



THE IROQUOIS POST

Volume LII-No. 8

Second Class Registration No. 1361

Iroquois, Ont., Wed., August 8, 1973

Over 80% Graduate from Kemptville College

More than 80 percent of the 1973 Kemptville College graduates have found employment, with fewer than 4 percent in non-agricultural jobs.

Basil Wren, College Placement Counsellor, says that "though many jobs are open on farms, graduates often prefer farm positions which eventually lead to a share in the ownership". About a third of the students went directly to family farms.

The job range included salesmen in agricultural industry, managers and trainees for agricultural industry, managers and trainees for agricultural business, industrial technicians, government agricultural advisors, primary products inspectors and government laboratory technicians.

"The average salaries", Mr. Wren says, "corresponded roughly to those received by community college graduates, in the proximity of seven thousand dollars."

Presented with Award

Diane McAdam, daughter of Mr. and Mrs. Burns McAdam has been awarded a Canada Fitness Award in recognition of attaining a high achievement level. The award is based on six fitness performance tests given by the Department of National Health and Welfare. Diane is a grand-daughter of Mr. and Mrs. Walter McAdam of Iroquois.

Bathtub Races

On Sunday, August 12th, the Cornwall Bathtub Racers' Association will present a series of bathtub races at Chrysler Lagoon in Chrysler Park.

The races will start at 1:30 p.m.

Both modified and stock engines will be included in the entries.

This is entertainment with a difference. Bring the family and enjoy this interesting and colourful event.

Admission is free.

Pollution and Lake Developement

How much development and activity can Eastern Ontario lakes and rivers take without destruction of water quality, fish and the natural beauty?

Bill Maslen, land use coordinator of the eastern region of the ministry of natural resources, says this is the most important, and therefore controversial, question Eastern Ontario residents and landowners have to face right now.

To date Mr. Maslen says he and his land use staff in Kemptville have taken only initial steps to identify a number of lakes that appear to have suffered too much "wear and tear", or are approaching that point.

On the basis of readily available information from lake surveys and fish population studies there were strong indications that more than 50 lakes have already taken too

much punishment, he said.

Those lakes recommended for no further development are: Adam, Bass Lake in North Elmsley, Bass Lake in the Rear of Leeds and Lansdowne, Bennett, Big Crosby, Blake Lake in North Burgess, Black Lake in North Plantagenet, Charleston, Christie, Clear, Clyde Lake, Dalhousie, Davern, Farnen, George, Graham, Grippen, Indian, Killenbeck, Little Green, Little Silver, Long Lake, Lower Beverley, Lyndhurst, Mississippi, O'Brien, Opinicon, Otter, Otty, Pike, Rideau, Robertson, Silver, Temperance, Upper Rideau, Westport Mill Pond, Westport (Sand) Lake and White Lake.

Several other lakes were recommended for no further development for other reasons, such as preservation as semi-wilderness areas;

Basin Lake, Black Lake in North Plantagenet, Bottle Lake, Crain's Lake, Davern, Dixon, Green Lake in Lavant township, Lake-in-the-Hills, Little Green,

Florence Roode Died at Cornwall

Miss Florence Roode, a lifelong resident of Matilda Township, died at Glen-Stor-Dun Lodge, Cornwall, on July 14th. She had been in ailing health for some time.

The deceased was born at Hulbert on September 24, 1890, and had spent her lifetime in the Hulbert area of the township where she was well known for her church work at Hulbert United. She had been a caretaker of the church for many years.

She was a daughter of Alvin Roode and Janet Cummings of Hulbert.

The funeral service was held July 16 at Fairbairn Funeral Home with Mervyn Peters officiating at the service. Interment was in Spruce Haven Cemetery, Brinston. The pallbearers were Ray Roode, Chester Roode, William Roode, Arthur Morrison, Howard Mellan and Stanley Shaver.

Deceased is survived by several cousins.

SEE PAGE 5

Helping Hands Grant \$600

Health and Welfare Minister Marc Lalonde today announced the 8th group of grants to projects in this series total \$1,215,993. The projects involve 28,900 people.

This group of grants bring the total to date to \$6,505,893 for 970 projects.

New Horizons was introduced as a program of the Department of National Health and Welfare in the summer of 1972. It was designed to assist retired men and women with projects.

New Horizons was introduced as a program of the Department of National Health and Welfare in the summer of 1972. It was designed to assist retired men and women with projects that would benefit themselves and the community. Iroquois Helping Hands received \$600 for Christian Education. Morrisburg Senior Citizens Club received \$3000 for improvement of kitchen facilities.



Summer Wedding Held At Iroquois United Church

Miss Etta Nora Bellinger, daughter of Mr. and Mrs. Charles Bellinger, R.R.#2 Iroquois was united in marriage to Mr. Kevin Franklyn Kirkby, son of Mr. and Mrs. Kenneth Kirkby of Iroquois, on July 14, in the Iroquois United Church.

Reverend Grian Gee officiated at the marriage and the wedding music was provided by Mrs. Jane Graham of Iroquois.

The bride was given in marriage by her father, was attired in a floor length gown of white crimpolene, trimmed with tiny pale yellow daisies. Her veil was of white net dotted with tiny white daisies. She carried a bouquet of white shasta daisies, tiny pink roses and maidenhead fern.

Attending the bride was Miss

Laurel Kirkby of Iroquois, sister of the groom, as maid-of-honour. She wore a floor length gown of blue crimpolene with white daisy lace trim on the front lines of the gown. She carried a bouquet of blue carnations, white shasta daisies, maidenhead fern.

Howard Kirkby of Guelph, brother of the groom, acted as best man. Ushers were Ronald Beaupre of Iroquois and Roger Barnhart of Hainsville. A wedding reception buffet was held at the Iroquois Golf Club with Ross Jamieson catering.

The brides travelling costume was a beige pant suite with brown accessories and a corsage of orange carnations.

Guests present were from Collingwood, Kingston, Ottawa, Brickville, Sheffield, Guelph, South Mountain, Mountain, Iroquois and area. Prior to her marriage the bride was honored at a miscellaneous shower given by the maid-of-honor Laurel Kirkby and Mrs. Jo-anne Cook of Iroquois. Since their return from a honeymoon trip Sioux Lookout they have taken up residence at 149-B Beach Ave., Iroquois.

Born

Eddie and Diane (nee Tontsch) Orlicky, of R.R.#3 Norwich, are the proud and excited parents of their first beautiful baby. Ginette Sophia was born Sunday July 29, weighing 6 pounds 6 ounces.

1c

Died at Winchester Dist. Hospital

Mrs. Jessie Hargrave widow of the late Walter Hargrave passed away on July 27, 1973 at Winchester Memorial hospital after a lengthy illness. Born on May 16 1883 in Spalding, England. She was the daughter of the late Mr. and Mrs. Issac Hallam. Mrs. Hargrave came to Canada in 1912 where she married the late Walter Hargrave who predeceased her in 1954. Mrs. Hargrave is survived by one daughter Mrs. Margaret M. Ault (Madge) of Brinston and one son Bruce of

Etoibcoke. She was predeceased by two daughters Mrs. Charles Beckett, (Stella) and Dorothy.

There are also surviving eleven grandchildren, Susan and Paul Hargrave of Etoibcoke, Mrs. P. Smith and Roger Beckett of Kemptville, Frank Wendell, Michael and Walter Ault of Brinston, Mrs. Patsy Thompson of Brinston, Mrs. Gordon Graham (Betty) of Ottawa and Mrs. James Dinsmore (Marguerite) of Domville.

In addition Mrs. Hargrave is

survived by thirteen great grand children. The body rested at the Fairbairn Funeral Home at Brinston where funeral services

were held in the chapel on Monday July 30, 1973. Rev. Brian Gee of Iroquois United Church officiated. Interment was in the Oxford Mills Cemetery.

The Pallbearers were Chester McDermott, Cecil McDermott, Sidney Froats, William Albers, Gordon Cooper, Percy Gilmer.



Truck Catches Fire

Iroquois Fire Department answered a call to Matilda Twp. on Tuesday last week to try to save a truck owned by Gib Strader. Much damage was done and the truck demolished.

OPINIONS...

THE EDITORIALS

...WORTHY AND OTHERWISE

The Iroquois Post

AND MATILDA ADVOCATE

Published by:

IROQUOIS PRINTING LIMITED

K. Kirkby, President

Published Every Wednesday at Iroquois, Ontario

Member of CWNA

Member of OWSA

Subscription Rates: \$4.50 year Canada; \$5.50 U.S.

On Censorship

Recently a large daily newspaper ran a feature article which was frightening. It showed the extent to which young children are bombarded through their senses by pop songs, pop singers and TV movies into juvenile delinquency. The pop songs featured sex and drugs in lurid and lustful detail urging participation. The article included interviews with police officers and others who had to deal with increasing juvenile delinquency.

The advertising fraternity has been exploiting sex for 25 years to sell consumer products. In more recent years, however, sex and violence have become the main themes of movies, TV films and plays to the almost complete exclusion of all other aspects of human experience. Pornographic literature increases and is readily available to all ages. We are bombarded with the lurid, the sick, the depraved, the degenerate case history or tale. And, as the columnist said, somebody is making a pile of money in this bombardment.

For those of us in society who are adults with a sense of responsibility, it is surely time we sought action from government to establish standards and set laws covering literature, music, films and other forms of entertainment to which juveniles have easy access. We should urge our governments, individually and collectively, to consider asking representatives from social agencies, churches, the medical profession, philosophical and other groups to draw up a set of standards on which a few tough laws could be legislated. This would phase out the rip-off artists and their garbage now flooding the markets and demoralizing children.

Future generations would thank us for our concern in taking positive action on censorship which makes sense.

Developing Famine?

Rising prices have been blamed on the shortage of food supplies in the world, as well as on other factors of course, but this one fact alone does make us wonder.

On the one hand we have countries of the world paying farmers NOT to plant certain of the crops which maintains mankind and on the other hand we have people starving.

In some places there are surpluses...in others nothing.

Man has learned a lot over the centuries...has he not?

MINISTRY OF AGRICULTURE AND FOOD RAINFALL AND HEAT UNITS REPORT

South Mountain Chesterville Morrisburg

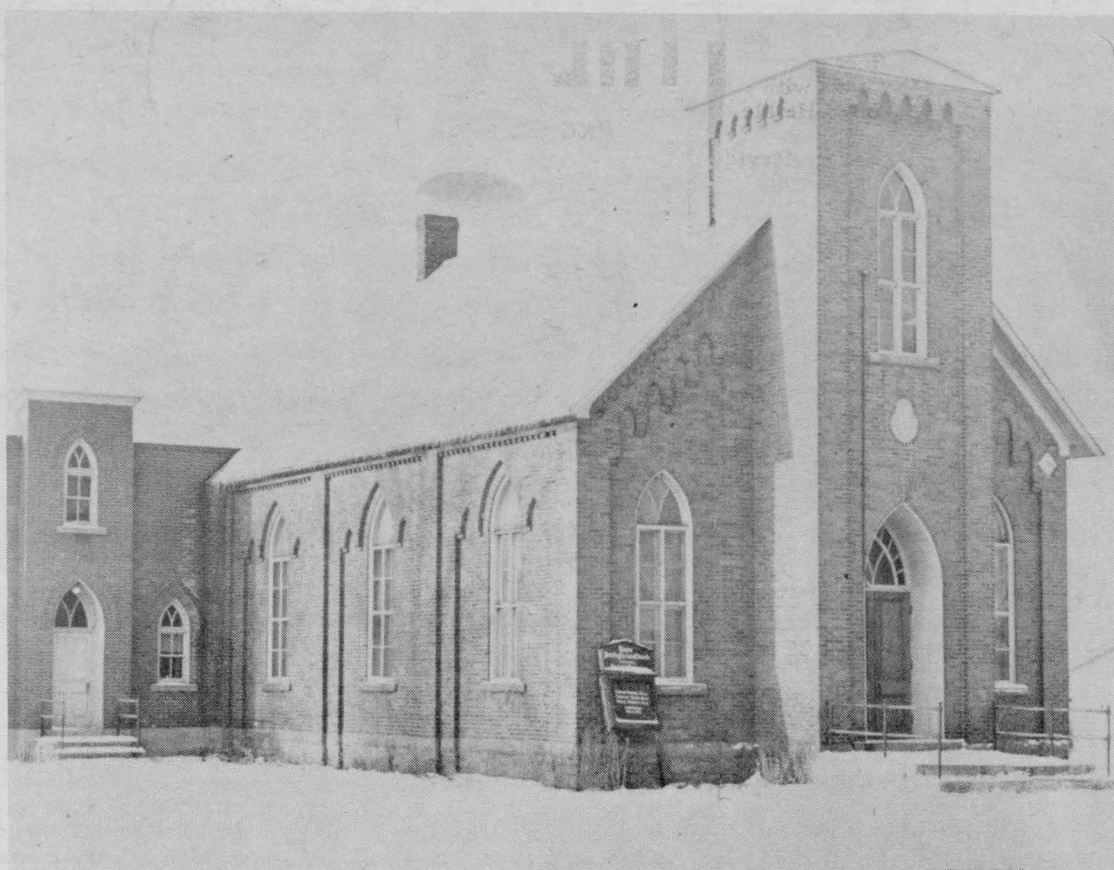
Rainfall Last Week

Accumulation to Date

Heat units last Week

Accumulation to Date

Due to holidays there will be no report this week or next.



The Old Iroquois

Knox Presbyterian Church

The third in our series of photos of churches of Old Iroquois shows Knox Presbyterian Church, located on the north side of College street, one block east of Iroquois High School. The church was of red brick construction and the wing at left was used for Sunday School classes and as a church hall.

Photo by R.W. Martin courtesy of Craft House

WE'RE STUPID ONCE A YEAR

by Bill Smiley

There's no place like home, as some wise man or woman once said, I think most likely it was a man.

For a woman, home means washing clothes and dishes eternally, scrubbing dirt, making beds, and all those other rotten jobs that make "home-making" a dirty word.

For a man, it means a good, hot cup of tea instead of lukewarm coffee, a meal that tastes like food instead of wet kleenex, clean sheets smelling of sun, and going around in his underwear and bare feet if he jolly well feels like it.

That's exactly what I'm enjoying today, after four days in The City. I've just had a decent cup of tea, a great, slurpy bacon and tomato sandwich, and I'm in my shorts and bare feet.

We've just had our annual splurge in The City, and even my wife gave a groan of pure pleasure as we pulled into our driveway last night and the cat came running to greet us, flinging herself on her back and rolling her belly ecstatically. That's the cat, not my wife.

I haven't the slightest idea why, but every summer, when sensible people are fleeing like lemmings from The City, the old girl and I take off from our sylvan retreat in the heart of tourist land and head for the concrete canyons of that same City.

There's no intelligence, let alone common sense, in it. We can't afford it. We don't even like it. But we go.

Don't ask me for a logical explanation. It would be like asking a caribou why he runs back and forth, with wolves snapping at his heels.

And the wolves are there. In The City. Just waiting for



Bill Smiley

us caribou. Unfortunately, they don't look like wolves, so you don't know what's happening to you until you're hamstrung. They look like cab-drivers and waiters and bartenders.

But one can't blame the wolves, can one? That's what they are for: to weed out the cripples.

Well, I can tell you that if you are not crippled, at least financially, after a few days in The City, you've been staying with your relatives.

For some reason, we always stay in the best hotel. After all, it costs only about three days pay for each night in the swank joint. This is part of the whole midsummer madness.

And, what the heck, it's only three dollars each to see a movie. And what the shoot, room service charges only \$1.50 for a pot of coffee, and a meagre \$1.50 for a sandwich. And, of course, you can't take it with you, so spread it around a little.

And then there's the swimming. The big hotels have a swimming pool. Of course, only the common people swim in the pool. That's what we tell ourselves every time we remember we've forgotten our swim suits.

This is about the point where I start to pound my head, thinking of the mile-long stretch of clean white sand and clean blue water back home.

But there's one thing I'll say about The City in summer. It's cool.

Oh, not out with the rabble on the streets. They, I understand, sweat just like the rest of us.

But in the big hotels and the bars and the restaurants, air-conditioning has worked a miracle. Or something.

You can almost go into some of them without an overcoat. Some of the bars are so un-cool the waiters don't even have blue lips. But in most of them, the customers are sitting around racked with pneumonia and arthritis.

I don't know why I'm complaining. Nobody forced me to go to The City. And if anyone tried, it would be like attempting to force a mule to walk backward. I wouldn't go there if you paid me. Especially in the summer.

But I went. I guess it was for my wife's sake. She loves a few days in a big hotel. No laundry. No meals to cook. No brains.

However, the annual stupidity is over again, and, as I said, it's great to be home. No more of that ridiculous wasting of money on things priced seven times too high.

No problems like that at home. Nothing here but the old cat and the new wood-piles. Let's open the mail. Might be a nice fan letter. Yike! Town taxes, \$484.00. Fuel bill from last winter, \$130.00. Bank manager wants to see me. I guess it's back to The City.

The Argyle Syndicate

Hainsville

Mr. John Bruce McVicar of Toronto spent a few days with his Aunt. Mr. and Mrs. Herbie Leizert and family. We welcome Mr. and Mrs. Stevie Kennedy to their new home at Hainsville. Mr. Herman Thompson has returned home from Hospital after spending some in Winchester. Hospital. Mr. and Mrs. Coville McVicar and family of Toronto spent a few days with relatives here after attending the Speer and Porteous wedding on Sat. last. Mrs. Reta Bradley has had a slight operation in the Winchester Hospital, we wish her a speedy recovery.

Hospital Births

July 24/73 Mr. and Mrs. Rodney Beckstead, Williamsburg, Ont. R.R.#3. A Son
July 28/73 Mr. and Mrs. Lorne Beckstead, Lunenburg Ont. R.R.#2. A Son
July 28/73 Mr. and Mrs. Marcel Deanoyers, Casselman, Ont. R.R.#1 A Daughter
July 30/73 Mr. and Mrs. Harold Clark, Brinston, Ontario. A Son

BRIDGE WINNERS

Ladies:
Catherine Dixon
Mildred McGinn
Gents:
Mearl Hutt
Lorne Bouck

WANTED!
CAREFUL DRIVERS
FOR HAPPY HOLIDAYS

MONUMENTS

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

For Advice on:
Life Insurance
Income Protection
Retirement Plans
Call your Metropolitan Life
Insurance Representative

CLAIR CASSELMAN
652-4834 - Iroquois

For information on -
LIFE INSURANCE
INCOME PROTECTION
RETIREMENT PLANS
Contact -
ROGER COULTER
43B Beach Ave-Iroquois
Ph. 652-4535
Representing-The Prudential
Insurance Co.

HAROLD C. FAIRBAIRN
Funeral Directors -
- Furniture Dealers

BRINSTON
Dial 652-4775

CONTACT us for rates on
Farm Fire Insurance -
Dwelling, Contents, Out-
buildings, Cattle & Mach-
inery.

LORNE MELLAN
Brinston - Ontario

THE TEA

PKG OF 60's

79¢

CORDON BLEU

BEEF, CHICKEN OR IRISH

STEW

15-oz. Tin

45¢

WALKER'S

SALTINES

1 LB. PKG.

29¢

Manning's Maple Leaf

COOKIES

24oz. pkg. **67¢**

Trips to Disney World and
Weekly Draw for \$25.00
in Merchandise.

Week of July 10 to 14
Winning ticket is No.
121346

Last Week's winning No.
195994

FIRST-OF-THE-SEASON
PRODUCE

CARROTS

3 lb.

49¢

BAG

RED AND GREEN

GRAPES

lb.

49¢

NECTARINES

lb.

49¢

**WATER
MELONS**

99¢

MAPLE LEAF

LARD

3 lb.

89¢

SCOTIAN GOLD

**APPLE
JUICE**

3 / \$ **1.00**

we add thrift
to Your Shopping List!

Tickets not
Claimed will
be held un-
til Saturday.
No.'s
116285
121346
024749
192786

MARY MILES SMALL LINK

BEEF AND PORK

SAUSAGE

lb.

65¢

FROZEN

**CHICKEN
LEGS**

lb.

79¢

SAVERS'

THE SIGN OF SAVINGS

IROQUOIS SHOPPING PLAZA

FLEECY

64-OZ. JUG

93¢

KRAFT

**MIRACLE
WHIP**

16-OZ. JAR

45¢

MOM'S

MARGARINE

5 lb for \$1.00

JOLLY MILLER

LEMONADE

CRYSTALS

PKG. OF 4's

65¢

Presqu'ille Park 99 44/100%

There was always something fishy about some of the beaches at Presqu'ille Provincial Park, a 2,000-acre isthmus with huge fingers of sand jutting out into Lake Ontario south of Brighton, Ontario.

Presqu'ille's beaches, some of the widest, longest stretches of white sand on Lake Ont. have always been plagued slightly by alewives, small fish that become trapped in pools when the spring waters receded.

The smell was faint, but annoying in places.

But this spring's high water levels which flooded out many of the campsites and the beaches had a silver lining.

The small fish escaped being trapped and the flooding left a clean dry beach approx-

imately 50 feet wide in places, ideal for tanning and swimming.

Parks workers have also worked hard since the point opened officially cleaning and grooming the "new" beach which is narrower than other years.

The good news for campers is that Presqu'ille has 520 sites and even on long weekends has not been filled up this year. On normal weekends the sites are only 30 percent full, in contrast to parks like nearby Outlet Beach in Prince Edward County which receives heavy traffic.

Presqu'ille Park, two miles from Highway 2 and the village of Brighton - this summer's overlooked outdoor recreation experience.

FISH STORY WITH A TWIST

At first Leroy J. Baker of Baldwinsville, New York, thought he had discovered the first Canadian "pretzel" fish, floating on Charleston Lake, north of Brockville.

Closer inspection in his boat showed it was an expired lake trout, but with an unusual deformity. Halfway down its body suddenly curved to the side and then straight up.

Charleston Lake Provincial Park officials passed it on to Dr. Tom Dukes of the Veterinary Services Lab in Kemptville, who has a special interest in fish.

He hasn't pinned down the exact cause of the deformity which was either an infectious disease, a nutritional problem or a development in the embryo.

Dr. Dukes said deformed fish are not really that uncommon, especially among tropical

species. One of the most common game fish deformities is a snub nose in trout.

The "pretzel" trout is on its way to the National Museum in

Ottawa for X-raying and further examination. Leroy Baker has already returned to New York State with the best fish story on his block.



Marsh World

Ducks Unlimited (Canada)

POST-BREEDING MOVEMENTS — Shortly after the annual breeding period, the adult males of several waterfowl species gather in flocks and move to larger marshes where they moult and feed. These drakes usually are accompanied by unsuccessful and non-breeding females. The lakes or marshes may be several hundred miles from the breeding marsh and often are far from human population centers. For about four weeks, while the birds are moulting and therefore not able to fly, they require dense vegetative cover to protect against predators.

116 - 73

Singer's General Merchandising

Grand Summer



SUMMER JACKETS, small - large
PANTS, PERMANENT PRESS, unisex, size 28 - 38
CHILDREN'S PERMANENT PRESS PANTS, size 8 - 16
BIKINIS
LADIES WEAR
JEANS, denim, unisex, size 26 - 36
JEANS, CORDUROY, unisex, size 26 - 36
CARDIGANS, SWEATERS, men's, ladies' and childrens
MEN'S SHIRTS, dress shirts, work shirts
MEN'S WORK PANTS And all summer wearing apparel.

EVERYTHING AT REDUCED PRICES

Shopping Centre Mall Morrisburg, Ont.

Tel. 543-3171

DOLLARS & GOOD SENSE

by WILLIAM J. MARTIN
Special Consultant to
Avco Financial Services

We all know that it's costing more and more to feed our families these days. Recent U.S. government figures indicate that the difference is \$109 more during the past year.

The theoretical retail market basket for a typical family of four is up more than 8% over 1972. At an annual rate, it's costing the average family \$1,409 (February, 1973) compared with \$1,300 for the previous year.

The Department of Agriculture report shows that the farm value of that cost was \$606, up \$114 over the year before. The middleman's costs were \$803, up \$21.

Supermarket prices rose for nearly all items during the past year, especially for meats, eggs, lettuce and milk.

The farm value of what families pay was up about 18% for the year, while wholesale and retail costs rose about 2.6%.

While some relief is in sight, selected items will continue to increase in cost before starting to drop.

Such reports underscore the importance of wise consumer shopping, proper preparation before shopping, purchases of more economical cuts of meat (and ways to prepare them), and avoidance of some of the more expensive convenience food items. It takes a lot more homework to eat well and maintain a good budget these days.

Have You Tried A
Classified Ad La-
tely? It Pays!

SHUR-GAIN ROONEY FEEDS

Offers The Following:
16% Dairy Ration
36% Dairy Supplement
40% Dairy Supplement

Creep Feed Pellets
Pig Starter Pellets, Medicated
Pig Starter Pellets, Plain
Pig Starter m
Pig Starter Mash, Medicated

20% Chick Starter Medicated
16% Chick Grower Medicated
17% All Mash Layer

17% Medicated Rabbit Pellets
17% Plain Rabbit Pellets

SEED CLEANING

GRIST Picked Up and Delivered
Call ROONEY's 652-4382

45-tfc



Ontario

PUBLIC MEETING ON Farm Classification IN ONTARIO

The Honourable Wm. A. Stewart, Minister of Agriculture and Food, has named an Advisory Committee to study and make recommendations on the feasibility of classifying farms, types of farms, or farm operations and the application of such a system of classification to Ontario legislation affecting farms or farm operations.

In order to provide an opportunity for individuals and organizations to express their opinions on these matters, a series of public meetings have been arranged.

You are invited to present written briefs, or to make oral representation at one of these public meetings.

| PLACE | DATE 1973 | TIME |
|--|------------------------|-----------|
| Smiths Falls Carousel Inn 33 Centre Street | Thursday August 9 | 7:30 p.m. |
| Finch Community Hall | Wednesday August 15 | 7:30 p.m. |
| Fournier South Plantagenet Township Hall 3 miles North of St. Isidore | Thursday August 16 | 7:30 p.m. |

Chairman - Edward J. Kowal
Farm Classification Advisory Committee
P. O. Box 638, Postal Station "A"
Toronto, Ontario, M5W 1G2

For further information call — 416/965-7661



Brake Even — Let Us Repair Them

Whether your brakes need to be adjusted, relined or completely replaced, we're the ones to do the job . . . quickly and professionally.

FETTERLY'S

Iroquois - Ontario

The Deadly Guest

A young Kitchener couple and their two-year old son were asphyxiated in a house trailer by fumes from a charcoal barbecue on Dominion Day weekend. The tragedy prompts the Ontario Safety League to once again issue the following warning: smoldering charcoal can build up lethal concentrations of carbon monoxide within minutes.

The temptation to pull the barbecue inside in case of rain, or to use it for heating in a tent or trailer during cool weather, is almost overpowering, but then so are the fumes. Using a barbecue, grill or hibachi in an enclosed or poorly ventilated area is an open invitation for an invisible, odorless, tasteless and deadly guest to make an appearance. Tests have shown that in small areas, such as

an 8x10x8 foot kitchen, the carbon monoxide level produced by a small charcoal fire surpasses the safe breathing concentration in a few minutes. Following a similar tragedy in Washington State last year, investigators

found that in the 13-foot camping trailer involved, with a roof vent and a louvered window left partly open, the level of carbon monoxide from a charcoal brazier rose to a danger

level within 11 minutes.

The lesson is clear, states the Ontario Safety League. Any form of charcoal burning stove used without a proper chimney should be reserved strictly for outdoor use.



Made with imported Holland cheese, this elegant dish is simple to prepare and quite inexpensive. Try making it with broccoli for a delicious change.

Holland cheese and asparagus puff

ELEGANT but inexpensive, you can serve this Holland Cheese and Asparagus Puff for a special family meal or as an effective luncheon or light supper dish. Try ringing the changes with broccoli. That way you don't have to wait for asparagus to be in season.

- 10 oz. imported Holland Gouda, or Edam cheese cut in 1/4" cubes
- 1 lb. asparagus fresh, canned or frozen in 1/2" pieces
- 4 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup cracker crumbs
- 1 pimienta, finely chopped (optional)
- 4 tablespoons melted butter
- 1 cup milk

Beat eggs well. Add salt, pepper, crumbs, pimienta, milk, asparagus and imported Holland cheese. Pour into 1 1/2 - 2 quart casserole. Pour melted butter over top. Bake in 350 degree oven 30-45 minutes, uncovered. Makes 6 servings.

This casserole may be assembled ahead of time — butter poured over just before baking, OR casserole may be baked ahead and reheated.

There's a better way to wash the dishes.



An electric dishwasher will clean up the dishes better than you can—by washing and rinsing them in fresh clean water, far hotter than your hands could stand. Today's dishwashers are better than ever. Dishes don't have to be rinsed, even pots and pans come out sparkling clean. Isn't it time you threw in the towel and got an electric dishwasher?

Village of Iroquois
Hydro System

your hydro



NOTICE - CLASSIFIED ADS

all Classified Advertisements in The Iroquois Post

MUST BE PAID IN ADVANCE

AT THE TIME OF INSERTION

(EXCEPT COMMERCIAL FIRMS OR ORGANIZATIONS WHO HAVE AN ACCOUNT WITH US)

RATES: Up to 25 Words-1 issue \$1.00-2 issues \$1.50-3 issues \$2.00

Over 25 words, add 5c per word. Cheque or money order

THIS COVERS FOR SALE, FOR RENT, WANTED, LOST, STOLEN, CARDS OF THANKS, IN MEMORIAMs, NOTICES, ETC.
With increased postal rates, cost of billing, etc. The Iroquois Post has been forced to adopt this policy.

THE IROQUOIS POST

YOU CAN EAT BETTER AND PA WHERE'S PRO



Provigo Orange Juice 12oz. 35¢
Highliner Boston Bluefish Fish & Chips 20oz. 69¢
McCain French Frys 16oz. 29¢
Holiday Farm Beef Patties 2 lb. \$1.89
McCain Brocoli Spears 10oz. 35¢
York Sliced Strawberries 15oz. 59¢

Cardinal Red or Green Seedless Grapes lb 49¢

U.S. No. 1 Cello Carrots 2 lb 33¢

Ontario Peaches
4 Qt. Baskets Arriving
Daily at competitive
prices.

TASTY...READY TO PLEASE
Bakery Treats

Betty's Special Occasion Day Cakes for Birthdays - Weddings -
Anniversaries, etc. Available with 30 Days Notice - Order in Advance.

Betty's Pak of 8 Hamburg or Hotdog BUNS 4 Pks. \$1

TOMATO JUICE 16¢ 19oz. tin

Heinz Fancy

Schwartz White

DREAM WHIP

Dessert Topping
4 oz. pak

49¢

Mir Liquid

DETERGENT

24oz. Container

2/57¢

VINEGAR

128oz.

65¢

McLarens Assorted

RELISHES

15oz.

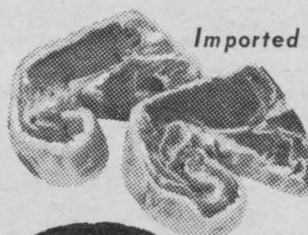
33¢



Short Rib

Cross Rib

Boneless Country Club



Imported Lamb Shoulder



Roast lb \$1.09

Roast lb \$1.19

Roast lb \$1.29

Chops lb 79¢

**EYE POPPING
FOOD VALUES**

Royal
Jelly
Powders
10¢

Provigo
Salad
Dressing
32oz.
66¢

King Size
TIDE
Detergent
\$1.99

Schwartz
**PEANUT
BUTTER**
3 lb. jar
\$1.09

Heinz
Tomato
Soup
10oz.
11¢

Kraft
B-B-Q
SAUCE
18oz. Bottle
39¢

Kismet
Margarine
1 lb. Tub
37¢

Del Monte
**PINEAPPLE
JUICE**
48oz.
39¢

Provigo
Ha
So
Bag of
59¢

Yor
Pear
But
16oz.
67¢

Provi
Ketch
20oz.
43¢

Historic Plaque to Commemorate Major James Morrow Walsh

On Saturday, August 11, 1973, at 1:30 p.m., an historical plaque commemorating Major James Morrow Walsh, one of the first officers to be commissioned when the North West Mounted Police was formed in 1873, will be unveiled on the grounds of Fort Wellington, Prescott. The plaque will later be moved to its permanent site beside the Postal Museum on Water Street in Prescott.

This plaque is one of a series being erected throughout the province by the Historical and Museums Branch, Ministry of Colleges and Universities, acting on the advice of the Archaeological and Historic Sites Board of Ontario.

Saturday's ceremony is being arranged and sponsored by the Grenville County Historical Society, whose President, Mr. J.M. Morris, will act as programme chairman. Among those who have been invited to take part are: His Worship W.A. "Pat" Kingston, Mayor of the Town of Prescott; Mr. Donald R. Irvine, M.P.P. (Grenville-Dundas); Mr. Walter Baker M.P. (Grenville-Carleton); and Professor Keith Johnson, St. Patrick's College, Ottawa, who will represent the province's Historic Sites Board. The plaque will be unveiled by Commissioner W.L. Higgitt, Royal Canadian Mounted Police. The Venerable Frederick Payne, Archdeacon of the St. Lawrence and Rector of St. John's Church, Prescott, will dedicate the plaque.

The inscription on the plaque reads: Born and educated in Prescott, Walsh was trained at military schools at Kingston and by 1873 had attained the rank of Major in the militia. In that year he was commissioned in the newly formed North-West Mounted Police. While in charge at Fort Walsh, in present day Saskatchewan, he became known for his influence and friendship with Sitting Bull, chief of the approximately 5,000 Sioux who sought refuge in Canada 1876-77, and for his role in the negotiations for their return to the United States. Walsh retired in 1883 but fourteen years later, at the height of the Klondike gold rush, he was appointed first Commissioner of the Yukon Superintendent of the North-West Mounted Police there. In 1898 he retired to his home in Brockville.

James Morrow Walsh was born in Prescott Upper Canada, in 1840. He was the son of Lewis Walsh, a carpenter, and Margaret Morrow, both of Irish descent, and the eldest of nine children. His father was Roman

Catholic, but later James followed his mother and became a Presbyterian.

Walsh was educated at Prescott. He also attended a military and a cavalry school in Kingston. From the former he graduated on April 25, 1865, with a "Second Class" certificate and from the latter on July 5, 1867, with a "First Class" certificate and high praise from the commanding officer, Colonel Jenyns, who declared him to be the best drilled officer to graduate from the school.

In the meantime, on March 30, 1866, Walsh had been appointed lieutenant with the 2nd Volunteer Militia Rifle Company of Prescott. The following year he was promoted, Captain in the 56 Prescott Battalion of Infantry and by 1875 had attained the rank of major.

Throughout this period Walsh had been engaged in various jobs: dry-goods clerk, exchange-broker and hotel keeper. He was active in local sports and a member of the Prescott Lacrosse Team which won the Ontario Championship.

When the North-West Mounted Police was organized in 1873 Walsh was commissioned Superintendent and Sub-Inspector and was instructed to recruit one division of 50 men. He proceeded to Lower Fort Garry with the force, and the following year took part in the 800 mile march to the foothills where Fort Macleod was established at present day Macleod, Alberta.

In May, 1875, Superintendent Walsh left Fort Macleod with a patrol of 30 men and guide Jerry Potts to found a police post

in the Cypress Hills, south of present-day Maple Creek, Saskatchewan. The post, which he named Fort Walsh, was about 50 miles north of the international boundary.

Walsh quickly acquired a reputation for firmness and courage in the discharge of his duties. At the same time his flamboyance, outbursts of bad temper, and neglect of what he considered picayune administrative details frequently placed him at odds with his superiors and subordinates.

Within two years of its founding, Fort Walsh became the centre of police activity in the West. About 5,000 Sioux and the remnants of several other tribes sought refuge in Canada, settling in the Wood Mountain area, about 130 miles east of the post. They had been driven from their homeland south of the border by the Americans and hoped to find a permanent home in Canada. The Sioux were under the leadership of Sitting Bull, who

had recently defeated Custer at the battle of Little Big Horn River.

As the Canadian government decided it did not want the expense of keeping the Sioux in Canada, it became Walsh's task, as the commander of the post nearest Wood Mountain, to convince them to return to the United States. The task was made almost impossible by the intransigence of the Americans who insisted that they "could only receive them (the Sioux) as prisoners of war". Success was finally attained, after Walsh's departure from the region, by starving the Indians into returning to the United States where they were promised meagre supplies of food.

In his negotiations with the Sioux, Walsh gained the trust and respect of Sitting Bull, as it is said, no white man before him. In return, Walsh wrote "In my opinion he is the shrewdest, most intelligent Indian living, has the ambition of Napoleon, and is brave to a fault; he is respected, as well as feared, by every Indian on the plains; in war he has no equals; in council he is superior to all; every word laid by him carries weight, is quoted and passed from camp to camp.

Walsh's influence with Sitting Bull brought him notoriety as well as fame. Sir John A. Macdonald felt that it was his sympathetic treatment that kept Sitting Bull and the Sioux

in Canada. He wrote: "When this is all over we must dispense with with Major Walsh's services in the Mounted Police".

As a first step, on July 8, 1880, Walsh was transferred to the command of the police post at Qu'Appelle. Shortly after his arrival there he was granted a leave of absence to go to his home in Brockville and was detained there by Macdonald until late in 1881 when Sitting Bull finally surrendered to American authorities.

Walsh returned from the force in 1883 with a gratuity of

\$1,116.00. His retirement may have been hastened by charges of confusion and laxity during his command.

He remained in the west and went into the coal business at Winnipeg, first Bell, Lewis, Yates and Walsh, and later as manager of the Dominion Coal Company.

On August 17, 1897, at the height of the Klondike gold rush, the Laurier government appointed Walsh to the post of chief executive officer in the Yukon with the title of Commissioner. He was also given full command of the North-West Mounted Police in that district.

He is credited with several regulations which saved many lives in the Yukon, including one which required all people passing the police posts at Lake Bennett and Fort Sifton to be checked to ensure that they were carrying sufficient food for one year.

Charges of corruption and scandal were soon brought against his administration and he resigned in September, 1898. He was criticized for allowing his subordinates to stake claims and was accused of seizing some desirable locations himself. Complaints about his private life continued even after his resignation. In May 1899, he wrote to Sir Clifford Sifton: "I wish you would inform the Tupper that I am not in the public service and I have not been for the last seven months and if I were intoxicated in Dawson and ladies were seen going to or coming from my tent what coan you or the government do about it or what business is it now of yours?"

Walsh returned to his home in Brockville where remained active in the Liberal Party. He died on July 25, 1905, and was buried in Oakland Cemetery, Brockville.

SMITH'S PHOTO STUDIO

Phone: 543 2873
62 Kyle Drive

MORRISBURG

CLOSED MONDAY - OPEN ALL DAY WEDNESDAY

LLOYD C. DAVIS

COMPLETE LINE OF GENERAL INSURANCE!
Automobile - Fire - Theft - Liability and Life Insurance

652-4567 - PHONES - 652-4503
IROQUOIS Shopping Plaza ONTARIO

WILLY'S DAY

AT WILLY'S HAPPYLAND, COUNTY RD. No. 7

CHESTERVILLE

Country Music Festival

Sat., Aug. 11, 1973

12 Noon to 12 Midnight

Featuring Recording Artist Orville Profit, Kent Brockwell, with Byron Stevers Band, Fiddlers, Singing and Step Dancing Contests.

REFRESHMENTS AND BAR

ADMISSION \$2.00 PER PERSON

All Proceeds For Canadian Cancer Society

6-3c



Small Farm Development Program

FARM LISTING SERVICE

Under the SMALL FARM DEVELOPMENT PROGRAM the Farm Credit Corporation maintains a listing service at its local offices.

If you are the owner of a small farm which you wish to sell for not more than \$20,000 you should visit the local F.C.C. office before completing the sale arrangements to list your farm and inquire about the possibility of a grant under the Program.

If you have just sold your farm you should immediately check with F.C.C. as to whether a grant is available.

The listings will be available to any interested purchasers. If you are looking for land to expand your present farm you should check to see if any of the land listed will meet your needs. You may qualify for special credit to buy it.

Y LESS

OF



Fresh Breakfast

Sausage

Beef & Pork

1b 85¢

Side Pork 1b \$1.09

Riblets 1b 59¢

Swift's Cello Weiners

1 lb. Pack 1b 85¢

Canada Packers 1/2 Cryovac

Cottage Rolls

1b \$1.29

17oz. Bottle

SCOPE

Mouthwash

89¢

Giant Size

SPIC & SPAN

Box

89¢

Lifebuoy

Regular Size Bar

17¢

Canada Dry

GINGER ALE

Easy Open Zip Top Tin


10oz. 10¢ tin

Case of 24 Tins \$2.40


Donald R. Irvine M.P.P.

TRAILER TALK

CHECK TRAILER TIRES OFTEN. KEEP WELL-INFLATED... ABOUT 60 lbs AVERAGE




Beware of SUDDEN STOPS-



BECAUSE OF GREATER LENGTH AND WEIGHT OF CAR AND TRAILER IT TAKES MUCH LONGER TO STOP-

Shane

AT REGULAR INTERVALS CHECK LOAD FASTENINGS, HITCH, SAFETY CHAINS, LIGHTS, TIRES, BEARINGS AND LUGS.



DON'T OVERLOAD YOUR TRAILER. FOR STABILITY, FRONT END SHOULD BEAR ABOUT 10% MORE OF WEIGHT.



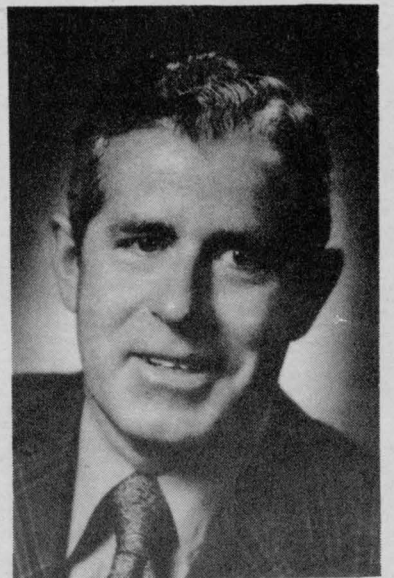
STRAP LOAD DOWN FIRMLY-

Don't lose your BEARINGS!

LACK OF LUBRICATION CAN CAUSE WHEEL BEARING FAILURE, SO CHECK FOR LUBRICANT LOSS. AND DON'T BACK BOAT TRAILER INTO WATER WHEN BEARINGS ARE HOT.

ONTARIO SAFETY LEAGUE

LOBBYING, CIAG INSURANCE



Tenders Called

Donald R. Irvine, M. P. P., Grenville - Dundas, is pleased to announce that he has been advised by the Honourable James Snow, Minister of Government Services, that tenders will be called for the Ministry of Correctional Services on Aug. 2nd for the supply and installation of new water softening equipment in the Rideau Correctional Centre Kitchen, Burritts Rapids.

The estimated cost is \$4500.00 and the expected completion date is October 31st, 1973.

Also, on August 2nd, tenders will be called for the Ministry of Natural Resources for the supply and installation of two Padmount distribution transformers for the St. Lawrence Parks Commission, Morrisburg.

The estimated cost is \$6,000.00 and the expected completion date is August 30, 1973.

Iroquois Lawn Bowling

Keeler Trophy - Sun. Aug 12 1973. Hargreaves Twins Sun. Aug. 26, 1973. The more players the more fun and a better contest. Please call Harold Baldwin 652-4376 Ross Jamison 652-4539 Ambert Brown 652-4590

Has your organization been up to something lately? Why not send in the story to The Post...

POLLUTION

From Page 1

Mud, Murray, Napier, Paddy, Perch, Peterwhite, Round Lake, Spectacle and Trembley Lakes. Wiltse Lake in the Rear of Yonge and Escott has been recommended as a wildlife area. A lake not recommended for development because it is a municipal water supply and a possible wildlife management area is Loch Garry near Alexandria.

Canton Lake in South Burgess and Round Lake in North Burgess are being recommended for no further development because they form part of an area

proposed for interpretive purposes, public environment education and appreciation.

Mr. Maslen said the last lakes were included because the ministry has an obligation to local residents to not only administer, protect and conserve public lands and water but provide for a variety of uses, and therefore, experiences.

He said certain lakes were listed because indicators showed they were at or approaching a dangerous level. These indicators were:

Low amounts of dissolved oxygen in the water in deeper areas; excessive weed growth and/or algae "bloom" and extreme murkiness as determined by

Secchi disc tests of water clarity.

Tye types of fish species and the health of the fish in certain lakes were also considered because fish are a good indicator of water quality and change in this quality.

Still another factor to be taken into account was the flushing rate--the rate of water inflow and outflow in a lake.

The number of cottages and the degree of general public use as related to the totallake area was also considered. This indicates the range and intensity of activities on the lake and this relates to safety and overall quality of the recreational experience.

Mr. Maslen said these initial studies had been completed on most but not all of Eastern Ont. lakes and as more lakes were surveyed changes would be made.

Several misunderstandings have already developed as a result of these initial steps, said Mr. Maslen.

"Lanark is not being singled out," he said.

"It happens that there are many lakes in Lanark and that's also where the investigating first started."

"The ministry is not trying to freeze development, but rather maintain a quality environment by recommending that lakes not be excessively developed. Therefore this ministry is recommending against subdivision development and severances on lakes we regard as developed to capacity," he said.

ity," he said.

"This ministry is only one of many who make recommendations which lead to the final decision which is the responsibility of the Ministry of Treasury, Economics and Inter-Governmental Affairs," he said.

He said these initial steps were not intended to harm the cottage or tourist industry. If technical advances allow it, such as refinement of sewage disposal systems and changes in cottage planning away from lineal shoreline development toward, perhaps cluster development set back from the water,

then new subdivisions and severances could be allowed.

Others, said Mr. Maslen, misunderstood the list as a scheme drawn up by Toronto-based planners who were not in touch with this region. Not so. He said the recommendation was arrived at by lands people who have been working in the eastern regional headquarters in Kemptville.

Mr. Maslen emphasized that the methods of evaluation used to determine what lakes were in trouble were the best that the ministry had at this time.

"When better methods of evaluation are perfected, we'll use them. And we would appreciate any suggestions we can get from the public and developers. We all have to find an answer to this problem," he said.

SEE PAGE 9

ATTENTION INDUSTRIAL MILK PRODUCERS IN ONTARIO

Farmers who are producing industrial milk can qualify for guaranteed loans with a refund feature of up to 20% of principal. This refund will be paid in cash during the last 4 years of a 5-year agreement, if all commitments are met.

Get in touch with your area OMMB Fieldman or your local Ontario Ministry of Agriculture and Food office to discuss how you may take advantage of this program.

MAIN FEATURES OF THE PROGRAM

- 5-year term guaranteed bank loans,
- No repayment of principal in the first year.
- 20% refund of principal available if all commitments met.
- Amount of loans determined through consultation and based on repayment capacity and milk production program of borrowers.
- Can-shippers of industrial milk must convert to bulk tank to obtain loans.

Loans will be made available from local branches of chartered banks effective immediately and until the expiration of the program June 30, 1974. These loans will be at prime interest rates plus 1% in terms not exceeding 5 years.

This program is complemented by the recent increase in Federal subsidy for industrial milk.

Application forms and brochures describing the program are available from County and District Offices of the Ministry of Agriculture and Food.

For more information contact:

BOX 488
WINCHESTER
K0C 2K0
TELEPHONE: 774-2313



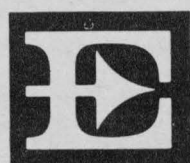
Ministry of
Agriculture
and Food

T. R. Hilliard
Deputy Minister

Wm. A. Stewart
Minister

SOLID STATE HAS ARRIVED!

THE ALL NEW CONCEPT FROM
ELECTROHOME



New Sets For Fall
Some Models Are In Stock

We have 5 service men to provide you with prompt efficient TV and appliance service.

SPECIALIZING IN "SERVICE" AFTER SALES

STYLES & McINTOSH

IROQUOIS SHOPPING PLAZA - 652-4397

Workmen's Compensation Increases in Benefits

Increases in the amount of benefits payable under Ontario's Workmen's Compensation system are expected to add approximately \$12 million a year to the total now paid to the province's injured workman and their dependents. The increases in cash benefits and in pensions became effective on July 1st under amendments to the Workmen's Compensation Act approved by the Ontario Legislature. Ontario workmen now have the highest maximum compensation levels

in Canada. These benefits apply to persons involved in accidents occurring on or after July 1st, 1973. Among major items effected by the increases are: The earnings maximum is increased from \$9,000 to \$10,000 annually for accidents occurring on and after July 1, 1973. This will provide a maximum weekly payment for temporary total disability of \$144.23. Widow's pensions will increase by \$75 to \$250 monthly and will be the highest in Canada. Payments for dependent children will be increased to \$70, and for orphans, to \$80. While the total of a dependent's pension cannot normally exceed the workman's earnings, the minimum total benefit payable to a widow and three or more children in fatal claims will be increased to \$460, regardless of workman's earnings. These increases will apply to all pensions payments due on and after July 1, 1973. The burial allowance has been increased from \$400 to \$500. For temporary total disability the minimum will increase to \$55 weekly where wages are not less than \$55 a week, the actual amount of earnings is payable. For permanent total disability the minimum payment will increase by \$75 to \$250 monthly, and the minimum for permanent

partial disability will rise proportionately. In introducing the amendment, Labour Minister Fern Guindon stressed that the major effect of the increases would be among the permanently disabled and widows receiving pensions. The increase in the maximum amount of earnings which may be taken into account in calculating benefits, to \$10,000 from \$9,000 will also of course have wide application, effecting benefits to all injured workers who earn in excess \$9,000. Funds to cover the increases, as with all payments made under the Ontario Workmen's Compensation system, are provided by assessments against business and industry. The increases provided by the amendments,

Labour Minister Guindon told members of the Legislature are expected to increase the amount of assessments paid by business and industry in the province by an average of 7.8 per cent.

The Labour Minister estimated that approximately 431 per cent of persons receiving compensation benefits would be effected by the increases, and that would mean about 22,000 Ont. workers or their dependents.

POLLUTION From Page 8

THIEVES GET STUFFY ABOUT WILDLIFE

The Canadian record for Most Unlikely Article Stolen, if there is one, is being threatened again.

Kingston city police detectives are still trying to get a line on vandals who swiped a mounted specimen of a fawn, a Blanding's turtle and a Wilson Snipe which were part of a ministry of natural resources Napanee district display at the Kingston Fair last week.

The mounted deer, reptile and bird, rented from a local taxidermist, were taken during the horse show which lasted after the fair closed at 11 p.m. Thursday. Display attendants were off duty, but the Memorial Centre still had not been locked up for the night.

The same vandals also slashed the bottom of a large artificial pond in the 40' x 10' display featuring waterfowl, upland game and an audio-visual program on provincial parks.

Natural resources officials say the specimens may cost more than \$70 to replace and would like them back if the thieves wouldn't mind.

The district still plans to have a display at the Belleville Fair opening August 9.

Kingston detective, Michael Breen said the theft "was probably done for kicks, or interior decorating."

"I'm really not surprised," he said. "These days they'll take anything if it's not nailed down."

Not necessarily. Several years ago in Halifax police were looking for thieves who left only several dangling wires, after walking away with a telephone booth.

BEYOND THE SARSAPARILLA TRAIL

The Ottawa area organizations who just finished a nature trail for people in wheelchairs and on crutches are now mulling over the idea of a nature walk designed especially for the blind.

The new half-mile Sarsaparilla Trail near the intersection of Richmond and Knoxdale Roads on the fringe of Ottawa was planned and built by a nine-student crew on an Opportunities for Youth grant, the Ottawa-Carleton Conservation Centre, Inc., the National Capital Commission and the Ontario ministry of natural resources.

Mark Schaefer, natural resources forest supervisor in the Ottawa area, said the trail for the blind is really not a new idea.

"It's been done before in the United States and will be done

in a new provincial park near Toronto. The stations on the trail are connected by a line or rope and the interpretive material at each stop is printed in braille," he said.

He said people with sight deficiencies would miss the colors and scenery, but would probably have a richer, more sensitive outdoors experience than those who can see.

They would be much more aware of silences, breezes in open areas, the feel of different tree barks, the smell and

SEE PAGE 11

Discount Hearing Aids

All Brands
Regularly Sell for
\$375. to \$400
OUR PRICE \$275.

For appointment 774-2606

Summers' Hearing
Aid Centre

Winchester Ontario

IDEAL FOR HOME, FARM or OFFICE

STANDARD MODELS

RECONDITIONED
GUARANTEED

TYPEWRITERS

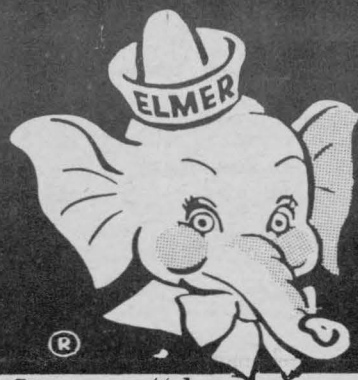
from \$50 up

SEE THEM AT

The Iroquois Post

IROQUOIS SHOPPING PLAZA

Elmer's Summer Safety Contest No. 3



Which ELMER rule is being broken here?



- ELMER'S 6 RULES**
1. Look all ways before you cross the street.
 2. Keep from between parked cars.
 3. Ride your bike safely and obey all signs and signals.
 4. Play your games in a safe place away from the street.
 5. Walk when you leave the curb.
 6. Where there are no sidewalks walk on the left side of the road facing traffic.

The Elmer rule broken here is number

PRIZES
4
CCM BIKES
TWO BOYS'
TWO GIRLS'

50
CCM ACCESSORY KITS
Each kit contains valuable items for your bike.

HOW TO ENTER

1. Show which Elmer rule is being broken above and colour the picture.
2. Fill out entry form. Print clearly.
3. Cut out along dotted lines and mail to address shown.
4. Any Canadian child between 6 and 14 may enter. All entries become property of Elmer the Safety Elephant. Judges' decision final.

MAIL BEFORE **AUG 14** TO:

ELMER

Box 1040,
Station B,
Toronto, Ont. M5T 2T8

NAME

ADDRESS

(Town or city, postal code)

TELEPHONE

AGE Boy Girl

ONTARIO SAFETY LEAGUE

The Iroquois Post

SUNDAY SERVICES

IN THE CHURCHES

IROQUOIS AND MATILDA

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. W. Brian Gee, B.A., B.D.,
ThM.

Organists: Mrs. George Fowler
Mrs. Chas. McInnis

During the month of August, Rev. Brian Gee is on vacation. You are urged to worship at The Church of your choice.

CHRISTIAN REFORMED CHURCH

Rev. John Depater, Minister

Come and Worship The Lord
With Us

UNITED CHURCH OF CANADA
Matilda Pastoral Charge
WORSHIP SCHEDULE

Sunday School starts Sept. 2nd in
all churches
Aug. 19 at Hanesville 10 a.m.
Aug. 26 at Hulbert 10 a.m.

THE PARISH OF IROQUOIS
ANGLICAN CHURCH OF CANADA

Summer Supply
Rev. E. Lloyd Lake

CHURCH OF ST. JOHN
THE BAPTIST

Every Sunday — 8 & 10:30 a.m.
Visitors Always Welcome

ST. PETER'S SOUTH MOUNTAIN

July 22nd, and from Aug. 12
9 a.m. Holy Communion
God loves us in the summer too

THE PRESBYTERIAN CHURCH
IN CANADA
KNOX CHURCH, IROQUOIS

The Rev. John J. Hibbs, B.A.,
B.D., M.Th., Pastor
Mrs. Ruby Bell, Organist

COMBINED SUMMER SERVICES
JULY

9:30 a.m. in United Church

AUGUST

11:00 a.m. in Knox Church
(Supervised Nursery Class)

VISITORS MOST WELCOME

ST. ANDREW'S CHURCH
South Mountain

Mrs. Arnold Shaver, Organist

July — Services Withdrawn
Aug. — 9:30 a.m. Worship Service

ALL WELCOME

ST. MARY'S CHURCH
Morrisburg, Ont.

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

Saturday 7:30 p.m.

Sunday 8 a.m. & 11 a.m.

ST. CECILIA'S CHURCH
Iroquois, Ontario

Sunday 9:30 a.m.

Confessions will be heard before
all masses

Letter to Editor

On Saturday July 28th, Iroquois played host to a Midget Softball tournament involving 10 teams from as far away as Toronto. The Minor Softball association were advised if the Midget boys helped out at the Legion Tournament the week before that the Intermediate team sponsored by the Legion would assist with scoring umpires and lining the field. Our Midget team were true to their word, they showed up Thurs. evening before the tournament to help put up the fences Sat. they helped by lining the field as well as retrieving stray balls on Fri. Sat. Sun. These same boys all paid their admission to the field. The following week when it came time for their own tournament the Intermediate team failed to show. But for the assistance of Lee Merkley, Ed Hitchson, Louis Bailey, Ralph McKee, Ken MacLion, Doug Hartle, John Curry, Jim Edgar, we would have had no umpires. These same men stood through 22 consecutive ball games in the heat. The teen age girls of the village came to our assistance to man the entrance gates and keep scores in the booths. Cheryl Anderson, Keddy Good, Kim Brown, Gwen Eddy, Shelly Fader, Lorraine Casselman, Laurel Kirkby, Caroline Rooney. The very little boys carried water to these teams all day under the direction of Dale Easter. Floyd and Shirley Gibson and Don Wyatt gave freely their time to man the pepsi booths. Mrs. Jack Valcour with the help of Cathy Claxton and Janet Davis ran the sandwich and milk booth. Ron McIntosh left his work to come and install a loud speaker and announce from the booth from 9 a.m. to 9 p.m. While I was left to register teams check birth certificates etc. All of which I was inexperienced. I feel this intermediate team let these young boys down very badly for reasons that had nothing to do with minor softball. But for the thoughtfulness of these people that showed up to help this day might have been a disaster for the Village of Iroquois. Our home team went right to the finals and the heartbreaking part was there wasn't a camera to see this team lined up on the field opposite a very fine team opposite Toronto.

For one whole day 150 fine boys were off the streets, playing good Softball and how many people

Personal News Items
Are Always Welcome At
The Iroquois Post!

cared enough to come and see

them play.
Respectfully yours

Leona McIntosh

Sec. Treas. Minor Softball

ADELAIDE DANIELS



SAYS

SURVIVAL OF THE FITTEST

Exercise, fresh air and sunshine are needed by all humans, but the man on a diet can make the most of his weight loss by a series of activities excellent for both mind and body.

Doctors say there are several activities men can do while losing weight including interval jogging (jog 10-20 seconds, walk 10-20 seconds), squash, handball, badminton, and the newest, paddleball. Stair step-ups are also popular. They are great because they can be done at home at any time during any season. Quickly step-up and down a step 16 times, then walk around for 30 seconds. Repeat 3 or 4 times. The most important factor is to regulate the exertion. All offer great exercise aimed toward brevity, simplicity and enjoyment. You must bring concentration to any exercise period. Mental concentration combined with physical motion is enormously beneficial.

The best time to exercise depends on the individual. Some men prefer in the morning before work, others like to exercise while watching the 11:00 news. The idea is to create a habit. Plan when you know you're going to have the time. Doctors suggest you wait a couple of hours after meals to exercise. And, if you don't like to exercise alone, perhaps another member of your family would like to join you. After all, everyone needs to exercise.

If you prefer to get out of the house to begin a program of physical fitness, there are many recreation centres and health clubs with different membership requirements and facilities. Most are open from early morning to late evening for your convenience.

Of course it is natural to want to see results immediately, but we must be sensible in our method of achieving them. Keep up your courage and confidence and all those daily self-denials. Most important, remember that the programming of exercises is a matter of professional knowledge. Consult your physician for proper exercises and a fitness program. Through routine medical check-ups, good nutrition and exercise, you will strengthen, toughen and beautify the body to a new you.

Adelaide Daniels is the creator of the Canadian Family Meal Plan and author of the best seller, Adelaide Daniels Weight Watching Cookery.

Suggest More Children Should be Immunized

Health Minister Dr. Richard T. Potter today urged Ontario parents to be sure their children are adequately immunized before they go to school in the fall. A Ministry study, in 37 of Ont. health units, revealed that one in every five children entering school in September 1972 had less than adequate immunization against preventable diseases. Of the 128,884 children in the study, 99,881 were kindergarten children, representing 79 per cent of all children at that school level in the province. About 75 per cent of those studied had been immunized against diphtheria, pertussis (whooping cough) tetanus and polio. Smallpox vaccine had been given to 65.5 per cent of the children. Only 58 per cent — in some areas, less than 30 per cent — of the pre-schoolers had been vaccinated against measles. Less than 20 per cent of the children studied had received rubella (German measles) vaccine.

"With this rate of immunization, outbreaks of measles are inevitable," Dr. Potter said.

Diphtheria, pertussis, tetanus and polio immunization — which can be given in a single inoculation — should be completed by the time a child is six months old. A reinforcing dose should follow a year later. Measles and rubella vaccinations should be given at 12 months of age or shortly after. "Every child should have protection against these preventable diseases as early in life as possible," said Dr. Potter.

"It appears from the data we've collected that many parents view the school as the primary source of immunization. This is a cause for concern because too many of our children pass through their pre-school years vulnerable to some or all of these preventable diseases." Parents can have their children immunized by their family doctor or at their local health unit.

When Choosing Livestock Minerals Let Your Forage Be Your Guide...

because the roughage portion of the ration dictates the combination of essential minerals needed. All SHUR-GAIN MINERALS are now formulated accordingly. It's nutritionally right, it's easy, it's economical, to select the best SHUR-GAIN mineral mixture for your livestock...

SHUR-GAIN ESSENTIAL MINERALS #1—FOR

NON-LEGUME FEEDING... feed where roughage is grass, hay or corn silage.

SHUR-GAIN ESSENTIAL MINERALS #2—FOR LEGUME FEEDING... feed with high legume forage, to balance the high calcium, low phosphorus.

SHUR-GAIN ESSENTIAL MINERALS #3—SALT FREE... feed where salt is available in the water or other source.

SHUR-GAIN ESSENTIAL MINERALS #4—HIGH PHOSPHORUS... for dry cows just prior to freshening.

SHUR-GAIN RANGE MINERALS... for Western feeding conditions, where stock is on a high hay or pasture ration with salt provided separately.

SHUR-GAIN

ROONEY FEEDS

IROQUOIS 652-4382

PLANNIN' A NEW HOME
PLANNIN' A NEW COTTAGE
PLANNIN' A RENOVATION
PLANNIN' SEE LANNIN
H. S. LANNIN LTD.
GENERAL CONTRACTORS
PH 774-2637 - WINCHESTER

GO CLASSIFIED

- a

"BEST" buy!

The Coming Events

FOR THE ACTION YOU WANT

GOOD COMPANIONS

Iroquois and Matilda good companions will hold a picnic on Wed. August 1, at Farran's Park. Members will meet at the Plaza, Iroquois at 10 a.m. Those requiring transportation call Henry Sauve or Betty Whyte. Each bring their own lunch. There is a concession at the Park where beverages may be bought if desired. In case of rain Picnic will be held Wed. Aug 8th.

ANTIQUE SHOW AND SALE

Antique Show and Sale, Aug. 15th - 7-10 p.m. Adm. \$2.00 (includes refreshments) Aug. 16th & 17th - 11a.m. - 10 p.m. Adm. \$1.00 Catholic Cultural Centre, Court House Ave., Brockville, Ont. Sponsored by Brockville & District Historical Society.

TWILIGHT AUCTION SALE

HOME FURNISHINGS AND ANTIQUES

In the Village of Williamsburg
WED. EVENING, AUG. 15th
at 6 p.m. sharp

HOME FURNISHINGS — Chesterfield and chair to match; Reclining arm chair and foot stool; 2 platform rockers; Electric floor and table lamps; Davenport; Electric Cook Stove; Coffee Tables; End tables; Drapes; 2 chrome kitchen set (complete); 2 mahogany book shelves; Encyclopedia; 2 enamel tables; General Electric Stereo with records; Vacuum cleaner; Bedroom suite and other bedroom furniture; China glassware, dishes, mirrors, cutlery and many kitchen utensils including electric appliances; ladders and tools.

ANTIQUES — Thomas A. Edison home phonograph, 50 cylinder records to fit phonograph; Carding wheel; cream cans; picture frames rare books; sheet music; quilts; hand woven; woolen sheets; Scatter Rugs; Treadle Sewing Machine View Master; Sleigh Bells; Crocks Jars; Scales; Hand Woven Linens; Chairs; Oil Lamps and Lantern; Console Radio; Electric Mower; Iron Stone Dishes and other articles.

TERMS — CASH

Mahlon Zeron, Auctioneer
Ross Wingard, Prop.

7-2c

FOOD SALE

Don't forget St. John's Anglican Church Guild Food Sale to be held August 17 in the Civic Centre, starting at 1.30 p.m. 8-2c

Iroquois women's Institute are planning a trip to Hamilton and Niagara Falls Districts - Non. to Wed. Aug. 13, 14, 15th Travelling Colonial Coach.

Any persons wishing to go - contact Mrs. L.C. Davis 652-4503 or Mrs. D.C. Hare 652-4372 for further information.

CHARLIE PRIDE SHOW at CNE Aug 29 via Voyager Colonial return same day \$18.50 complete Ticket available, Frank Mullen, Williamsburg 535-2888. Make up groups now Passenger picked up Williamsburg, Morrisburg, Iroquois. 7-3-c

KNOX BIKEATHON, AUG. 11

The postponed Bikeathon of the Knox Church youth and adults, in support of purchasing a film-projector, will be held from the church parking-lot this Saturday, August 11th, from 9 a.m. Entrants, with sponsor sheets are to register before this hour. Route, Iroquois to South Mountain and return to Iroquois. Finish by 4 p.m. Supervised route and check-points.

NOTICE TO CREDITORS AND OTHERS

TAKE NOTICE that all persons having claims against the Estate of KATHLEEN PITT, late of the Township of Edwardsburg, in the County of Grenville, Married Woman, Deceased, who died on or about the 1st day of October 1972, are hereby notified to file proof of their claims with the undersigned on or before the 29th day of August, 1973, after which date the undersigned will distribute the Estate of the said deceased with reference only to the claims of which he will then have hand notice.

DATED at Morrisburg, this 27th day of July, 1973.

Wilbert Safford
Iroquois, Ontario,
Administrator,
By his solicitors,
McInnis & MacEwen,
P. O. Box 129,
Morrisburg, Ontario.

7-3c

FLOYD FISHER

Real Estate Broker
MORRISBURG, ONTARIO
Bus. 543-2044 - Res. 543-2355

GARAGE and Body Shop — Owner retiring, excellent opportunity, good concrete block building 50' x 65'. O.F.A. furnace located in busy Seaway Valley Village. Priced to sell.

BUNGALOW — Frame two bedrooms, 4 pc. bathroom, 12' x 15' kitchen has double sink and plenty cupboards, 12' x 18' living-room. Shed and Barn. Asking \$10,500 North of Iroquois.

25 ACRE FARM — Rolling black loam, Barn, hothouse, workshop and garage, and a frame 3 bedroom home with a full basement, laundry tubs, OFA furnace, tiled and carpeted floors, in excellent condition, immaculate. In Lunenburg Area.

BUNGALOW — Exceptionally well kept, 3 bedrooms, 4 pc. bathroom, modern kitchen dining-room, full basement, new oil furnace, dandy garage and workshop. Beautiful large lot. \$22,500, West of Morrisburg.

FRAME HOME — this is a home with good housekeeping, spacious rooms, oil hot water heating, modern kitchen with cushion covered floor, livingroom has wall to wall carpet, 3 bedrooms, 4 pc. bathroom. Drilled well. Plus a cement block building 30' x 50' — Priced right.

SALESMEN

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

POLLUTION From Page 9

sounds near ponds and swamps, the calls of various birds and insects and the temperature differences in the forest.

"It might be worthwhile if everyone went on a nature walk without using their eyes. We miss too much, especially nature, by overdepending on our eyes and being lazy with other senses," he said.

BUY-SELL-RENT-HIRE...
Classified Ads
DO IT BETTER

IN HOSPITAL

Mrs. Ben (Dora) Johnstone of Dixon's Corners is a patient in Kingston General Hospital.

Seaway Gas Bar

Discount Gas & Motor Oils.
Diesel Fuel
SUMMER HOURS
Mon. - Sat. 7-10
Sunday 9-10
Outboard Motor Oil
We Do Oil Changes & Greases Now

ADELAIDE DANIELS



SAYS

COAXING, CLUBBING & OLD HABITS

Coaxing vs. Clubbing.

It has been said that when forced to diet, we do as little as possible in order to get by; we are resentful meanwhile, and are fatigued more quickly in consequence. When encouraged to diet, we work with more enthusiasm and pride in ourselves, we feel less fatigue. Therefore, coaxing is far better than clubbing. In motivating yourself to lose weight, think of your motivation in three degrees. First, to eat well (re-educate the palate); second, to enjoy food; and third, to take pride in food preparation. By following the Canadian Family Meal Plan, mental appreciation ensues, and in every case, a slim figure will result.

Old habits die hard, so when you find your "will" wearing down, try to remember that you feel the way you do for various reasons. Psychologists say these feelings are your inherited mechanisms (the way you are), your acquired experience (old eating habits), the state of your body (the way you look and feel) and the stimuli affecting you at the moment (the food you want or see). I say if you go through the proper motion, you'll soon begin to feel the corresponding emotions. Don't expect to be slim overnight, simply try to remember that you are overweight because your old habits are not correct for you. Then you can start to rebuild new habits — and a new figure.

Dieting can be challenging and exciting with inspiring menus to entice your taste buds. Diet cook books have recipes that are simple, nutritious and your whole family will want to share them. Every man, woman and child who treasures good health and a slim figure will walk away from the table satisfied. And because there is hardly a person in this country who doesn't at one time or another need to watch his or her weight, the Canadian Family Meal Plan is invaluable both nutritionally and calorie wise.

So let's all get together and toast to will-power and new habits, for a slim and healthy life. As Emerson said, "Excellence is the perfect excuse. Do it well, and it matters little what."

Adelaide Daniels is the creator of the Canadian Family Meal Plan and author of the best seller, Adelaide Daniels Weight Watching Cookery.

The trail for the blind, just an idea now, could be constructed next summer on a new site, or on the Sarsaparilla Trail, named by the students who discovered sarsaparilla plants in the area, he said.

The trail for people with walking handicaps is a level, winding path of finely-crushed stone dust six feet wide that was supposed to have been opened last week. Rainy weather forced cancellation of the opening, now moved ahead to August 8.

The work of clearing the brush and pushing wheel-barrows of gravel into the bush for half a mile was done by the OFY students who dubbed their project "It's Your Environment". The

new trail is one of six in the 41,500 acre NCC Greenbelt Forest ringing the capital. Along the new trail are picnic tables, benches, toilet facilities and at one point, a dock which juts out into the water of a beaver pond, also the home of several waterfowl species such as black ducks, great blue herons and mallards.

PLANNIN' A NEW HOME
PLANNIN' A NEW COTTAGE
PLANNIN' A RENOVATION
PLANNIN' SEE LANNIN
H. S. LANNIN LTD.
GENERAL CONTRACTORS
PH 774-2637 - WINCHESTER

THE BEST DEAL FOR HOME OWNERS

WE HAVE HELPED THOUSANDS OF FAMILIES ALL OVER ONTARIO

*Consolidate their debts
*Make home improvements
*Purchase income property
*Cut payments in half or less
*Get extra cash

If you own a home or property paid for or not, old or new, in town or out of town, our low-cost mortgages will help you.
*LOWEST INTEREST
*LOWEST PAYMENTS
*IMMEDIATE APPROVALS

Do Yourself
a Favor
**CALL ME NOW
COLLECT**

VIC BLAKE
613-741-0152
"The Company Our
Competitors Wish You
Didn't Know About"

**THE GREAT
NORTHERN
CREDIT
CORP. LTD.**



Custom Made DRAPES

Hundreds of new samples now in stock.

Complete Installations

From sheers to hardware.
Free home showings and estimates.
By appointment.

See Our New Larger Store On The Mall
543-3122

Jean's Fabrics
MORRISBURG, ONT.

FAST RESULTS WITH WANT ADS

... at a price
you can afford!

YOUR BEST MARKET PLACE

FOR SALE

WE SLAUGHTER beef and pork on Mondays only until further notice. Beef - \$2.00 Pork, up to 150 lbs. - \$3.00. Over 150 lbs. 2.5c per lb. Levere's Slaughter House & Meat Shop, Brinston, Ont R.R. 1. Phone 652-4639. 52-tfc

CARPET STEAM CLEANING — new soil extracting method for wall to wall carpeting or room sizes. WILSON'S CARPETS and DRAPERIES. Call collect 925-3533 37-tfc.

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

Sand, gravel, stone, top soil, sand fill, manure, backhoe and truck rental, bulldozer and front end loader rental. Phone 652-4649. GIB STRADER, R.R. 2, Iroquois. M to O

For the finest quality fabrics and workmanship, try WILSON'S CARPETS and DRAPERIES in Prescott. Many fabrics carried in stock. — 925-3533. 37-tfc.

BUSINESS OPPORTUNITY

IN IROQUOIS — An old established business; including modern building, stock and fixtures. A good business and a good opportunity for right person. For full information call:

R.A. STRADER LTD.
PRESCOTT — 925-2889

50-tfc

TOP SOIL for sale, good quality. NORM'S GULF, Morrisburg. — 543-2418. 48-tfc

BOOKS ON HAND — Know Your Ships \$2.00; Scenic St. Lawrence \$1.75; Battle of the Windmill \$1.25; Funny Side of Farming \$1.50; War of 1812 \$2.50; Weed Cookbook \$2.95; Let's Cook It Right - Adelle Davis \$1.75; Story of Dundas - Carter \$15.00; 101 Patchwork Patterns \$2.35; Scandinavian Cooking \$1.25 — Craft House, Iroquois Shopping Plaza — open Monday through Friday 9 to 8 p.m., Saturdays 9 to 6, Sundays 12:30 til 6,

FRIDGE, excellent condition. \$150. cash.; Gas Stove. Call Cardinal 657-3178 8-3p

1973 Crop of Apples for sale. 652-4089. Smyth's Orchard 8-4c

GIRLS 24" bike; Boys 28" bike Standard Phone 652-4019 8-1p

TOMATOES, Apples, Sweet Corn, Fresh daily — Dentz Orchards and Gardens, 4 miles north of Iroquois on County Rd. 2, leading to Brinston. Closed Sundays. 8-3c

Deluxe 60x12 Air conditioned Shamrock Mobile Home, including aluminum storage shed. Fully serviced on Lot No. 57, Hill's Mobile Village, Morrisburg. Tel. 543-3268 8-1p

KEYMAC Floor Furnace, pipes & 180 gal. round tank. Apply to Douglas Fader, Iroquois. 8-2p

1966 DODGE Station Wagon. — Can be driven or used for parts. Phone 652-4728 8-1p

BUILDING suitable for store in Iroquois, 30 x 70 ft. has living-quarters, now used as beauty parlour, equipment included in price. Lot 80 x 300 ft. Irving H. Miller Ltd. Realtor, apply Charles Heuvel rep. 652-4764 7-2c

VIZSLA (Hungarian Pointers) Pups. Intelligent, affectionate & handsome dogs of medium size and short hair. Registration guaranteed. Ready late August. Reserve now. Tel. 1-774-6534 8-1c

BENELLI — The world's best Mini-Bikes, are on display at Wilson's Small Engines, RR2, Iroquois. Phone 652-4958 8-3c

\$1,000 WINNER

Helen MacDonald, received a telephone call on Wednesday August 1st that she had won a 1,00.00 in the Sports Lottery Draw in Toronto. These tickets are sold by the Iroquois Lawn Bowling.

Ross Jamieson

WANTED

WANTED — Young man trained to buy, prepare, display and sell Produce. Grade 11 desirable. Apply S & F Market Ltd. 652-4814 Iroquois. 8-1c

I have an outstanding opportunity for you full or part-time in the motorist service field. No investment. Excellent new and repeat commissions. Call me. — C. A. Summers. RR4, Winchester — phone 774-6903 6-3c

WANTED — General repair work, carpentry, renovations, floors and joint filling, aluminum siding, paneling, indoor and outdoor, or carpeting. Licensed plumber. EDWARD BECKSTEAD, after 6 p.m. 652-4726.

TRUCK DRIVER WANTED

Must have Chauffeur's license. Full time employment for city-wide delivery services. Apply in person to: A & B Foods Ltd., Hallville, Ontario. 3-tfc

WANTED — Small registered male poodle for stud services. — Black or grey. Mrs. Doris Graham, South Mountain, Ont. Tel. 989-5455 8-2p

ENGINEER/ESTIMATOR

Progressive General Contractor, established twenty years in Western Ontario, offers an energetic position. Minimum of five years experience in Highway, Bridge, Sewage-treatment and general construction estimating and job co-ordination. This is an ideal permanent position. Please send full details to: Mr. Louis Looby, Looby Construction Limited, Dublin, Ont. NOK 1E0. Tele: (519) 345-2800 (days) Tele: (519) 345-2781 (evenings) 8-1c

ORGANS & PIANOS

CONN ORGANS
LESAGE PIANOS

SALES AND SERVICE

ROY FAWCETT

WINCHESTER - 774-2205

CARD OF THANKS

We the family of the late Jessie Hargrave would like to express our heartfelt thanks and appreciation for the acts of kindness floral tributes, and donations received from friends, neighbours and relatives at the time of our recent bereavement. Special thanks to Dr. Forbes, Dr. Justus and nurses of the east wing in Winchester Hospital, and also Mrs. Alton Cassidy and Mrs. Grace Postlewaite.

Mrs. Margaret Ault and Family
Mr. Bruce Hargrave and Family

I wish to thank all my friends, relatives and neighbours who came to visit me and sent flowers, gifts and cards while I was a patient in Brockville General Hospital. Special thanks to Dr. Perrin and the nurses and staff on fifth floor. Karen Somerville 1p

ARCTIC CAT SNOWMOBILES

Ken Strader,
Iroquois - 652-4498

Legion Branch 370

LADIES NIGHT

Sat. Aug. 11th

Legion Hall

Music Supplied By
The Happy Travelers
Couples Only

CIL Paint Sale

Exterior - Semi Gloss
Latex - Gloss

\$5.95 Per Gal.

S.A. THOMPSON & SON Ltd.
Phone 652-4478
Iroquois 52-tfc

Position Available

Female clerk-typist with ability to deal accurately with figures. This position offers pleasant working conditions and promising future possibilities. Please apply in writing; state age and qualifications, to Box 280, Prescott, Ontario. 8-2-c

SUMMER CLEARANCE SALE

Shoes from \$1.00 up Hush Puppies \$8.95 - \$10.00

25% off all Sandals - Summer Wites

25% off Kaufman Casuals

SHOES YOU CAN DEPEND ON"

SHOPPING CENTRE

IROQUOIS, ONTARIO

PARMETERS' SHOES

On Hand -

LEATHER BAGS,
BELTS & HATS

by Ernie Fader



FILM PROCESSING -
Black & White, Colour

ON HAND -

Film, Flash Cubes, Photo Albums



CRAFT HOUSE IROQUOIS

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

Gilmer Pharmacy Ltd.
652-4358 IROQUOIS 652-4379
Emergency Store

NEW "PHISODAN PROTEIN DANDRUFF TREATMENT"
"PHISOCARE ADULT CLEANSER FOR DRY SKIN"

Tussy Cream Deodorant Reg. \$1.25 Now 98c

POLOROID SUN GLASSES 1973 STYLES NOW 25% OFF

Finalnet Hair Spray by Clairol (Reg. \$2.49) Now \$1.98

Smiles 'N Chuckles Peppermint Patties (Reg. 55c ... Now 2 for 75c

New "Flicker" Ladies' Disposable Safety Razor

GRADUATION CARDS

Scope Mouth Wash 17 oz. NOW \$1.09

Rexall Hair Care Products Reg. \$1.42 NOW 85c

Sudden Beauty Hair Spray Reg. \$1.59 Now 99c

Anacin Tablets 100's 99c

100 ASPIRIN TABLETS - Reg. 1.17 - - NOW 89c