THE IROQUOIS POST

VOLUME LII No. 26 | Second Class Registration No. 1361 | Iroquois, Ont. Wed. December 12, 1973

Come To Iroquois This Saturday To See Santa

Santa Claus will come to Iroquois on Sat. Dec. 15th. He will parade through the shopping plaza and all around the town. When he gets to the Legion Hall, he will visit with all the good little girls and boys and give out candy and gifts.

The parade is organized and sponsored by the Legion, Lions, Local 478 UTWA and Ladies Auxiliary to the Legion. These people need the participation of the business community of Iroquois to make the parade a success. We ask you to please put an entry into the parade whether it be an elaborate display or a vehicle with the season's greetings and the name of the business on it. Please help to welcome that jolly gentleman.

Parade starts at Legion Hall and forms at 1 p.m.

Dominion Textiles

Christmas Bonus, 3 Percent Increase For Employees

A wage supplement was announced today by Dominion Textile Limited covering approximately 7,000 unionized employees in its Quebec and Ontario plants and the 2,000 salaried employees of the company, including Caldwell Consumer Products, Iroquois.

The supplement for unionized employees will be paid in two parts. Dependent on service, these employees will receive a lump sum payment to a maximum of $125.00 which will be paid on Dec. 21, 1973.

The second part of the program will be a 3% supplement which will begin on January 1, 1974, and will be paid weekly for all time worked.

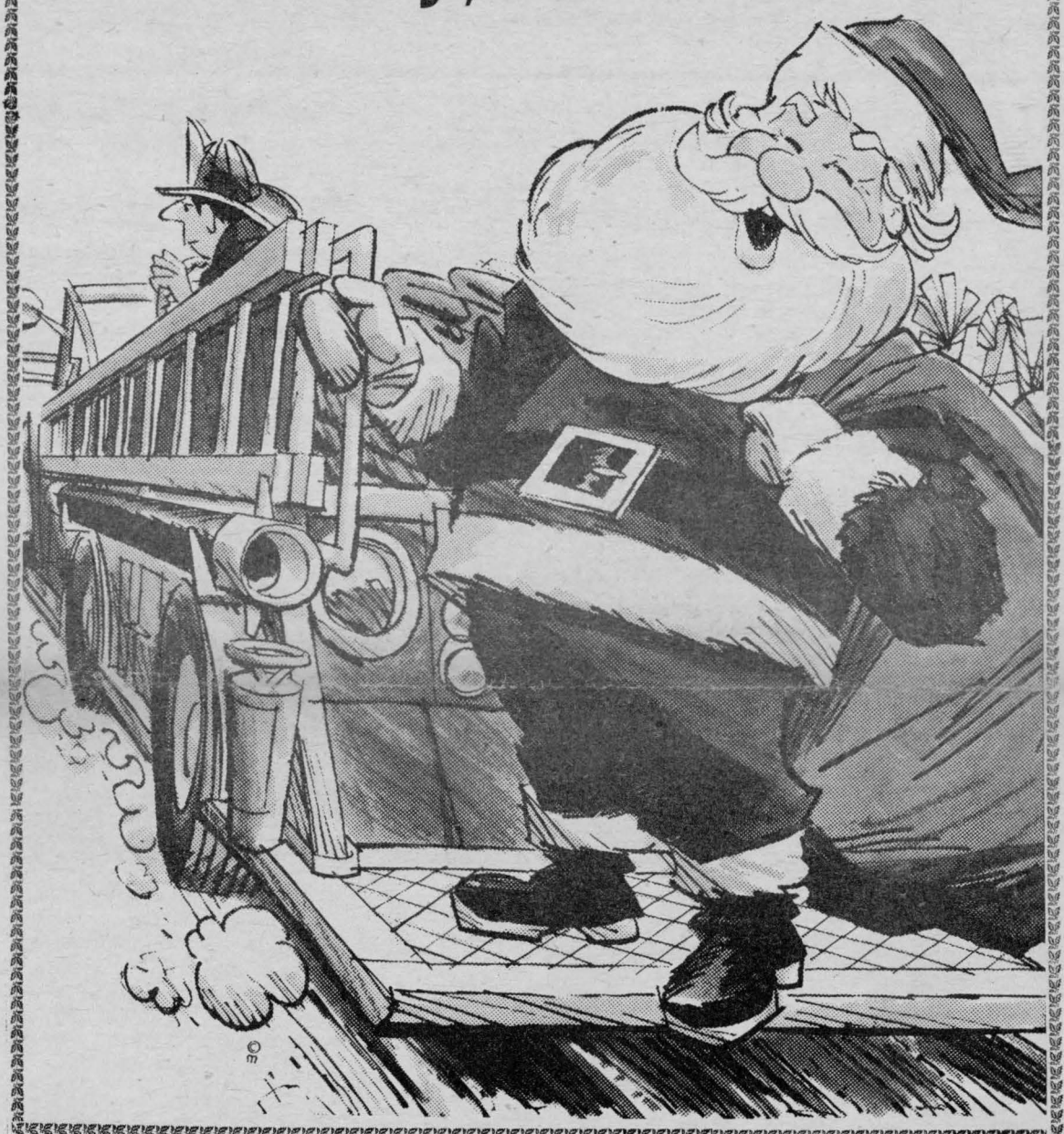
In making this announcement, Ronald H. Perowne, President of the Company, emphasized the point that while this supplement is outside the scope of existing labour contracts, the basis of the payment had been worked out in cooperation with the two major Unions which represent the majority of the employees.

"It was obvious to both parties that all employees were suffering as a result of recent inflationary pressures which will likely continue through the winter.

We believe this is a unique situation which will ultimately correct itself, however, we feel that something had to be done now to ease the constraints that many of our people must be feeling", Mr. Perowne said.

A commensurate adjustment will also be made for all salaried employees with payment to take place prior to the end of the calendar year.

I'm coming to Iroquois on Saturday, December 15th



Grenville-Dundas

Girl Broomballers Are Looking For Support

Anyone who wants to have something to do at night should come to the Cardinal arena on Monday nights at 9:30 to 10:30 p.m. to watch our girls from Iroquois play broomball.

There are around sixteen girls playing. They have played two scheduled games, winning the first one against Cardinal and tying the other against Prescott R.C.A. ladies.

So come on, parents and friends, out to cheer these girls on and give them your support instead of criticizing them. Here is the following schedule to follow the girls in their games.

December:
12, Prescott at Cardinal
13, Prescott at Chesterville
15, Chesterville at Prescott
17, Prescott at Iroquois
Christmas Break

January:
9, Iroquois at Cardinal
10, Prescott at Chesterville
12, Iroquois at Prescott
14, Cardinal at Iroquois
16, Chesterville at Cardinal
17, Iroquois at Chesterville
21, Chesterville at Iroquois
24, Cardinal at Chesterville
26, Cardinal at Prescott
30, Prescott at Cardinal
31, Iroquois at Chesterville

February:
2, Chesterville at Prescott
4, Prescott at Iroquois
6, Iroquois at Cardinal
Playoffs

*Iroquois home games - Monday 9:30 - 10:30 p.m.
Cardinal home games - Wed. 9:30 - 10:30 p.m.
Chesterville home games - Thurs. 9 - 10 p.m.
Prescott home games - Sat. 9 to 10 p.m.
* Iroquois home games played at Cardinal.

Mrs. John Banford Mourned in District

Mrs. Esther Alberta Banford, wife of John A. E. Banford, Hanesville, passed away on Monday, December 3rd, at Winchester District Memorial Hospital. Born Feb. 8, 1891, a daughter of J. P. Smith and Martha Hyndman, deceased was in her 83rd year, and spent the early part of her life in the South Gower area.

She received her education at South Gower, Kemptville High School and Ottawa Teachers College and for a number of years taught at South Gower, Prescott, Kemptville and Merrickville.

On June 30th, 1915, she was united in marriage to John A. E. Banford of Matilda Township, where the couple have resided and farmed. Mrs. Banford was keenly interested in her community, was a member of the Matilda Women's Institute and a lifetime member of the Hanesville United Church.

The funeral service was held on Thursday, December 6th, at the W. E. Fitzsimmons Funeral Home, Iroquois, with interment at Hanesville Cemetery.

Pall bearers were Clen Johnston, George Barton, Dwayne Baldwin, Kenneth Barber, Robbie Hanes and Basil Reynolds.

Left to mourn in addition to her husband are five sons: Alex of Smiths Falls, Charles of Toronto, Edmund of Smiths Falls, Rae of Dixon's Corners, Clair at home, and one daughter, Marion Locke of Prescott. In addition to several nieces and nephews, there are nine grandchildren and four great-grandchildren. A brother, Ernest Smith, resides at South Gower.

PERSONALS

Mr. P. Micklewright of R. R. #2, Iroquois, received the news of the passing of his brother, Frank Micklewright of Creston B.C. on Dec. 3rd. The late Mr. Frank Micklewright is also survived by his wife Kathleen and two sons, Malcolm and Norman.

Helping Hands Meet Dec. 19

The Senior Citizen group "Helping Hands" from Williamsburg, Brinston and surrounding areas will have their Christmas meeting on Wednesday, Dec. 19 in the Brinston Memorial Hall. Starts at 1 p.m. Everyone from 60 years old and over are welcome to join.

There will be a programme and free refreshments will be served. For information call 989-6182. 26-1nc

CALENDAR OF EVENTS

CHRISTMAS CONCERT

Christmas Concert, Dundela Sunday School, Thursday, Dec. 13, 1973. Admission: Adults 50¢. Everyone welcome.

COMING EVENT

There will be a Christmas Concert at Seaway Valley School for Retarded Children located at Hulbert, Thurs. morning Dec. 20th at 10 a.m. Everyone welcome. 26-2-c

OPINIONS...

THE EDITORIALS

...WORTHY AND OTHERWISE

The Iroquois Post

AND MATILDA ADVOCATE

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Trees Are A Most Valuable Resource

The number of trees used in December probably outstrips any other month of the year in this country as almost each house and public building hosts a Christmas tree. We've taken for granted there will always be one waiting for us just before Christmas.

Canada exports a great number of trees as well and it has become big business.

Wood products of all kinds, house building, construction of all kinds requires an ever increasing supply of wood. The paper mills'life depends on it and in a fast changing technological society we keep increasing our use of paper at a fantastic rate. All of which brings on its problems of meeting the demand.

Shortages exist in the supply of paper in Canada and will continue for some time. Canada exports about 80% of its newsprint production alone.

Why do we now find ourselves short of many of the natural resources that we've taken for granted for years? Mainly because we have taken them for granted. We've not been looking ahead far enough and fast enough as we kept increasing our demands for more of everything we can produce.

The world market is increasing rapidly and exports are a major consideration in the economy of the country.

All of a sudden it now appears that we have limited supplies of many commodities produced from our natural resources and we can't seem to believe it.

The cost of finding and putting into production new oil fields, for instance, will bring about large increases in the cost of many energy products. We cannot replace many of our natural resources as we use them. Nature takes too long to repeat the process, even if it could. But trees are a different matter. Trees can be replaced in a relatively short period of time and when we look at all the land going to waste even in Eastern Ontario, we feel that somehow we are all to be held responsible for some of our problems.

Cheap natural resources are a necessity if this country is to continue using our resources as its chief export commodity. If we cannot continue this system of survival on world markets, then we must turn our attention to completion of industries that will turn our natural resources into the finished product.

Instead of shipping our resouces to other countries where their ingenuity brings about production of products we must buy back, we must prepare ourselves for those facilities in this country. Or we must push hard to develop our natural resources so that we can continue to supply raw materials to the world markets. Wood is one thing that we can grow in abundance and with millions of acres of vacant land at present unproductive, we could very well be way ahead of our competition in a few years.

It would take a concentrated effort to put those unused acres into the production of trees but within 15 years we could have a fantastic supply of cheap raw material.

Let us not wait, as we have done with oil and gas, until the situation becomes desperate before we act. Surely we can learn from our mistakes of the past?



THIS WEEK from Ottawa

OIL CONTROL BILL

Energy Minister Donald Macdonald introduced in the House of Commons, legislation to provide for the rationing of oil products, natural gas, coal, electricity and petroleum products such as plastics.

The bill would also establish a new Allocation Board with broad powers to set prices for energy resources, to control their import and export and to order the relaxation of anti-pollution standards.

WIRETAPPING BILL

The House of Commons gave final reading to a bill aimed at controlling wiretapping or other forms of electronic surveillance.

The Commons approved one amendment which would permit police to introduce evidence in court from illegal wiretaps. Another amendment approved will require provincial attorneys-general to notify people that have been subjected to electronic surveillance or wiretapping by police if no criminal charges are laid after 90 days of surveillance.

1973 IMMIGRATION UP

Immigration to Canada rose by 27.6% in the first nine months of this year over the same period in 1972. By the end of September, 119,800 immigrants had been admitted into Canada as compared with 86,787 admitted in the first nine months of 1972.

INDIAN LAND RETURNED

1,500 acres of land along the Richibucto River in New Brunswick will be returned to Indians on the Big Cove Indian Reserve. The 1,500 acres were part of 3,000 acres the federal government took over from the Indians in 1879.

The decision to return the land was taken last week by Indian Affairs Minister Jean Chrétien.

OLD AGE PENSIONS UP

Health and Welfare Minister Marc Lalonde announced that the basic Old Age Security pension will increase to $108.14 from $105.30 in January to keep it in line with increases in the cost of living.

The Guaranteed Income Supplement for a single person will go up to $75.85 from $73.86 – with basic OAS pension, a total of $183.99; for a married couple, it will increase to $67.37 from present $65.60 – for a total of $351.02 with the basic OAS pension.

GNP ON THE INCREASE

The Gross National Product, seasonally adjusted at today's prices, rose in the third quarter by $2.8 billion to a level of $119.1 billion. The increase was 2.4% over the previous quarter.

We welcome your Personal news items.

Bill Smiley



DO THEY EVER GROW UP?

by Bill Smiley

Perhaps someone who has gone the whole course can tell me when one's children stop depending on their parents when it comes to the clutch.

Is it in their forties, fifties, sixties? Certainly it is not in their twenties.

Recently, we received a note from our son Hugh, to tell us he was taking some holidays and would be home for a few days' visit.

I thought, "Good. He's saved some money and won't arrive broke, as usual." He had.

Some days later, in a telephone conversation with daughter Kim, we learned that Hugh had dropped in to see her, and had drifted off, muttering something about going to Chicago. That is a slightly roundabout way of getting to our place.

And a few days later there was a collect call from Houston, Texas. You guessed it. Hugh, flat broke. Could we wire him money for bus fare to get home?

He was crafty enough to call when I was at work. I would probably have refused the collect call, and regretted it later. Or I'd have shouted, "No, I will not send you the price of one serving of Kentucky fried chicken", and slammed up the receiver.

But he sweet-talked his mother for five minutes before he popped the question. She was not only affronted but taken aback and didn't think quickly enough to tell him we were just off to Florida or the west coast or anywhere.

She waffled a bit, and eventually said she'd see what his Dad said but not to expect anything. He sighed with relief and told her where to send the money.

I came home from work on a Friday after a hard week. All I wanted was to get my shoes off, have a quiet drink before dinner, and read the latest goodies about the energy crisis.

And all I got was a family crisis, a scramble to the bank, and a dash to get to the telegraph office before it closed for the weekend.

At first I stood my ground. Not a penny. Let him starve in Houston. At least he won't freeze to death (he'd airily told his mother it was 90 degrees down there.)

And she agreed with me. "He doesn't deserve a cent. He was told he was never to do that again. Ungrateful young pup. Why doesn't he hitchhike home? "

"Well," I said, "some of those southern states are pretty tough on hitchhikers. Throw them in jail for a month."

I could just see her thinking of her first-born slaving on a Georgia chain-gang or something of the sort. After a heated half-hour, we agreed that money isn't everything, that you can't take it with you, that he's the only son we have, that it would be nice to see him, and that I'd better hustle if I wanted to get to the bank in time.

It cost me about $115, counting the bus fare and grub to get home, the cost of the collect call, and the charge for sending the money.

That's what I call sending good money after good. Of course, Hugh wouldn't dream of accepting a gift. It was strictly a loan. According to his figures, he now owes me $380.00, without interest, and will have the whole thing paid off any time now. According to my figures, he owes me $880.46, at eight per cent interest, and he'll never pay it off.

This has been happening to me for years. First, the kids go to their mother, and soften her up. Then she comes to me, and softens me up. Then I go back to the kids and practically apologize for being so slow with the loot.

Of course, I reason, Hugh's only a kid. Practically a baby. He won't be twenty-seven until July. You can't expect him, at that tender age, to know enough to SAVE SOME MONEY FOR BUS FARE HOME!

But that other kid. She's a different matter. She's almost a mother. And she pulled a swifty on us this week. Another collect call, on Sunday. Nice to hear her. Asked how big the tummy was. All very matey and maternal.

Then came the punch line. Don, her husband, was on the way up from the city with their cat, to put in our care. He had to hitchhike because he couldn't bring the cat on a bus. Her mother nearly blew a cork. The danged cat isn't trained.

So we have two additions to the household this week. Two fat cats. One in the back yard, yowling to get in. The other watching TV, sleeping till noon, and waiting to put the bite on me for more bus fare back to his job in Quebec.

I shoulda been a cranky old bachelor.

The Argyle Syndicate Ltd.

School Boards Conserve Energy

Education Minister Thomas Wells has suggested to Ontario school boards a variety of ways by which boards can conserve energy.

In a memo to board officials, Mr. Wells has asked that the temperatures in schools be held at 70 degrees rather than the usual 72 to 74 degrees. He said the two-degree reduction would not cause discomfort to students or teachers but would result in a significant saving of fuel oil. The majority of Ontario's schools are oil heated.

Other suggestions included: reducing classroom lighting on bright days and turning off corridor lights where possible; reduce or eliminate decorative and display lighting; reduce

SEE PAGE 11

Junior B Hockey Results

WEEKEND RESULTS
Dec. 7:
Prescott 3, Winchester 3
Alexandria 4, Metcalfe 1
Embrun 8, Morrisburg 4
Dec. 8:
Morrisburg 4, Spencerville 3
Alexandria 3, Cardinal 3
Dec. 9:
Alexandria 9, Embrun 5
Metcalfe 12, Morrisburg 10
Spencerville 4, Prescott 3
STANDINGS:

South		North	
Cardinal	17	Alexandria	21
Morrisburg	12	Embrun	11
Prescott	9	Metcalfe	10
Spencerville	8	Winchester	2

Coming Games:
Dec. 14:
Morrisburg at Alexandria
Metcalfe at Embrun
(8:30 p. m.)
Dec. 15:
Winchester at Cardinal
Metcalfe at Spencerville
(7:30 p.m.)
Dec. 16:
Alexandria at Winchester
Cardinal at Morrisburg
(2:30 p.m.)
Embrun at Prescott (7:30 p.m.)
Old Timers Hockey:
Morrisburg Loyalists will host Morrisburg Rattlers who are currently leading the Edwardsburg Industrial Hockey League, Friday, Dec. 14 at 8:30 p.m. at Morrisburg. Admission.
Old Timers will host Pointe Claire, Sunday, Dec. 16, 11 a.m. No admission.

HANESVILLE NOTES

Mr. & Mrs. J.P. Murray were callers on Hanesville friends on Sun. afternoon.

Mr. Johnson Fader of Brockville and mother Mrs. A. Fader spent the weekend with her son Mr. & Mrs. Clifford Fader.

Deepest sympathy is extended to the bereaved families of the late Robert Keck who passed away on Fri. Nov. 30.

Died - at the Winchester Hospital on Tue. Dec. 4, Mrs. Jno Banford (Esther) wife of Hohn Banford in her 83rd year.

Mr. & Mrs. Percy Merkley of Grantly spent Sun. afternoon with their niece Mr. & Mrs. Clifford Fader.

Mrs. Arnold Fader and Mr. and Mrs. Rae Merkley of Winchester spent Thurs. with Mrs. Ross Anderson of Prescott.

Born - at the Winchester Hosp. on Dec. 7/73, to Mr. & Mrs. Brian Smail of Brinston, a daughter.

A good crowd of ladies attended the U. C. W. Christmas meeting at the home of Mrs. E. Falkenburg on Tue. eve. last.

Free Booklet

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

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Crosse and Blackwell Mincemeat 24 oz. Jar 95¢

Comet Cleanser 14 oz. tin 29¢

Duncan Hines assorted Cake Mixes pkg. 61¢

Monarch pie Crust Mix 18 oz. pkg. 56¢

Tea Bags 59¢ Kadana 100's

Jaffa Seedless Raisins 2 lbs. Pkg. $1.54

Fascination Assorted Flavours Ice Cream One Half Gallon 89¢

Tropic Sliced, Crushed, or Tidbit Pineapple 19oz. tin 3 - $1

Instant Coffee Maxwell House 11 oz. Jar $2.19

Fido Dog Food 15oz. tin 8-$1

Blue Bonnet Coloured Margarine 3 lb. Pkg. 1.29

Hersheys Chocolate Chips 12oz. pkg. 71¢

Redpath Icing Sugar 2 lb. pkg. 39¢

Carnation Instant Skim Milk Powder 1 lb. Pkg. 65¢

JOY liquid Detergent 2–24 oz. Bottles $1.25

CHOICE MEATS PRICED RIGHT!

Frying Chickens Fresh 2 - 3 lb. 59¢

Fresh Cut Shoulder Pork Roasts lb 79¢

Fresh Cut Shoulder Pork Chops lb 89¢

Mary Miles Skinless Weiners lb 79¢

Mary Miles Pure Pork Sausage lb 79¢

PRODUCE with that "Just Picked" Goodness

Sunkist Navel Size 113 Oranges 79¢

Allens Orange Flavour Crystals 5 – 3½ oz. pkgs. 69¢

We Also Carry
A Good Variety of:
CHRISTMAS CANDY
BOXED CHOCOLATES
and FANCY NUTS

Iceberg Lettuce Size 24's 29¢

Pascal Size 36's Celery 29¢

Alberta GEM Potatoes 5 lb. Bag 59¢

Fresh Fruits and Vegetables

SAVERS' THE SIGN OF SAVINGS
IROQUOIS SHOPPING PLAZA
M M

Knox Pageant Well Received

Despite very inclement weather, the sanctuary of Knox Presbyterian Church had a large congregation of parents, members, friends and guests for the annual Church School Advent Pageant on Sunday evening, December 9th. The sanctuary was in candle light for the Service which was conducted by the Rev. John Hibbs, pastor, with advent carols and responses preceeding the pageant presentation.

The entrance of the Church School pupils and teachers into the sanctuary noted the excellent makeup of the children for their respective parts in the pageant. The Knox Junior Choir, in the chancel, gave background leadership to the pageant with the musical selections, "Calypso Carol", 'Lord of the Dance' and Go Tell it on the Mountains'. In the earlier part of the Service, the choir sang the popular Huron Carol "Twas in the Moon of Wintertime" with drum effect and chimes throughout. Lighting effects were under the direction of Messrs. Bert Van Boven, Bill Barnhartd and John Dewit. Miss Dacie MacKenzie and Mrs. Lorraine Norton shared the Projector effects, and with the Minister the narration of the pageant from the installed P.A. system. Special effects were under the direction of Miss Joan Ladouceur and Norman Ladouceur (stereo equipment). Melvin Yee supervised the "props changes" and Miss Anne Yee and Miss Rose Marie Lavallie were prompters. The Nursery, Kindergarten and Primary Classes were under the guidance of Mrs. Marlene Shearer and Mrs. Marian Smollett, and preluded the pageant with the singing of the traditional 'Silent Night'. Close to fifty children participated in the presentation.

The pageant, entitled "Bethlehem and Beyond", was presented in three scenes entitled "Knowing the Word, "Worshipping in the Word" and "Outreach of the Word". The second scene featured the drama of worship in movement expression, with Misses Gwen Smollett, Margaret Dewit and Joanne Hodgson, all teachers in the Church School, depicting in movement form the Adoration, Confession, Thanksgiving and Supplication aspects of prayer, and presented with musical accompaniment. Mrs. Ruby Bell was organist throughout the Service and pageant, and the Rev. Hibbs was choir director. The rousing hymn, 'Mine Eyes have seen the Glory of the Coming of the Lord' concluded a well received pageant.

The annual Christmas tree and visit from Santa was held after the Service of Worship was concluded, with the pupils and visiting children receiving gifts and candy from Santa and his assistant, the Church School Superintendent, Bill Barnhartd.

Special thanks was expressed by the Minister to Mrs. Bell, the congregation and visitors, the pupils and teachers, and to Miss Rose Marie Lavallie for the excellent makeup work done on the children for the pageant. Next Sunday, Dec. 16th, White Gifts Sunday will be marked during the 11 am Service of Worship, with the pupils of the Church School presenting gifts for the Seaway Community Services needs. Boxes for adult participation have been placed at the sanctuary entrance.

CARDS OF THANKS

I would like to express my sincere appreciation to all who sent flowers, cards of good wishes or visited me while I was a patient in the Brockville General Hospital. Special thanks to Dr. Page and nursing staff on 4th floor and Rev. Rogers and Rev. Gee for their visits. I wish to thank all the friends and neighbours for their many acts of kindness to Ernest.

Sincerely, Claire Dalton.
26-1-p

Due to illness, we are not sending Christmas cards this year but we wish our many friends a Merry Christmas and a Happy New Year.

Harvey and Willa Johnston
26-1p

We wish to extend our sincere thanks and appreciation to friends and neighbours for messages of sympathy, acts of kindness, beautiful floral tributes, donations to Bible, Heart and Cancer societies, with special thanks to Drs. Diemert and Rosenquist, Winchester Hospital and staff and to all who assisted and comforted in any way during our recent bereavement of a dear wife, mother and grandmother, Esther Banford. 26-1-c

The Banford Family

In a few words, it is hard for me to express my sincere thanks for the many cards, flowers and gifts which I received during my recent illness. The telephone calls and visits were deeply appreciated. A special thank you to Cheryl Anderson and Sherri Fader for the many house calls they made over the weeks. Again, thank you very much.

Janis Thompson
26-1-p

I would like to take this opportunity to thank all my friends and relatives who sent me cards, treats, gifts and all the ones who came to see me while I was a patient in the Brockville General Hospital. Also the ones who sent me flowers.

Special thanks to Dr. Forbes, Dr. Page, Dr. Smylie and the nursing staff on the surgical floor. Also to Rev. Gee for his visits.

These acts of kindness will always be remembered.

Grace Serviss 26-1p

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GIVE YOUR CHRISTMAS CARDS THAT PERSONAL TOUCH

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THE PERFECT WAY TO SEND YOUR GREETINGS

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THE IROQUOIS POST

PITTSTON

Pittston U.C.W. met Wed. for their December meeting at the home of Mrs. Herbert and Mrs. Elsie Liezert. Carol singing opened the meeting with President, Mrs. Reginald Conners. Mrs. Robert Sloan gave the devotions, based on "Gifts for Christmas" being the love of Jesus Christ, the most precious gift. After the minutes and roll cass was answered, Mrs. Reginald Conners read the new slate of officers for 1974-75. Mrs. Elsie Liezert then dedicated the leaders for 1974-75, naming the new president Mrs. Gary Rodick. Business was discussed. A cheer basket was arranged for. The meeting was then turned over to the members and guests, each answering the roll call with a game, readings, quizzes and singing. All enjoyed the programme. The hostesses then served tea, coffee and refreshments, bringing an enjoyable evening to a close.

Mrs. Ernest Pitt, Shanly, visited Mrs. P. J. Montgomery on Sunday afternoon.

Mrs. Good of Toronto, is visiting Mr. & Mrs. John Mathieu and family.

Mr. Glen Cunningham, Mr. Merle Casselman, Morrisburg, visited Mr. Mrs. Clarence Marlatt on Wednesday.

SUNDAY SERVICES

IN THE CHURCHES

IROQUOIS AND MATILDA

IROQUOIS PASTORAL CHARGE UNITED CHURCH OF CANADA

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

9:30 a.m.
Worship in White Church
11:00 a.m.
Worship in Iroquois United

Organists: Mrs. George Fowler
Mrs. Chas. McInnis

CHRISTIAN REFORMED CHURCH
Rev. John Depater, Minister

DEC. 16

9:30 — Text: Psalm 19 — verse 14. How to receive the Christmas present.
10:30 a.m.—Sunday School
2:30 p.m. Lord's Day 41 Theme: God teaches purity of love

Come and Worship The Lord With Us

THE PARISH OF IROQUOIS ANGLICAN CHURCH OF CANADA

Rev. Allan Rogers, Rector

CHURCH OF ST. JOHN THE BAPTIST

8:00 a.m. ..... Morrisburg
11 a.m. Children's service, Iroquois

ST. PETER'S SOUTH MOUNTAIN
9:30 a.m.

THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH, IROQUOIS

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

Mrs. Ruby Bell, Organist

MINISTRY OF EDUCATION & WORSHIP
Midweek Youth - Adult Program
SUNDAY
Church School ..... 9:45 a.m.
(Kindergarten to Senior)
Worship Service ..... 11 a.m
(Supervised Nursery Class)
You Are Welcome to Share In Our Ministry And Outreach

ST. ANDREW'S CHURCH
South Mountain
Mrs. Arnold Shaver, Organist
SUNDAY
9:30 a.m. ..... Service of Worship
Adult Study Group 10:30 a.m.

YOU ARE WELCOME TO SHARE WITH US!

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

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

ST. CECILIA'S CHURCH
Sunday ..... 9:30 a.m.

Confessions will be heard before all masses

How do you like your stereo?

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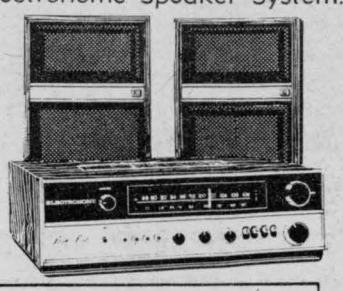
BUT WE'RE NOT OUT OF CONSOLES!

Long before stereo, long before the first successful television set, Electrohome had built an enviable reputation for quality sound reproduction. It was a reputation since enhanced by developments that include 360° Satellite Sound . . . all-electronic FM tuning devices . . . and Environment "concert-hall" sound. In this day of 4-channel solid-state components, you can be assured that Electrohome maintains its leadership in superb sound.



WE'RE INTO COMPONENTS ...

Whether components or console. — Whether modestly priced or elegantly crafted with optional accessories. This year Electrohome offers a complete range of components for your choices; there are 100 Watt, 150 Watt, and 300 Watt models from which to choose. You can buy a receiver with or without changer, some models have built-in SQ* decoder, others you can add it later; the 100 and 150 Watt models have 4-channel speaker matrixing and a balanced Electrohome Speaker System.



ELECTROHOME
. . . an extra degree of excellence.

Knox WMS Auxiliary Met Dec. 5th

Knox church W. M. S. Auxiliary meeting was held in the church vestry on Wed. Dec. 5 at 8 p. m. with Mrs. Perry as President for December meeting in the absence of Mrs. Mearns who is a patient in Winchester Hospital.

The program was taken from the Glad Tidings in which Mrs. Perry, Miss MacKenzie, Mrs. Hyslop and Mrs. Fenton participated. Three Christmas hymns were sung and different selections from the Bible were read.

Rev. Hibbs led in prayer. The offering taken and dedicated by Mrs. Perry. The film strip "The Light of Christmas" was shown which was enjoyed by all members.

The business followed with the secretary's report for Nov. meeting, read by Miss McGowan; roll call showed 7 members present; treasurer's report and correspondence. A letter from Armagh and a motion was moved by Miss MacKenzie and seconded by Mrs. Hyslop that $10 be sent to Armagh to renew the Associate membership, the same as in former years. It was suggested that the society order pamphlets "Alive in the World" for each member in connection with our study each month in the New Year. The next meeting will be Jan. 17, 1974. The annual reports for 1973 were read by the following: the secretary, the treasurer, Glad Tidings and Home Helpers. Miss MacKenzie moved the adoption of these reports and seconded by Miss McGowan.

The installation of officers for 1974. The meeting closed with Christmas hymn 560 and prayer by Rev. Hibbs.

CLASSIFIED ADVT. RATES

All forms of Classified Advertising: For Sale, Wanted, For Rent, Cards of Thanks, Coming Events, etc. are on a

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and are charged at the rate of 5¢ per word ($1.00 minimum); extra words at 5¢ per word. Second and third insertions at 75¢ per issue plus 4¢ per word over 25 words. IN MEMORIAMS $1.50 minimum (includes 4-line verse) plus 50¢ per 4-line verse thereafter. Classified Ad deadline 11 a.m. Tuesday.

THE IROQUOIS POST



Advertise in The Iroquois Post for Quick Results.



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Kenny spent most of the summer at camp and loved it with the opportunities for swimming, fishing, canoeing and hiking. He plays baseball, football, hockey and basketball.

Just turned 11, Kenny has been in special education classes but has now moved into the regular Grade 5. He has a slight perceptual handicap which interferes a bit with his reading but does not otherwise seem troublesome. Though not a top student, Kenny likes school and is eager to learn.

Kenny is a good-looking boy with blue eyes, blonde hair, fair skin and freckles. He is near-sighted and really needs glasses, but he hates to wear them so they are more often in the case than on his nose.

Pleasant, co-operative Kenny is always ready to help with chores either at school or in his foster home. He is generally happy, with many friends. He follows rules well — indeed he seems happiest when life is planned so that he knows what the program is and what is expected of him.

Kenny needs a mother and father with warmth and sensitivity who will give him love and encouragement but will not be demanding about academic achievement. Since he gets on well with children of all ages, he will like to have brothers and sisters in his adopting family.

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



HE LOVES SPORTS

Sparkling Gift Jewelry



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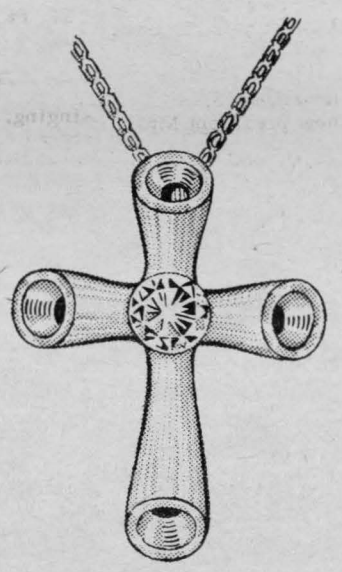

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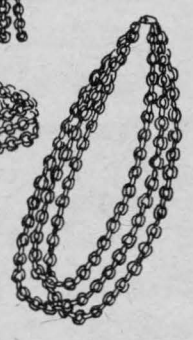

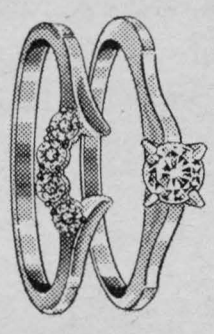

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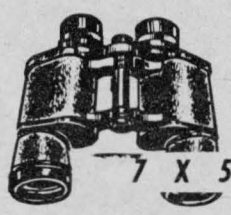

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—FEATURING—

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9:00 P.M. — ? ? ? ? A.M.

DINNER SERVED AFTER MIDNITE

FAVOURS — NOVELTIES — NOISEMAKERS

$25.00 PER COUPLE

INCLUDES DINNER AND BOTTLE OF CHAMPAGNE

THE LOYALIST HOTEL

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Pot Luck Dinner Marks Christmas For Iroquois W.I. Members

Christmas came early to the Iroquois Womens Institute when members, their husbands and friends sat down to a delicious pot luck dinner with turkey and all the trimmings at the Civic Centre last week.

Christmas decorations throughout the hall with a visit from our good friend Santa Claus who distribute gifts to all gave a festive atmosphere to the party. The President, Mrs. Don Hare, welcomed the guests and introduced Mrs. Mahlon Casselman and Rev. John Hibbs who rendered several solos much enjoyed by all.

Christmas carols were sung under the direction of Rev. Brian Gee.

The accompanists of the evening were Mrs. Jane Graham and Mrs. Ruby Bell.

The roll call was answered by money donations for the cheer bags for shut-ins.

Mrs. E. Norton thanked those participating in the programme and the conveners, Miss Kaye Morgatroyd, Mrs. O. Summers, Mrs. Audrey Moke, Mrs. J. Eckford, Mrs. D. Hare and our jolly Santa Claus, Mr. A. Banford.

The party concluded with the singing of O Canada.

Revised Closing Dates Navigation Season

Reference is made to Seaway Notice No. 18 of Nov. 21, 1973.

In order to facilitate the movement of as many petroleum products as possible during this period of critical shortage and to take maximum advantage of the fuel economies inherent in waterborne transportation, weather and ice conditions permitting, the closing dates for the current navigation season on the St. Lawrence Seaway System between Montreal and Lake Erie are hereby amended as follows:

A) Montreal -Lake Ontario Section

i) No upbound vessels will be accepted for transit through St. Lambert Lock after 1200 hours on Dec. 20, 1973.

ii) No downbound vessels will be accepted for transit through Iroquois Lock after 0800 hours on Dec. 20, 1973

B) Welland Canal

i) No upbound vessels will be accepted at CIP-15 (Lake Ontario) for transit of the Canal after 1200 hours (noon) on January 4, 1974.

ii) No downbound ves sels will be accepted at CIP-16 (Lake Erie) for transit of the Canal after 1200 hours (noon) on January 4, 1974.

Closing dates for the U. S. and Canadian Sault Ste. Marie Canals remain as stated in Seaway Notice No. 18.

NOTICE!

Iroquois Royal Canadian Legion Branch 370

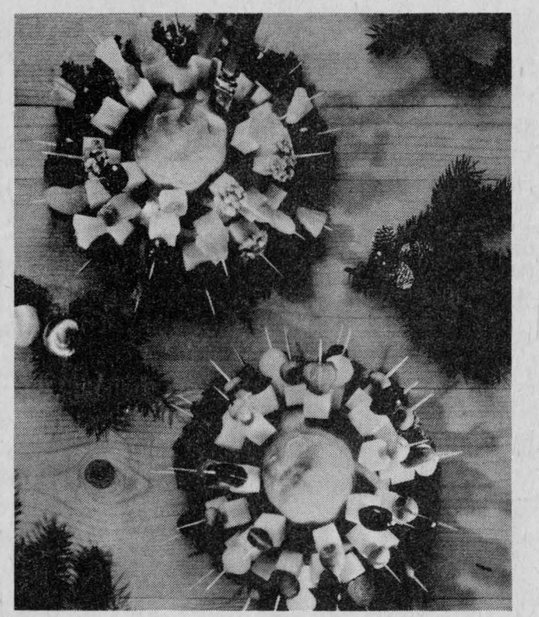
GENERAL BUSINESS MEETING

LEGION HALL

Thurs. Dec. 20, 1973

8 P.M.

If a Veteran, why not a Legionnaire?
Join the Legion in your region.



Holland Cheese Christmas Wreath

PRACTICAL, decorative, and delicious for Christmas and New Years entertaining is a Christmas wreath featuring an imported Holland Edam ball. The red wax coat of the imported Edam, surrounded by fresh green parsley, adds a splash of color to your buffet table.

Cut top from Edam ball (about three inches in diameter) and stick in cheese scoop for guests to scoop out chunks of Edam.

For variation cut sticks of Edam or imported Holland Gouda into bite size cubes and place on picks with red and green glazed, candied or maraschino cherries; slices of crystallized ginger and pineapple; pecan or walnuts; tangerine sections; or olives. Press picks into Edam ball.

Centre Edam ball on a platter and surround with parsley. Wreath may be prepared ahead of time. Store in refrigerator covered with plastic wrap. Remove to serve at room temperature.

Choose Variety For A Gardener Gift

If you've got a gardener in the family, or just someone who likes houseplants, you don't have to choose only one plant per pot. "Mixed pans", as they're called, are becoming popular because they offer a variety of plants in a single container.

"Often a mixed pan will include a pepper plant, some asparagus fern, a geranium, a begonia, and perhaps coleus or dusty miller", says Dave Sangster, a horticultural specialist with the Ontario Ministry of Agriculture and Food.

For Christmas, a typical mixed pan might include a single red poinsettia surrounded by white chrysanthemums. If you purchase a mixed pan, be sure to find out what colour combinations you'll get when the blooms appear and the temperature and watering required for the plants in the collection.

After blooming, many mixed pan plants can either be repotted as single houseplants or planted outdoors next spring.

White Gifts Sunday At Knox Church

This Sunday, December 16th, White Gifts Sunday will be observed in the congregations of Knox Church, Iroquois, and St. Andrew's Church, South Mountain, as adults and children of the Church School will make presentations of warm winter socks/stockings for boys and girls during the worship service. Boxes have been placed at the sanctuary entrance for adult participation, and the children have been planning their part for some weeks now. Proceeds will to to the needs of the Seaway Community Services.

On Sunday afternoon, Dec. 16th, the Knox Presbyterian Women's Auxiliary will assist at the Iroquois Civic Centre in the setting up for the annual Christmas Program and Dinner for children and afults of the Seaway Community Services work, particularly the children who participated in the Summer Camps programmes. The ladies will also assist in the serving of the dinner, with the program commencing around 3 p.m. A gift from the Iroquois Ministerial Association will assure the turkey trimmings of the dinner, and was given on behalf of the four churches of the Iroquois community.

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YOUR CHOICE ONLY

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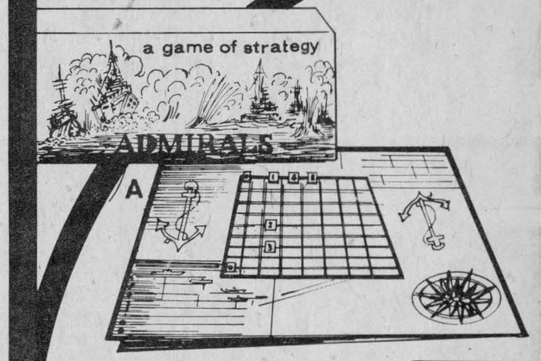
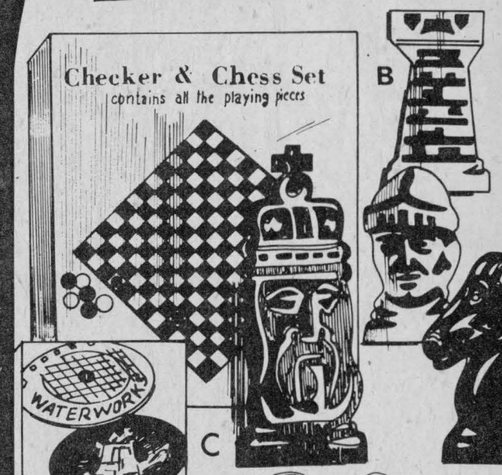


A. PARKER BROTHERS ADMIRALS

A game of strategy. Sink the opponents Admiral ship. For ages 7 to adult. **3.44** EA.



B. CHESS AND CHECKER SET

Complete sets of pieces with instructions.

C. PARKER BROTHERS WATER WORKS

The "Leaky Pipe" card game. For ages 8 to adult.

D. PLAY-DOH ZOO SET

Make 200 animals with colourful Play-Doh.

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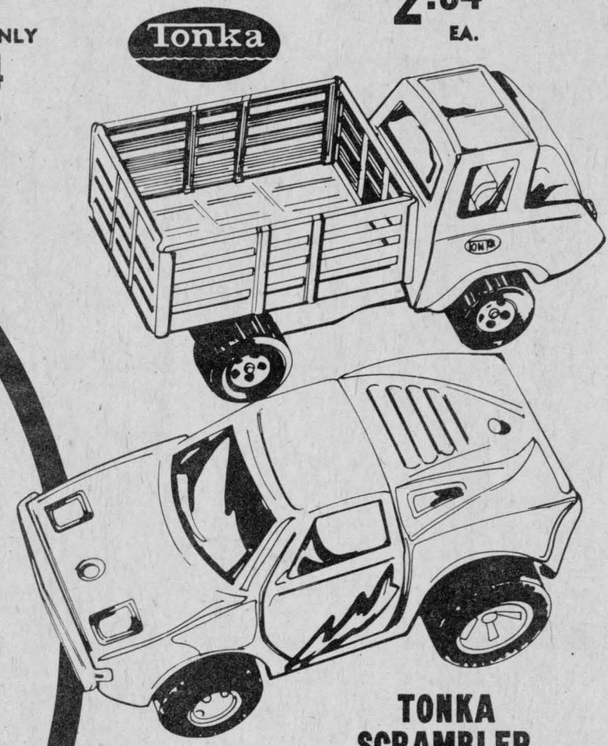

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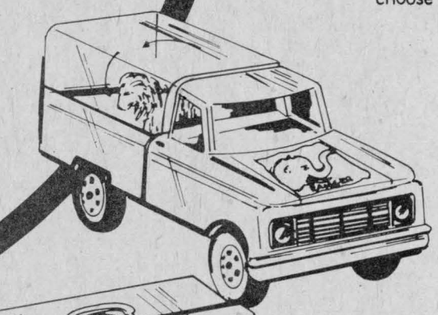

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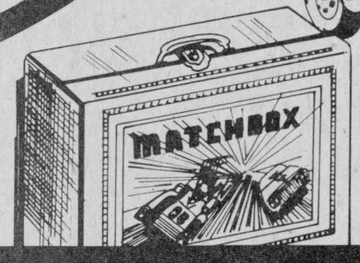

MATCHBOX CARRY CASE

Holds 24 matchbox cars. **1.44** EA.

But Will It Make A Christmas Tree?

Have you ever gone through the experience of purchasing a tree that looks perfect in the lot, but turns out to be not quite what you had in mind? Be sure of your requirements before you buy, says W. J. Devins, a farm products inspector with the Ontario Ministry of Agriculture and Food.

The freshness of a tree is an important consideration. Fresh trees reduce fire hazards and keep their needles longer. You might consider taking the family out to one of the cut-your-own tree plantations. There you may pick out the tree you want and by cutting it yourself, know that it is fresh.

Each species has its own characteristics. While Scotch pine is still the most popular tree, cultured spruce, balsam fir, and even cedars, are being used more often as Christmas trees.

The trees are pruned regularly until harvest to give them a full, yet natural shaping. Producers trim carefully to remove undesirable growth, deformities, and damage from insects, rodents or birds.

Mr. Devins suggests that unless you are willing to take a chance, don't buy a 'baled' tree. Baled trees are either wrapped with twine or enclosed with plastic netting, a process which makes shipping much easier. However, buying a tree still in its bale may hide a crooked trunk or gaps in the branches.

Look the tree over well, remembering that the branches will come down once the tree is put up indoors. Is the trunk straight? Nothing is more frustrating than trying to put up a bent tree. Will it fit in the location picked out for it? Most trees sold range from four to eight feet; the smaller ones are very popular for apartment dwellers.

DOLLARS & GOOD SENSE

by WILLIAM J. MARTIN
Special Consultant to Avco Financial Services

Buying toys for youngsters is one of the joyful traditions of the holiday season, of course, and one that will never go out of style.

Too often, though, the toys are either broken or damaged by the time you take the tree down. Even if undamaged, children tend to quickly grow weary of many of their shiny gifts.

There is one type of gift that doesn't tarnish quickly or break and, in fact, improves with age. According to W. Scane Bowler, of Pioneer Western Corp., it's a well planned financial program.

Even though insurance policies, mutual funds or stock shares, savings accounts or real estate interests are not as tangible as the glittering toys received at Christmas, they'll be around a lot longer.

It's the kind of gift that will help put a child through college, prepare for marriage, buy a home and build a comfortable future. It's a present that will be appreciated more and more as the years go by.

The toys and other expected gifts are fine, but parents and other relatives would be wise to consider the gift that could lead to a secure future for their youngsters. It may not bring the biggest smile on Christmas morning, but it will bring a much greater pleasure in the long run.

Readers' questions are welcome and should be sent to Box 5875 London, Ontario.

Caldwell Bowling League Results

Team	Points
Mutts	53
Poodles	50
Bassets	48
Spaniels	31

High Singles:
Hazel Easter 292
Jim Blakely 297
High Triples:
Hazel Easter 697
Jim Blakely 705

Knox Presbyterian Ladies' Aid Meets

The Knox ladies held their Ladies' Aid meeting at the home of Mrs. K. Perry last Monday afternoon.

The president, Miss N. McGowan, opened the meeting with a hymn followed by prayer.

The Christmas scriptures were read by Mrs. A. English.

Minutes were read by the secretary, Mrs. H.B. Bradley and approved followed by the roll call and correspondence.

A gift of money was sent to Seaway Community Services towards their Christmas dinner.

The annual meeting of the church will be at the Civic Centre, January 19th, 1974 at 6:30 p.m.

Annual reports were read and the Ladies' Aid had a very successful year in 1973.

The film "Our Hope Fulfilled" was shown by Rev. J.J. Hibbs, which was very interesting.

The installation of officers for 1974 were appointed.

Hymn 173 was sung. Rev. Hibbs closed the meeting with prayer.

Mrs. H.B. Bradley thanked the hostess for the lovely lunch.

The Ladies' Aid Society wishes to thank the people for their help in the year 1973.

Bring Foliage Down To Size

Many of the larger foliage plants, such as large-leafed philodendrons and rubber plants, grow too tall. If you want to keep the plant at a certain height, it is necessary to prune it occasionally, points out John Hughes, a horticultural specialist for the Ontario Ministry of Agriculture and Food.

The first step is to decide what height you want. Cut the main stem just above a leaf at the desired height. In about two weeks, side buds will develop.

By removing the top three or four buds as they develop, new shoots will develop further down the stem, until finally a new bud will break just above the soil line. Careful prunning of these plants results in fuller, well-rounded plants, rather than tall, leggy specimens.

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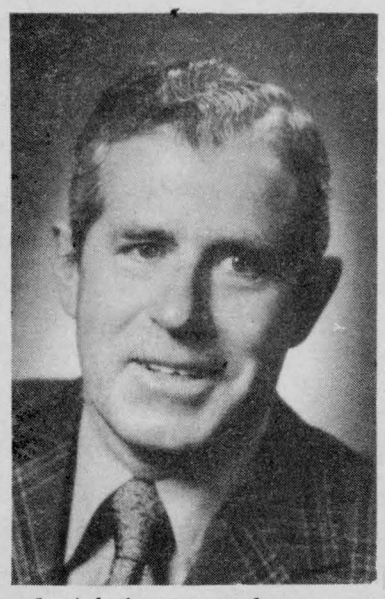
Donald Irvine, MPP, Reports

$50 Cheques Mailed To Ontario Pensioners



Legislative approval was given recently to a government bill which will provide a payment of $50 to a majority of Ontario's old age pensioners and the cheques will be received in time for Christmas. This is a lump sum payment that is in addition to anything else that our old age pensioners receive. It is not a part of any existing program and has come about simply because the provincial government recognizes that current inflationary trends have eroded the buying power of our senior citizens. It is designed to assist those who are particularly in need at this time.

The debate on the bill once more focuses our attention on what people in this provice, sixty-five and over, actually receive as a total of federal and provincial contributions. During the course of the debate, the opposition, particularly the NDP, took the position that the Ontario government should supplement the monthly federal payments so that senior citizens receive a minimum of $209.00 per month - the present rate applicable in the province of British Columbia and according to the NDP the highest in Canada.

Well, there's more than one way of looking at the whole thing but there are two points here that should be kept in mind. First of all, this whole field is being exhaustively studied with a view toward instituting a complete overhaul in the near future. Secondly, Ontario's introduction of a series of income tax credits means that you must calculate the benefit received other than on a straight monthly basis.

Let's take a look at the actual figures for a single senior citizen, 65 years of age or older, with little or no income from other sources. The universal Old Age Security coverage presently totals $105.30 per month and because it is adjusted quarterly according to changes in the cost-of-living index, that figure will go to $108.14 on the 1st of January. In addition, those with little or no other income receive what is known as the Guaranteed Income Supplement. Currently that figure is $73.86 per month and with the re-adjustment will become $75.85 in January. Taken together, they total $179.16 and that becomes $184.00 after the new year. Expressed on an annual basis, the figure is presently $2,150.00 rising next month to $2,208.00

Let's leave out of our calculations, for the moment, the adjusted increases for 1974 and talk about what our single person has received for the year 1973. To that figure we will add the various amounts that the provincial government contributes. First of all, the province pays the senior citizens' health premiums which amount to $11.00 a month or $132.00 a year. In addition, we have to calculate the various tax credits that are claimed on the 1973 income tax forms to be filed early in 1974. If a person has less income than the total of his various exemptions, he is entitled to receive a rebate and that rebate, in this case, will be the total of the tax credits available.

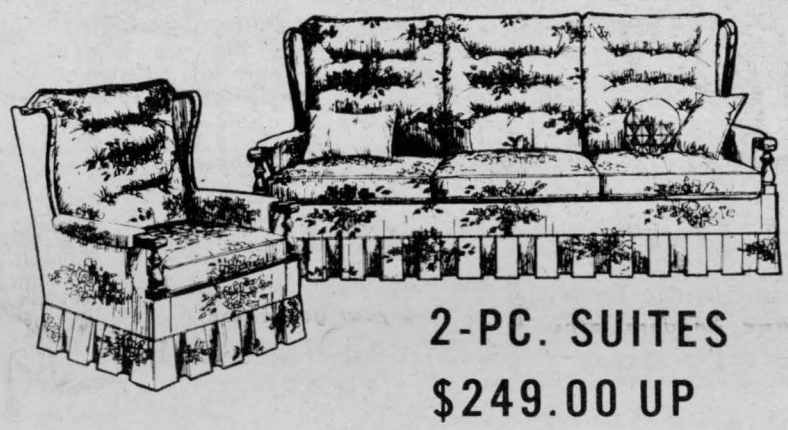
The property tax credit, first introduced in 1972, will this year average about $125.00. Two new tax credits have been added this year and the senior citizen in our example would be eligible to receive both of them. The first, a pensioner tax credit, amounts to $100 and is available, as its name implies, only to people age 65 and over. The sales tax credit will work out to approximately $26.00.

When we add all these up, including the federal payments and recent $50.00 sum, we get a total annual income of $2,583.00. When we express that in monthly terms, it works out to $215 per month. Somewhat in excess, you will note, of the British Columbia payment.

The case of a married couple

SEE PAGE 19

pre-Christmas Furniture SAVINGS



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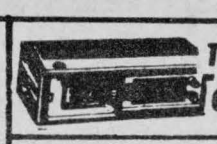

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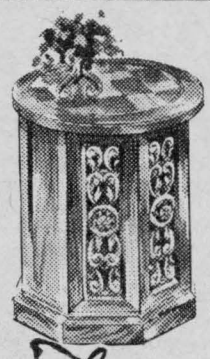

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IROQUOIS SHOPPING PLAZA

Fire Chief Outlines Plans For Christmas Fire Safety

A Happy Christmas can change in a few moments into a family tragedy, warns Fire Chief, Mac Anderson, in homes where fire safety precautions are neglected. Such precautions should head the list of every sinsible family's preparations for Christmas, he says.

The Fire Chief urges the public to exercise special care in the setting up and decoration of Christmas trees, and draws attention to the following important points:

If plans call for a natural tree it should be bought fresh and green, and kept outdoors or in an unheated garage before being brought into the home for decorating. Then, one or two inches should be cut diagonally from the butt, and the tree should be set up with the butt in water which should be maintained above the level of the cut.

Check strings of electric lights carefully for worn insulation, broken plugs or loose bulb socket Only CSA approved lighting sets and only non-flammable decorations should be used. Declare the tree a no-smoking area and keep matches out of the hands of children.

Do not allow discarded gift wrappings to accumulate under the tree. Dispose of them as soon as the gifts are opened. Even a green tree will burn if ignited by burning paper around the base.

Set up the tree away from heat sources such as fireplaces, TV sets or radiators. Do not allow it to block access to doors or windows in the event of fire. Switch off tree lights at bedtime or when leaving the house.

Tests have proved that the safest tree is a tree with its butt set in water. However, if a tree has dried out before it is set up, it cannot regain its safe moisture level. A dry tree can be ignited by a single match, to burn violently to a charred state in a few seconds.

Even artificial trees can be serious fire hazards. Metallic trees are conductors of electricity, and should not be decorated with strings of lights, but illuminated with floodlights. Some plastic trees, amde from styrene materials, are flammable, unlike those made from polyvinylchloride All trees should be removed from the home as soon as possible after the Christmas Celebrations.

10 Steps To Safe Driving

- Keep both hands firmly on the wheel, at 10 and 2 o'clock, and both eyes on the road.
-Never tailgate, allow at least one vehicle length for every ten miles per hour of speed.
-On wet, snowy or icy roads, reduce speed will below posted speed limits, depending on the severity of conditions.
-Always signal intentions, turns, lane changes, passing.
-Curves require special attention, slow down before entering, then apply power to wheels. Be alert for oncoming cars, they often cross the center line.
-Never pass on hills or curves. On straightaways pass only when positive the way is clear.
-Don't drive after heavy drinking. If you have geen drinking moderately, allow one hour for each one-ounce drink or beer (12 ounces consumed, before driving.
-Keep the car in good operating condition, especially brakes, tires steering and front end suspension, front and rear lights, mirrors, turn signals, wipers, muffler and exhaust pipe.

-Always fasten safety belts and lock car doors.

-Drive defensively: "Recognize the hazard:understand the defence: act in time."

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By Yardley, Old Spice, Aqua Velva, Yu, Burley, Hai Karate, Canoe, Brute 33 & Trouble

For Men And Ladies
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PEPPERMINT PATTIES
REG. 55¢
2 FOR 75¢



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SMILES and CHUCKLES
CHOCOLATES
2½ lb box 5 lb box
2.29 3.98
SMILES & CHUCKLES 1 lb. box Assorted
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COLOGNES, MUSK OIL, SKINNY DIP
Yardley, Chanel, Shulton, Ambush, Evening In Paris, Maja, Tweed, Colognes, Prince Matchabelli, Cachet, Wind Song, Golden Autumn, 4711,
On The Wind, & Blue Jeans

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Death is the Hitchhiker DRIVE SAFELY

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A Mild Winter Ahead?

Predictions on the kind of Winter we're going to have always has a certain appeal and more especially as one gets older.

Young people don't seem to mind the coming of Winter and think only in terms of hockey, skating, snowmobiling and maybe having a day off school when the buses can't get to school. The older ones see it as more of an inconvenience when father won't let them have the family car on a stormy night.

But as we get just a bit older we are interested in what kind of Winter lies ahead--how much snow there might have to be to shovel, remembering what it's like to scrape ice from the windshield, wait for the car to warm up enough to keep the windshield clear, and those cold plastic car seats.

We must admit that if there is any way of getting the car through the snow without plowing or shoveling it away, then we'll try it.

We had a neighbour one time who went even farther than we did in avoiding shovelling. His driveway was opposite ours and when he came home at night he would back into our cleaned driveway (the wife did it at our place) and make a mad dash across the road and up the driveway he owned. His driveway ran uphill a bit and many times he'd only make it part way. It was fairly easy to back down the hill and out onto the road. He always said that the fellow who put it there would take it away. And, you know, he was right!

Now that's Faith!



AQUARIUS 711
Stereo Console

711 includes AM-FM Stereo Radio plus moon like speakers. 100% solid state unit, 40 watts of resounding stereo sound

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IROQUOIS PLAZA
652-4397

Hydro Price Hike

"It is discriminatory and unjust for farmers to have to pay a larger percentage of the upcoming hydro price hike announced recently, than city-dwellers" says Gordon Hill, President, Ontario Federation of Agriculture.

Hill refers to Ontario Hydro's announcement that effective Jan. 1, 1974, farmers will pay an average of 10% more for their hydro. The increase will vary between eight and 16%. Most urban-dwellers will pay an increase of 7½%.

Farmers use one heck of a lot of hydro in this province. In 1972, we spent $14,236.000. Then, this past Feb., rates went up about 10%. Now, in less than a year, farmers are hit with a second increase. These two increases alone will add more than one and one half million dollars to the cost of producing food, before the produce even leaves the farm."

"Farmers don't have bottomless pockets. Every time we come in from the barn, the price of another input has jumped by 5%, 10%, or sometimes more. There is a limit to the number of price increases that farmers can absorb, and we have long passed that limit."

Hill says the hydro increase will mean another round of price hikes at the supermarket.

"Consumers too have their limit as to how much they will pay for food. When Ontario Hydro is subsidized by taxpayers, both consumers and farmers need and deserve a very thorough justification for this 20% increase inside of one year."

CONSERVE ENERGY

From Page 2

the driving speed of school buses and review school bus schedules to save gasoline; ensure that schools now under construction have high heat retention walls; if practical, consider the use of storm windows and improve caulking around windows and consider reducing the amount of hot water used in schools.

Mr. Wells also suggested to teachers that they direct the attention of their students to the current energy problems in their geography and environmental science classes. This, Mr. Wells said, would create a greater awareness among students of the ongoing need to conserve energy.

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

R.A. STRADER LTD.
Real Estate Broker
PRESCOTT — 925-2889

ONE of Iroquois' most desirable homes. Whether you are looking for a retirement home or just comfortable living, check this one. This four bedroom house has a four piece bath plus two half baths. Family room with fireplace, large living room, dining room and eat-in kitchen. Attractive financing. Call us now on this new M.L.S. listing.

75 ACRES — For your own private wild life enjoyment. Bird watcher's retreat with pan fish in the streams as well as ducks, geese and you can watch the beavers at work. There is a small insulated building with stove and some furniture included. This acreage is on a dead end road in a very quiet area about 5 miles from Iroquois. Asking $12,000.

CARDINAL AREA — A very comfortable 4-bedroom home, 1½ baths, garage, large heated private workshop and lots of storage space. Lot 18' x 200' on highway No. 2 and old canal. Boat dock, town water, very private with lovely river view. Taxes only $146.50. Property is in excellent condition. Offers will be considered. 22-tfc

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

IROQUOIS — Excellent location, beautiful river view, 3 bedroom brick bungalow, 11'x22' kitchen with tiled floor, double sink, plenty cupboards, dining area. Large livingroom. Full basement has finished recreation room, powder room, laundry room and partly finished games room. O.H.A. heating. T.V. tower.

MORRISBURG — Electric heated attractive Brick Bungalow, desirable location, Recreation room, powder room, fireplace, easy working kitchen, diningroom, livingroom. Tiled and carpeted floors.

INGLESIDE — Large landscaped lot, 4 bedroom home, colorlock siding, O.F.A. furnace, tiled and carpeted floors, spacious rooms, kitchen has cushion covered floor, sink, good cupboards, diningroom, livingroom. Neat, clean, in good state of repair. $25,000.

MORRISBURG AREA — On paved road an extra good very comfortable 3 bedroom bungalow, all modern conveniences. O.H.A. furnace. Paved driveway, T.V. tower. Garage. Priced right.

IROQUOIS AREA — River view, 3 bedroom frame Bungalow, well insulated, easily heated with oil spaceheaters, laundry room, workshop, good kitchen, tiled floor, sink, cupboards with dining area. Livingroom. $15,000.

SALESMEN
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H. Fisher 543-2213
W. Marshall 543-3200

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ROGER COULTER
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USE WANT ADS!

FOR SALE

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.

WE SLAUGHTER beef and pork on Mondays only until further notice. Beef - $4.00; 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

ALOUETTE Snowmobile for sale. 1973 340 C.C. 28 h.p. Good condition. Phone 652-4935. Alan McQuigge 23-3p

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

FOR SALE 3 room apt., with cold and hot running water. Immediate possession. River lots for sale; also lots for trailers to rent. Wilfred Zeron, Morrisburg. 543-2663 24-2c

CHRISTMAS Trees for sale—Pruned scotch pine and spruce. — Iroquois - R. Graham 652-4378— South Mountain - Walter McShane 989-5420 25-3c

G.E. Wringer washer; 21" B&W TV, new picture tube. 652-4812. 25-2p

APPLES for sale. Give apples for Christmas. Choose from McIntosh, Bancroft and Courtland. Also apple juice. Smyth's Orchard, Dundela Phone 652-4089 25-3c

1972 Fargo ½ ton. 6 cyl. std., 16,000 miles. Radio. $2195. Excellent condition 652-2187 1p

Dependable Man Who Can Work Without Supervision. Earn $14,000 in a year plus bonus. Contact customers in Iroquois area. Limited auto travel. We train. Air mail S.B. Dickerson, Pres., Southwestern Petroleum, Box 789, Ft. Worth, Tex.

NEW 23 Cu. Ft. Home Freezer, 791 capacity 652-4070 1c

DRESSER Turkeys for sale Phone 652-4222 1p

Mottled fur fabric coat, black and silver grey, full length size 11/12 Phone 652-4496 1c

B&W TV — 4 years old. Good condition. Phone 652-4183 1p

2 PC. Red Holiday Luggage — Pullman & fitted over-night, and matching tote. Excellent condition 652-4413 1p

BOY'S Parka Coat, size 16 — Phone 652-2234 1nc

1966 PLYMOUTH Fury III — 4 dr. H.T., Power Steering, Power Brakes, V8. Phone Cardinal 657-3478. 1p

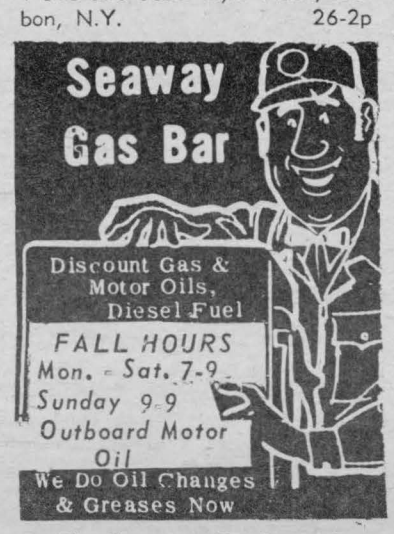
SHARPENING — Drop in with your chain saws, hand saws, scissors, bench saws, etc. Johnny's Spot, Iroquois Plaza 26-2c

AUTOMATIC Washer 5 months old. Must sell, moving. Call 652-4576 1p

LOST

LOST — Small light yellow kitten, male persian. Caldwell drive area. Anyone with information please call 652-4346

LOST — 7 Holstein bulls swam from island in St. Lawrence River. Tagged in both ears. — Phone 1-315-393-3655 Lyle Flack, Lisbon, N.Y. 26-2p



The Stormont, Dundas and Glengarry County Board of Education

requires for January 3, 1974

CLERK-TYPIST
at
CORNWALL COLLEGIATE & VOCATIONAL SCHOOL

Salary: $4,200 - $5,800

Written applications will be received up to December 21, 1973, by:

Mr. Clifford Hart,
Principal,
Cornwall Collegiate and Vocational School,
437 Sydney Street,
Cornwall, Ontario
Tel: (613) 932-8360

Fraser Campbell, Chairman
T. Rosaire Leger,
Director of Education.

Dec. 5, 1973 1c

PLEASANT VALLEY

Died - in hospital on Tues. Mrs. John Banford (nee Esther Smith, Mountain) at the age of 83. Sympathy is extended to the bereaved husband and family.

Mr. & Mrs. Earl Gilmer were at the Clinic in Morrisburg on Friday.

Mr. Hilliard Gilmer spent Tues. evening at Mr. & Mrs. Preston Gilmer's.

Mr. & Mrs. Isaac McShane were callers in Winchester on Mon. last.

Mr. & Mrs. David Gilmer spent the weekend in Brockville.

Have You Tried A Classified Ad.

WANTED

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

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.

ART SANGER Upholstery Shop - Highway No. 2, Duncan Street, Mariatown. Antiques a specialty, free estimates. Phone 543-3266 15-tfc

WANTED

ORGANIST wanted, to commence official duties January 1, 1974. Introduction to liturgy during month of December. Apply for interview to Knox Presbyterian Church, Iroquois 23-4c

LEARN TO DRIVE TRACTOR TRAILERS

* Now you can train right here in Canada.
* Tuition Tax Deductible.
* Placement assistance guaranteed.
* Training available in French or English.

For application and interview, write Safety Department, The Canadian Institute of Tractor Trailer Training Ltd., 150 Edward Street, Box 68, Cornwall, Ontario or call 613-933-5621— (Formerly Trans Canada Transport Training) 24-3c

SNOW PLOWING — Make plans now to have your snowplowing done this Winter. R.K. Casselman and Sons 652-4350 25-8c

TEXAS OIL COMPANY needs dependable man who can work without supervision in Iroquois area. Contact customers. Age unimportant, but maturity is. We train. Air mail S. H. Dickerson, Pres., Southwestern Petroleum, Ft. Worth Tex.

SERVICES required—Person to provide part time day care for 2 children in our home. References required. Phone 652-2298 after 5 p.m. 25-tfc

The Stormont, Dundas and Glengarry County Board of Education
requires for January 3, 1974
COMMERCIAL TEACHER
—Accounting
—Consumer Education
—Computer Science
at
NORTH DUNDAS DISTRICT HIGH SCHOOL
Salary: $7,300 - $16,400
Applications will be received by:
Mr. D.W. McGahan,
Principal,
North Dundas Dist. High School
R.R. 3,
Chesterville, Ontario.
Fraser Campbell, Chairman
Jean-Paul Scott,
Superintendent of Education

FOR RENT

APARTMENT for rent — Available mid December. Suitable for couple without children or pets. References required. Possibility of remuneration for part-time day care of 2 children. Phone 652-2298 after 5 p.m. 25-tfc

WINTER FOOTWEAR

Snowbelles - Marie Clair - Sisman Snowmobile Boots - Men's O'Shoes - Ice Creepers - Dubbin Silicone - Insoles - Felt Liners - Boot Treat Laces

SHOES YOU CAN DEPEND ON"

SHOPPING CENTRE *IROQUOIS, ONTARIO*

PARMETERS' SHOES

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

SHANLY

We welcome to our community Mr. & Mrs. Dale Heusser and family, who have moved into their newly erected home on their farm, west of Mr. A. Cross, recently purchased from Tony Iacurce.

The Shanly U.C.W. held their annual meeting on Dec. 6. The officers for 1974 are: Past President - Mrs. Walter Froom; President: Mrs. A. Cross; Vice-President: Mrs. Dirk Schutten; Recy-Secy: Mrs. Lyle Pitt; Corr.-Secy: Mrs. Arnold Pitt; Treasurer: Mrs. Stanley Wallace; Programme Convenors: 1st quarter: Mrs. A. Cross; 2nd: Mrs. Cecil Bennett; 3rd: Mrs. Wayne Hamilton; 4th: Mrs. Arnold Pitt.

Mr. & Mrs. Walter Froom visited her mother Mrs. Leslie Taylor of Ormstown, Que. on Sunday. She returned home with them.

Mr. Bill Rowell of Marrabel South Australia, on an International Farm Youth Exchange Study Tour, as representative from Saddleworth Rural Youth Club, has spent the past week at the home of Russell Bennett, a Jr. Farmer Director. With other members of the Jr. Farmers, they have visited points of interest in Grenville County.

On Sunday evening, at the home of Mr. & Mrs. Cecil Bennett he showed many interesting slides of Australia to quite a large group who gathered.

Gilmer Pharmacy Ltd.

652-4358 IROQUOIS 652-4379

Emergency Store

CHRISTMAS CARDS ON DISPLAY

NEW!

Rexall's "Hot Lemon Drink for Colds"

REGULAR $1.49

SPECIAL $1.19

Rexall Super Plenamin Special with a New Polaroid Camera— Total value $42.45 for $19.95

Hot Cinnamon & Horehound Candy—

Finalnet Hair Spray by Clairol Reg. $2.49 ..... $1.98

Sudden Beauty Hair Spray Reg. $1.49 ..... 99c

Anacin Tablets 100s 99c

New Vitamin E Beauty oil & cream for Dry Skin

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Christmas inspirations! See the great selection that makes us your one-stop shopping center!



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Buy now while stock is available

Many Dollar-Saving Buys

Bomber Jackets only $19.95

Simulated Fur Teen sizes 8 to 16

Ladies

Sno Boots save 1/3 to 1/2

Discontinued Styles - Odd Sizes



Ladies

Dresses & Jumpers now $10.99 to $26.99

Ladies

WINTER COATS

Reg. Price $34.95 to $59.95

$29.00, $39.00 and $49.00

Save Here



Children's

WINTER JACKETS

Fiber filled for extra warmth

Sizes 8 to 16

ONLY **$9.95**

Dozens of Gift Items

Men's Suits

Reg. value $79.00 to $89.00

NOW $29.95

TOYS and More TOYS



Children's

Sizes 4 to 6X

SNOWMOBILE SUITS 10.99

Sizes 7,8 & 10

$18.95

Sizes 12, 14 & 16

$19.95

CHRISTMAS Store Hours

Dec. 17 - 18 — 9 a.m.-6 p.m.
Dec. 19-20-21 — 9 a.m.-9 p.m.
Dec. 22 & 24 — 9 a.m.-6 p.m.

SAVERS'

THE SIGN OF SAVINGS

IROQUOIS SHOPPING PLAZA

Sticks and Stones May Break Bones This Winter

It happens every year. Ice, stones and other hard objects are often thrown at high velocity by snow blowers and home snow throwers as well.

Media diligently report accidents for other purposes than a black and gloomy picture of our highly mechanized way of life. The accidents of others teach us a lesson in survival. Thanks to the media, we can now store in our memory banks the experience of thousands of others in addition to our own. Here are some safety tips on snow clearing, based on accident reports from Ontario Safety League files:

-Children enjoy being snowed on by the discharge of snow blowers. Warn them of the dangers and instruct them to stay away.

-Never attempt to clear debris from the mechanism of a home snow thrower UNLESS the engine is shut off.

-Do not wear loose clothing or long scarves while operating a snow thrower.

-Know how to stop the engine quickly in case of emergency.

-Follow manufacturer's instructions to the letter. Leave guards in place.

-Never loan your snow throwers or any electric or gasoline-powered equipment to persons unfamiliar with its operation. It is irresponsible to let children or teenagers operate such machines as snow throwers.

-Watch for those gasoline spills Gasoline may cause frostbite if it comes in contact with the skin at below zero temperatures as it evaporates quickly, reducing skin temperature. Remove immediately any piece of clothing that has come in contact with volatile fuel, especially if the liquid has penetrated through to the skin.

-And if you still prefer the old shovel, don't overdo it. Don't work yourself into a sweat. Avoid falls by assuming a firm stance on your feet and using salt or sand for ice as you go along.



Lions' $1000 To Medical Building

Brian Gee, chairman of the Iroquois Lions Club Medical Building Committee, presents the first cheque for $1,000 to Reeve Lloyd Davis as the club's first money of their $10,000 pledge. Complete details on the building plans will be made available within a couple of weeks. Construction is expected to get under way in March.

Snowmobilers-Drive Carefully

The first snowfall is the signal for winter fun to snowmobile enthusiasts. However, because the machines are so mobile and powerful, snowmobile operators should be careful not to damage plants and crops.

Snowmobiles may break young trees and shrubs. Small evergreen plantings, such as are found in conservation areas, are often covered by only a light layer of snow - and are often damaged by passing machines. Operated on lawns, fields of winter wheat or hay, especially where snow cover is light, they compact the snow, killing the crop or sod.

Remember that if you do your own servicing at home, fill the machine on the driveway. Spilled gas or oil will kill grass.

Enjoy the thrill of snowmobiling, but drive carefully. Avoid sites where trees, sod, and crops are planted.

PERSONALIZED CHRISTMAS GREETINGS

The Iroquois Post again this year offers readers an opportunity to express their Christmas greetings to area friends by way of "Personalized Christmas Greetings" in December 19th issue. The rate is $1.50 minimum for 25 words, plus 5¢ per word thereafter. If mailed to the Post, Please send money with order.

STORMONT, DUNDAS & GLENGARRY COUNTY BOARD OF EDUCATION

PLANT OPERATIONS

Applications are invited for the Caretaking Contract at North Dundas District High School, a 1,200 pupil school situated about midway between Chesterville and Winchester on Provincial Highway No. 43 in the County of Dundas.

The successful contractor will be required to provide, supervise and manage a staff of seven other employees, at wage rates and conditions approved by the Controller of Plant. All materials and equipment required will be supplied by the Board of Education. He will be responsible for setting and paying the salaries, Unemployment Insurance, Canada Pension, Ontario Health Insurance, Workmen's Compensation and holiday pay for himself and his staff. Responsibilities will include complete housekeeping duties (cleaning), safe and efficient operation and maintenance of heating plant, air make-up units, plumbing and all building systems, grounds maintenance including track and playing fields, minor painting and minor building maintenance.

He should have a minimum of four years' experience in a similar field, i.e. as a Building Superintendent of a large apartment unit, an institutional building (hospital, etc . . .) or a similar school building. He must have a good operating knowledge of low pressure hot water heating systems such as York-Shipley, Napanee or Cleaverbrooks (the school is equipped with three 75 H.P. low pressure oil fired York-Shipley boilers). He should have a good working knowledge of all other building systems including plumbing, electrical and ventilation. He must have a good work record, be reliable, honest and possess the ability to co-operate fully with the school academic staff and administrators. At least one member of his staff must have a general building maintenance background and able to carry out all minor maintenance repairs. All other members of the staff must have several years' caretaking experience. (The staff of the former contractor is available in part or in whole, if required.)

Remuneration will be negotiated, within the range of $48,000 to $52,000 annually, but payable in either 12 or 24 equal instalments. The contract will be for a twelve-month period, open to renewal each subsequent year subject to satisfactory performance and also subject to a one-month notice on either side.

Interested parties may obtain any further details required on application to the undersigned to whom written applications, clearly marked "Caretaking Contract, N.D.D.H.S." should be submitted not later than 12 noon, 20th December, 1973.

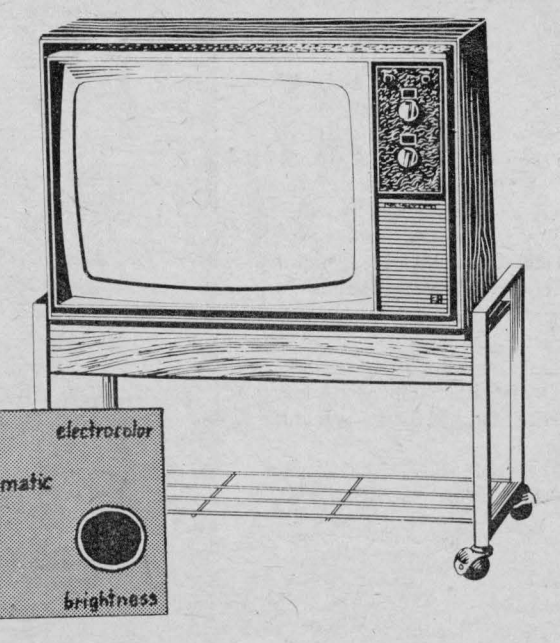
7th December, 1973

Thomas Cruickshank
Controller of Plant
305 Baldwin Avenue
Cornwall, Ontario

1c

Merry Christmas!

There Are Only 10 Shopping Days Left



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COLOR TV TUNING WITHOUT FUMING from

ELECTROHOME

Detented Controls . . . Electrolok*, Electrotint*, and Electrocolor* have a factory preset position (referred to as detent or click position). Under normal conditions this setting will provide perfect results. Should your personal requirements vary, or signal conditions become extreme, all that's required for readjustment is a simple turn left or right of the appropriate control. The control will automatically hold the setting until you readjust. Proof of just how perfectly this system functions is evidenced by the Electromatic Controls hidden behind a trap door; once adjusted, there is normally no need to readjust them.

Styles & McIntosh

Iroquois Plaza **Phone 652-4397**

PUBLIC AUCTION

AUCTION SALE

Household Effects and Antiques
FRIDAY, DECEMBER 14th
at 7 p.m.

In Shopping Centre in store between Iroquois Post and Shoe Store in Village of Iroquois.

Coppertone Frigidaire Refrigerator large size, good as new; Antique buffet; Double bed, bookcase type complete with springs and mattress. Dresser to match bed; Antique oak hall rack (something special); 21" Philco cabinet TV, (like new); 2 telephone tables; Standing lamps; Table lamps; occasional chairs; Coffee tables; Carpet sweeper; Ironing board; Wall pictures; Wall plaques; China ware; Glassware; Kitchen ware; Linnens; Toaster. Many other articles. 1963 Chevy Nova car in running condition.

TERMS CASH

M. Zeron, Auctioneer
Mrs. E. McKnight, Prop.

25-2c

AUCTION SALE

Livestock, Farm Machinery, Feed

Situated on Lot 10, Concession 8, Russell County, 1½ miles Northeast of Embrun, Ontario

SATURDAY, DEC. 15, 1973

Starting at 12 Noon Sharp

LIVESTOCK — 55 head of Grade and purebred Holstein cattle as follows: 36 Holstein milk cows, 3 to 8 year old, freshened/springers; 10 Purebred spring heifer calves; 7 purebred Holstein heifers, 1½ years old; 1 purebred bull, 2½ years old; 1 bull calf, 3 weeks old NOTE: Herd bred off purebred bull for past 10 years.

FEED: 3000 bales of good hay; 500 bales of oats; 200 bales of straw; 8 tons of corn, 2 tons of good oats; corn silage 14'x30' silo; 20 feet of silage.

FARM IMPLEMENTS: M.F. 165, tractor diesel, pto., hyd. Used 400 hours; MF tractor. diesel, loader, pto; Set Harrows, 14 discs, hyd.; Chain Harrow; MH Seeder; 13 drills; Fertilizer Spreader; Weed Sprayer; 2 MH Manure Spreaders, 135 Bus.; N.H. 4 Furrow Plow; MH Hay Rake; MH Hay Mower, 7 ft. cut; 2 platform wagons on rubber; MH Hay Baler; Hay Fork for tractor; M.H. Combine 8 ft. cut; Oats elevator; Oat grinder; Oat Dryer; Bale Elevator; Ideal Barn Cleaner, 310 ft.; Welding machine.

DAIRY EQUIPMENT — Muller, 400 Gal. Cooler, 18 8-gal. cans

TERMS: Strictly cash and/or certified cheque

Auctioneers:
Leo Menard, Regent Menard, Del Spratt.
Embrun, Ont. Tel. 443-2884
Ottawa, Ont. Tel. 232-3916

Proprietor:
Emery Fortier, Embrun, Ont.
Tel. 443-5522

MATILDA BOWLING LEAGUE

Team	Points
Moto-Ski	24513
Alouette	24184
Arctic Cat	23822
Ski-Whiz	23660
Ski Doo	23587
Yamahas	23537

High Singles:
Carl Cooper 260
Rita Cooper 260
High Triples:
Brian Cooper 665
Ruth Cooper 665

AUCTION SALE

To settle the estate of the late Thomas Delaney and the estate of Margaret May (Maggie) Delaney

3rd Concession of Edwardsburg, 2 miles east of Crystal Rock, off Hwy. 16, 3 miles west of Brouseville, approx. 4 miles south of Spencerville on

SATURDAY, DEC. 15
at 10 a.m. the following

LIVESTOCK — Team of horses; 2 Holstein cows, pasture bred; Jersey cow; 2 spring heifers; 12 hens; Qty. of baled hay; Some loose hay; 2 electric cream separators

MACHINERY — Rubber tired wagon; Driving Sleighs; Cutter; Walking plow; 12 disc harrow; Mower; Hay Loader; Hay Rake; Fan Mill; Set of double harness.

HOUSEHOLD EFFECTS — Leonard refrigerator; Woods freezer; Simplicity washer; Electric radio; Electric Lamps; TV; Piano; China cabinet combination; writing desk; Beach Cook Stove; Findlay Cook Stove; Approx. 12 cord hard maple wood; Dining room table, 6 chairs; Day bed; Sewing machine; Occosional chairs; * cane bottom chairs.

ANTIQUES — Solid brass bed; Captain's chair; Rocking chairs; Glass cupboard; Alladin Lamp; Crib bed; Hand made high chair; Wood box; Coal oil lamps; Hump back steamer trunk; Lanterns; Glass door cupboadr; 3 complete wash sets; Wash stands; Dressers; Drop leaf extension table; Wooden bed; Iron bed; Bureau; Parlour suite, 5 pieces; Quan. of dishes, mirrors, pictures, and frames, crocks, jars, kitchen utensils; Carpenter tools; Quan. of lumber; Swede saw; Quan. of shingles; Post drill; Anvil; Set of scales; Augers; Block and pulley; Many more articles too numerous to mention.

PROPERTY — Containing 65 acres, 3 bedroom frame house, bathroom, hot and cold water. Also frame barn and other adjoining buildings.

PROPERTY — Containing 90 acres of wood lot. Concession 4, Lot 16 and 17

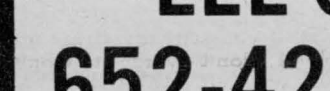
TERMS OF SALE — Property sold separately. Subject to Reserve Bid. 10% down day of sale and balance when deed is received.

NOTE: This is an old established residence.

Refreshments Available
TERMS — CASH

William Burchill & Richard Tobin
Executors
Ken Thompson, Auctioneer
Phone 258-2152

1c



Winchester Hospital Births

Nov. 28/73, Mr.Mrs. Robert Hess, Chesterville, a son.
Nov. 28/73, Mr.Mrs. John Bray, R.R.#1, Edwards, a son.
Nov. 28/73, Mr.Mrs. Raymond Thompson, R.R.#2, Brinston, a son.
Nov. 28/73, Mr.Mrs. Stewart Pringle, R.R.#1, Chesterville, son.

Nov. 30/73, Mr.Mrs. Robert Holmden, Morrisburg, a daughter.
Dec. 2/73, Mr.Mrs. Michael Ross Roach, R.R.#2, Mountain, a daughter.
Dec. 3/73, Mr.Mrs. Vincent Forget, Crysler, a daughter.
Dec. 3/73, Mr.Mrs. Jean Murphy, Embrun, a daughter.

Bridge Winners

Ladies:
Kay Roberts
Kay Perry
Gents:
John Dixon
Lorne Bouck

Lions 100 Club Winners

Dec. 7: Donelda Banford
Vera Pharoah
(2) Tom Warren
Ambert Brown

Here's a Christmas Special You Can't Resist

THE 20 h.p. POWER-PACKED FUN MACHINE!

This winter. For sure.

sno-duster™ 295

Alouette delivers

Make this the winter you break away —without breaking the budget. With an Alouette Sno Duster Big machine features like heavy-duty track suspension, full-size wide-stance skis, and 15" polyester cord track.



So break away. And drive ahead. With Alouette Sno Duster This winter. For sure.

$625

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HELP CURE YOUR CARS HARD STARTING ILLS --- get our

PRE-WINTER TUNE-UP!

TUNE-UP for Safety

LET US CHECK .... *your BATTERY-REGULATOR-STARTER-AUTOMATIC CHOKE-CARBURETOR-FAN BELT And PULLEYS-COOLING SYSTEM-OIL-LIGHTS-WIPERS-TIRES and BRAKES*

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OVEN-FRESH, HOLIDAY
BAKED GOODS

Turkeys

at competitive market prices

Grade A: 6-10 lbs, 10-14 lbs
14-16 lbs, 20 lbs and up

Self Basting:
8-10; 10-14; 20-up

GEESE GRADE A 10 to 12 Lbs. GRADE B 8 to 12 lbs.

BUTTERBALL TURKEYS WILL ARRIVE DEC. 18

READY TO EAT SHORT SHANK Burns 5 lb average

Skinless Ham EITHER END lb **1.09**

FRESH
Minced Pork lb **99¢**

Breakfast Bacon MAPLE LEAF lb **1.19**

Polish Coil Maple Leaf or Burn's lb **1.09**

PROVIGO
FRUIT CAKES

2 LB. $1.19
3 LB. $1.69
4 LB. $2.29

Vachon Small
"Yule Log" Cake
Vanilla
$1.25

Vachon "Colonial"
Fruit Cake
Golden
$2.25
2 lb. Size

Vachon "Tradition"
Crown Cake
GOLDEN 3 LB.
$3.19

Vachon's
Fascinations
Pak of 12
99c

FROZEN
Salmon Slices lb $1.59

FRESH
Select Oysters American Pint **$2.80**

Aylmer 10 oz. VEG. SOUP 12¢	Aylmer 10 oz. Cream of Mushroom SOUP 17¢	Kraft 2 lb. Jar CHEESE WHIZ $1.69	Stafford 24 oz. Jar Rum Flavoured Mincemeat 79¢	Aylmer 28 oz. Choice TOMATOES 35¢
Clover Leaf Mandarin ORANGES 29¢	Catelli 16 oz. Box Ready Cut MACARONI 39¢	Stafford 24 oz. Jar Berry Box RASPBERRY JAM 69¢	Stafford 24 oz. Jar Berry Box STRAWBERRY JAM 69¢	Kon Tiki 28 oz. Sliced PINEAPPLE 49¢
Maxwell House 2 lb. Tin COFFEE $2.29	Carnation 11 oz. Jar COFFEE MATE COFFEE CREAMER 77¢	Carnation 12 oz. Box Instant Mashed POTATOES 59¢	Aylmer 10 oz. TOMATO SOUP 12¢	KRAFT DINNER A Meal In A Minute 24¢
Provigo 20 lbs. Bag All Purpose FLOUR $2.69	Kraft 24 oz. Jar 3 Fruit MARMALADE 69¢	Provigo 28 oz. Tin FRUIT COCKTAIL 59¢	Lido 2 lb. Pk. Spaghetti or Macaroni 55¢	Maple Leaf 28 oz. tin MINCEMEAT 99¢

MEATS
that are better buys

Burns Ready-To-Eat Boneless — *3 lb ave.*
Picnic Hams lb 1.59

IMPORTED
Shoulder Chops lb 99¢

Frozen Spareribs 1.09

Maple Leaf By The Piece
Bologna lb 69¢

Fresh BUTT
Pork Roast lb 89¢

HOME-MADE (Time for Stuffing-)
Sausage Meat lb 69¢

Maple Leaf
Salami Chubs 1.09

Aylmer 19-oz.
CHOICE PEAS 29¢

Black Magic by Rowntree
CHOCOLATES
Assortment at Christmas Prices

E. D. Smith 28-oz.
Vegetable COCKTAIL 43¢

Aunt Jemima 32-oz.
PANCAKE SYRUP 79¢

Provigo 10-oz. Zip Top
DRINKS 2.35
Case of 24

Shirriff's 18-oz Instant
POTATO FLAKES 89¢

Miracle Whip 32-oz. Jar
SALAD DRESSING 89¢

Aylmer 19-oz.
CREAM CORN 29¢

Provigo 3 lb tin All Purpose Grind
COFFEE 2.89
STOCK UP EARLY FOR THE HOLIDAY SEASON

FROZEN FOODS
Tagged for Savings

Provigo Frozen - 12-oz.
Orange Juice ea. 39¢

Bluewater HADDOCK - 14-oz.
Fish Fries ea. 1.05

Green Giant - Poly Bag
Corn 2 lb poly 65¢

McCain's 2 LB BAG
Broccoli Spears 89¢

York FROZEN - 15-oz.
Raspberries 65¢

Rich's - 2 LB CARTON
Coffee Rich 48¢

Walter Baker, M.P.

Second 'National Energy Policy'

On Thursday, Dec. 6, 1973, the Trudeau Government delivered another "National Energy Policy" - this is the second one within the space of a year! It was apparent to everyone who watched that its purpose was to save the Government and to throw a bone to the NDP to ensure its support in the confidence motion on Dec. 10, 1973.

It is obvious that it will do nothing to solve whatever problems of supply we have in Canada this year. A careful reading of it and a review of the Prime Minister's Press Conference reveals:

a) That the price increase scheduled for Feb. 1, 1974 has been postponed to some future date - a month or so away (according to the Prime Minister's Press Conference after the statement).

b) "That sometime in the future" we will have a national oil company on terms that are not mentioned, at a time that is not disclosed and with powers only hinted at.

c) For the third time this year the Government has announced that it is going to build a pipeline to Montreal.

The balance of the speech upon careful examination is rhetoric and Canadians will have to judge for themselves whether, in view of Mr. Trudeau's record, the rhetoric will be translated into action.

It is now obvious that Canada's "energy crisis" is one of absence of government leadership and responsibility in energy matters particularly in the provision of a transportation system for petroleum products. This is becoming more apparent every day as the government continues on a course that seems to be not only lacking in solutions to our immediate problems, but in a clear understanding of what is actually taking place.

In addition to the Arab cutback of 75,000 barrels of crude oil a day, international oil companies have the power to use force majeure clauses in oil supply contracts to re-allocate available supplies on a priority basis. If the force majeure clauses are employed, oil shortages would be shared and Canada's traditional suppliers, such as Venezuela, would be forced to divert their oil to other countries. So, Canada would face shortages in addition to those she is already facing fue to the Arab cutbacks, and according to Energy Minister Donald Macdonald's estimates Canada's loss could be in the order of 200,000 barrels of crude oil a day.

Mr. Macdonald says that he found out only a few days ago that the force majeure clauses might be employed. The President of Shell Canada claims that the Department of Energy, Mines and Resources has known for a long time that this action might be taken. Force majeure clauses have been written into oil supply contracts since 1967. And the government's own Energy report, tabled in June 1973, warns that "the international oil companies, faced with an overall shortage, may be forced to re-allocate the available supplies on a priority basis".

Opposition Leader Robert Stanfield has demanded that Mr. Macdonald reveal the names of Canadian oil companies who have been notified of anticipated cutoffs and the amount of expected oil shortages involved. He has demanded that Mr. Macdonald find out whether the reduction in deliveries the government anticipates is valid or whether it is not and he has repeatedly asked the Minister whether either he or his department is making any examination to determine whether rights contracted to Canada are being honoured.

Energy Minister Donald Macdonald has been consistently unable to provide specific answers to Mr. Stanfield's questions. He says that supply interruptions have not yet taken place, but if they do, the government does not have any choice but to accept the contractual arrangements with the oil companies. Prime Minister Trudeau has backed up Mr. Macdonald's responses with similar statements. The government has refused to assert supremacy of the Canadian Government over the international companies.

The irony of the matter is that the majority of the crisis could have been avoided. The government has consistently refused to face up to the possibility of Middle East supply cutbacks. In 1969, following the Middle East war of 1967, the Progressive Conservative Party recommended extension of the crude oil pipeline to Montreal to ensure security of supply for the larger part of Canada.

The government rejected that advice and waited until Sept. 4, 1973, even to agree in principle to the Montreal pipeline extension.

If the Montreal pipeline extension had been built, it would now be transporting at least up to two hundred thousand barrels of western Canadian crude oil to the region of Canada affected by import cutbacks. It is no exaggeration to say that Canada would not be facing a major petroleum shortage in any part of the country today, if that pipeline extension was in operation in 1973. The Trudeau government was negligent in failing to respond and today we are not masters in our own House in energy.

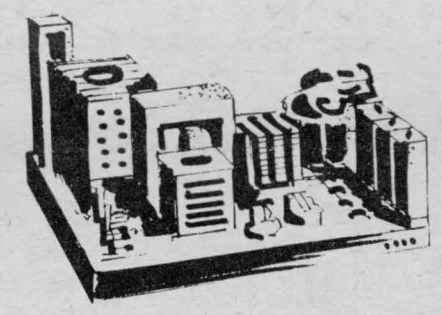
Canada is not short of energy supplies. Canada has enough energy reserves to make this country self-sufficient for many years to come.

But Canada's petroleum supply, however great, is of little consequence if it cannot be delivered to where it is needed. This is why the Progressive Conservative Party is demanding immediate construction of the Montreal pipeline extension now. As Progressive Conservative energy critic Alvin Hamilton said in the House of Commons on Nov. 26th..."I say to the government... build the pipeline now. I say get out and arrange the finances even if the government itself has to build and pay for it".

To assist the supply problem in another way, the Progressive Conservative Party is also demanding that the government give tax incentives and accelerated depreciation for construction of fuel storage facilities in Canadian communities to encourage storage build-up in the

SEE PAGE 18

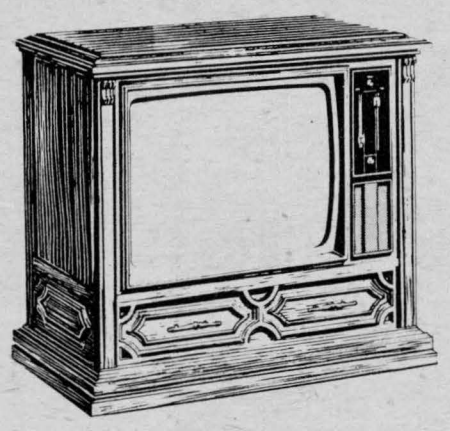
SOLID STATE
keeps it cool...



Color Television where items such as the Tuner and Flyback Transformer are easily replaced modules and with Transistors designed to be instantly unplugged and replaced. If a major problem should develop in your Electrohome Color Receiver, the entire chassis can be replaced as it is one large "Super Module" (N.B. — this can only be done in areas where Dealers or Service Depots are participating). Imagine, no longer is it necessary to remove the color receiver from your home for an extended period of time, with this "Super Module" participating Electrohome Dealers carry a spare set with them in their service van.

to make it last longer for you

Automatic Brightness . . . in order to make full use of this feature, simply adjust the Brightness leevl you desire once; you don't have to touch it again. From the moment you make your initial setting a "Photo Eye" (as shown) on the front of the Television Receiver takes over, automatically adjusting the picture brightness for any room light change.



COLOR TV

ELECTROHOME

STYLES & McINTOSH
Iroquois Phone 652-4397

WALTER BAKER

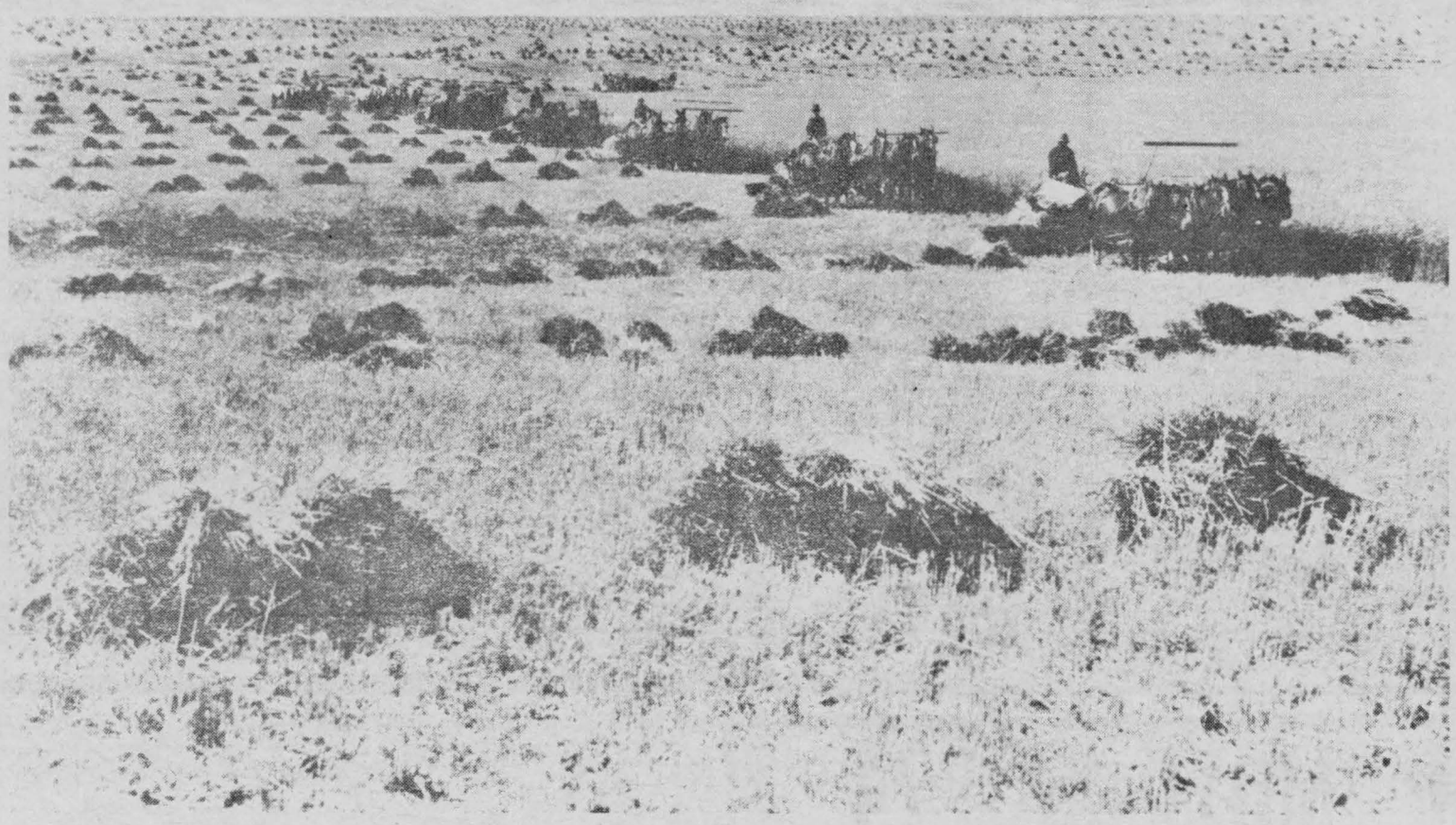
From Page 17

summertime. The government should also establish a national energy commission to buy foreign crude oil; to develop a national power grid and to locate and develop alternate sources of energy.

On the price side, the government should provide an immediate price shelter for home heating oil and continue this for the cold weather period so that all Canadians, and especially those least able to afford it, will not be faced with further home heating oil price increases.

Canadians can be forgiven if they are confused about where they stand this winter. On the one hand we have seen Finance Minister Turner, Industry Minister Gillespie and now the Prime Minister saying there is no reason to be alarmed about the state of the economy and the supply of energy for this winter. On the other hand, Energy Minister Macdonald has asked the House of Commons to approve emergency powers for the Government in Bill C-236 now before the House. This is an example of the Trudeau Government's approach to most problems facing Canada. Two things are clear, however. Firstly, in matters of energy, the Trudeau Government has done no long range planning and we are seeing now the results of merely reacting to events - including political events and secondly, we are paying the price of this Government's failure to respond to the call to build the pipeline in 1969 - when there was still time. In view of all of this, it is irrevocable that we may yet have another "national energy policy" to read about in front of our fireplaces this winter.

Next week Statistics Canada will release the Unemployment and Cost-of-living figures for Nov. They are expected to increase.



Pioneer farm machinery, such as these eight horse-drawn reapers, is being preserved in Canadian agricultural museums. This photo was taken on an Alberta farm at the turn of the century. (Story inside.)

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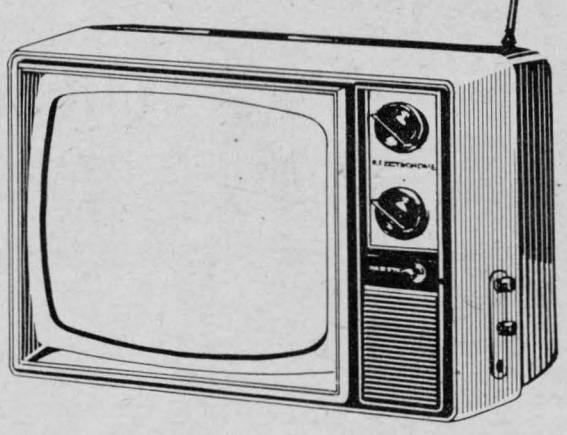

ELECTROHOME Signet TV

Energy scoreboard

The following table lists common household appliances, their average wattage rating and the average monthly kilowatt hours of electricity used by the appliance in "average" use.

The figures relating to kilowatt hours can only be approximate and will vary depending on family size and frequency of use. For example a family of eight will use a lot more hot water than a family of three.

In Iroquois, one kilowatt hour costs about one and one-half cents. To get the dollar and cents cost of the electricity multiply the kilowatt hour figure by one and one-half cents.

Appliance	Average Wattage Rating	Average Monthly KWH
Blender	386	1
Broiler	1436	8
Carving knife	92	.6
Coffee maker	894	8
Deep fryer	1448	6
Dishwasher	1201	30
Egg cooker	516	1
Frying pan	1196	15
Hot plate	1257	7
Mixer	127	1
Oven, microwave	1450	15
Range, with oven	12200	98
with self-cleaning oven	12200	100
Roaster	1333	17
Sandwich grill	1161	2
Toaster	1146	3
Trash compactor	400	4
Waffle Iron	1116	1
Waste disposer	445	2
Freezer, 15 cu. ft.	341	99
Frostless, 15 cu. ft.	440	147
Refrigerator, 12 cu. ft.	241	61
Frostless, 12 cu. ft.	321	101
Refrigerator/freezer, 14 cu. ft.	326	95
Frostless, 14 cu. ft.	615	152
Clothes dryer	4856	83
Iron	1008	12
Washing machine (automatic)	512	9
Water heater	4474	450
Water pump	460	19
Air cleaner	50	18
Air conditioner (room)	1566	182
Bed covering	177	16
Dehumidifier	257	128
Humidifier	177	32
Oil burner	266	58
Radio	71	7
Television, black and white, tube	160	29
Solid state	55	10
Color, tube	300	55
Solid state	200	36
Clock	2	1
Floor polisher	305	1
Sewing machine	75	.9
Vacuum cleaner	630	4

Village of Iroquois Hydro System

Pee Wee's On Winning Trail

Iroquois Pee Wee "B" team made it four in a row with 5-1 and 3-0 wins over Osnabruk on the weekend. In Sat.'s victory, Bruce Graham led the way with a 2-goal effort. Peter Van Boven had one goal and one assist. Kevin Whittaker from Ken Lapier and Kevin Smith unassisted, added our other markers. Iroquois won with a 5-1 score.

Sunday's 3-0 victory saw Kevin Smith and Gary Crawford each score once unassisted, while Brent Mattice from K. Whittaker accounted for the third goal.

The Tykes lost by a 7-0 count in a game against the Cardinal Novice B team.

The Bantams had a couple of close calls this week as they were defeated 1-0 by Prescott and held Athens to a 1-1 tie. Our lone goal in the Athens game came from the stick of Barry Casselman with Steve Moffat assisting.

The Atom B squad suffered successive losses to Morrisburg last week by 6-1 and 4-3 scores. Alan Renwick was the sole Iroquois marker in the first game. On Sat.'s game Kevin McEwen led the way with 2 goals while Mike Tryon added the other. David Daisley picked up an assist.

The Midget team were swamped by a 9-0 count against Morrisburg Sunday night.

Our Novice A team came out on top with a 3-2 victory over Cardinal on Sat. Frank Lee scored two, while Alan Burgess scored one.

The Pee Wee A team took a 1-0 win over Edwardsburg on Sunday. Robin Adair scored the only goal of the game on an unassisted effort.

Scott Brennan with 4 goals led the Atoms to a 6-0 victory over Spencerville last Wed. Steve Kirker chalked up three assists and Doug Bueley, one on Brennan's goals. Mark Nesbitt stole the puck from an Edwarsburg defenceman and went in on the net alone to score. Tim Patterson tipped in a Tom Waddell pass to complete the Iroquois scoring. Brian Froats in goal picked up his first shutout.

Kevin Palmer had a three-point night against Prescott on Friday as out Atoms took a 3-1 victory. His first goal was assisted by S. Brennan and the second was a power play effort from Patterson and Kirker. Scott Brennan tallied our final marker with Palmer drawing the assist.

In an exhibition tilt on Sat. against Richmond, our Atoms went down to a 3-1 defeat.

Shop The Stores That Advertise in The Iroquois Post For Your Christmas Gifts.



Agriculture Canada's 61st annual chrysanthemum show (November 4 to 18) attracted 3,300 flower lovers opening day, including Heather Webster of Ottawa. The show, held on the Central Experimental Farm in Ottawa, includes more than 3,100 mums and 79 varieties, 29 of them new this year.

Look For A Lasting Christmas Gift

If you want to give a Christmas present that will last, consider a gift of garden plants. Trees, shrubs, and roses will last for many years.

Gardeners will appreciate the thought behind the gift of a rose bush, shrub or shade tree for their garden. New homeowners, too, will be pleased to receive an addition for their garden. Many new, and sometimes rare plants, are available at garden centres.

Most nurseries and garden centres provide gift certificates. These can be purchased for specific plants to be delivered just before the planting season. If you're uncertain of which plants to buy, gift certificates can be obtained for any amount of money, redeemable during the planting season for plants of the recipients choice.

Meets In January

Plans have been set for this year's annual conference of the Farm Safety Association. The conference will be held January 27, 28 and 29, at the Toronto Airport Hilton in Mississaugo.

Opening speaker for the three day conference will be Michael Starr, of the Workmen's Compensation Board. Group discussions and speeches will be centered on the theme "Safety and Dollars". The annual meeting and election of directors of the Association will be conducted during the conference. A ladies' program has also been coordinated for the meeting. Participants will tour Allan Gardens, the St. Lawrence Hall and Market, and St. James Anglican Chruch.

The directors will meet January 27, with registration later that evening, followed by a reception. Conference delegates will also be able to register at 8:00 a.m., January 28. A registration fee of $10 will cover meetings, luncheon, and a banquet dinner and dance.

For further information, please contact the Farm Safety Association, 74 Victoria Street, Suite 903, Toronto, or 2 Quebec Street, Guelph, Ontario, after December 1.

DON IRVINE M.P.P.

From Page 9

both receiving Old Age Pension and Guaranteed Income Supplement is somewhat different, primarily due to a reduction in the Guaranteed Income Supplement of the federal government for married couples. As well, the provincial property tax credit and pensioner tax credits are designed to reduce the impact of municipal property tax on pensioners and can be claimed only once. Without going into all the calculations, it works out very close to $200 per month for each person or $400 for the couple.

Since this will be my final column of 1973, I don't want to miss this opportunity to wish all my friends and constituents in Grenville-Dundas a very sincere Merry Christmas and a Happy and productive New Year. 1973 has been an extremely busy year for me, both as member of the Legislature and as a Parliamentary Assistant to the Minister of Treasury, Economics and Inter-governmental Affairs. It has, however, been a very satisfying and rewarding experience and I look forward to 1974 with the hope that I will be of continuing service to the people of our area.

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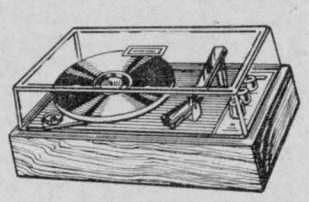
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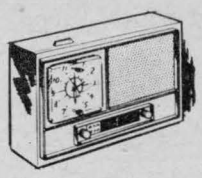


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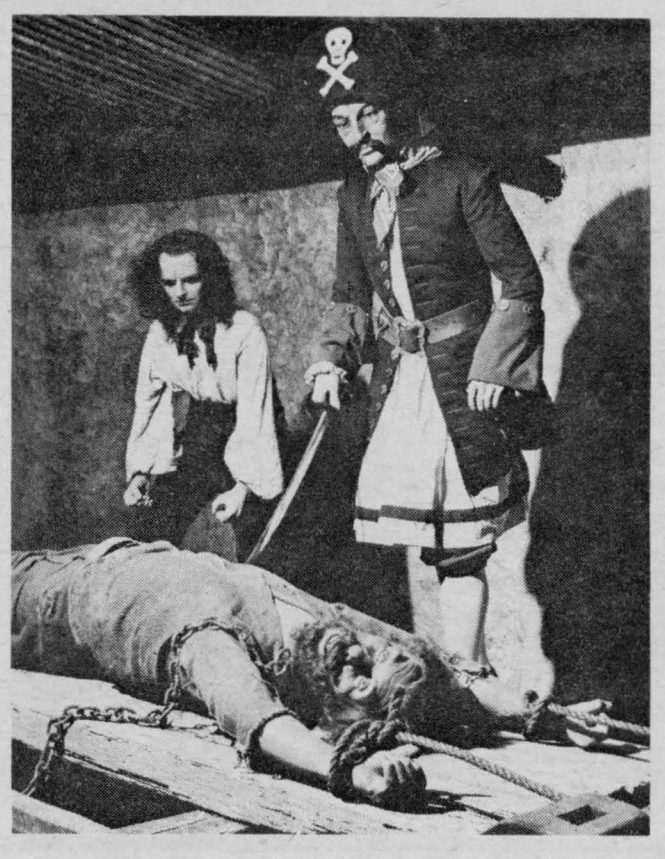


At historic Fort Charlotte in Nassau, capital city of the Bahamas, visitors are guided through tunnels and dungeons which have a storied past. The incredible story of female buccaneers Mary Read and Anne Bonny is evoked nightly at the fort's Sound and Light spectacle. Among other attractions at Fort Charlotte is this waxwork tableau showing a pirate on the rack, being forced into confessing his crimes as a fellow pirate awaits his own turn to be tortured.

Swashbuckling females legends in the Bahamas

NASSAU, Bahamas — The women's liberation movement has made many a headline in newspapers throughout the world during the 1970s.

Back in the 1700s, however, the term was unheard of—but the adventures of two female buccaneers of that era make the exploits of even the most avid women's libber of today seem pale by comparison.

Perhaps nowhere in the Caribbean area is there so much existent evidence of the piracy which terrorized commercial vessels in the early 18th century than among the 700 islands and cays of the Bahamas.

Although villainous pirates infested the entire West Indies, it was the Bahamas capital of Nassau on the island of New Providence that they chose as their headquarters.

But of all the notorious pirates that strutted the Bahamas stage in the early 1700s, none have left behind such a curious, almost incredible story as the two female buccaneers, Mary Read and Anne Bonny. Their original haunts and those of other pirates are scattered throughout the Bahama Islands for visitors to explore and photograph. And their swashbuckling deeds are evoked nightly through the Son et Lumiere (Sound and Light) spectacle in Nassau's ancient Fort Charlotte.

The association Mary Read formed with Anne Bonny was the result of their finding themselves on the same pirate vessel, both fighting as fiercely as any man.

When tried and convicted with others as a pirate, Mary Read was sent to prison, where she died of a violent fever soon after the trial.

Anne Bonny, who was born in Ireland, became involved in piracy as the result of her marriage to a young sailor who took her with him to the Bahamas with the intention of settling there. While on New Providence island she fell in love with Rackam, the pirate, and eloped with him, to follow his "profession".

The day that Rackam was executed, he was permitted to see his sweetheart. But instead of receiving comfort he was callously told that she was sorry to see him there but if he had "fought like a man, he would not have been hanged like a dog".

Anne Bonny served a prison term and details of her life thereafter are unknown.

Low Valued Definitives

Canada's new set of low value definitive postage stamps features Her Majesty Queen Elizabeth II on the 8¢ value and gives recognition of our historical heritage through the portrayal of six former prime ministers on the 1¢ to 6¢ values.

It is especially appropriate that a new stamp bearing a portrait of Her Majesty Queen Elizabeth II should be issued in 1973 as her two visits to Canada this year have focussed more attention than usual on our monarch and have reminded us of our country's role in the Commonwealth. It is also appropriate in that 1973 marks the 20th anniversary of Queen Elizabeth's coronation on June 2, 1953.

Sir John A Macdonald was a major formative influence in the union of the original four provinces and the first prime minister of the Dominion of Canada. His declared preference was for a strong national federation rather than a weak decentralized union of powerful provinces, and he sought at all times, through the division of legislative powers and the organization of the new federal institutions, to ensure the primacy of the new Dominion. During his two terms as prime minister, 1867-1873 and 1878-1891, he worked also for territorial expansion and international recognition for the new country.

On the crucial issue of English-French relations, Sir Wilfrid Laurier, prime minister from 1896-1911, saw the fundamental necessity of building up an egalitarian bi-racial political party. Laurier's greatest achievement lay, perhaps, in the direction his leadership of the Canadian Government helped give to the development of the British Empire. By thwarting all schemes for turning the Empire into a closely integrated political or economic unit, the colonies gained the time needed to grow to national maturity and the Empire developed into the loose association of nation-states we know as the Commonwealth.

Sir Robert Laird Borden, prime minister during the First World War, was an outstanding proponent of Canada's right to be heard as an independent nation in the councils of the world. He brought to his life-work a high sense of duty, a capacity of unremitting hard work and a wide and statesmanlike view of Canada's capacities and future. Borden conceived of Canada as a mature nation playing an appropriate part in the troubled international politics of the twentieth century. He sought to make Canadians realize and accept their new international responsibilities.

William Lyon Mackenzie King seemed to sense intuitively what would be acceptable to the majority of Canadians. During his three terms in office (1921-26, 1926-30 and 1935-48) his fundamental policy, like Macdonald and Laurier, was maintaining a political party within which English and French could work together harmoniously. King initiated with Great Britain negotiations which led to the passing of the Statute of Westminster. This statute formally gave to the Canadian Parliament the right to pass and enact legislation. In 1947, he was admitted to the Order of Merit, the first Canadian to receive this honour.

Richard Bedford Bennett, who became prime minister early in the Depression on a platform based on Imperial preference and unemployment relief, served from 1930 to 1935. In 1934, however, he became convinced that tariff changes and direct relief could not end the Depression and announced that the days of laissez-faire were over and that the state must take an increasing part in the control of economic life. Bennett completed the work begun by King by settling the amended terms of the Statute of Westminster. His government also initiated negotiations with the United States for the construction of the St. Lawrence Seaway.

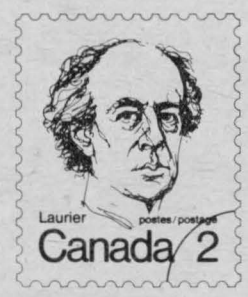
Lester Bowles Pearson is remembered and honoured for the work he did to advance Canadian unity. It was his government that gave Canada its first distinctive flag. In the many important positions he held in national and international organizations, for example as president of the 7th General Assembly of the United Nations, he showed his remarkable talent for finding a formula for the conciliation of opposing interests. This talent and his powers of persuasion made him one of the great negotiators of his time and resulted in his being awarded the Nobel Peace Prize. Pearson was prime minister from 1963 until 1968.

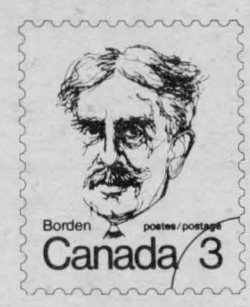
The former prime ministers and the denominations on which their portraits appear are as follows:

one cent - Sir John A Macdonald
two cent - Sir Wilfrid Laurier
three cent - Sir Robert L. Borden
four cent - William Lyon Mackenzie King
five cent - R.B. Bennett
six cent - Lester B. Pearson

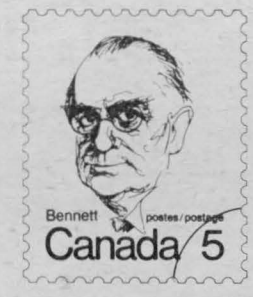
The design of the eight-cent definitive is the first ever given royal approval on Canadian soil. The design was approved by Queen Elizabeth on July 1 1973, during her visit to Canada. Traditionally, proofs of stamps bearing the monarch's portrait are sent to Buckingham Palace for approval.

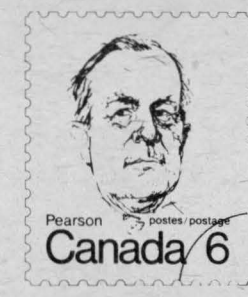














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No matter what sandwich choices are offered, most children usually reply "peanut butter, please." Making peanut butter sandwiches on a daily basis can become pretty uninspiring. Maybe it would help to know that peanut butter is good for your child. Peanut butter is an economical source of protein, say food specialists at the Ontario Food Council, Ministry of Agriculture and Food.

The "Guide to Good Eating Every Day," prepared by the University of Toronto's Department of Nutrition, classifies food into four basic groups: milk and milk products; fruit, and vegetables; meat and alternates; cereals, bread and pastas. Examples of one serving from the meat and alternates group are: four tablespoons of peanut butter; 3 to 4 ounces of meat, fish or poultry; 2 eggs or 1 cup of baked beans. For children under 10 years (and persons over 60 years), 1½ servings from this group will supply their daily protein needs. Older children and adults require 2 servings a day.

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