooting medium. This should be kept moist, not sopping wet.

One extra little point to remember: Wilting can be prevented if you'll enclose the cuttings in a plastic bag after potting. When the cuttings start to root, remove the plastic bag carefully and shade the cuttings from direct sun. Once roots have been formed, remove to their own 1½-inch pot to grow on.

The house plants that have been outdoors for their "summer vacation" should be brought indoors before the frost. Be sure to thoroughly inspect them for disease and insects.

Many of the plants you placed outdoors should be repotted to the next larger sized pot. For example, if they were in a 3-inch pot when put out, it is a good idea to repot them, using sterilized potting soil, to the next larger pot of 4-inch size.

The plant should be vigorous after its vacation and should flourish when brought indoors. I like to keep these plants by themselves for a week or 10 days to make sure they are not carrying insects that could infest your other plants.

Tuberous begonias should be dug after the first frost; this shocks them into dormancy. Lift with as much soil as possible, place in a fish flat and then place them in a well-ventilated room that's cool.

When the stems separate easily from the tuber they should be cleaned by removing the dried soil around them. They overwinter best when they are cured for about two weeks, then stored in dried sphagnum moss in a cool place until potting-up time in the spring. It's wise to check for drying out over winter.

Make sure your lawn is "winterized" with a low-nitrogen fertilizer like Pink Vigoro. Good lawn areas need to be fed, especially in the fall when nutrients have almost been depleted by mowing.

The first step is to remove the thatch that has built up between the blades of grass if you haven't been using a grass-catcher on your mower.

The thatch build-up prevents moisture and fertilizer from getting to the roots of the grasses, and then you have trouble. You can waste a lot of fertilizer on a thatched lawn. Best thing to do with thatch and grass clippings is to put them in the compost heap.

Using a low-nitrogen fertilizer like Pink Vigoro in the fall feeds the root system through the winter without stimulating growth during winter like a high-nitrogen fertilizer would do. It's as good for newly sown grass seed as it is for the established lawn.

If you have any more lawn and garden questions, write to me at the Garden Information Centre, 165 University Avenue, Toronto, Ontario, M5H 3B8 enclosing a stamped and self-addressed envelope. It will be my pleasure to answer them.

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ROONEY FEEDS

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Peaches from Ontario's tender fruit orchards are already in plentiful supply at food and produce markets in Ontario and Quebec. First peaches were harvested in the Essex and Kent orchards of southwestern Ontario late in July, and these are now being augmented by the heavier crops from the Niagara Peninsula.

MORE PLENTIFUL

Growers are predicting an average-to-good harvest with the early varieties on the market being of good size and more plentiful than in the past two seasons. Consistently warm weather during the critical maturing period has helped offset the effects of the cold and wet spring experienced this year.

Ontario peaches sold on the fresh market are the redskinned freestone varieties which because of their softer texture and juicier character require careful handling during harvest. An estimated 5,000 seasonal workers are now employed hand picking Earlired peaches, which are rushed to markets across most of Canada by refrigerated transports to assure they reach consumers in perfect condition. Properly stored, ripe Ontario peaches should remain in top condition for at least five days after purchase.

Extension specialist Bob Wilcox of the Horticultural Research Institute of Ontario at Vineland advises that consumers buying Ontario peaches for reasonably prompt consumption should select baskets with most peaches showing a creamy yellow background behind the blush colouring. For home canning, firm, ripe peaches should always be used for best results.

Peaches are an excellent source of vitamin A, and will continue to ripen at normal room temperatures. Fully ripe peaches should be kept in a refrigerator to avoid any spoilage.

Ontario peaches will continue in good supply at produce counters until the end of September as a result of careful planning to extend the harvesting period in the orchards of the Niagara Peninsula and southwestern Ontario.

Many different varieties of trees have been planted,

See Page 5

Receive Trophies For Hog Production



At a recent directors meeting of the Dundas County Pork Producers Association two producers received trophies for their 1973 market hog production. The association awarded the trophies to the producers with the highest average index (25 hogs minimum) on their 1973 marketings.

Mr. Joe Smit of Iroquois stood first with an average index of 101, followed by Mr. Gerald Adams of Williamsburg with an average index of 100. Each man was presented with an engraved trophy by Mr. G. Jack Durant of Chesterville who is the councelman representing Dundas Pork Producers at Ontario Pork Producers.

Marketing Board meetings held at Toronto. The top five producers in the competition were Mr. Joe Smit, Iroquois, 101, Mr. Gerald Adams, Williamsburg 100, Southlawn Farms Don and Jack Durant Chesterville 99, Mr. Conrad McIntosh, Williamsburg95, and Mr. Douglas Whitteker, Williamsburg 91.

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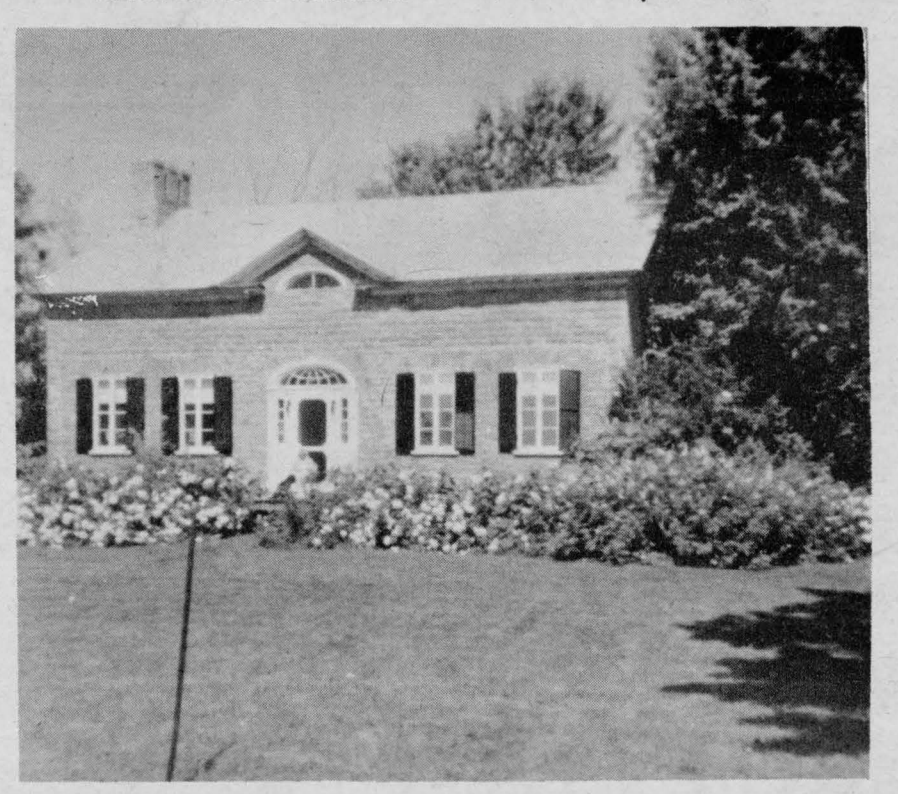
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Storing your garden produce

Apart from providing fresh produce on a daily basis, a vegetable garden allows homeowners to harvest, in larger amounts, certain crops that can be stored over a fairly long period of time

Mr. J H Hughes, horticulturist with the Ontario Ministry of Agriculture and Food, says that cabbage, potatoes, onions, and the root crops (beets, carrots, parsnips and rutabagas) can be stored successfully under cool and moist conditions With some improvements, an area in a cool basement or under a porch will be ideal for storage.

In the basement, select a corner with a window opening so that the storage area can be ventilated and cooled. It need not be a large area 5 feet by 8 feet will hold approximately 30 bushels. Under the porch, enlarge one of the vents to one square food and equip it with a louver, screen and adjustable door.

Insulating material on the outside walls helps keep the storage cool. Inside walls of basement storages and doors also require insulation.

As the season progresses, watch for cold temperatures and severe frosts, the specialist advises "Temperature in the storage should not fall below 35F In cold weather, the storage can be kept at the desired temperature with little or no ventilation. During very cold spells, it may be necessary to open the door to the storage, allowing warm air in from the basement."

The crop should not be too mature when harvested, otherwise it will break down quickly in storage. A'so, avoid storing diseased or soft produce.

A booklet which outlines proper conditions for home storage is available to gardeners. Publication 268, "Home Storage of Vegetables" can be obtained by writing to the information Branch of the Ontario Ministry of Agriculture and Food, Parliament Buildings, Toronto, Ontario, M7A 1A5.

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* **Golfers, gardeners and other** types can take heart! Warm weather is definitely on the way. For a little spring zing in your menu, serve these Ham and Cheese Stacks. For four sandwiches, butter eight slices of bread. Spread the unbuttered sides of four slices with pineapple-cheese spread. Place a slice of cooked ham over the cheese and add a slice of cheddar cheese to each. Close sandwiches with remaining four bread slices, buttered side out. Cook on a heated griddle until bread is golden and cheese melts.

* **Spring fever isn't always** conducive to domestic pursuits such as planning. For quick, easy luncheons that also provide nutritous eating, try wieners or a variety of other sausage products.

* **Picnic lovers are beginning** to pick up the scene of outdoor eating weather. It's not too early to get out the picnic basket and make sure it's stocked with paper plates, cups and other pharaphernalia. Then keep the refrigerator stocked with wieners, lunchmeat and other quick-fixing food so you'll be ready when all systems are "Go!"

* **Any finicky eaters at your** house? They'll take new interest in lunchtime if you give a few embellishments to sandwiches. Just for fun, add "eyes" of sliced stuffed olives and a "mouth" of pickle to any round lunchmeat variety. These open "face" sandwiches will vanish in a hurry.

* **A little luncheon meat does** a lot for soup. Try heating salami slices in split pea soup. Another time, slice skinless wieners into black bean soup, heat and serve.

* **Copies of "Sausage Sor**cery", a recipe booklet prepared by Union Carbide Canada Limited, may be obtained by writing Family Food Counsellor, Suite 500, 101 Bloor Street West, Toronto, Ontario M5S 1P7.

Personals

Mrs. Lloyd Steinburg, Cardinal and Mrs P. Micklewright, Iroquois, visited their aunt Mrs. Edith Seely at the Samaritan Keep Home, Watertown, N.Y recently

PEACHES

From Page 4

possessing different crop maturity dates, so that the harvesting season is now extended over a full 10-week period. In addition to eliminating marketing problems for Canada's best known tender fruit crop, this spacing of varieties also allows for more efficient operation of the 9,900 acres of peach orchards in Ontario.

SUNDAY SERVICES

IN THE CHURCHES

IROQUOIS AND MATILDA

CHRISTIAN REFORMED CHURCH

Rev. John Dopster, Minister

9:30 a.m. Belgic Confession — Articles 8 and 9. — Theme: God Triune; The Mystry of Grace
8 p.m. — Text: Daniel 12 — Theme: A Closed Book and an Open Door.

Come and Worship The Lord With Us

Anglican Church of Canada Parish of Iroquois and Morrisburg

Rev. Francis N. Gooch, B.A.
Telephone 543-2867

SERVICES IN AUGUST AND SEPTEMBER 1st

SAINT JOHN'S

11:00 ..... Holy Eucharist
(Sunday, August 25th Only)
11:00 a.m. ..... Morning Prayer
(Aug. 4th; Aug. 18th; Sept. 1st)
Also Wed., August 28th
7:30 p.m. Holy Eucharist
SUMMER VISITORS WELCOME

IROQUOIS PASTORAL CHARGE UNITED CHURCH OF CANADA

Rev. W. Brian Gee, B.A., B.D., ThM.

Organist: Mrs. George Fowler

Iroquois United Church is closed during August. The congregation will worship in Knox Presbyterian Church at 11 a.m. each Sunday.

Regular worship resumes Sept. 1 at 11 a.m.

THE PRESBYTERIAN CHURCH IN CANADA

KNOX CHURCH, IROQUOIS

The Rev. John J. Hibbs, B.A., B.D., M.Th., Pastor

Mrs. M. Casselman, Organist

SUMMER SERVICES

Month of Aug.: 11 am. Worship in Knox Presbyterian Church

(Lawn Fellowship Time Following)

VISITORS MOST WELCOME!

ST. ANDREW'S CHURCH South Mountain

Mrs. Arnold Shaver, Organist

Month of Aug.: 9:30 a.m. Worship

YOU ARE WELCOME TO SHARE WITH US!

UNITED CHURCH OF CANADA Matilda Pastoral Charge

Rev. L.D. Joyce, M.A., Ph.D., Th.D

9:45 a.m. ..... Brinston
11:00 a.m. ..... Hanesville
8 p.m. ..... Hulbert

ST. MARY'S CHURCH

Rev. F.M. O'Connor, P.P.

Saturday ..... 7:30 p.m.
Sunday ..... 8 a.m. & 11 a.m.
Confessions: Thursday 8-9 p.m.

ST. CECILIA'S CHURCH

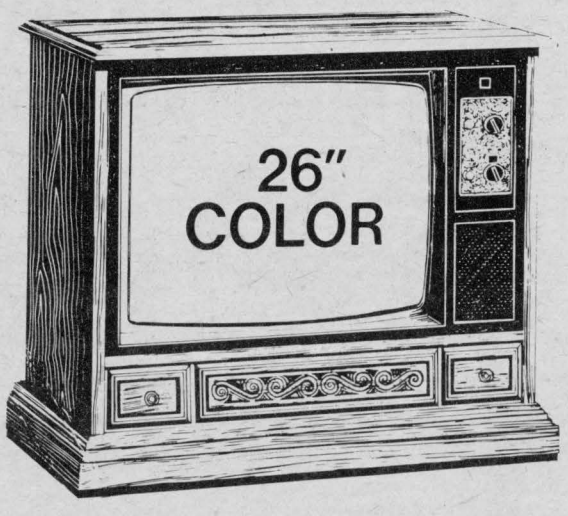
Sunday ..... 9:30 a.m.
Confessions: Thursday, 7-7:45 p.m

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Winchester — Sept. 3, 1974 (Evening Class)

GLENGARRY—
Alexandria — Oct. 14, 1974 (Evening Class)

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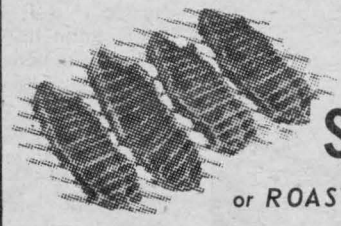
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PAK OF 50 BOOK MATCHES	29¢
Solid Air Freshener 7 oz. Dispenser Pak. AIR CARE	85¢
Provigo 2 lb. Tin INSTANT CHOCOLATE	1.26
Colgate Super Size 150 ML TOOTH PASTE	1.29
PROVIGO 2 lb. Jar Pure Liquid HONEY	1.91
Hershey's 1 lb. tin — Great on Desserts Chocolate Syrup	48¢
Lawry's Pak of 2 envelopes Minestrone SOUP MIX	44¢
Lapalina —Pak of 4 bars CASTILE SOAP	81¢
3 Minute—4 Lb. Bag POPPING CORN	97¢
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Heinz 24 oz. Jar DILL SPEARS	49¢
Provigo 48 oz. Tin Pure Vitaminized APPLE JUICE	69¢
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usage lb 69¢
Fresh Legs or Breasts
icken
85¢

Bill Smiley



FAREWELL EUROPE I'M STUCK AT HOME

by Bill Smiley

Well, I thought this column would have a fairly exotic date-line: Amsterdam, Copenhagen, Stockholm, Rue de Something-or-Other in Paris.

That's what I had in mind for the summer. My young brother has an apartment, with lots of sleeping space, in the Black Forest of Germany, or the Schwarzwald, as we jet-setters call it.

He offered it to us as a base for bashing around western Europe. It was ideal. About five hours from Paris, the same from Switzerland, Denmark, Belgium, Berlin. A day to Sweden. A mere bagatelle to Holland.

I had it all worked out. A one-day trip to Zurich, a two-day spree in Paris, a smash at a Munich biergarten (that's a coffin where you have to keep your socks up), with the occasional foray into Frankfurt or Hamburg.

Unfortunately, most of our forays this summer will be into hamburg. That's all we can afford, and that only once a week.

There's an old nursery rhyme, which doesn't even rhyme, "For want of a nail, the shoe was lost; for want of a shoe, the horse was lost; for want of a horse, the battle was lost; for want of a victory, the kingdom was lost." Or something like that. I'm quoting from memory. I read it in the Book of Knowledge when I was eight. And along with all those nails and shoes, a good bit of my memory has been lost.

At any rate, you get the message. One thing leads to another. Or something.

That's why I'm not writing this column from the Eiffel Tower in Paris or God's Badburg in Germany.

It all started with the Good Samaritans. You may recall that I wrote a column a few weeks ago about some former students who came around and fixed my garage door for nothing. They absolutely refused to accept a cent. It gave me quite a warm glow at the time.

That warm glow has, over the intervening weeks, turned into a blazing ulcer.

Not their fault. It's my wife's. She's been saying for about two years, "Bill, we've got to get the house painted."

I always agree. "Yep. Sweetie, next summer for sure." Now, our house is not something you paint on a holiday weekend, buy a case of beer and getting some of your old buddies to come in and help.

It's a two-and-a-half storey edifice of brick. Driving past, you might say, "Hell, I'd paint that for $85.00." There's just the trim that needs painting, you see.

But that is some trim. There are thirteen storm windows, thirteen screens, eleventy-four shutters, two French doors, and at least twenty-seven blackbirds in a fir tree. That's before you start painting the trim.

Well, in a burst of sentimentality, my old lady suggested we give "the boys" the job of painting the trim. I would have given them a case of beer and felt I was all even.

The "trim" is costing me $500. Fair enough, in these days. I could have done it myself, but I'm not going to climb a fifty-foot ladder unless there's a mighty fair damsel at the top. And all they found was a hornet's nest.

Next. The boss, who still calls me "Mr. Smiley" or "Sir", bless him, said, "Sir, you've got troubles, with that roof." My heart sank. I've been through it before.

Well, I don't have to go into detail. Any home-owner knows the rest. The roof is shot, everything is rotten, though it hasn't leaked a drop since we came here. The only thing leaking is the downstairs toilet, just after we've spent $16 having it "fixed".

Farewell, Amsterdam. Farewell, Copenhagen. Hello, roof. Hello, bank manager.

I shouldn't complain, I guess. Suppose those boys hadn't come to fix my garage door. I might have been lolling around in Copenhagen, saying, "Pas de nuit, cherie," instead of answering the door ten times a day to loan the construction gang a screwdriver.

It's going to be a $2,000 summer holiday. At home. It turns out that the garage has to be painted, too, and the back porch. Rather bitterly, I asked one of the "boys" if they shouldn't paint the woodpile, as well, to go with the decor. And with a nice twist of wit, he said, "Would you like us to paint the cat, as well?" He sleeps there. Why not? Green. Shutter green. With a high gloss.

The Argyle Syndicate Ltd.

DOLLARS & GOOD SENSE

by WILLIAM J. MARTIN
Special Consultant to Avco Financial Services

Nearly three years ago the National Institute for Consumer Justice (NICJ) was formed in Washington to study the problems facing consumers who suffer economic loss by purchasing defective or misrepresented goods or services. In all, 40 recommendations were recently made, including the availability of a small claims court as part of the regular court system to provide all consumers with speedy, inexpensive and understandable justice. The court, said NICJ, should be located in urban neighborhoods, open on evenings and weekends and have the power to order repairs, repeal a sale or contract and take other action to resolve a dispute.

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It also felt that all states should adopt a uniform arbitration act, and that arbitration should be considered as a means of settling disputes when negotiation or mediation fail.

Above all, NICJ said that consumer complaints should be handled in a swift, personalized, courteous and effective manner. It also urged more money back policies.

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SEEING IS BELIEVING!

Summarize Year's Activities For County Health Unit

Visited 10, 580 families for reasons of health education, school health problems or direct care follow-up on physicians request.

Carried out 12, 619 health inspections, 12, 949 vision tests 8, 734 audiometric tests in school children.

Performed 11, 110 immunization procedures in clinics and schools throughout the area, 4, 963 screening tests and 1, 803 diagnostic Mantoux tests for tuberculosis.

Conducted classes for 28 prenatal groups with a total enrollment of 399 mothers, most of whom were mothers-to-be having their first baby.

Followed up 128 contracts of tuberculosis and 146 contacts of venereal disease.

Made 2, 704 inspections of restaurants and other food establishments and took 4, 810 swabs of utensils, 391 milk samples and 312 of other food samples for analysis.

Inspected 178 schools, 15 Day Nurseries, 91 Nursing Homes, 30 Funeral Parlors, 29 Lodging houses and 18 public halls.

Investigated 57 suspected food poisonings and 487 incidents involving possible human involvement with rabid animals of which 104 animals were positive.

Carried our visits to public swimming and wading pools public beaches, summer camps and camping grounds for a total of 1, 037 inspections.

Made 194 visits to municipal water systems and 542 to private wells, taking a total of 6, 742 water samples from all sources including beaches, and 3, 053 inspections for septic tank installations.

Conducted 26 sanitary surveys on request, 597 investigations for surface water and ground pollution. There were 173 garbage and refuse problems and 215 housing inspections.

Prosecuted 12 cases in Court.

Admitted to Home Care Programme 790 patients for a total of 12, 767 days of care of which 435 were acute, 185 convalescent, and 90 chronic cases.

Conducted preventive dental program in schools in which 15, 451 dental examinations were performed in 142 schools and conducted special instruction and fluoride paste brush-ins in 538 classes for a total of 10, 705 children.

GALA BALL



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MORRISBURG ARENA



18-Pc. Cornwall Centennial Orchestra

SATURDAY SEPT. 7th

7:30 P.M. - Doors Open

8:00 P.M. - Official Opening of New Addition

9 P.M-1 A.M. - Dancing

To Music of the 18-Piece Cornwall Centennial Orchestra

Music By ROY FAWCETT ORGAN, of Winchester, will be played all evening in the lobby

Refreshments Available

ADMISSION: $5 Per Person includes Continuous Buffet Lunch

Door Prize - $100

This Dance will be the kick-off for Sales on Tickets on a $1000 BOND DRAW to be made at the Morrisburg Trade and Home Show, September 28th.

All Proceeds from Dance and Bond Ticket Sales will go to the Zamboni Ice Machine Fund



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LANCASTER VILLAGE PUBLIC SCHOOL
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K. Fraser Campbell,
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Director of Education

"After Hours" At Fort Henry

There's a big difference between an officer and a private, as any soldier knows. At Fort Henry in 1867, the two were at opposite ends of the scale, even when it came to leisure hours.

After a long day of drilling, the common soldier seeking adventure had a few options open to him. He might sit on his cot and polish his boots while listening to an old soldier telling tales or singing songs.

Other men might while away the hours in the barrack rooms by arm-wrestling, playing cards and throwing dice. Still others enjoyed capturing and taming birds and mice.

Some of the men wanted to spend their leisure time outdoors. For them, the British Army provided gardening plots and tools, to allow soldiers to cultivate their own produce.

Playing fields were part of every barrack establishment. Cricket, fives, tennis, and skittles were popular sports in British garrisons in the 19th century. Of course, Fort Henry's location on a hill overlooking Lake Ontario was ideal for swimming in the summer months and toboganning in the winter.

In every garrison the men of each regiment had a barrack room fitted up as a library and recreation room. For a few pence a month, non-commissioned officers and men could belong to the recreation room and share its facilities.

Here they could meet and talk, read from a variety of books and periodicals, and play a few tame games like bagatelle. Probably the most popular meeting place at Fort Henry was the canteen--that's where the beer was sold!

For those with a yen for something more lively than a cup of tea and a game of bagatelle, all roads led down the hill to Kingston. Here, numerous bars and houses of ill repute catered to the soldiers from Fort Henry.

Drinking and carousing were the only leisure activities that the officers and men had in common. The officers, being wealthier and better-educated, kept to themselves and spent most of their time in Kingston social circles.

Since Fort Henry was rarely in danger, the officers were known to shirk their duties and take off for an afternoon of cricket, tennis, squash, riding, swimming, fox-hunting or boating.

Of course, women made a difference to an officer's social life. Officers never tired of escorting local belles to skating, tobogganing and sugaring-off parties, regattas, dinners, horse races and the lake. Another favourite pastime for men and women was amateur theatricals.

Officers wives and lady friends were always welcome at Fort Henry, and many an hour was spent in the officer's mess, sipping wine, playing the piano and singing. The mess was a meeting place for the elite group of officers, where they could play cards, chess or dominoes, read and write letters.

Today Old Fort Henry in Kingston is restored as an historic site and operated by the St. Lawrence Parks Commission. It is no longer garrisoned by British troops, but manned by Canadian high school and university students. Still, in today's Fort Henry Guard, the old distinction between officers and men remains. Just ask a private!

THE MARKET PLACE

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Ellis Family Reunion

Descendants of the late William James Ellis and Margaret Lennox met in Brinston Memorial Park for their Annual Re-Union Sunday August 18, 1974.

The programme for the day was under the management of Mr. and Mrs. Jim Blair of Ottawa and Mr. & Mrs. Bill McCargar of North Gower. Beverley Cleland was secretary.

Guests were present from Windsor, Toronto, Dayton-Ohio, Ottawa, Kemptville, North Gower, Osgoode, Brockville, Prescott, Iroquois, Mountain and South Mountain.

Gifts were presented to--the family from the greatest distance Mr. and Mrs. Allan Langlois-Ohio. Youngest member Simone MacMahon son of Mr. & Mrs. Clive MacMahon of Toronto. Oldest Gentleman Mr. Sam Simms. Oldest Lady Mrs. Gordon Cleland.

It was decided to meet in the same place next year. Committee - Mr. and Mrs. Jack Thornton, Mr. & Mrs. Gordon Cleland. Sec. Beverley Cleland.

Food Sense in Canada— NO NONSENSE

Push-Over For Energy — An After School Lunch

Let's look at the facts. Many children if they are to have all the food they need require an after-school lunch, the meal-to-grow-on, that likewise can be a push-over for providing extra energy.

From the amount and kind of food eaten by Canadian youngsters, they may not be as good to themselves as they think. Facts confirm, "mother knows best." Children's diets are the best at the pre-school level, next best at the kindergarten and primary and poorest at high school. During grade school years, youngsters, as they grow in independence, gradually veer away from mother's early training until only about one-fourth of them eat the recommended amounts and kinds of foods. Aside from increasing independence, good eating habits must compete too often with hasty breakfasts, school bus schedules and activities.

The Bakery Foods Foundation of Canada's nutrition consultant, **John Fielden,** says good eating habits and balanced diets go together. Good diets are made up of carbohydrates as well as proteins fats and other nutrients, so essential for children. The need for carbohydrates by energetic youngsters may not be appreciated. Their almost continuous activity during walking hours, requires a big refueling job for muscles. Carbohydrates is a more efficient fuel for exercise than is either fat or protein. Individuals need carbohydrate for long continued muscular work.

If too few calories are provided by carbohydrate supplying foods — enriched bread, potatoes or cereals — the protein in the diet may be used for energy rather than for growth and repair by the body tissues. Studies show that if a child, day in and out, lacks as few as four calories per pound of body weight — 400 calories for a child whose weight is 100 pounds — he will fail to grow satisfactorily. This fact can be put into action with the call, "Mom, I'm home from school!" This might well be the time for a big sandwich of enriched bread filled with peanut butter or cheese, a glass of milk or fruit juice and perhaps vegetable strips.

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THE IROQUOIS POST

TODAY'S HEALTH

Nurse practitioner offers care and competence

by David Woods

Next time you visit your doctor's office, you may find that you're getting all the medical help and advice you came for — without actually seeing the physician.

If that's the case, don"t worry. The family doctor hasn't fled, leaving your health for the chilly attention of a computer; he's probably using the professional services of a trained nurse practitioner.

The idea of the nurse practitioner — or family practice nurse, as she's sometimes called — isn't new: in isolated northern parts of Canada nurses have for years fulfilled many of the functions of a doctor — including putting in stitches, prescribing antibiotics and setting fractures.

Such nurses work in an even more independent role than that of the physician's associate (or assistant) in the United States. Like the associate, who has been part of the U.S. medical scene for some years, the northern nurse practitioner also performs history taking, and testing and diagnostic procedures; but the difference is that the northern nurse doesn't have a doctor just down the corridor. She has to use more initiative and resourcefulness.

So it was only a matter of time before 'the nurse with something extra' — the nurse practitioner — began to play a part in the overall medical scene.

The reasons for this are quite straightforward: new developments in medical knowledge and techniques are opening up new areas for the doctor's attention. To master them and apply them for the patient's benefit, he must share many of the tasks he used to perform.

And this doesn't mean simply handing over the jobs the physician doesn't want to do. Increasingly, medical care is being provided by a team in which each health care professional does what he or she is especially trained to do best.

So the nurse practitioner is in no sense a second class doctor; rather, she is a nurse with additional skills and education that enable her to fill an expanded role in her own profession — enabling the doctor to do the same in his.

As an important member of the health care team, she works in close partnership with a physician to provide a higher level of service to the patient. What this means is greater continuity of care, and better follow-up, for more people.

At present, three universities in Ontario — Toronto, McMaster and Western — provide special training programs for nurse practitioners.

At McMaster, candidates must be registered nurses with at least one year of nursing experience. The program teaches interviewing, history taking, physical assessment, recognition of prevalent diseases — and other aspects of health care and the health care system. The physicians they work with also participate in certain aspects of the course with the nurses.

More than 100 nurse practitioners have been trained in Ontario to date.

Next time one of them takes your blood pressure, taps your knee with a mallet, conducts an ear or an eye test — or even a complete routine examination — remember that she is part of a team trained to provide health care in the most effective and appropriate way. And, while the physician remains the final decision-maker in medical matters, the nurse practitioner is probably doing as good a job in her particular area of expertise.

Graduates



Kathy Cornell, daughter of Mr. and Mrs. Gerald Cornell, of Iroquois, who graduated from A'gonquin College, Ottawa, on May 9, 1974 as a "Child Care Worker"

She has accepted a position at the Royal Ottawa Hospital and will be working in the new cottages for children.

Dundela Couple Are 50 Years Wed

On Saturday August 10th, Mr. and Mrs. William Knight celebrated their 50th Wedding Anniversary quietly at their home in Dundela.

They were married on August 10th, 1924, by Rev. J. B Howe, of Metcalfe Methodist Church.

Grace was born at Toyes Hill, the daughter of Mr. and Mrs. Leroy Geggie.

Bill was born at Liverpool, England.

They have a daughter, Mrs. Garnet (Doreen) Empey and a son Ervin at home and two grandson's Larry Empey and Ressell Knight.

On Sunday a family picnic was held on the lawn of their home to celebrate the occasion with relatives attending from Syracuse, N.Y., Petawawa, Kingston, Winchester, Ottawa, and Brockville.

There were 80 present for this happy event.

A pretty wedding cake made and decorated by a neice, Mrs. Ralph Barkley, decorated the table and a bountiful picnic lunch and many beautiful gifts made this an occasion to remember.

PLEASANT VALLEY

Mr. Richard Gilmer is spending a week visiting friends in Toronto and surrounding area.

Some from here attended the dedication service at Hulbert on Sunday morning.

Pest Control

Look closely at your sick houseplants. Rather than just a problem of overwatering or lack of nutrition, their unhappy appearance may be due to an attack from mites, aphids, or caterpillars, and pesticides may be needed, says Ontario Ministry of Agriculture and Food horticulturist, D.M. Sangster.

The mite, is such as the yellow or red two-spotted spider mite, is not a true insect, but is related to the spider family. It occupies the undersides of leaves and sucks sap from the foliage. A spray mixture containing Kelthane, used according to the package instructions, is best for mite control.

Aphids also suck sap from plants. Check the new-growing tips for these pests, Mr. Sangster suggests, and look for holes in the leaves for signs that caterpillars have been at work.

Both aphids and caterpillars can be controlled with malathion and Sevin sprays. Always place houseplants outside or in a basement before spraying with a pesticide and follow package instructions carefully.

Wins Trophy

The Morrisburg Horticultural Society is pleased to announce that the Royal Bank Trophy for the most attractive grounds in the Urban section of the summer show, was won by Jane A. Graham of Iroquois.

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Horse Pulling Contest
Teen Dance

SATURDAY—
Harness Racing—Post time 2 p.m.—par mutual betting
Agricultural Exhibits
Chicken Bar-B-Q
Red & White - Black & White Show
Western Horse Show

SATURDAY & SUNDAY
Pee-Wee Intermediate Ball Tournament

SATURDAY — 7:30 P.M.
GRAND STAND SHOW & DANCE
Featuring Al Churney & The Family Brown
In the Exhibit Building
DANCE 9:30 P.M.

SUNDAY—
English Horse Show
Heavy Horse Show
Beef Cattle Show

ADMISSION TO GROUNDS
Friday—$2.00; Saturday—$1.00; Sunday—$1.00

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OPP Set Example Using Seat Belts

Ontario Provincial Police personnel have been instructed to use seat belts while driving on duty, OPP Commissioner H H Graham announced today.

The new policy, outlined in a July 15 directive to supervisory personnel, allows certain exceptions to the "Buckle-up" rule.

Officers are asked to use their own discretion regarding seat belt use in situations where a prisoner is being transported, or when approaching "The scene of known or suspected danger."

"It has been proven beyond doubt that the use of seat belts significantly reduces deaths and serious injuries resulting from motor vehicle collisions. For these reasons we have adopted the use of seat belts as part of our regular operating procedure," said Mr. Graham.

"We hope that other citizens follow the safe driving example being set by the OPP he added.

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requires
TEMPORARY FULL-TIME TEACHER
for period September 3, 1974 to October 22, 1974 (inclusive)
at
KINSMEN SCHOOL FOR TRAINABLE RETARDED
(to teach Primary Level 2)
Written applications will be received by:
J. P. Scott,
Superintendent of Education,
305 Baldwin Avenue,
Cornwall, Ontario K6H 5S6
Tél. 613-933-6990
K. Fraser Campbell,
Chairman of the Board
T. Rosaire Léger
Director of Education

Conseil d'Education des Comptes de Stormont, Dundas & Glengarry County Board of Education
requires immediately
CLERK-TYPIST
(Library)
- Bilingual preferred
at
ECOLE SECONDAIRE TAGWI SECONDARY SCHOOL
Written applications will be received until Friday, August 23, 1974 by:
Mr. Gilles Métivier,
Principal,
Ecole secondaire Tagwi Secondary School,
R.R. 1,
Avonmore, Ontario
Tel: (613) 346-2122
K. Fraser Campbell,
Chairman of the Board
T. Rosaire Léger,
Director of Education

Canada Post Postes Canada

TENDERS FOR MAIL CONTRACT

Brockville & South Mountain Highway Service

The Canada Post Office is inviting tenders for the transportation of mails between Brockville and South Mountain, Ontario.

Full details as to contract specifications, schedule of service, tender forms, etc., may be obtained from the Postmasters at: Brockville, Maitland, Prescott, Spencerville, Cardinal, Iroquois, Brinston, Inkerman, Mountain, South Mountain, or from:

Director
Eastern District, Ontario Postal Region
Room M-260
1424 Caledon Street
OTTAWA, Ontario
K1A 0C1
Tel: (613) 992-6814
996-4128

Tenders will be received until 3:00 p.m. on Wednesday, 4th September 1974.

NOTE: Each tender must be accompanied by a bid bond or a security deposit in the form of a security deposit in the form of a certified cheque or money order in an amount equal to 1% of the tendered per annum rate payable to the Receiver General of Canada.

Conseil d'Education des Comptes de Stormont, Dundas & Glengarry County Board of Education
requires for September 1, 1974
KINDERGARTEN TEACHER
for
CENTRAL PUBLIC SCHOOL
Written applications will be received by:
A. Youngs, Principal
1703 Princess Street,
Cornwall, Ontario.
K. Fraser Campbell,
Chairman of the Board
T. Rosaire Léger
Director of Education

Conseil d'Education des Comptes de Stormont, Dundas & Glengarry County Board of Education
requires for September 1, 1974
TEACHER
(Grade levels to be determined)
at
GLEN WALTER PUBLIC SCHOOL
Written applications will be received by:
David McCleary, Principal,
307 4th St. E.
Cornwall, Ont.
K. Fraser Campbell,
Chairman of the Board
T. Rosaire Léger
Director of Education

HEAT-RAIN REPORT

Sth. Mtn.	Chest.	Morris.
.03	-----	.31
11.42	-----	10.26
161	-----	159
21.27	-----	21.61

CLERK STENOGRAPHER

The St. Lawrence Parks Commission, Morrisburg, has a full - time position open for an applicant who has 2 years experience as a Clerk Stenographer, is able to take dictation in shorthand or speed-writing at 80 w.p.m., type at 40-50 w.p.m. and transcribe from notes and dictaphone.

Duties include operating photo copy machine, stencilling machine, adding machine, addressograph, cutting stencils, maintaining files and performance of other normal office practices. Some travelling may be involved.

Salary range is $6,086 to $7,138 yearly, and effective January 1, 1975, is $6,511 to $7,638 yearly. Ontario Civil Service benefits apply.

Write to: The St. Lawrence Parks Commission, Box 740, Morrisburg, Ontario, for application form or call 543-2951. — Competition closes on September 4th, 1974.

AUCTION SALE

HOUSEHOLD EFFECTS

Having sold my house I will sell most of its contents by Public Auction at the corner of First and William St. in the Village of Cardinal

SATURDAY, AUG. 24—1 p.m.

The following: Gen. Electric 4 burner stove (like new); Refrigerator in good working order (regular size); Kitchen Chrome Set and 4 chairs; Chrome kitchen cabinet; White enamel utility table; Dining room oak table (round) with 3 leaves, 5 dining room chairs to match and 1 arm chair; Dining room buffet; Chesterfield (recently upholstered) 3 large living room chairs; Foot Stools; Davenport; Several Floor lamps; 2 small wooden tables; Large livingroom mirror; Hall tree, hall mirror; 3 section mirror —Telephone table and stool, 3 other stools; Double bed; 2 dressers, vanity & bench; 3/4 bed mattress; 2 clothes hampers; Picture frames; Filing Cobinet; Book case (glass doors); Quantity of bedding; Curtains; Pillows; Down comforter; Scatter Mats; 2 trunks 3 Lawn Chairs; Lounge Chair; Odd Chairs; Various Lawn and Garden Tools; Number of green house shutters; Adding machine; Various Carpenter Tools; Quantity of Dishes and Cooking Utensils; Number of books; Number of house plants and containers; Many other articles.

TERMS CASH

Mahlon Zeron, Auctioneer
Mrs. Wilma Bowden, Prop.

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Having decided to leave Iroquois I will offer for sale by Public Auction on **Beach Avenue, just off highway No. 2 on SATURDAY, AUGUST 31st at 1 p.m.**

The following — Large refrigerator (practically new); Average size refrigerator (new); 4-burner Gilson electric stove (like new); New arborite (top) extension table with 6 vinyl covered chairs to match table (beautiful set); Kitchen cabinet; Combination radio, Hi Fi and 23" black and white television (perfect condition); New humidifier; Numerous records for Hi-Fi; Leather Lazy Boy chair; New chesterfield and chair to match; 9x12 rug, several small rugs; Coffee tables; Telephone stand, book case, 22 volume Columbia Encyclopedia; 9 book set (illustrated Natural history of Canada, ((1969 edition); Living room lamps; TV Lamp; Large wall mirror; Large wall painting 4x6 ft.; Hassock; 2 end tables; Vacuum cleaner; Carpet sweeper; New bedroom suite, including book-case double size bed, inner spring mattress, chest of drawers, dresser and night table; Large new Cedar Chest; Quantity of towels, linens and bedding; Large electric fan; Single iron bed with springs; Electric heater; Kitchen cupboard; Small enamel table; 1 hand made smoker with 2 matching lamps; Several books; Odd chairs; Curtains; Dishes & China Cooking utensils; Large punch bowl with ladle and 12 matching cups; Weight lifting training set; 10 Piece Coronet drum set suitable for band (like new); Apartment size (Woods) deep freeze; Swivel Rocker; Beatty electric washer (like new); Maytag portable dryer (new); 2 folding gates; Electric frying pan; Can opener; Coffee Pot; Electric Knife; Electric Grill; 2 Irons; Electric Vaporizer; Lawn umbrella set; 5 lawn chairs; Large barbeque set, complete with rotor and spit and other barbeque utensils; Charcoal lighter; Lawn Boy electric mower; horse-shoe pitching set; C.C.M. man's bicycle (good as new); Garden tools; Many other articles

TERMS CASH

Les Barr, Prop.
Mahlon Zeron, Auctioneer

9-2p



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FARM FRESH Produce for sale, daily except Sundays. Apples, tomatoes, cucumbers, potatoes, sweet Corn. Dentz Fruit Farm on County Rd. No. 1 between Brinston and Iroquois. 8-3c

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5 ROOM Apt. in Brinston Phone 652-4710 8-2p

APARTMENT for rent — Suitable for couple, Hot water heated. All modern services. Garage. Immediate possession. Along Highway 2, between Iroquois and Cardinal— Tel. Long Sault 534-2621 after 7 p.m. 9-tfc

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EXPERIENCED waitress wanted. Full time. Call in person at Iroquois Coffee Shop.

WANTED — Babysitting in my home Monday to Friday 7 a.m. to 7 p.m. September 3rd on. Telephone 652-4573 8-3p

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August 11/74 Mr. and Mrs. Graham Link, Winchester, Ontario, R.R.#4, A Daughter.
August 12/74 Mr. and Mrs. John Nelson, South Mountain Ontario, A Daughter.

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