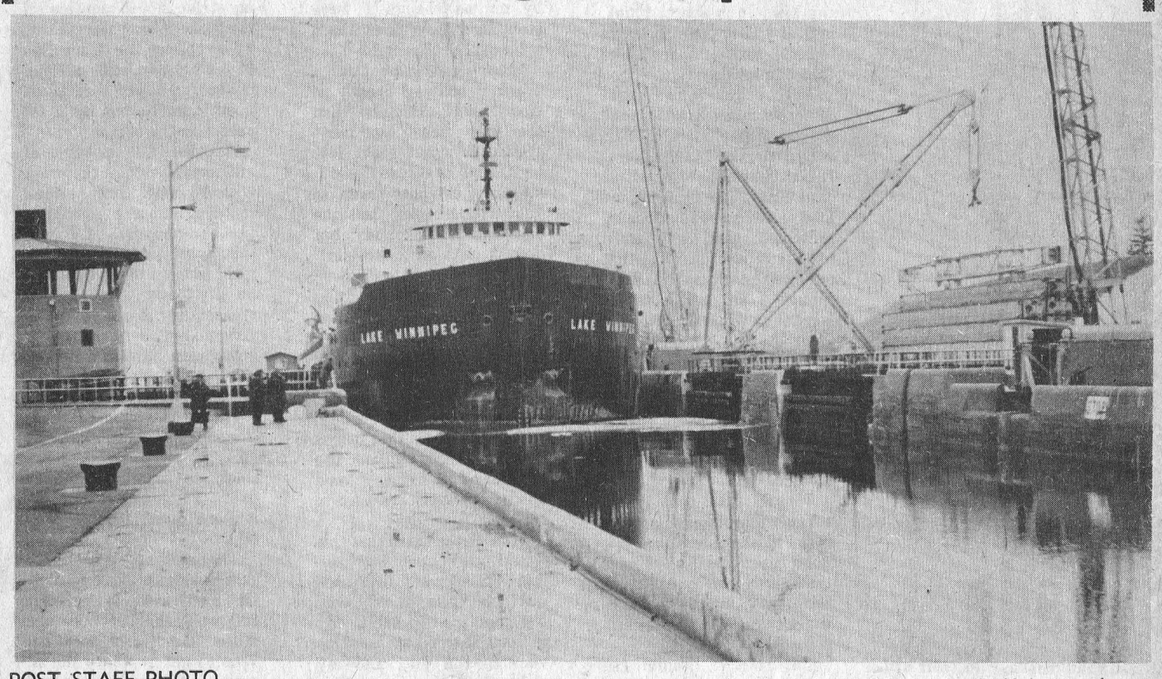
PRICE 15c

The Iroquois Post

VOLUME LII—No. 40 SECOND CLASS REGISTRATION 1361 Wednesday, March 26th, 1975

Lake Winnipeg First Vessel Through Iroquois Locks



POST STAFF PHOTO

At 1:30 p.m. Tuesday, March 25th the 700-foot grain carrier Lake Winnipeg opened the Seaway at the Iroquois Locks after a wait of five and a half hours due to fog and poor visibility. She cleared the locks and entered Lake St. Lawrence at 1:45 p.m.

White Water Canoe Race Promises to be Exciting Event

If you're headed for Eastern Ontario come mid-April, bring along your canoe.

Enter the Great Raisin River White Water Canoe Race and sense the spirit of the early fur traders, hardy Indians and coureurs-de-bois.

Enjoy the fun of competition alongside high school seniors and university grads, doctors and lawyers, farmers and fishermen young and old, male and female, all out for the love of the sport

Essential as a mode of travel in Canada's early days the canoe with many a by-gone necessity like the fireplace and coal-oil lamp, is being revived in appreciation of its one-time greatness.

WATER PASSAGE OF THE EARLY FUR TRADERS

The Raisin River springs forth in Stormont County and flows on through Glengarry, emptying into the St. Lawrence at Lancaster.

Officially the "Riviere aux Raisins", the waterway was so dubbed by the early French-speaking fur traders because of its black or raisin colored water, but to many of the folk along its borders, it is known only as the "Black River."

The route, approximately 21-miles long, extends between St. Andrews, just a few miles north of Cornwall and Williamstown, about 70 miles west of Montreal. One of the major hazards is at the half-way mark at the bridge in Martintown.

Here, contestants must challenge the dam and master the churning waters below. This is the most exciting viewing point on the route and crowds gather in hundreds at this site to behold their nature boys glide on in glory or dunk like doughnuts.

OH TO BE A-PADDLING, NOW THAT APRIL'S HERE

The race starts at one o'clock rain or shine on a Sunday afternoon in the latter half of April when the water is at its high level

It is an ideal opportunity to herald the springtime in the great outdoors. Buds are bursting, birds are singing and the scent of the fresh springtime air arouses the spirit of all who venture forth.

Methinks that famous Indian Poetess, Pauline Johnson who immortalized the canoe in her beautiful poetry somewhere hovers nigh the bobbing craftsmen listening to the song their paddles sing as they dip under willows and then behold as did the poet Longfellow "The whispering pines and the hemlock."

ORIGINATED WITH CONSERVATION AUTHORITY

The Raisin River White Water Canoe Race is sponsored by the Raisin Region Conservation Authority. This rugged event is for outdoorsmen who seek to combine a competitive sport, a love of Mother Nature and the potential of this historic area into one pleasurable package.

In each of its first two years over 35 canoes were entered and now in its third year a response of three times that number is expected

THE WORLD'S LONGEST GRANDSTAND

At least ten miles of roadside borders the Raisin River where the crowds may gaze below on their muscled athletes somewhat like the early Indian braves, their tanned backs glistening in the sun, their flowing locks bound by headbands. From bridge to bridge the spectators drive, cheering their favorites as they paddle underneath

ON EITHER SIDE THE RIVER LIE REMEMBRANCES OF DAYS GONE BY

The canoe route flows through open farmland which probably has more historical markers per square mile than any other spot in Ontario. In St. Andrews West by the final resting place of men like Simon Fraser, the renowned Canadian explorer and John Sandfield Macdonald, Ontario's first premier the canoeists are launched five abreast at one minute intervals.

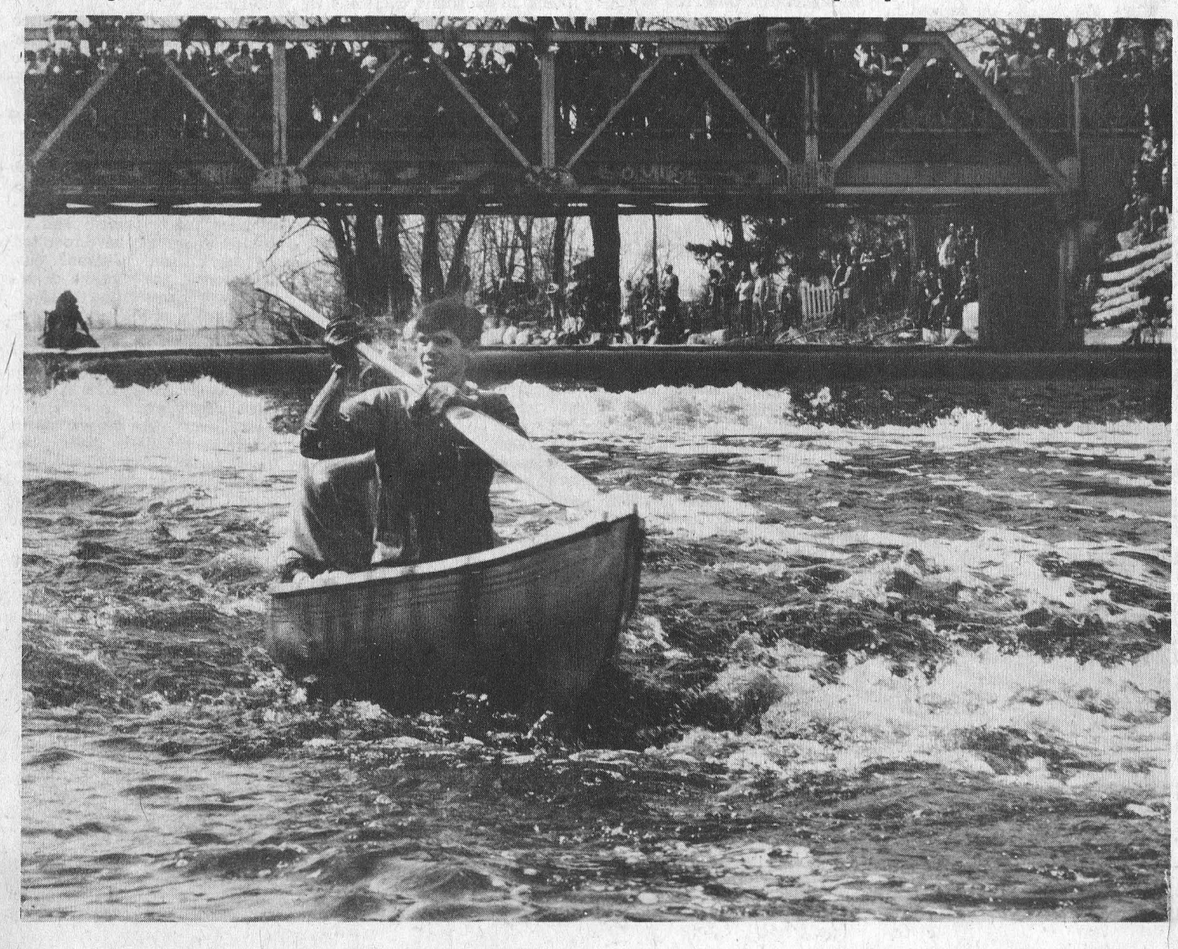
By rugged old mill sites and the lovely old Fraserfield estate they glide, on by Williamstown Fair Grounds (the oldest continuous country fair in Canada), the Nor'Westers' Museum and then to the finish line at Sir John Johnston's mills.

STRICTLY AN AMATEUR EVENT

The rules are simple. Entrants must be 16 or over. Only open canoes will qualify Only two to a canoe, with lifejackets. Trophies are the only reward. Registration is open up to the start of the race.

At the conclusion of the race, entrants, officials and spectators will gather in St. Mary's Parish Centre in Williamstown for a hot meal quite unlike the "pemmican" that was the mainstay of the early canoeists who first cruised down the river on a Sunday afternoon.

see CANOE - pg. 3



Bill 81 -Tax Milestone

Tax grants totalling $23,490.00 have been disbursed by The St. Lawrence Parks Commission to 15 Townships under the provisions of The Provincial Parks Municipal Tax Assistance Act 1974.

Bill 81 enacted by the Ontario Legislature provides for Tax Assistance Payments to Municipalities in which are located 1 or more Provincial Parks. The amount of the grant is $5.00 per acre for each of the first 100 acres of each such Park and $2.00 per acre for each acre in excess of 100 acres up to 10,000 acres and $.50 per acre for each acre in excess of 10,000 or $100.00 which ever is greatest.

The 15 Townships in which Commission Parks are located have received Tax Assistance cheques. These include the Twp. of Kingston Twp. of Wolfe Island Twp. of Front of Leeds and Landsdowne Twp. Front of Escott, Twp. Front of Yonge Twp. of Edwardsburgh Twp. of Elizabethtown, Twp. of Adolphustown Twp. of Ernestown Village of Bath, Twp. of Williamsburg Twp. of Osnabruck Twp. of Cornwall, Twp. of Charlottenburgh and Twp. of Lancaster.

Clarke T. Rollins M.P.P. Hastings and Chairman of The St. Lawrence Parks Commission was particularly pleased with this further financial aid to the Municipalities affected pointing out that a considerable number of other benefits have resulted from the Commission's operations.

Mr. Rollins stated that, in total, annua wages paid to Commission employees are in excess of $2 million, and are spread over 40 area Municipalities. Goods and services purchased by the Commission in the area are also a significant factor.

The Chairman referred to the all important position of the Commission within the Tourist Industry and its priority objective to make the maximum contribution to the economic and cultural welfare in its impact area. While 35 million visitors have been hosted at Commission sites during the past 13 years, Mr. Rollins said there is an enormous potential in the future and that the Commission is determined to realize that potential through sound long range planning and in working closely with Municipalities and the private sector.

Public Reaction to New Eastern Provincial Park

Over-development and possible nutrient pollution of Big Rideau Lake were the main concerns expressed during public meetings on the development of the new 2,9000 acre Murphys Point provincial park near Smith Falls. Among several excellent suggestions from cottage owners town residents nature clubs and trail groups was one to design some facilities for the physically handicapped and patients at the Rideau Regional Hospital School.

Ontario Ministry of Natural Resources staff were enthusiastic and said immediate consideration would be given to special designs of such things as a nature trail a parking lot and washroom facilities

The meetings, held in Perth on Monday night and Smiths Falls on Thursday night, are the first of several where the public and Natural Resources will review and discuss the planning of Murphys Point. The new park will be open, if not fully completed, by next year.

Regarding over-development and pollution Natural Resources staff assured everyone the park was to be a low intensity use "natural environment" park rather than a "recreation" park.

According to Resources park categories "natrual environment" parks are reserves for outstanding natural and historical features with emphasis on low impact activities such as hiking, nature study and picnicking. Moderate emphasis is placed on camping and swimming. Compared to "recreation" parks such as Silver Lake and Fitzroy there is a minimum of development.

Wim Vonk Lanark's Natural Resources district manager said the area on the north shore of Big Rideau Lake, 14 miles south of Perth, did not seem suitable for heavy public traffic. Planners have studied the area for the past six months

In a slide presentation it was

see NEW PROVINCIAL - pg. 7

O.P.P. REPORT Beware of Repair Cheats

The Ontario Provincial Police warn that with the approach of warm weather, building repair cheats will be active across the province. These gyp-artists prey on the elderly and unsuspecting home owner, overcharging for roof, chimney, siding and driveway repairs.

If you are approached by anyone to contract for repairs be sure they represent a legitimate and responsible company. Sign nothing and pay nothing until you are sure that you are dealing with an honest, established businessman. Remember, a reputable contractor will not usually demand a large deposit before starting a job.

If you don't know the contractor - don't trust him. Check on his reliability. Should you have any doubt contact your local police department or nearest detachment of the Ontario Provincial Police.

Dairy Farmers to Receive Increase

TORONTO - Ontario dairy farmers who produce milk for table use are to receive an additional $1.16 per hundredweight for their milk effective April 1st.

In announcing the increase in returns to the Province's 8,500 fluid milk producers the Chairman of the Ontario Milk Marketing Board, George R. McLaughlin stated that for several years the Board has set the price to its producers on an economic formula.

"Recently available information on production costs" he said, "indicates that milk producers require an immediate increase in price to offset cost increases and bring milk producers' incomes closer to parity with those of industrial workers. The base value of the formula has been revised to bring it more in line with current cost and income conditions and more nearly reflects the amount of returns required to provide adequate incomes to milk producers."

Mr. McLaughlin also said that the new price levels should guarantee consumers adequate milk supplies for the months ahead.

"The current values of the economic formula," Mr McLaughlin said "indicate that the price of milk should be in the order of three cents per quart higher than now exists."

The increase in the producer price is about 10 1/2 %. The total increase to the consumer will be three cents per quart plus whatever amount the dairies and stores add on to cover their requirements. There is no government regulation in Ontario controlling the level of consumer price and therefore the total amount of the increase, in addition to the producer portion is dependent on the forces of competition.

"For this reason," Mr. McLaughlin said, "we do not know what the final consumer price increase will be."

The $1.16 increase per hundredweight raises the farm price for raw milk in Southern Ontario from $10.85 per hundredweight to $12.01 per hundredweight and in Northern Ontario from $11.42 per hundredweight to $12.58 per hundredweight.

News Briefs

OPP Lay Charges in Break-ins

The OPP have charged seven juveniles with breaking and entering and theft in connection with three of the four recent break-ins at Ronney Feeds in Iroquois. Charges have also been laid against two adults, ages 16 and 17 for their part in the fourth break-in.

Rooney Feeds has been victimized by petty theft since September. Total losses from all four burgalries have amounted to $40 and damages have been of a minor nature.

The OPP also reports filing of charges against one adult for selling liquor to minors in Iroquois.

The force is keeping a close watch on local liquor outlets to prevent any more such sales.

Bell Distributes Iroquois Directories

IROQUOIS - Bell Canada started distributing the 1975 white pages directory in the Iroquois area on Saturday, March 22nd.

In the interests of conservation, Bell plans to hand out only one directory per residence this year.

"However if anyone needs another directory they can get it by calling a number that is listed on a se
on a special notice enclosed inside the front cover of every directory" said Barry Mason, Bell Canada Manager.

"We have taken surveys which show that most residence subscribers want only one directory," he added.

"Bell's change in policy reflects the company's concern for cutting down on pollution and for the need to conserve our natural resources."

The new policy of one directory per residence does not apply to business subscribers.

"However, they have been canvassed to identify as closely as possible their specific requirements," said Mr. Mason.

The introductory information pages of the directory have undertone a change in format.

"A new type face and a new arrangement of the information makes these pages easier to read and it's easier to pick out the information you want" Mr. Mason said.

Delivery of the 1975 directory should be completed by about Friday April 4th.

St. Andrews Launches Building Fund Drive

The Congregation of St. Andrew's Presbyterian Church Spencerville have launched a Financial Drive to raise $81,000.00 for the rebuilding of their Church which was destroyed by fire on Thanksgiving week-end October 13, 1974.

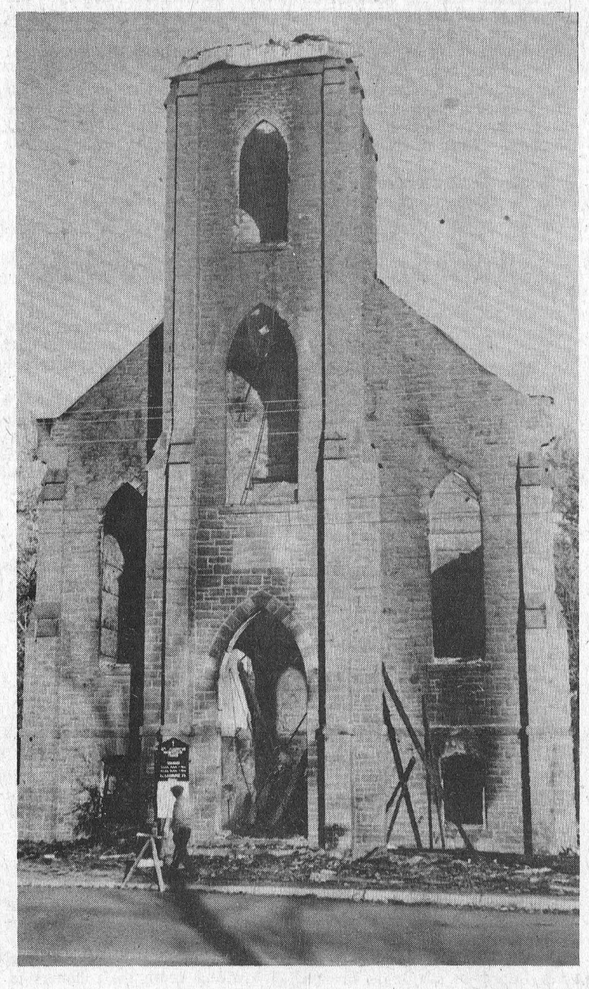
This historical landmark on Highway 16, which was originally built in 1877, is on the site of where two previous buildings have stood as the home of Presbyterianism in Spencerville since around 1830. The congregation, which was the first extension work of the Presbytery of Brockville, was officially formed in 1835 and met in the church which was built before that date The land for the church was given by the founder of Spencerville Mr. Spencer.

The Congregation at a meeting on February 28, 1975 approved the Architects plans and estimates of cost and this past week final approvals were given by the Presbyterian Church Architecture Committee, The Presbytery of Brockville and the Presbyterian Church in Canada. Working plans have now been started

In launching the Financial Drive it was pointed out that a concerted effort is to be made to raise as much as possible by the end of April, because at that time decisions will have to be made as to how much of the project will be able to proceed and if funds are lacking how much will have to be deferred.

The appeal amount of $81,000.00 is what is required over and above insurance and donations to date.

Anyone wishing to make a donation to help rebuild this historic landmark and to raise the steeple once again in Spencerville, can do so at any branch of the Royal Bank of Canada or by sending your donation to St. Andrew's Building Fund Box 38 Spencerville, Ontario. K0E 1X0. Receipts for income tax purposes will be provided.



the EDITORIALS

The Iroquois Post
AND MATILDA ADVOCATE
Published by:
IROQUOIS PRINTING LIMITED

James Morrison, President
Published Every Wednesday at Iroquois, Ontario
Member of CWNA Member of OWNA
Subscription Rates: $6.00 Year In Canada; $7.00 In U.S.

A tribute to minor hockey

This week's Game of the Week ends the Iroquois Post's photo coverage of regular season minor hockey play.

Having covered throughout the season each of the teams representing Iroquois, has left us with a sense of admiration for the men who donate so much of their time and energy to the youth of the community.

The coaches, managers, referees, statistitions, executive and all those whose tireless efforts have made the league a success deserve a vote of thanks which is hard to measure or express.

Perhaps the best yard-stick of their achievement has been the reaction of the boys themselves. A spectator at any of the games has only to watch their facial expressions, both on the ice and the bench to understand what the game means to them.

Few people, we think, fully realize the amount of time and personal sacrifice those involved in minor hockey must make. Some form of showing our appreciation would seem to be in order and we can think of no better way than to attend as many of the upcoming play-off games as possible.

See you at the game.



Walter Baker, M.P.
Reports to Grenville–Carleton

Strike and Canada's Trade

On March 19th, John Fraser M.P. (Vancouver South) Progressive Conservative labour critic, moved to adjourn the House of Commons immediately, for a special emergency debate on .. "the present work stoppages which have ended all grain shipments from Canada affecting grain deliveries to all foreign countries, creating increasing unemployment, the loss of orders of grain and the grave potential for the loss of foreign grain customers generally."

When the House met at 8:00 that evening to debate the motion, Treasury Board President Jean Chretien made the following announcement...."the PSAC strike has been settled. I did not want to say that before or play any games with anybody This afternoon at 2:00 we were making good progress. I did not want to disturb the chance of having a settlement. We have signed a contract for 26 months. A joint press conference is being held between the unions and the negotiator for the Treasury Board at the present time The terms will be announced there. It is for 26 months and I hope it is a good deal for both parties."

The press conference was held. Union and Treasury Board negotiators announced that the agreement granted a 29.25% wage hike over a 26 month period, but it had to be ratified by the workers. By 8:00 the following morning, 166 grain weighmen and samplers at Thunder Bay, Ontario, had announced that they had voted. unanimously to reject the tentative contract settlement and would continue their strike at the Thunder Bay terminals

The Cost to the Country

For six weeks, the country has been the victim of a strike, which amongst other things, has completely shutdown any movement of grain. February 1975 Bank of Canada Review figures show that the volume of our wheat and wheat flour exports (number of bushels) declined 20.5% during the first 3/4 of 1974 as compared to the first 3/4 of 1973. Using 1973 prices as the basis for comparison, this has cost the Canadian economy something in the order of $300 million already.

Grain shipments were completely shut down for 11 of the first 33 weeks of the current crop year. There have been only two occasions, since August 1, 73, when vessels have not been waiting to load at the port of Vancouver Canada sells approximately 60 million bushels of wheat annually to Japan. Because Canada was unable to meet her export commitment, Japan has now gone to the United States By the end of the 1973-74 crop year, Canadian farmers had incurred a record $17 million in demurrage fees. They are expected to be dramatically higher by the end of the 1974-75 crop year.

Although the federal government legislated an end to similar strikes in 1972 1973 and 1974 the Prime Minister told the House of Commons on March 18th that he did not view the possibility of Parliament being called to end the PSAC strike as there was no urgency involved.

RESPONSE TO THE GOVERNMENT

The President of the Vancouver Grain Exporters Association replied to this in a telegram to the Prime Minister the next day, which reads ... "Your office is quoted today worldwide for having stated yesterday "public interest has not yet been hurt enough to warrant government intervention" Having at heart the whole Canadian grain trade both east and west from Ottawa, we find such statement if correctly quoted, bordering aberrance. During the crop year started August 1, 1974, grain exports ex Vancouver have been stopped by strikes during 68 working days out of 165 based on five day week less holidays, or during 41.2% of straight time."

I spoke during the special emergency debate and said "I do not think there is really any doubt in the mind of any member of the House that what we are dealing with is truly in the national interest, not only in relation to grain but in terms of the continued operation and good faith of one of the most important commodity operations in this country and the world."

In dealing with the root causes of much of our industrial strife I said..."we could set up all the machinery we wanted have all the good faith we could get and build everything into the system that man could devise, but unless we are prepared in this country to tackle the problem that is causing some of our difficulties, namely, the fear in organized labour, public servants and people on fixed incomes that their incomes will just not keep up with the cost of living, there will never be any real industrial peace in this country." .. We charge the government with the responsibility of delivering solutions to our problems. So far, this government has failed to do that - and that is at the heart of our problem I hope the members of the Liberal Party who have sat through this debate will take that message to their caucus."

THE ECONOMY

Canada cannot afford strikes of this nature. All economic indicators show that we are sinking into a recession February 1975 inflation figures showed our cost of living had increased over the year by 11.8%. Unemployment was at a high rate of 6.8% over the year representing on a seasonally adjusted basis, 676 000 Canadians out of work.

Although Finance Minister John Turner originally predicted "a real increase in Gross National Product of 4 to 4 1/2%" in 1974 GNP year-end figures showed a real growth of only 3.7%. Between the fourth quarter of 1973 and the fourth quarter of 1974, there was real growth in the economy of less than 0.3% - the worst quarterly performance since the 1960-61 recession. Our annual trade deficit stood at $2.5 billion at the end of 1974 and under the present Minister of Finance our current account trade balance has shifted to a three year average deficit of over $1 billion.

THE NATIONAL INTEREST

Strikes are of no assistance in solving these problems. As Mr. Fraser said in his speech on March 19th.. "if it was in the national interest in 1972 just before the election to pass special legislation for keeping the grain moving why has it not been in the national interest in the last several weeks to take action...remember the arguments put forward by the present Minister of Labour (in 1973).. he said at that time that conditions in the country were affecting the national interest...in 1974, during the election campaign, relevant sections of the Canada Labour Code had to be invoked to make sure that the grain handlers did not go on strike.. in October 1974, Parliament legislated the grain handlers back to work. It was said that that action was in the national interest as we could not afford to see grain movement stopped. In the present instance the government has for weeks refused to act even though the scales, to use the Prime Minister's phrase, had definitely tilted against the national interest."

To ski or not to ski

THIS may seem an odd time of year for it, but I'm being torn between two old adages.

That is better than being torn between two old harridans, but not much.

At my age, of course, the chances of being torn between two young harridans is rather slight.

As a matter of fact, there hasn't even been much of a line-up of old harridans lately, so I guess I'll have to settle for those two old adages.

One of them goes thus: "There's no fool like an old fool." As adages go, it fills the bill. It is short, blunt, and, if you happen to be an old fool, brutal. I don't like that one much.

The other one says: "There's many a good tune played on an old fiddle." This is also short and to the point. It is usually delivered with a wink and a leer by some old fool of either sex, speaking of which, that is what it usually refers to. I like that one better than the first, though I am not given to leering or winking. Not for years.

Anyway, to get to the heart of the matter, I've taken up cross-country skiing and those ancient adages ride with me, one on each ski. They are heavy, as well as old.

When I state that I have taken up cross-country skiing, I must confess that it is not a reciprocal deal. I have taken it up only once, and it has taken me down more times than I care to contemplate.

But that's beside the point. Cross-country skiing is not for everybody, though you'd never know it on a Sunday afternoon.

No, it's really a sport for us romantics, the few of us left who are loners, who have a fierce, overwhelming urge to pit our muscles and will against a fierce and alien Nature.

Even before I strapped on the skis, I knew I would love it. Pictures rolled through my mind like a film, with me in the major role. Gliding, swift and silent, along a lonely winter trail. Slipping through the stilly woods like a wraith. Stopping on a peak for a belt of brandy and a munch of bread and cheese, before plunging, eager-eyed, into the terrible, hurtling danger below.

It's a tough world for us romantics. For some reason, the picture seldom lives up to the advance notices.

I didn't exactly glide, not at first. I sort of shuffled, rather like an old man with a double case of gout. Nor was the trail really lonely. Not if you count dogs, little children, and old ladies who came up from behind, shouting, "Track!" and went by me as though I were standing still. Which I was, a good deal of the time.

Stopping on a peak for a bracing, solitary brandy is also a little difficult, when the only peak for miles around is about eight feet high, and is already populated by eleventy-seven of your friends, every last one of whom loves brandy, but doesn't have any with him.

Not to mention those woods. It's hard to keep them stilly, when every time you get anywhere near a tree, everyone in sight shouts, "Timber-r-r-r!"

I have taken up other sports, like golf and curling, and have learned that unless he is extremely vigilant, the beginner may develop some bad habits which are hard to shake.

I was determined that this would not happen with skiing. On my very first time out, I thought I was developing a bad habit. My left ski seemed to want to veer to the left, and my right ski to the right. This seems logical enough, but it was not conducive to skimming along the trail, especially when the skis took turns falling off the boots.

Quickly, I checked the harness. Sure enough, the chap from whom I'd bought the outfit had put it on cockeyed. My toes fitted into it, but my heels didn't even touch the skis. They were dragging in the snow. Right there, I decided to Raise Cain with the installer.

Fortunately, a friend came along. When he noticed that my skis seemed to want to go in opposite directions, he suggested that I had them on the wrong feet. This was patently ridiculous. A ski is a ski and a foot is a foot. But he persevered. Sure enough, the ski I'd had on my right foot was marked with a large L, for Left, and vice versa.

Once that bad habit was resolved, I was skimming along like a bird. Dodo?

I had a couple of other bad habits, but I solved them swiftly. One was jabbing my ski pole into my ski instead of into the snow. This tended to throw me off my stride, not to mention off my feet. I put a stop to this by wrapping the sharp tips of the poles in wads of foam rubber. They're not much good in snow, but it's a lot easier on the skis.

Another was a habit of making the sign of the cross with my skis. This seemed to bring about a precipitation, or downfall. I solved this by cutting off my skis right in front of my boots. I hardly ever get them crossed any more.

Some people have trouble getting up hills. I don't. I use the Doppelganger method (hands and knees).

All in all, it's a fine, bracing sport. Here and now, in public print, I am ready to take on anybody over a 50-meter course. Anyone under four or over 80.

There are only a couple of things I don't like about it. One is my wife. When I get 200 yards behind her, she stops and waits for me. When I get to where she is, on my last breath, she's had a five-minute rest, and takes off.

Another thing, more embarrassing than otherwise, occurs when I get off the trail and hide behind a tree, trying to get the blood out of my eyes and my heart out of my ears.

A couple of young punks sail by, and I overhear, "Jeez, it used to be stilly in these woods, but nowadays there seem to be great, noisy gusts of wind." Little do they know it's only old Smiler trying to get his breath back.

I've come to a decision. Either I quit smoking or I quit skiing.

Anybody interested in a pair of almost brand-new cross-country skis?

The Argyle Syndicate Ltd.

Bill Smiley



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

Strong-Triple A Credit Rating

The Throne Speech marks a change from one legislative session to another. It can represent a change in the direction of government policy or the development of some new policies. On March 11, 1975 the Honourable Pauline McGibbon, the Lieutenant Governor of Ontario, opened the Fifth Session of the Twenty-Ninth Parliament.

For many years a prosperous and ever growing provincial economy permitted the Ontario Government to fulfill its goals. Strong and consistent economic growth was the key ingredient in establishing a level of services and a broad range of programmes for Ontarians. We in Ontario are fortunate to enjoy an economic growth rate of 3.5% compared to 1% for Germany, 2.2% for the U.S. and 3.3% for Japan In the past two years public debt has been reduced. Moody's Investors Services, Inc. last autumn alloted a Triple A credit rating for the manner in which fiscal policy has been handled and for the long range potential of the Ontario economy.

The scope and impact of inflation on the international and domestic fronts has produced a dramatic change in our long prevailing prosperity. People regardless of their location, income or occupation have personally experienced the ravages of inflation on their own pocket books. Because of these changes many critics have started a campaign of doom and gloom about the impending economic collapse. What is needed instead is strong, well informed and decisive government leadership to meet the twin challenges of inflation and recession. What is also required is moderation and restraint on the part of all citizens in wage negotiations and in the pricing of goods and services.

When the Budget is brought down on April 7th, I think that much clearer position of provincial economic policy will emerge and the specific economic measures will indicate the type of leadership that is necessary to direct public affairs in these challenging times.

When the Gobernment appeals for public moderation and restraint in economic decisions, it can in no way be translated as retrenchment. At this time society cannot simply forget its obligations to those most hurt by inflation. In this regard Ontario will ensure protection of those whose social benefits are most severely affected by inflation. The Government intends to examine with greater care the costs of all activities and programmes to get the maximum value out of each public dollar.

Certainly our greatest concern for the future of our economy cannot completely overshadow the importance of other priorities in housing agriculture and soical services. To meet the ever-increasing demand for housing greater financial assistance will be provided to encourage more home-ownership throughout the province.

Agriculture has always played a tremendous role in the provincial economy. Now the farming community will receive even greater encouragement to increase food production. While the farmers accept this responsibility, the general public has to understand that farmers must be adequately compensated for their labour and investment. There must be a greater degree of economic security provided so as to help farmers increase food production. No longer is it satisfactory to have large crops surpluses and overproduction which in turn leads to declining farm incomes. The challenge of removing the humps and valleys of farm income will be met squarely in the upcoming session to provide farmers with reasonable assurance of profitability of their enterprise.

The introduction of the office of an ombudsman will continue as part of existing policies to open up government and to overcome the complexity of government institutions. Legislation will be brought forth to establish the office of the ombudsman. The ombudsman will be responsible to protect the rights of citizens in dealing with government and to remedy and injustice which may have resulted for any citizen. Citizens must not become the victims of arbitrary judgement and rigid administrative practices. The experience of many countries reveal that the ombudsman has proven to be a worthwhile advancement in the protection of individual rights.

The Government recognizes the problems which lie ahead. Yet the times require sound and competent policies and programmes to meet these problems. And positive, confident and moderate leadership can show the way.

Letters to the Editor

Hope for Nursing Home in Dundas County

Dear Sir,

We in Morrisburg have the hope of a Nursing Home for the County of Dundas and the need for encouragement of the people of Iroquois and district to support this project.

Word has been given to begin negotiations for putting an option on a certain piece of land. This is for the purpose of building a Nursing Home in the County of Dundas

It may be added here that Dundas is the only County between Glengary and Leeds that does not have a place for any sick people who have to leave Hospital because of the need for beds for other patients. A Nursing Home is the only answer for those who urgently need after-Hospital care, and who without the benefit of anyone at home to assist. Morrisburg needs your help to make this possible for this very needy matter along with all the County.

Thanking you
Sincerely,
(Rev) W.A. Adam

Appreciation expressed

Dear Sir:

"Heart Month" in Canada is now over, and on behalf of the Canadian Heart Fund, Ontario Division, please accept our sincerest appreciation for your co-operation and assistance during our financial campaign in February.

Our objective this year was $3,600 000 and although all returns are not in due to the disruption in our postal service, we are quite hopeful that our objective will be attained.

Without your willing co-operation in communicating our needs to the public, the Canadian Heart Fund would not be able to express such an outlook.

Heart disease is everyone's problem - and again our thanks for helping us bring to the attention of the public, that - research should be everyone's responsibility

With best wishes.

Yours very truly
Canadian Heart Fund, (Ontario Division) Esther M. Richards, Director of Public Relations.

Letter to the citizens of Iroquois & Matilda Township

Iroquois and Matilda has been home to my family for a good number of years. For this reason I have a very warm feeling for the people of this area especially the members of those families which have been touched by that dreadful disease, Cancer.

As chairlady of the Iroquois Branch of the Canadian Cancer Society I have deep concern for the future of our local branch. During our annual canvas we do not raise sufficient funds to meet our needs. In 1974 we collected only $500 00 and provided approximately $1,000.00 worth of services.

Transportation cost for cancer patients accounted for most of last year's expenses. Your local unit provides a transportation allowance to assist patients with travelling from their homes to Clinics in Kingston and Ottawa. This assistance is available to any area patient who has difficulty in arranging transportation financially or otherwise.

To those of you who are well and able to contribute the Iroquois Branch of the Canadian Cancer Society solicits your support to help us continue our service to the community.

Our 1975 objective is $1,500.00 I am personally starting the drive with a $100.00 donation. To me, this is in appreciation for the services the local unit provided to my family in the past. How about you? Remember cancer can be beaten. Give us your dollar support.

Vi Milligan.

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ANNUAL SMORGASBORD DINNER AND DANCE

Saturday, April 12th, 1975

NORTH DUNDAS DISTRICT HIGH SCHOOL

SYLVESTER McDONALD ORCHESTRA, Cornwall, Ont.

Dinner 7-9 p.m. — Dancing 9 p.m. - 1 a.m.

Admission $4.00 per person

—Door Prizes—

Tickets available from the following Milk Committee members:

Lee MacIntosh, Gerry Burgman, Doug Irvine, Lorne Strader, Dwight Gilmer, Carl Smith, Doug Coons, Harold Pemberton, Alison Fawcett, Bruce Garlough, Stan Baldwin, Lloyd Gallinger

Shut-off sale of Tickets, April 8th, 1975

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HERVE PLANTE

How to Make Maple Syrup in Your Own Back Yard

Looking for an excuse to putter outside on those beautiful spring Saturdays when it's too slushy and cool to paint, garden or wander about without looking aimless?

With a few household utensils, personal or borrowed and some neighborhood maple trees, you can tap and produce enough maple syrup for several weekends of **pancake breakfasts.**

The time to tap? On warm sunny days when temperatures hit about 45 degrees Fahrenheit after a night of below freezing temperatures hit about 45 degrees Fahrenheit after a night of below freezing temperatures This is when sap flows best.

Here's a step-by-step guide

1) Select trees to tap that are **more than 10 inches in diameter** at breast height or as professional foresters put it, 10 inches dbh. Sugar maple and black maple growing in the open with large crowns or tops are the best sap producers.

2) Follow this simple guide for the number of tap-holes to drill **per tree:**

Diameter of tree at 4-1/2 feet (average breast height above ground	No. of tap-holes
10-14 inches	one
15-1 inches	two
20-24 inches	three
25 inches and greater	four

3) Tap-holes can be drilled with a brace and bit or an electric hand drill with an extension cord using a 7/16 inch fast cutting wood bit. Drill the holes approximately three inches deep, slanting slightly downward to the outside. Drill on any convenient side of the tree at a convenient height. Usually it takes three taps to yield a gallon of maple syrup.

4) After cleaning woodchips and sawdust out of the tap-hole, insert the spile-the metal tube with spout that carries the sap out to the surface and allows it to drip into the pail which is hung on the spile hook. Insert the spile tightly but not tight enough to sp it the bark

At this time of year spiles are available in most hardware stores in towns and cities. Save steps by phoning first to make sure there's a supply on hand.

5) After hanging your buckets on the spiles save yourself more trouble by placing covers on to keep out debris and rainwater.

6) Where feasible, set up a fireplace in your backyard and use a arge flat pan or kettle for boiling the sap. If you have access to an old wood stove so much the better. For suburbanites boiling may be trickier. Check into municipal regulations regarding outdoor fires before starting. Boiling sap indoors on the stove is possible, but not recommended unless the stove has an overhead fan. Remember for every gallon of syrup produced 30 to 40 gallons of water must be boiled away. This amount of boiling could turn your home into a subtropical greenhouse.

7) When the buckets are half full strain the sap through a cheesecloth start the fire and begin boiling. Don't fill the pan or kettle to full or it will boil over.

8) As the water boils off keep adding new sap to produce enough syrup to make the effort worthwhile. It takes seven to ten gallons of sap to make a quart of syrup.

9) Gather the sap each day that it runs and boil it within a few hours, if possible. Do not leave an accumulation of sap in the buckets during warm weather because it will sour

10) Boi the sap until it thickens. Measure density with a syrup hydrometer, or candy thermometer which will indicate thickness by temperature alone.

1) To determine the correct temperature for finished syrup place the candy thermometer in boiling water and note the reading. Add seven degress Fahrenheit to this reading to determine the temperature for finished syrup. Syrup at this temperature will contain between 65 and 66.5% sugar.

12) After boiling strain the syrup through a felt strainer if you have one and pour into canning jars or bottles. Cap the containers leaving as little air space as possible.

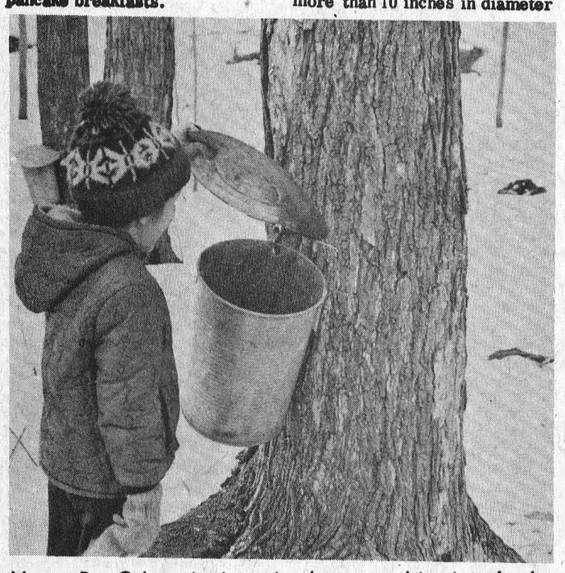
13) If you have no felt strainer, follow these directions: Allow the syrup to cool. A sediment is left behind. Because syrup should be canned at 180 degrees Fahrenheit, reheat the cool, strained syrup to the proper temperature, pour into jars or bottles and cap tightly.

4) Your syrup is now ready for use. If it's to be dept for several months store it in a deep freezer or the refrigerator freezer compartment to preserve the delicate maple flavor.

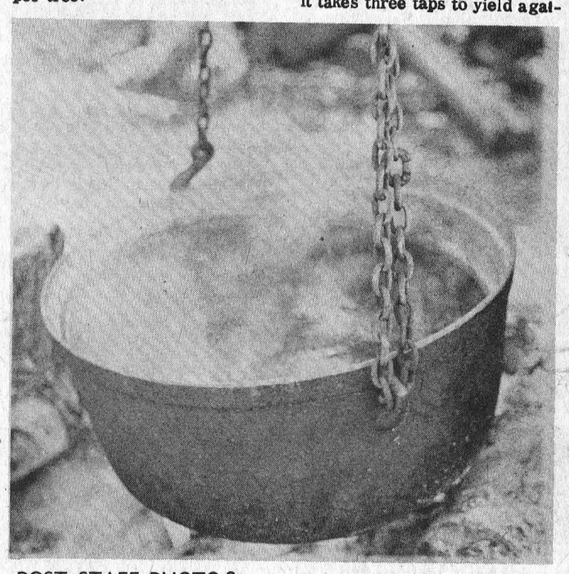
15) If syrup is too thin, it won't keep; if it's too thick it will crystallize in the bottom of the jar.

16) Remember unless you have plenty of time and boiling capacity, the backyard method making maple syrup will not be feasible for more than 20 taps.

17) When the season is over the sap will acquire an off-flavour syrup makers describe as "buddy" That's your signal to shut down because this sap produces poor syrup.



Young Pat Cole waits impatiently as sap drips into bucket at Chrysler Park's Sugar Bush



POST STAFF PHOTOS
Water being evaporated by boiling at Chrysler Park

CANOE

cont'd. from pg. 1

Cooperating with the sponsors are the Nor'Wester Society, a branch of the Glengarry Historical Society.

Information on the canoe race the area its history, accommodations, a map as well as a recipe for "pemmican" is available from W.A. Elliott, managing director Eastern Ontario Travel Association

FREE BOOK

I'd like to do everything I can to conserve energy—and save myself as much as $100 a year in the bargain. Please send me a free copy of *100 ways to save energy and money in the home.*



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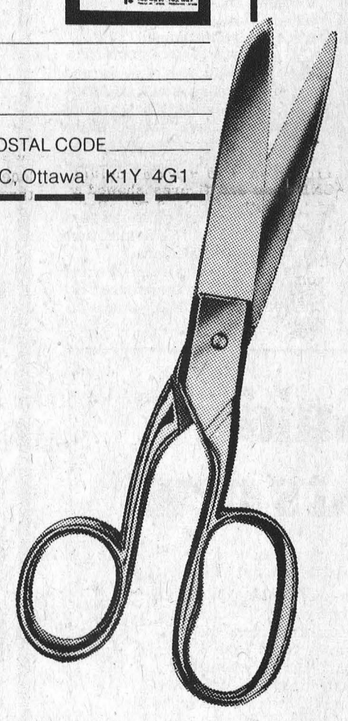
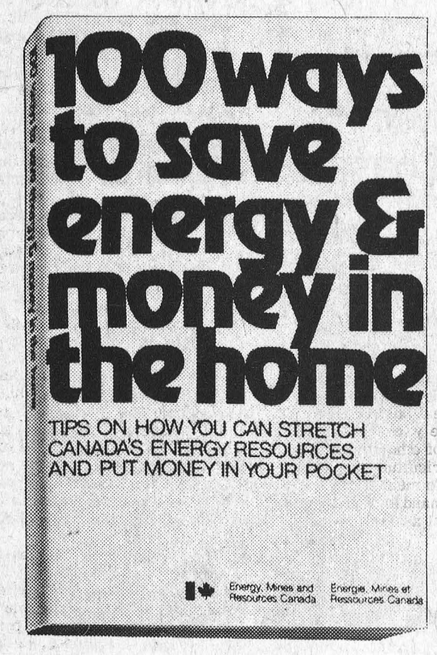




WE'RE ALL AWARE of the energy situation, and it's easy to say, "Well there's nothing I can do about it."

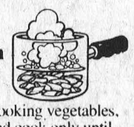
Wrong. There's plenty that each one of us can do in our homes and apartments to help Canada—and save as much as $100 a year. When we save energy, we also save money.

This new book is full of ideas you can apply to heating, cooking, air conditioning, lighting, water heating. And it's written simply, with diagrams and full instructions on how to fix tap washers, dirty furnace filters, gaps around windows and so on.

Almost everything that has been written on home conservation is packed into this book. And it's yours free.

Here are a few of the ideas:

Don't drown the beans



WHEN you're cooking vegetables, use little water and cook only until they're tender. You'll save vitamins and flavour. Well-designed cookware, used on the proper settings, will also conserve energy. Try cooking the entire meal in the oven, or on one or two burners.

If you're lucky enough to have a dishwasher, don't use it until you have a full load. Do the same with your clothes dryer—and be sure to clean the lint filter after each load.

Saving energy is often a game of pennies, but they all add up—and so do the savings for Canada.

Do you really need a crushed-ice dispenser?

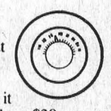
A FROST-FREE refrigerator uses 50% more energy than a standard model. A crushed-ice dispenser is a big energy drain. And a self-cleaning oven uses 20% more energy than a standard model. Ask yourself how many of these extras you really need.

When you go shopping for a new appliance—refrigerator, dishwasher, range, dryer, washing machine—look beyond the price tag. What's the energy cost of running it? Often the better-built, more expensive model is also more energy-efficient. A better buy in the long-run.

Five ways to save on home heating

HEATING is the biggest item in a family's home energy budget. Here are a few simple ways to save:

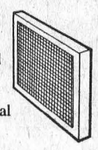
Lower the thermostat.



Each degree over 68 adds about 2½% to your heating bill. By dropping the setting from 72 to 70 you can save 5%. Dropping it from 72 to 68 will save 10%—about $30 a year.

It helps to lower the temperature further at night, and when you're going to be away from home for a few days.

Check your furnace filter.



A dusty, clogged filter forces the system to work harder, and wastes energy. Inspect it every 30 days. (The book shows you how.) An annual or semi-annual furnace cleaning can save you another 10%.

How's your insulation?



Many Canadian homes have inadequate insulation. Ceilings should have 6" or more of mineral wool or glass fibre insulation. Wall cavities should be completely filled. Basement walls should also be protected to 2 feet below grade level. To avoid fire hazards, don't use foamed plastic insulation in exposed applications.

Use storms and weather-stripping.



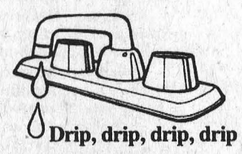
Storm windows and doors will reduce heat loss in winter by up to 15%.

Weather-stripping is a must. A tiny gap of ¼" along the bottom of a door is the same as having a 9 square-inch hole in your living-room wall. *100 ways to save energy and money in the home* explains how to weather-strip joints and caulk the frames of windows and doors.

Let the sunshine in.



Energy from the sun is free, so it makes sense to use as much of it as we can. In the winter, open curtains and drapes during the bright part of the day and close them at night, for their insulating value. In summer, do the opposite.



Drip, drip, drip, drip

ONE DRIP per second from a leaky hot water faucet or shower-head sends about 175 gallons a month down the drain. That's *money* down the drain. You can probably fix it yourself with a new washer and a few minutes work.

Be sure the size of your water heater matches your needs. Don't set it for more than 140 degrees, and turn if off when you go on vacation.

Have you tried a cold-water wash for clothes? It usually works just as well. Remember, too, that your average shower bath uses only 5 gallons of hot water, while a tub bath takes almost 10 gallons.

Could you use an extra $100 a year?

These are just a few of the many, many ways to save energy and money in the home.

It's well worth doing. By making modest energy savings now, we can improve our environment and way of life far into the future.

Send in the coupon for your free copy of "100 ways to save energy and money in the home."

Order early. Allow 6 weeks for printing and mailing.

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Office of Energy Conservation
Hon. Donald S. Macdonald
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ROONEY FEEDS
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Sunday Services in the Churches

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG, ONT.

Good Friday, March 28 - 10 a.m.

Celebration of the Lord's Supper
Text: Matthew 27: Verse 51a
Theme: Free Admission
"The Lord is Indeed!"
Easter Sunday Services, March 30
9:30 a.m. Text: Matthew 28, Ver. 7 & 8 Theme: "The Easter Rush"
10:30 a.m. Sunday School
2:30 p.m. Text: John 20, Ver. 24 and 25 Theme: "Skipping Church on Easter"
All who read this are invited to Worship the Lord with us!

Anglican Church of Canada
Parish of Iroquois
and Morrisburg

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

Holy Week and Easter Day

ST. JOHN'S - IROQUOIS

Maundy Thursday—
8:15 p.m. ..... Holy Eucharist
Good Friday—
10 a.m. - Morning Prayer, Ante-Communion and Address
Eatser Eve (Saturday)—
7:30 p.m. Easter Eve Ceremonies
1st Easter Eucharist
Easter Day—
9:45 a.m. Holy Eucharist and Sermon
For details please refer to the Parish News Letter or telephone 543-2867

ST. MARY'S CHURCH
Rev. F.M. O'Connor, P.P.
HOLY WEEK
Holy Thursday—
7:00 p.m. - Easter Confessions
8:00 p.m. - Mass of the Lord's Supper
9:00 p.m. to 11:00 p.m. - Adoration of the Blessed Sacrament
Good Friday—
1:00 p.m. to 3:00 p.m. - Adoration of the Blessed Sacrament
1:00 p.m. to 2:00 p.m. - Easter Confessions
3:00 p.m. - Solemn Liturgical Action of the Passion and Death of the Lord. Adoration of The Cross
7:30 p.m. - Stations of the Cross
Holy Saturdy—
7:30 p.m. - Blessing of the New Fire and the Pascal Candles. Renewal of Baptismal Vows. The Mass of the Easter Vigil.
Easter Sunday Mass —
Iroquois ..... 9:30 a.m.
Morrisburg ..... 11 a.m.
(St. Mary's School Choir

THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH, IROQUOIS
The Rev. John J. Hibbs, B.A., B.D., M.Th., Pastor
Mrs. M. Casselman, Organist
Easter Eve Vigil Service
Iroquois United Church, 8 p.m.
March 29th

Easter Sunday March 30th
"Celebrating the Ressurection of our Lord"
7 a.m. - Easter Sunrise Service
(Conducted by Knox P.Y.P.S. & Jr. Choir)
Breakfast for all in church-hall, following
10 a.m. - Church School Easter Assemblies
11 a.m. - Family Easter Service of Praise
(Special Music by Knox Sr. Choir)
'Give Ear to My Words' Meredith
'The Lord is Risen!' Moffatt
'Our Great Saviour!' Pritchard
'King of Kings!' Steiner
Weekend Visitors Most Welcome

ST. ANDREW'S CHURCH
South Mountain
Mrs. Arnold Shaver, Organist
9:30 a.m. - Family Easter Service of Praise
Anthem (Choir) - 'Hallelujah!'— Hodges
Solo 'Let the Vault of Heaven Resound' — (Rev. J.J. Hibbs) —Jonas
ALL WELCOME!

THE PENTECOSTAL ASSEMBLIES OF CANADA
Dundas Street, Cardinal
Rev. Lorne Trimble, Pastor
Sunday - 9:45 a.m. — Christian Education Hour
11:00 a.m. - Worship.
7:00 p.m. - Evangelism
Wednesday - 7:30 p.m. - Bible Study, Discussion and Prayer. In the church hall.
Friday, March 28 at 10 a.m. —a Good Friday Communion Service. This is an open communion and all Christians are welcome to attend.
"Visit With Us - You'll Never Feel Like a Stranger"

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. W. Brian Gee, B.A., B.D., ThM.
Organist: Mrs. George Fowler
11 a.m. — Worship and Church School.

UNITED CHURCH OF CANADA
Matilda Pastoral Charge
Rev. L.D. Joyce, M.A., Ph.D., Th.D
9:45 a.m. ..... Hulbert
11 a.m. ..... Brinston
2:30 p.m. ..... Hainsville

Knox Easter Sunrise Service

The annual Easter Sunrise Service of Knox Presbyterian Church will be held this Sunday, March 30th at 7 a.m. in the sanctuary followed by a corporate breakfast for all worshippers in the church-hall, compliments of the Young People's Society.

The Knox P.Y.P.S. will conduct the Service, the Rev. Hibbs giving leadership with Mrs. Betty Casselman, organist, for the Junior Choir. Mr. Melvin Yee of the P.Y.P.S. will bring an Easter message, entitled "Christian Facts About Easter", and Mr. Sam Taylor will conduct the Service. Readers of Easter Lessons will be Mary Lyn Waddell Sam Taylor, Karen Seely, and Barry Armstrong.

Three special selections will be offered by the Junior Choir, with the congregation singing a number of spirit songs centred around the Easter message.

Members of the community are cordially invited to this early morning celebration of Easter Day!

GOOD FRIDAY CHIMES

The carillon chimes of Knox Presbyterian Church will play a series of lenten hymn on Good Friday, March 28th from 9 a.m. through 9 p.m on the hour as part of Holy Week observance.

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SOCIAL and PERSONAL

SHANLY

Mrs. Edith Fletcher and Mrs. Bella Brown of Cardinal were Tuesday dinner guests of Mr. and Mrs. Walter Pitt.

Mr. and Mrs. Gordon Gilmer spent Thursday in Chesterville with Mrs. Anna Marcellus and Mr. and Mrs. George Crawford.

Weekend visitors with her mother Mrs. Wm. Dillabough were Mr. and Mrs. Melboume, and Leslie Howell of Oshawa.

Stephen Matthie of Algonquin visited his grandparents Mr. and Mrs. J.S. Wallace during the past week.

Last Sunday guests of Mr. and Mrs. Walter Pitt were Rev. and Mrs. John Woodland and Mr. and Mrs. Charles Woodland all of Kingston visited Mr. and Mrs. Walter Pitt.

Mrs. N. de John and daughter Gina are enjoying a trip to Florida during the winter school break

Rev. Marion Gilmer Kemptville and Miss Lila Gilmer of Ottawa visited Sunday with their brother Mr. and Mrs. Charlie Gilmer.

Sunday dinner guests of Mrs. Bella Brown Cardinal were Mr. and Mrs. Walter Pitt, Mr. and Mrs. Arnold Pitt and Mr and Mrs. Earl Pitt, and Mrs. J. Rannie and Miss Marilyn Pitt

Lisa Gilmer of Cardinal is spending a couple of weeks with her grandparents Mr. and Mrs. Charlie Gilmer while her parents Mr. and Mrs Ron Gilmer are on a trip to the Bahamas.

On Sunday evening March 16 a full church listened with enjoyment and appreciation to the excellent renditions of solos duets men and ladies, quartettes and anthems presented by the United Church choir under the direction of organist and choir leader Mrs. Earl Pitt. Refreshments and hour of Fellowship followed.

A "Surprise Party" was held Saturday evening March 22, 1 75 at the home of Mr. and Mrs. Keith Gilmer of Kemptville in honor of the 45th wedding anniversary of his parents Mr. and Mrs Gordon Gilmer of Shanly

Guests included their other son Carl and Mrs. Gilmer and children Diane, Dawn and Douglas of North Bay., the best man and his wife Mr and Mrs. Harry Gilmer of Iroquois her sister the bridesmaid Mrs. Arnold Pitt and Mr. Pitt Shanly His brother Mr. David and Mrs. Gilmer, South Mountain with Mr. and Mrs. G. Renkema andsons Brockville, Mr and Mrs. W. Seeley and Mr. and Mrs. Glen Seeley Merrickville Mr. Basil Gilmer and Miss Elizabeth Christie Ottawa, and Mrs. Ada Cummings, Ventnor. The master of ceremonies was Carl Gilmer. Corsages were pinned on their grandparents by their granddaughters Diane and Dawn, and the presentation of a coffee table from the family and friends was made by their grandsons Gary and Douglas.

A beautiful blue sapphire bon dish a gift from the best man and his wife centred the coffee table. The evening was spent in games and dancing by grandson Gary. Midnight buffett was served. The table was centered with a heart shaped wedding cake and blue sapphire candle.

Both Mr. and Mrs. Gilmer expressed their thanks for such a pleasant evening and the beautiful gifts.

HANESVILLE

Mrs. Marilyn Houton returned home to Ottawa.

Miss Debbie Lewis and Master Bryan Lewis spent Friday with their grandmother, Irene Lewis.

Mr. and Mrs. John Van der Weide and children spent Sunday at John's mothers, Greetruda Van der Weide of Spencerville.

IROQUOIS

Miss Ruth Miller was a patient at Winchester District Hospital and has now returned home and feeling much better.

PITTSTON

Mr. and Mrs. Ralph Cooper returned home Saturday after a two week holiday in Florida.

Mrs. George Burchill, Sr. visited Mrs Robert Sloan recently.

Mr. and Mrs. A. Jakielaszek spent Friday evening with Mr. and Mrs. Clarence Marlatt.

Mr and Mrs. Gerry Webb and girls, Mr. and Mrs. Larry Conlin and girls attended the Ice-Capades in Ottawa Wednesday

Many attended the Ice-follies, at Spencerville on Saturday evening and Sunday afternoon.

Delbert Bass enjoyed a holiday in Florida.

Services cancelled at Pittston United Church on Sunday March 30th so congregation can attend the Communion Service at Shanly at 7:30 on Sunday March 30th.

In Hospital

Mrs. John Eichner is a patient at Ottawa Civic Hospital. John Eichner is a patient at Winchester District Hospital.

Branch 370 Reports

The monthly meeting of Branch 370 was held at the Legion Hall, March 20th with President Ken Easter in the chair.

Memberships, Fred Goodmurphy presented five new members to be inducted. Susan McMartin of Ottawa Wilmer Willis, Garry Easter Ron Mustard and John Strader were welcomed.

All reports of the committies were approved. It was agreed two new trophies would be presented to the Legion Bowling teams. It is hoped to have two dart teams representing Iroquois at Brockville in April.

We missed the comrades that didn't attend the meeting, we look forward to seeing you at the next meeting Apri 17th for nominations and Election of Officers.

Attention Legionaires! You and your wives are invited to the 25th Anniversary Auxiliary Dance on April 5th.



Bird Notes

E.G.A.

Happy Spring! According to the calendar, the joyous season is here, and although winter is reluctant to leave, it certainly seems to be at the bottom of the barrel, tossing out such things as snowflurries freezing drizzle and gusting winds.

However, we can to erate these bad days knowing that the good ones are coming soon. The first Irises (not birds!) are showing above ground in sheltered places, and the leaf-buds on the trees are quite evident now.

In the bird world the best news we know of is the flock of Canada Geese which passed by on Monday; it pays to look up, now and then! There is just nothing to compare with the sight of a flock of wild geese in perfect formation making their way across the sky, honking as they go.

While most groups of birds prefers to nest in more Southerly regions there are some which go North for the Summer to build their nests and raise their families among these are the Tree Sparrows, and the Snowy Owls, both of which travel to the Canadian Arctic for the breeding season; and the above-mentioned geese breed from the Arctic, as far south as Kansas.

At The Feeders

Welcome little visitors have been a small flock of Goldfinches. Everybody knows the "wild canary", as this bird is sometimes called. A few will stay in Northern areas for the winter, but these are the first we have seen so we will call them Spring arrivals. They are still in their winter outfits of greenish grey with black and white wing patterns A flock of brown-headed cowbirds arrived over the weekend. This is the smallest of the blackbird family neat and shining, with a brown head. Cowbirds never build a home, but lay their eggs in other birds' nests, leaving the unsuspecting fosterparents to raise the young cowbirds.

Feeders in country locations are still being patronized by Hairy Woodpeckers (like the Downy, but larger) Partridges and Red winged Blackbirds. The Grosbeaks are still with us. Happy Easter to all.

NOTICE

IROQUOIS and AREA
NEW and FORMER CLIENTS
MAIL YOUR PERSONNAL TAX RETURN TO P.O. BOX 2149 - PRESCOTT, ONT.
THE SAME EFFICIENT SERVICE IS MAINTAINED
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Corner King & Edward Streets, Prescott, Ont. Phone 925-3535

NOTICE

EASTERN COUNTIES T B & R.D. ASSOC.
wish to invite you to their
ANNUAL MEETING
to be held
NEW PARKWAY INN
(Vincent Massey Dr., Cornwall)
on
Tuesday, April 8th. 1975
at 8 p.m.
Guest Speaker will be
DR. R. BEVERLEY LYNN, F.R.C.S.
REFRESHMENTS WILL BE SERVED

NOTICE

A MOTION will be presented at the Annual Meeting of Eastern Counties TB & R.D. Association regarding changing the name of the Association to Eastern Counties Lung Association.

Read your Tax Guide. It will tell you what's new.

This year the Federal Government has included many new tax benefits that are important to you because they could save you money.

Your federal income Tax Guide explains them thoroughly.

Let's take the Interest Income Deduction as an example. This year for the first time, if you received and reported on your income tax form interest income from many legitimate Canadian sources, including bank deposits, bonds, mortgages and notes, you are allowed to claim as a deduction the total of the amounts up to $1,000.

Your Tax Guide explains it in detail. Check Item 35.

Increased Personal Exemptions is another item that has changed from last year. All it means is that the Federal Government has increased your personal exemptions to coincide with the rise in the Consumer Price Index. The new personal exemptions are printed on your income tax form. Guide Item 41 tells you more about it.

Well, those are just some of the areas where it pays to follow your Tax Guide and, of course, there are others. The Federal Political Contribution Tax Credit is new as well. Guide Item 52H will tell you all about that one. This year, Family Allowance Payments are income and have to be declared as such. Check Item 7.

Remember to check some of the other items listed in the Tax Guide which may entitle you to claim deductions, such as Child Care Expenses. Guide Item 33 tells you all about that one. And you may be entitled to deduct your Moving Expenses if you moved during 1974 to earn income in a new location in Canada. Check Item 34B carefully for the details.

And don't forget, if you have contributed to a Registered Retirement Savings Plan, be sure to include your receipt and deduct the allowable amount. Guide Item 29 explains it in detail.

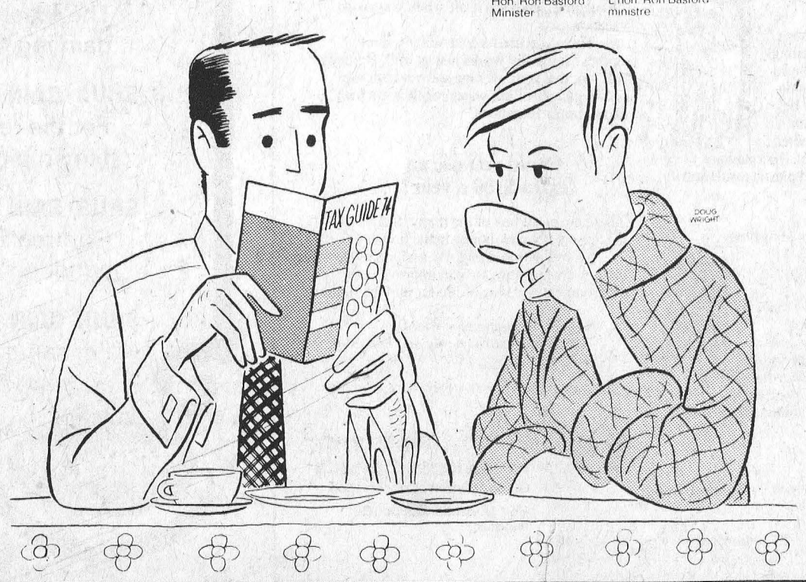
Use your Tax Guide and fill in your tax form carefully, step by step. You'll find it's not as difficult as you think.

If you should have difficulties, however, District Taxation Office addresses and telephone numbers are listed on the back page of your Guide.

Tax Guide '74. How long has it been since you've read a really good book?

We're making it easier to understand.

Revenue Canada Taxation
Hon. Ron Basford Minister
Revenu Canada Impôt
L'hon. Ron Basford ministre



Introducing
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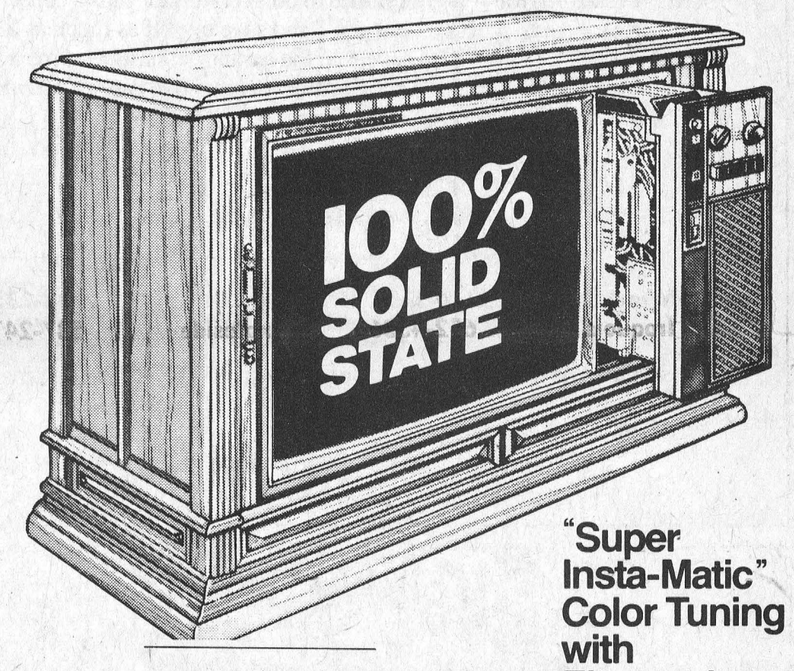
The TV with the "Works in a Drawer."



"Super Insta-Matic" Color Tuning with Electronic Light Sensor

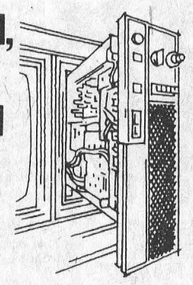


constantly adjusts and corrects the color picture electronically far faster than you can do yourself

Quasar
Color Consoles Carry 2 Year Guarantee on all parts

Works in a Drawer® TV
QS 3000 Color Chassis

it's designed, engineered and pre-tested to be our most reliable color chassis



- ✓"Works in a Drawer" Color Console
- ✓100% Solid State QS3000 Chassis
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Catholic Women's League Hold Annual St. Patrick's Tea&Bazaar

The Annual St. Patrick's Tea and Bazaar, sponsored by the Catholic Women's League of Morrisburg and Iroquois, held in the Morrisburg Civic Centre, on Monday, March 17th was a huge success.

Although the Bazaar was not to open until 4:00 p.m., the gaily decorated Civic Centre was filled to overflowing by 3:00 p.m. The many visitors were delighted by the various articles they found at the knitted goods display as well as at the fancy work and white e ephant tables. As usual, the homemade candy and bake disp ays were extremely well received. The adults were also treated to a delightful cup of Irish Tea and a lovely lunch, while the little children seemed fascinated by their good catches at the "Fish Pond".

However it was not until the evening that the shenanigans really began. Many of the afternoon guests who remained on were joined by a large number of new visitors. It was especially nice to see so many teenagers who seemed to be really enjoying themselves at this celebration. While the display tables continued to do a brisk business and the ladies continued to serve their delightful lunch, many others were having an exciting time trying their luck on the bouncing ball games of chance while others found their way to the quiet seclusion of the Senior Citizen's Room for a pleasant game of Bingo.

While all this was going on some fine entertainment was being presented on the stage which was in perfect harmony with St. Patrick's Day. A group of young people from St. Mary's School showed the audience how to do some Irish reels and little Miss Tammy Roberts played some delightful tunes on the piano. Mr. Charlie Fisher on fiddle, Mr. Ray Serviss on guitar and Mrs. Ruby Bell on piano played some rousing Irish melodies that everyone enjoyed tremendously. St Mary's Guitar Group played and sang some fine old Irish favorites and little Rene Laframboise, who must have a dash of the green in him somewhere showed everyone how to really dance to the "Irish Washerwoman." Mr. Wilfred Coons, from Cardinal, almost brought the house down with his funny patter his singing, his dancing and his famous agility on the mouth-organ.

The Catholic Women's League would like to take this opportunity to thank everyone who helped to make this year's St. Patrick's Tea and Bazaar such a fine success. Special appreciation is extended to the Municipality of Morrisburg for the use of the Civic Centre; to the Senior Citizens for the use of their club room; to the Morrisburg Lions Club who generously loaned us their bingo equipment; and to our many entertainers; to all the businesses in Morrisburg, Iroquois, and area who gave such wonderful support; and finally to all our good friends who attended our St. Patrick's celebration - a very sincere "God Bless" and Thank you.

The winners of the draws were: Money Doll - Mrs. Mary Fridgen; Landscape Painting - Mrs. Deanna Bouchard; Set of Water Glasses - Miss Corrine McDonnell; $10 Gift Certificate - Mrs. Marianne Rutherford; Rag Doll - Mrs. Laura Burgess; Box of Candy - Mrs. Alex Barkley; Afghan - Miss Doris McLaren; Wall Hanging - Mrs. Louise Laframboise; Homemade Pillow - Mrs. Edna Hagarty; One Hair Styling - Miss Doris McLaren; Jelly Beans - Mrs. Bea Norton; One 8x10 Portrait - #516-073; Rag Doll - #516074

For unclaimed prizes - contact Mrs. Leo Debellefeuille 652-2123.

CORPORATION OF THE VILLAGE OF IROQUOIS

GARBAGE COLLECTION

GARBAGE WILL BE COLLECTED IN THE VILLAGE IF IROQUOIS ON **THURSDAY** THIS WEEK DUE TO FRIDAY BEING A HOLIDAY.

U.C.W. Discuss Plans For Annual Meeting

The Seaway Va ey Presbyterial United Church Women held an executive meeting on Wednesday March 19th at St. Paul's United Church in Cornwall.

The President Mrs. Peggy Cooper, opened the meeting with a prayer by Wilbur Howard. Plans were then discussed for the Presbyterial Annual Meeting to be held at Trinity United Church Ingleside on April 16th. Theme of the meeting will be, "Let's Celebrate" since this is the 50th Anniversary of the United Church of Canada. Member's were invited to contribute to the celebration by bringing a ong banners, decorated birthday cakes big enough for eight people complete with candles and historical skits from their own churches. Lynn Francis will be on hand to lead the singing Guest speaker will be Rev. George Clifford, president of Montreal-Ottawa Conference and the birthday cakes will be judged by Rev Harry Funge of Avonmore.

The president then announced that the Summer Event this year will be held in the University of Ottawa on August 15th, 16th and 17th

The ladies were then given an opportunity to begin banner making, without delay when they discovered that Mrs. Jean Scott had provided all the materials for them right there, coloured paper, scissors glue and crayons.

Sticky but happy, the members stopped for lunch served by Mrs. Bunker and the ladies of St Pauls

After lunch there was a presentation by Mrs Willa Black assisted by Mrs. Alice MacLaughlin and Mrs. Dorothy Ferguson and Peggy Cooper on the subject of Persona Growth Leadership and Program.

Election time was next when members listened to candidates discuss change in the curch. Mrs. Clara Thompson represented the New Discipleship Party (N.D.P.) Mrs. Minnie Pelton represented the Liberals who want change for a different reason Results of the voting were: - Conservatives first N.D.P. second and Liberals last.

The meeting ended with the singing of the song "Lord Teach Us How to Live"

Edie's HOUSE OF FASHION

WISHES YOU A

Happy Easter

Large assortment of Gowns

ALSO

MOTHER OF THE BRIDE GOWNS

SPRING COATS

THIS WEEK'S SPECIAL

SUEDE JACKETS

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Now $39.97



FULL LINE OF KITTENS CLING FIT COORDINATES

USE OUR LAY-A-WAY PLAN

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OF APPLIED ARTS AND TECHNOLOGY

Cornwall Campus (613) 933-6080 — Windmill Point Cornwall, Ontario

MARRIAGE PREPARATION COURSE

Are you planning marriage within the next year?
If so, then plan to take the

MARRIAGE PREPARATION COURSE

Six sessions of informal discussions on topics that will make you better prepared for marriage.

TUESDAYS, APRIL 1 to May 6

7:30 p.m. to 10:00 p.m.

AT NORTH DUNDAS DISTRICT HIGH SCHOOL

(on Highway 43 between Chesterville and Winchester)

FEE: $15 per couple

Registration limited to 10 couples

For more information, or to register your name, call:

in Winchester .....774-2131 **in Morrisburg 543-2353**
in Iroquois .....652-4336 **in Ingleside 537-2412**

This course is offered by the Continuing Education Department of St. Lawrence College in co-operation with local clergy. It is non-denominational.

Tom Butkovich, Co-ordinator
Continuing Education

Fashion Show Presented at Women's Institute Meeting

The Iroquois Branch of the Women's Institute held their March meeting Thursday night, the 20th at 8 p.m. in the Civic Centre with a large attendance of members and visitors present.

The president, Mrs. Don Hare, presided and extended a hearty welcome to all. The Institute Ode was sung, with Mrs. Lottie Merkley, at the piano, followed with repeating the Mary Stewart Collect, in unison.

In the absence of the secretary, Mrs. Eva Summers, Mrs. Bernie Sisty read the minutes of the last meeting and the roll call was answered by giving a good garden hint. The correspondence was dealt with

Mrs. Joe Eckford convenor of Agriculture and Canadian Industries took the chair and read a poen "Days of Older Days", and then gave an interesting reading on the motto "Tickle the Earth with a hoe she will laugh at you with a harvest." Another poem was read entitled "The Carrot" which closed this portion of the program.

Two little girls, Marikay Styles and Linda Burgess entertained with each playing piano solos.

Amy Foss, of Morrisburg gave a demonstration on making lamp shades from egg cartons.

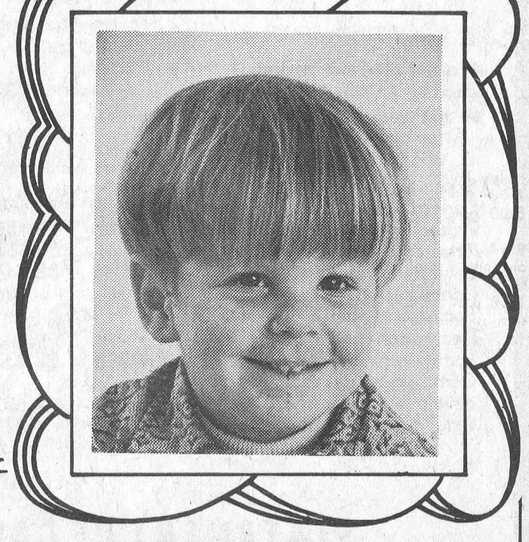
Mrs. Bernie Sisty who taught sewing lessons in Seaway District High School, Iroquois for the St. Lawrence College Cornwall gave a 20-week course, with seven ladies participating. They, along with their instructres, presented a "Fashion Show" for all present at the meeting, modelling the various garments they made during the course. It was an interesting show and a great deal of time and work was envolved to produce the finished garments. Each lady as well as their instructress was highly congratulated for the excellent work they accomplished.

A poem read by Mrs. Arlene Eckford "Things will be better in 75" and one read by Mrs. Vi Hare "Saturday Night Bath", were both humorous.

Mrs. L.C. Davis on behalf of the Institute thanked the ladies for the Fashion Show Mrs. Sisty who instructed the ladies, to Amy Foss for her demonstration on shade making to the little girls for their piano solos to Mrs. Eckford for the interesting program she provided for the meeting.

"The Queen" was sung which brought the meeting to a close. The hostesses for the evening's social hour served sandwiches tea and coffee and a most enjoyable time was spent.

We'll Capture Those Smiles



M & J COLE PHOTOGRAPHY

R.R. 1 (BRINSTON RD.) IROQUOIS

You don't have to line up at **M & J Cole Photography.** Have your child's portrait done at home where your child is photographed in his natural surroundings. for appointment call 652-4564 or 652-4256

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Beer Making Kits

* COSTS APPROXIMATELY 11¢ A PINT
* 1 KIT MAKES ABOUT 60 PINTS
* NO FUSS
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* NO ODOUR
* EVEN EASY TO MAKE IN AN APARTMENT



Try One To-Day

"It's A Whole New Concept In Brewing, Ready To Drink In Two Weeks"

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IROQUOIS SHOPPING PLAZA

Ontario wants you to get your fair share of $375 million Tax Credits.

Thousands of Ontario residents will share in this year's Tax Credits. Make sure you get *your* fair share.

To apply, you must file *both* a Federal Income Tax form (even if you don't pay income tax) *and* the Ontario Tax Credit form which comes with it.

Any questions? You may, free of charge, dial "0" and ask the operator for **Zenith 8-2000**. Residents within the Metro Toronto local calling area should dial **965-8470**.

Ontario's *fair share* TAX CREDIT SYSTEM

William Davis, Premier
Arthur Meen, Minister of Revenue

AUDITOR'S REPORT

VILLAGE OF IROQUOIS

To the Members of Council, Inhabitants and Ratepayers of the Corporation of the Village of Iroquois

We have examined the 1974 financial statements of the Corporation of the Village of Iroquois and its local boards which are listed on the attached Index. Our examination included a general review of the accounting procedures and such tests of accounting records and other supporting evidence as we considered necessary in the circumstances.

In our opinion, these financial statements present fairly the financial position of the Corporation of the Village of Iroquois and its local boards as at December 31, 1974 and the results of their operations for the year then ended, in accordance with accounting principles generally accepted for Ontario municipalities applied on a basis consistent with that of the preceding year.

We wish to commend your Clerk-Treasurer, Mr. F.T. Lloyd for the excellent manner in which he maintains the books and records of your Village and its local Boards.

OTTAWA, Ontario.
March 6, 1975

FRAZER AND OTTON
Chartered Accountants

VILLAGE OF IROQUOIS

STATEMENT OF REVENUE AND EXPENDITURE

for the year ended December 31, 1974

	1974 $	1973 $
Accumulated net revenue (deficit) at the beginning of the year	12,512	8,872
Expenditure		
General government	38,807	31,674
Protection to persons & property	16,123	15,488
Transportation Services	53,021	38,260
Environmental services	38,754	38,148
Conservation of health	341	196
Social and family services	—	—
Recreation and community services	29,795	22,237
Community planning and development	2,728	4,692
Financial expenses	9,744	4,223
Region or county — share of expenditure	43,065	51,806
Education	130,200	128,339
Other – Medical Building	20,846	-
	(383,424)	(335,063)
Revenue		
Taxation	250,434	248,112
Contributions from other governments	63,004	65,190
Other	38,921	25,401
	352,359	338,703
Accumulated net revenue (deficit) at the end of the year	(18,553)	12,512

VILLAGE OF IROQUOIS

STATEMENT OF CAPITAL FUND OPERATIONS

for the year ended December 31, 1974

	1974 $	1973 $
Capital outlay		
Capital expenditure		
General government		722
Protection to persons & property	24,401	9,866
Transportation services	25,438	3,047
Social and family services	37,928	
Other – Medical Building	85,675	
	173,442	13,635
Capital financing		
Contributions from other governments	75,030	
Contributions from the revenue fund	48,333	8,827
Contributions from reserve funds and reserves	23,860	4,808
	(147,223)	(13,635)
Unfinanced capital outlay (Unexpended capital financing) at the end of the year	26,219	-

VILLAGE OF IROQUOIS

CONSOLIDATED BALANCE SHEET

as at December 31, 1974

ASSETS	1974 $	1973 $
Current assets		
Cash	13,802	15,941
Accounts receivable	49,747	17,420
Taxes receivable	17,736	12,675
Other current assets		
Bank savings certificates	83,957	77,600
	165,242	123,636
Capital outlay to be recovered in future years	28,227	2,678
	193,469	126,314

LIABILITIES		
Current liabilities		
Temporary loans	69,700	
Accounts payable and accrued liabilities	29,879	10,631
Other current liabilities	4,042	444
	103,621	11,075
Net long term liabilities	2,008	2,678
Reserves and reserve funds	106,393	100,049
Accumulated net revenue (deficit) and unapplied capital receipts	(18,553)	12,512
	193,469	126,314

VILLAGE OF IROQUOIS

STATEMENT OF CONTINUITY OF RESERVE FUNDS

for the year ended December 31, 1974

	Total	Golf Club	Park Maintenance	Medical Building
	$	$	$	$
Balance at the beginning of the year	72,084	8,337	62,600	1,147
Revenue				
Interest earned	5,983	979	4,939	65
Donations	22,469			22,469
	28,452	979	4,939	22,534
Expenditure				
Contributions for capital expenditure	23,680			23,680
Contributions to revenue fund	2,917	630	2,287	
	26,597	630	2,287	23,680
Balance at the end of the year	73,939	8,686	65,252	1

VILLAGE OF IROQUOIS

NOTES TO FINANCIAL STATEMENTS

Charge for net long-term liabilities

Total charges for the year for net long term liabilities were as follows:

Principal payments	$670
Interest	240
	$910

The total charges shown above were paid from the general revenues of the municipality and are included under the heading "Protection to persons and property".

Provisions for reserves

Provisions for reserves amounting to $4,000 are included in the Statement of Revenue and Expenditure. Of this amount $2,500 is included under the heading Transportation Services and $1,500 under the heading Recreation and Community Services.

Basis of Consolidation

The Consolidated Balance Sheet reflects the assets and liabilities of the revenue fund, the capital fund and all reserve funds of the municipality. Assets and liabilities of the local boards of the municipality have not been consolidated.

Operating results of local boards

	1974 Revenues	1974 Expenditures	Accumulated Surplus Dec. 31, 1973	Accumulated Surplus Dec. 31, 1974
Water Supply System	$ 20,315	$ 24,627	$ 21,756	$ 17,444
Hydro Electric System	123,789	129,034	38,130	32,885
Public Library Board	7,979	6,031	3,178	5,126

The water and sewer systems have not been taken over from the Hydro Electric Power Commission of Ontario.

Will computers soon replace $$$?

Cheque-writing seems to be something of a national game in Canada. Every business day, more than four million are written. Only Americans write more.

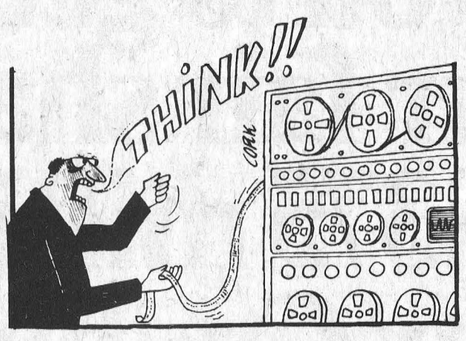
The number has doubled during the past 10 years to about 1.5 billion a year and bankers expect this to reach about two billion a year by the end of the decade.

Handling this flow of cheques and other payment items such as money orders, drafts and so on in a fast, efficient manner is a complicated task.

This is all part of what is called the payments system which, simply defined, is the means by which individuals and corporations make payments to one another. A major part of this system, vital to industry and commerce, is the cheque-processing system of the 10 chartered banks and the interbank cheque clearing arrangements.

The future development of this payments system was the subject of a recent conference in Toronto sponsored by the Canadian Bankers' Association (CBA). Other users, such as governments, trust companies, credit unions and caisses populaires, were invited to exchange views.

A major topic was a federal government policy statement issued a few weeks earlier. That statement said the government would "take the lead to ensure the orderly development" of the payment system. It announced formation of a committee to write the rules for a computerized system which might ultimately merge cheque-cashing and credit card systems, eliminating the need for many cash transactions.



J. Allan Boyle, president of the CBA, told the conference the system should be allowed to evolve through innovation and competition in the marketplace, under broad policies and goals set by government.

Mr. Boyle, executive vice-president and chief general manager of Toronto Dominion Bank, said the banking industry and others had very little input in the deliberations leading to the government policy.

He suggested a basic question is whether Canada really wants an electronic system of the type envisaged by the government.

"As bankers, we feel that question will not be answered by a government committee or by a group of financial experts sitting around a table."

John C. McMillan, senior vice-president and general manager of Royal Bank of Canada, suggested a formal structure for co-operation of all participants in the system.

"We are moving towards an electronic funds transfer system and to ensure that our organizations have adequate interface, and none of us develop systems which are incompatible one with the other, there is need for even closer communication, understanding and co-operation."

Mr. McMillan said Canadian banks are handling the present flow of payment items in an efficient manner.

"Despite reports to the contrary, our banking system is not slowly choking under a growing pile of paper."

John C. Crean, director of systems planning and administration, Bank of Nova Scotia, said that "the consumer will continue to choose that means of payment which, in the circumstances, is most efficient and convenient for him."

Mr. Crean said the government appeared to be prepared to coerce financial institutions to use the proposed system whether they wished to or not. He said these institutions must remain free to make their own choice of the various alternatives.

David A. Lewis, senior vice-president, deposits, marketing and customer service for Canadian Imperial Bank of Commerce, was conference chairman.

He said the talks had raised many questions and concerns, some real and some caused by misunderstandings, and said there is need for much more communication between those shaping the future of the system.

ANNOUNCEMENT



Dr. A. C. Derby M.D.C.M. F. R.C.S. (c) F.A.C.S. is retiring after ten years as chief of surgery at the Queen Elizabeth Hospital. Dr. Derby has been associate professor of surgery at Queens University and is currently associate professor at McGill and consultant surgeon to the Montreal General Hospital. He is an examiner for the Royal College of Surgeons of Canada and an active member of the Committee on Emergency Medical Care. He is also a member of the Committee on Trauma of the American College of Surgeons.

Dr. Derby was a consulting surgeon in the Canadian Armed Forces from 1942 to 1965. He served in Europe in World War II, and in Korea.

Dr Derby is to be medical director of the Medical Surgical Unit of the St. Lawrence Psychiatric Centre Ogdensburg, N.Y. He and his wife the former Beverly Locke are moving to R. R. #1 Iroquois shortly.

****

An extension cord was not designed to take the place of permanent wiring. It is a handy device for getting power to an area of your home where there is no outlet, but should only be used on a temporary basis.

THE STORMONT, DUNDAS AND GLENGARRY COUNTY BOARD OF EDUCATION

REGISTRATION OF BEGINNERS DUNDAS COUNTY

The registration of children eligible to attend Kindergarten and Grade 1 classes in the Public Schools of Dundas County in September, 1975 will be held on the following dates:

DATE	LOCATION	TIME
Friday, April 4	Morewood P.S.	9:00 - 12:00
Monday, April 7	Chesterville P.S.	9:00 - 12:00
	Iroquois P.S.	9:00 - 4:00
Tuesday, April 8	Nationview P.S.	9:00 - 4:00
Wednesday, April 9	Winchester P.S.	9:00 - 4:00
	Inkerman P.S.	9:00 - 12:00
	Dixon's Corners P.S.	1:00 - 4:00
Thursday, April 10	Morrisburg P.S.	9:00 - 4:00
Friday, April 11	Elma P.S.	1:00 - 4:00

To be eligible for admission to Kindergarten in September, 1975 children must be 5 years of age by December 31, 1975.

To be eligible for admission to Grade 1 in September, 1975 children must be 6 years of age by December 31, 1975.

The following information will be required for registration:

a) evidence of your child's date of birth (birth certificate or baptismal certificate);

b) your lot and concession number or street address;

c) your school tax support;

d) your child's immunization record.

Should you be unable to be present on the day of registration, please contact the Principal of the school which your child will attend to make other arrangements for registration.

M. N. Hutchison
Superintendent of Education

S.W. Libbey,
Chairman

T. R. Leger,
Director

Housing Shortage for Disabled Adults Critical

Lack of suitable housing accommodation is relegating thousands of young adults with a physical disability to institutions and nursing homes. As the housing shortage increases and costs sky-rocket this situation is becoming more and more critical.

To define the specific needs of the handicapped in the area of housing and to create a public awareness of the problems, the Ontario Federation for the Physically Handicapped is holding a Conference on Housing and Related Support Services on Thursday and Friday, May 22nd and 23rd. One hundred and twenty delegates will meet at Vanier College York University, to draft reso utions for action by the various levels of government

"It is really discouraging to realize how many handicapped people in their twenties through forties are unable to function independently or who are confined to hospitals and even old age homes simply becuase they have no other place to go", states Mr. Douglas Seaton Conference Chairman. "Part of our conference program will be to inform the physically handicapped of existing housing programs and what support services such as Visiting Homemakers and Meals on Wheels are available in the various communities."

Prior to the ma or conference in May several seminars are being held across the province to help local groups identify their needs, to learn about the municipal and regional responsibilities and to present the existing housing programs such as those of Centra Mortgage and Housing Corporation, Ministry of Community and Social Services, Ontario Housing Corporation and the Ministry of Health. Mr. Seaton invites statements from al groups and individuals interested in the problems of providing adequate housing and services to the disabled

Further information is available from the Ontario Federation for the Physically Handicapped, care of the Ontario March of Dimes, 12 Overlea Blvd. Toronto M4H 1A4. Tel: (416) 425-0501.

In Memoriam

KEELER - In loving memory of our Mother Effie who passed away on March 30 1974.
Sometimes it is hard to understand
Why some things have to be
In His wisdom God has planned
Beyond our power to see.
When I am sad and lonely,
And everything goes wrong,
I seem to hear you whisper
"Cheer up and carry on"
Everytime I see your picture
You seem to smile and say
"Don't cry I'm only sleeping
We'll meet again someday."
Sadly missed and always remembered by her loving children. 40-1p

MEVRY - Harriet Elizabeth at Oakville on Friday March 14, 1975 Harriet Poyser of 371 Maple Avenue, Oakville wife of the late George Mevry. Sister of Beecher Poyser of Unionville also survived by other members of the family Friends called at the Morden Funeral Chapel 109 Reyno ds St., Oakville Funeral services were held at St John's United Church, Oakville at 11:00 a.m. on Monday March 17th. Interment Iroquois Point Cemetery.

New Provincial Park

cont'd. from pg. 1

pointed out that soils were extremely shallow and that several natural features such as old mica mines virgin white pine stands, a blue heron nesting site and a swamp area needed protection from heavy use.

To minimize possible nutrient pollution in the Rideau planners said all sanitary facilities are being designed professionally and above normal standards. If boat traffic was al owed to tie up at or near the park facilities would be provided and holding tank dumping in the river strictly prohibited.

Aside from the decision to establish the park and the "natural environment" category, there have been no other decisions made regarding activities, facilities, or density of use said Ferguson Wilson, provincia parks planner for Eastern Ontario.

Mr. Vonk said alternatives in the park were not "wide open" because the area's fragile nature "imposed certain natural limits" on what could be done.

Not all parks especially those in isolated areas, require public participation in planning. Where there is public input however, provincial guidelines require planners to thoroughly study the area, relay this information at public meetings gather public comments about how the park should be developed, then devise several alternate p ans.

These alternatives are presented at additional public meetings, and guided by the response the final "master" plan is completed. The last step, and sometimes the most rigorous for planners, is securing final approval from the provincial government parks experts in Toronto.

To date, $850,000 has been spent on research, improving for safety's sake the only access road to the park building an additional section of county road, constructing equipment sheds and clearing rubbage and brush in several sections.

The deadline for public response to this early phase of planning Murphys Point is April 18th 1975. Information kits are available at the Lanark district office of the Ministry of Natural Resources.

WINCHESTER THEATRE

Thurs., Fri., Sat. March 27-28-29
"HERBIE, THE LOVE BUG RIDES AGAIN"
By Walt Disney

SUNDAY NIGHT SPECIAL March 30th at 10:00 p.m.
"DAUGHTER OF SATAN" also "Super Beast"
Super Thrillers.

Mon., Tues., Wed. March 31, April 1-2
"THE SUPER COPS"
Starring Ron Leibman David Seaby.
Restricted to 18 years and over.

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of Equipment Must Go



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Just drop into our store during the days and hours listed below.
Your lovely gift picture will be taken FREE by a professional children's photographer. One gift portrait to a family which may include groups.
It's our way of saying "Thank you" to our regular customers, and "Welcome" to everyone else.

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ONE DAY ONLY
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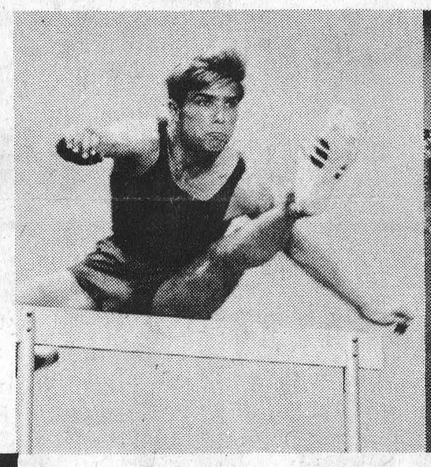
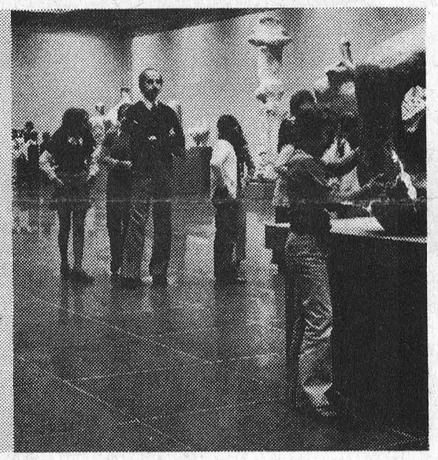
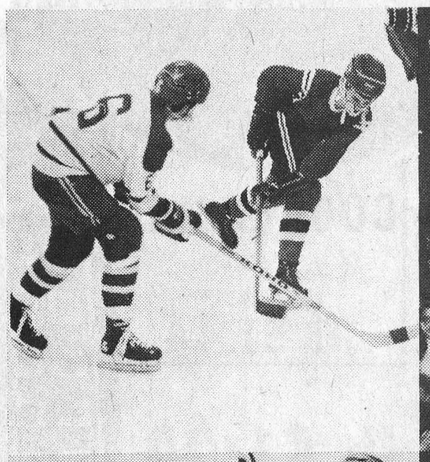
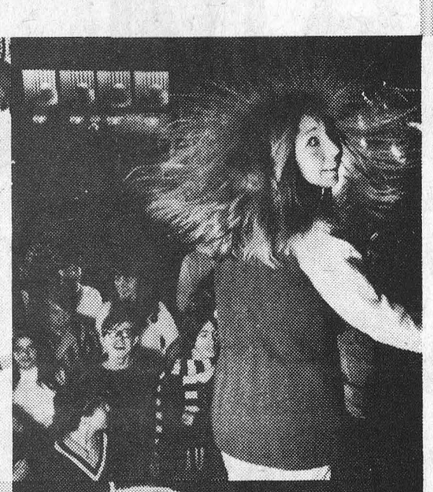
If you get the feeling good things are happening in Ontario

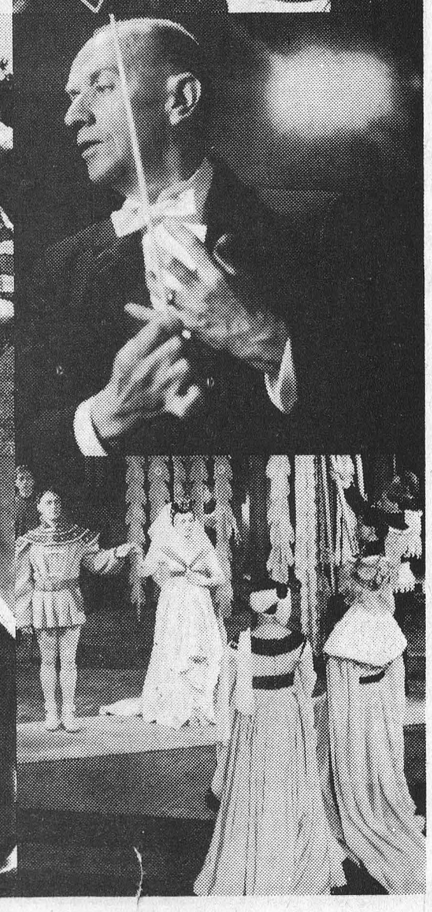












wait 'til you see what the new lottery does for us.

It's like a kind of awakening. More and more of us are getting into things.

Kids' baseball tournaments. The Hamilton Philharmonic. Jogging clubs, folk dancing, art classes, Bonspiels. It's happening all over the Province and it's only the beginning.

Now, we've got a new "Ministry" to help. The Ministry of Culture and Recreation.

Its job is simply to help each of us get more out of life.

At first it will coordinate things already under way. Like the Ontario Summer Games, the Science Centre, the Ontario Heritage Foundation.

But then it will start helping new programs. And there are literally hundreds of opportunities.

Travelling theatre groups. New hockey rinks. Support for women in the arts. New libraries, in places where they don't even exist. Because part of the idea is to give all of us an equal chance to participate, wherever we live.

How can we do it all? Well, there's the funds from the new Ontario Lottery, starting just a few weeks from now.

The Lottery is expected to provide many millions of dollars. And every dollar we then put into the various programs will be for just one reason. To help each of us get more out of life.

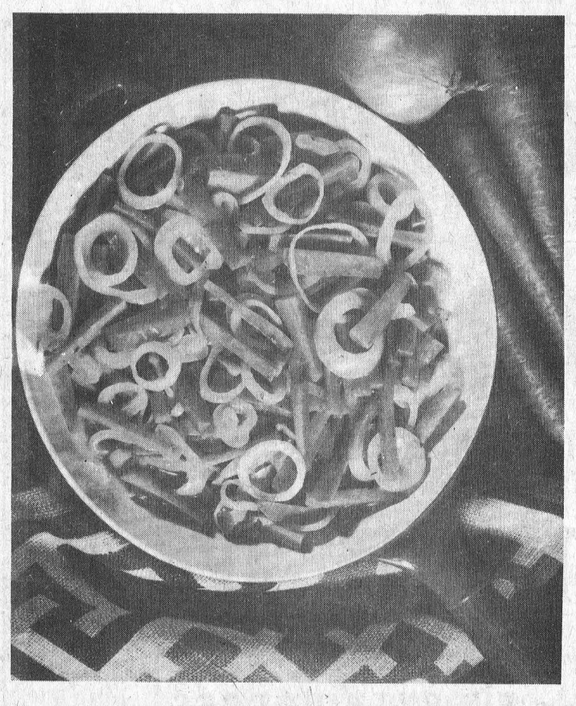
So this is going to be one lottery where all of us win.

ONTARIO LOTTERY CORPORATION.
Harvey McCulloch, Chairman
Marshall Pollock, Managing Director

Ontario

MINISTRY OF CULTURE AND RECREATION.
Bob Welch, Minister
Malcolm Rowan, Deputy Minister

Doctor up your vegetables



Food specialists at the Ontario Food Council, Ministry of Agriculture & Food tell us that, with surprisingly little added preparation, you can add a dash of imagination to vegetables and transform them into THE dish with which you serve meat.

To prove a point, here are a couple of ideas using vegetables in season - especially winter vegetables.

CARAMEL RUTABAGA (yellow table turnip)

2 medium RUTABAGAS, cut in ¾ inch cubes (about 6 cups cubes)
2 teaspoons salt
Boiling water
¼ cup butter
3 tablespoons brown sugar
⅛ teaspoon nutmeg
Freshly ground pepper

Cook rutabaga in boiling salted water, uncovered, until tender, about 15 minutes. Drain very well. Add butter to drained rutabaga; sprinkle in brown sugar. Set over moderate heat; cook, stirring gently with a fork until butter and sugar melt. Add nutmeg and a generous grating of pepper.

Serves 6 (¾ cup each)

PIQUANT BEETS

2 bunches (about 6 to 8) BEETS, cooked and peeled
1 tablespoon prepared horseradish
2 tablespoons liquid honey
2 tablespoons lemon juice
1 teaspoon salt
1 teaspoon cornstarch.

Slice beets, set aside.

In a saucepan, blend horseradish, honey, lemon juice, salt and cornstarch. Bring to the boil; remove from heat; set aside for 5 minutes. Return to the heat; add beets, heat through, stirring occasionally for 4 to 5 minutes.

Makes 6 servings, ½ cup each.

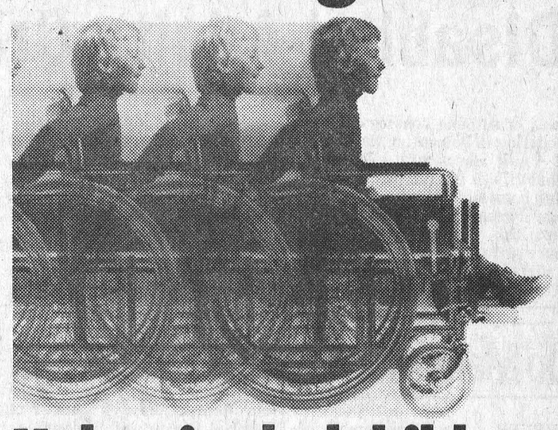
ZESTY CARROTS & ONIONS (photo recipe)

1 chicken flavored bouillon cube
½ cup boiling water
1 pound CARROTS (about 6 medium) peeled and cut in julienne strips (2 inches long) (3½ cups)
2 medium ONIONS, sliced
1 tablespoon butter
1 tablespoon flour
½ teaspoon salt
Dash pepper
Pinch sugar
⅛ teaspoon dried thyme (optional)
¾ cup water

Add bouillon cube to the ½ cup boiling water in medium saucepan; stir until dissolved. Add carrots; cook covered, 10 minutes. Do not drain. Meanwhile, cook onions in melted butter in skillet, covered, shaking the pan so onions don't stick (5 minutes). Remove cover; stir in flour, salt, pepper, sugar and thyme. Remove from heat; add ¾ cup water. Return to moderate heat, cook, stirring until boiling, thickened and smooth. Add carrots and their cooking liquid; simmer, uncovered, until carrots are tender - about 5 minutes.

Serves 4 to 6.

Back a fighter.



Help crippled children with Easter Seals.

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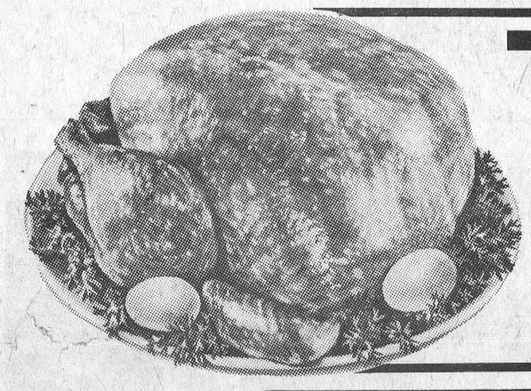
CLOSED EASTER MONDAY

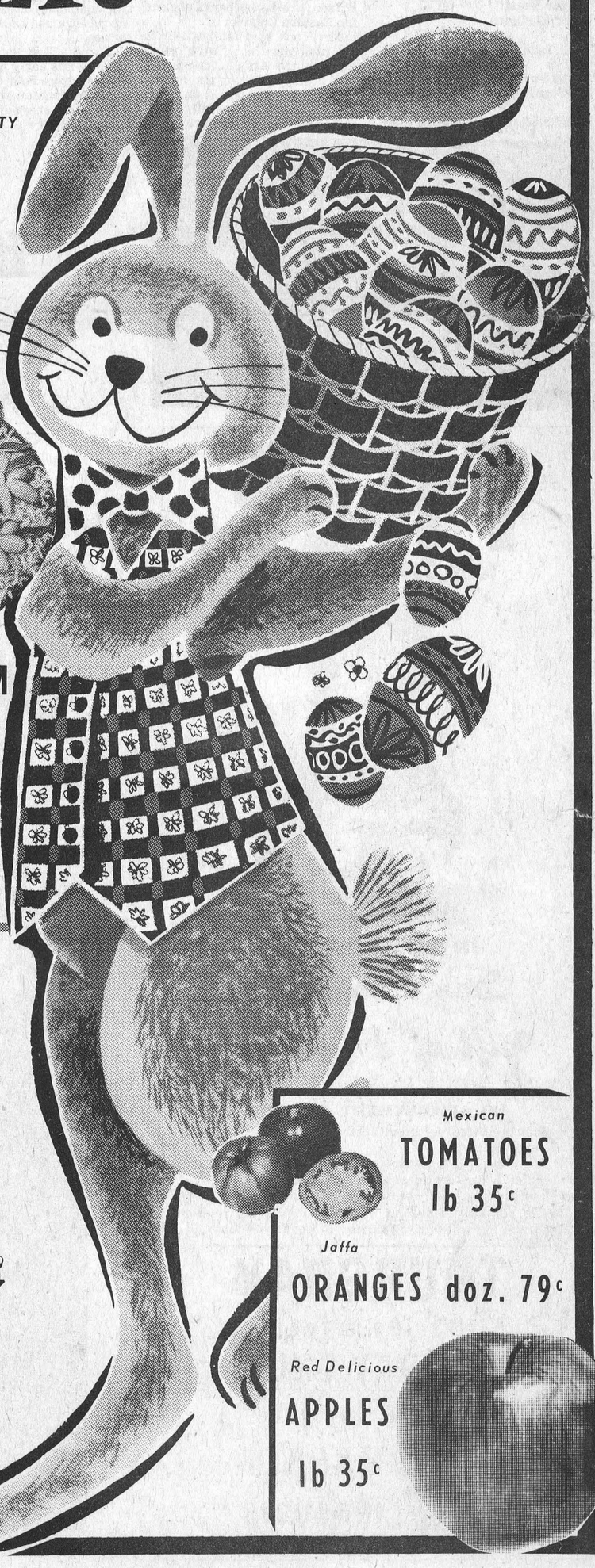
FOOD SPECIALS for EASTER

S & F
IROQUOIS SHOPPING PLAZA



TURKEYS
SWIFT'S BUTTERBALL
8-14 LBS. LB 82c

WE HAVE ON STOCK GRADE 'A' AND UTILITY
TURKEYS
ALSO FRESH ROASTING
CHICKENS
6 LBS. AVERAGE



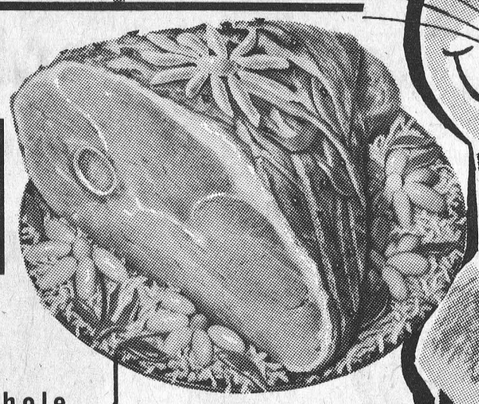
Burns or Maple Leaf
BACON lb $1.29

Fresh
SPARE RIBS lb 99c

Maple Leaf
COLD MEATS
6 Varieties 6 oz. Pkg.
39c

MARCH RIGHT IN FOR
SUPER FOOD SAVINGS

DU BRISSON READY TO EAT
HAM LB 90c ½ or Whole



centre cuts lb $1.05
centre slices lb $1.15

COOKED HAM
To Slice
1 lb or more
lb $1.44

Burns or Maple Leaf Ready to Eat
DINNER PICNICS lb $1.39

Aylmer 48 oz. Tin
Fancy Tomato Juice 45c
Fancy White Swan 200's
Facial Tissue 45c
Shirriff's 5¾ oz. box Famous
Scallop Potatoes 48c
Swan 24 oz.
Liquid Detergent OR 2/$1.09 55c
Mary Lou 1 lb.
Parchment Margarine 39c
Lido 2 lb.
Macaroni or Spaghetti 39c
Hostess 8.8 oz. Foilwrap All Flavours
Potato Chips 79c
Pure Spring 30 oz.
Ginger Ale PLUS DEPOSIT 3 for $1
Ocean Spray 14 oz. tin Jellied or Whole
Cranberry Sauce 45c
King Size
Fab Detergent $1.79
Everybody's Friend Big 20.75 oz. Bottle with Free Dispenser
Jergen's Lotion $1.39
Kraft 8 oz. Processed
Cheese Slices 59c

Heinz 16 oz. Jar Tasty
Sandwich Spread 78c
Bick's 15 oz. Jar Sweet Mix or Baby Dill
PICKLES 59c
Bick's 15 oz. Sweet Green
Garden Salad 29c
Maple Leaf 1 lb. Tenderflake
Pure Lard 63c
Kraft 30 oz.
Pizza Pie Mix $1.19
Del Monte 28 oz. Fancy
Peach Halves 69c
Duncan Hines Devel's Food
Cake Mix 89c
Duncan Hines White
Cake Mix 89c
Maxwell House 1 lb. bag All Purpose Grind
COFFEE $1.29
Libby's 28 oz.
Cooked Spaghetti 45c
Kraft 24 oz. Jar
Spaghetti & Meat Sauce 87c
Provigo Pak of 2 envelopes Chicken Noodle
Soup Mix 24c
HEINZ BABY FOOD
Strained jar 22c
Junior jar 29c
Meat Varieties Excluded
Giant Size Cascade Automatic Dish Washer
DETERGENT $1.31

FROZEN FOODS

Old South
ORANGE JUICE 49c
Sea Brook—2 lb. Bag
FANCY PEAS 79c
Supreme—2 lb. Bag
MIXED VEGETABLES 75c
Farmhouse 24 oz.
APPLE PIE 89c
Country Maid—15 oz.
STRAWBERRIES 49c

BAKERY SPECIALTIES

Weston's Pak of 6 Traditional
HOT CROSS BUNS 69c
Weston's 12 oz. sinze
RASPBERRY JELLY ROLLS 69c
Davidson's —They're Famous Fresh
DINNER ROLLS doz. 55c
Betty's Pak of 6
EASTER HOT CROSS BUNS 69c
Betty's Plain or Sugared
DO-NUTS 2 Pks. 99c

Mexican
TOMATOES lb 35c

Jaffa
ORANGES doz. 79c

Red Delicious
APPLES lb 35c

The Iroquois Post

Wednesday, March 26th, 1975

2 Published Every Wednesday by Iroquois Printing Ltd., Box 400, Iroquois, Ont.

Member of the Ontario Weekly Newspaper Assoc

POST SPORTS PAGE

Community Scoreboard



IROQUOIS TYKES
March 23 — Cardinal

Morrisburg 0	Iroquois 8

Iroquois goals scored by
Jeff Veltkamp 4
Steven Byers 2
Steven Horner 1
Harvey Kolff 1

Upper St. Lawrence Atom Playoff
Monday, March 24—Cardinal

Edwardsburg 0	Iroquois 4

Iroquois goals scored by
Mark Nesbitt 2
(Assisted by K. McEwen and T. Patterson; F. Lee)
Alan Burgess 1
(Assisted by M. Nesbitt)
Tom Waddell 1
(Assisted by M. Nesbitt)

Tuesday, March 18—Cardinal

Athens 0	Iroquois 2

... by:
Tim Patterson 2
(Assisted by D. Cherry; K. McEwen and S. Adams)

Atom ODMHA Playdowns
Friday, March 21—Cardinal

Chesterville 1	Iroquois 5

Iroquois goals scored by:
Frank Lee 1
(Assisted by M. Nesbitt)
Tim Patterson 1
(Assisted by K. McEwen)
Robbie Shaw 1
(Assisted by K. McEwen)
Kevin McEwen 1
(Assisted by D. Cherry)
Mark Nesbitt 1

Upper Canada
March 19 — Cardinal

Iroquois 7	Cardinal 0

Iroquois goals scored by
Tryon 3
(Assisted by Daisly, Hutt, Albers, Thompson, Toupin)
Groutjans 2
Assisted by Toupin, Ross, Seely)
Kirker 1
(Assisted by Toupin)
Thompson 1
(Assisted by Kirker & Hutt)

PEE WEE "A"
March 20 — Cardinal

Prescott 5	Iroquois 1

Iroquois goal scored by K. Brown

This was the last game for the Pee Wee 'A' team of the year.

The coach, Brent Lapier and the manageer, Earl Nesbitt of the Pee Wee 'A' Hockey team, would like to thank the players, parents and the Iroquois Minor Hockey Association for their support through the 74-75 season. We would also like to thank the Iroquois Post for the great write-ups through the season. Thank you.

Earl and Brent

Novice 'B' Tournament
Sat., March 22—Morrisburg

Iroquois 1	Morrisburg 2

1st GAME
Iroquois goal scored by Darin Smith
Sat., March 22—Morrisburg
2nd GAME

Iroquois 5	Osnabrook 1

Iroquois goals scored by:
Steven Prunner 1
David McCaslin 1
Darin Smith 1
Eldon Horner 1
Sheldon Seeley 1
Sat., March 22 — Morrisburg

Iroquois 1	Prescott 2

Iroquois goal scored by Darin Smith

St. Lawrence Division Junior 'B' Hockey
Best of 5 Semi-Finals—
March 15, Cardinal 5, Alexandria 4; March 16, Cardinal 6, Alexandria 3; March 19, Cardinal 9, Alexandria 4.
Cardinal wins series 3 games to 0.
Best of 7 Finals
March 23, Cornwall 8, Cardinal 2

MATILDA BOWLING

Doves	56710
Robins	56009
Owls	55114
Larks	54946
Wrens	54058
HIGH SINGLES—	
Marilyn Payne	252
Albert Dejong	256
HIGH TRIPLES—	
Marilyn Payne	618
Percy Robertson	686

BRIDGE WINNERS
LADIES—
Ruth Fetterly Judy Darling
GENTS—
Rick Darling Cam Derby

Iroquois Legion Atom Tournament Won By Alexandria



Dean McCurdy (left) presents Old Timers' Trophy to Jeff Carter, Captain of the Cornwall Township Atom-B Champs.

The Legion's Atom Tournament was played on Saturday in Cardinal with Alexandria taking the 'A' Championship and Cornwall Township being declared the 'B' Champs

IROQUOIS LEGION ATOM TOURNAMENT
1st GAME

Iroquois 0	Morrisburg 1

Goal scored by Lance Wells, assisted by Al McNarin
Three Stars — Timmy Patterson, Iroquois; Lance Wells, Morrisburg; Al McNarin, Morrisburg.
2nd GAME

Char-Lan 2	Cardinal 0

Goals scored by:
Neil Sandilands 1
(assisted by Dwayne Spike, (2)
Jerome MacDonell 1
(Assisted by Pierre Bissonnette)
Three Stars — Todd Gill, Cardinal, Dwayne Spike, Char-Lan; Scott Evans
3rd GAME

Spencerville 2	Athens 1

Goals scored by:
Lyndon Froom 1
(Assisted by Scott MacDonald)
Ritchie Pitt 1
(Assisted by Danny Lawless)
Robbie Jackson 1
Three Stars — Paul Hopkins, Spencerville; Ritchie Pitt, Spencerville; Jim Bird, Athens
4th GAME

Cornwall Twp. 2	Alexandria 4

Goals scored by
A. Andy McRay 3
(Assisted by Gerry Chalot; Gerry Chalot, Kennedy MacDonald)
A. Gerry Chalot 1
(Assisted by Kennedy MacDonald)
C.T. Tony Walfe 1
(Assisted by Steven Carter)
C.T. Alister Brown 1
(Assisted by Marc Nadeau)
Three Stars — Andy McKay, Alexandria; Jeff Carter, Cornwall Twp.; Gerry Chalot, Alexandria.
5th GAME

Iroquois 3	Cardinal 0

Goals scored by:
David Cherry 1
(Assisted by S. Adams, R. Shaw)
Shannon Adams 1
(Assisted by K. McEwen, T. Patterson)
Kevin McEwen 1
(Assisted by S. Adams)
Three Stars — Danny Grisdale, Cardinal; Timmy Patterson, Iroquois; David Cherry, Iroquois.
6th GAME

Char-Lan 1	Morrisburg 5

Goals scored by:
M. Al McNairn 1
(Assisted by Lance Wells)
M. Martin Binks 1
(Assisted by Peter MacEwen)

see LEGION ATOM TOURNY - pg 12



Alexandria, the Atom-A Tournament Champs

Earl and Ann Nesbitt would like to thank Royal Canadian Legion, Iroquois OldTimers Hockey Team; Iroquois Billards for their donations which without their support the Atom Tournament would not have been such a great success. We would also like to thank the girls at the door, Debbie Ace and Mary Lynn Waddell; the boys in the Time Box; Stephen Bueley, Mike Styles, Sarl Nesbitt Jr.; The Referees, Lance Valcour, Stan Davis, Jim Mustard, Steven Brennan, Woody Casselman, Robert Delegarde, Stewart Moffat; and the staff of the Cardinal Community Center.

Sports Slants

by Leo DeBellefeuille



Phil Esposito of the Boston Bruins recently was asked a series of questions in an interview. Perhaps you may be interested in some of his answers. He thinks Gil Perreault, Yvan Cournoyer, Richard Martin, Andy Savard Tom Lysiak and Mickey Redmond could score 100 goals in a season, Phil feels Bobby Orr plays an important role in his success. "When we are on the ice together, the fans don't watch me." Esposito stated, the love for hockey is what motivates him. "If I didn't like it I would not play. I don't care how much money I get. Life is too short to be unhappy. That's been my philosophy for the last four years." The men employed to coach National Hockey League teams have an assortment of styles personalities and approaches towards the game. In a recent poll of N.H.L. coaches, they were asked to evaluate all players in special skills and qualities. The results are as follows -
Most underrated player - Walt Tkaczuk. Best shot - Phil Esposito Rick Martin (tied). Hardest Shot - Dennis Hull. Best penalty killer - Bobby Clarke Walt Tkaczuk, Craig Ramsay, Peter Mahovlich (tied). Best skater - Bobby Orr. Best referee - Art Skov. Best checker - Bobby Clarke. Best on face offs - Stan Mikita. Best fighter - Dan Maloney. Most dangerous near goal - Phi Esosito. Best coach - Fred Shero, Billy Reay (tied). Smartest Player - Stan Mikita. Best body checker - Barclay Plager. Hardest worker - Bobby Clarke. Best defensive defenseman - Bill White. Best goalie - Tony Esposito, Bernie Parent (tied). Best of the young players: Gil Perreault. Best play maker - Stan Mikita. Most improved player - Dick Redmond Dave Burrows (tied). Most colorful - Eddie Shack. Personally I do not agree with all of the selections made by the coaches in the poll. In my opinion my feelings are in difference of their choices that Pit Martin is underrated. Best shot I would name Mickey Redmond. For best skater I would pick Yvan Cournayer In addition we would make these changes. Best checker - Jim Roberts and Ed Westfall Best referee Lloyd Gilmour. Best on face offs - Bobby Clarke. Most dangerous in goal area - John Bucykand, Jim Pappin. Smartest player - Bobby Orr. Best defensive defenceman - Borje Salming. Best goalie - Roggie Vachon and Ken Dryden. Best young player - Guy Lafleur and Denis Potvin. Most improved player - Yvon Lambert. Most Colorful - Gil Perreault. Most valuable player - Bernie Parent and Darryl Sittler. Now that I have offered my selections you go right ahead and disagree. By the way, we agreed with the coaches in the other categories I did not re-list. Oh well who am I? Not a hockey coach - that is for sure! What are your choices?

The local minor hockey scene this season has had some great individual performances. For the benefit of the many players who have recorded accomplishments of setting new records, we wish to congratulate them. However there was one player who impressed me by his effort Frequently you hear hockey experts state that they prefer player who play the game with all the "heart" they can muster. Determination is a wonderful asset in any athlete. Back on Sunday March 16th in a Pee-Wee "A" playoff game between Iroquois and Spencerville perhaps was one of the most single individual team effort any player performed this year. The Iroquois Pee Wee team went into the game with several players missing from the lineup, due to illness injuries and transfers. Probably, another player who was in the lineup should have been included with the former group of players. Such was not the case Under the circumstances this player in my estimation was the "Player of the Week". Of course he did not perform up to par, but he did play. Considering the fact the team was short handed, and had to kill off several penalities that they were assessed, Iroquois lost the game by a close margin of 2 to 1. The arena was packed to capacity with fans Many of these specators perhaps thought that one certain Iroquois player was not "carrying his load". Much to the contrary. Enough of the mystery! For you see, the Pee Wee player in question was Kent Holder who played the game because he did not want to let his team down. Kent showed great team spirit and individual courage He was disappointed in that the club lost the game and felt he did not contribute much to assist his fellow team mates. The moral of the story is that Kent Holder proved to be a real little trooper. He is finished with playing hockey for the balance of the season. Yes back on March 9th Kent played the game with courage, determination fortitude and heart. The most outstanding aspect of his performance was that Kent Holder played the entire game with a broken collar bone. Truly a team leader and a great sport, is young Kent Holder.

Recently a five man bowling team represented Iroquois at a Men's tournament at Ingleside Lanes. The local men captured the tournament championship. The home town bowlers came up with a pinfall of 3,424. Members of the team were Garry Easter Clair Easter Dwaine Kirker Ron Lanthier and Dwaine Elmer. Top bowler of the tournament was Clair Easter with a triple of 851 Ingleside were runner ups in the 10 team rally. In a similiar tournament for Ladies in a succeeding week, the Iroquois Ladies Bowling team ended in 6th place in a 8 team tournament. Members of the local gals team were Cora Easter Gail Kirker, Joyce Easter Bonny Lanthier and Joyce Helmer. Results of the Ladies Tournament were very sketchy. Which brings to mind, the fact this bowling report came to me from outside sources. Once again, it would be appreciated if all local sports organizations would have their public relations officer, contact us from time to time and keep us posted on their activities. After all this column is dedicated to local sports groups and therefore it is our wishes you take ad-

see SPORTS SLANTS - pg 12

Cardinal Club Holds Drags

The Cardinal & District Snowmobile Club held its first drag races on Sunday March 16th with good weather and a good group of competitors. The drags were very successful.

The club would like to thank those who contributed time and effort and special thanks are extended to John Drummond (flagman) Horace Roskell, Les Barkley and the Cardinal Fire Department.

The following is a list of the races and first and second place winners

FAN STOCK
0-300 Steven Shaver - 1st place
David Shaver - 2nd place
301-340 Sandra Johnston - 1st place
Mike Shaver - 2nd place
341-400 Frank Warden - 1st place
Sandra Johnston - 2nd place
401-440 Frank Warden - 1st place
John Lindsay - 2nd place
OPEN FAN STOCK
L. Dillabough - 1st place
E. Duncan - 2nd place
FREE AIR STOCK
0-300 Sandra Johnston - 1st place
Steven Shaver - 2nd place
301-340 Steven Shaver - 1st place
Sandra Johnston - 2nd place
341-400 Steven Shaver - 1st place
Les Barkley - 2nd place
401-440 Dean Ault - 1st place
Frank Warden - 2nd place
OPEN FREE AIR STOCK
Dean Ault - 1st place
Frank Warden - 2nd place
powder puff
Sandra Johnston - 1st place
E. Dillabough - 2nd place
MODIFIED
0-300 David Shaver - 1st place
Sandra Johnston - 2nd place
301-340 Steven Shaver - 1st place
Sandra Johnston - 2nd place
341-440 Doug Millard - 1st place
Dean Ault - 2nd place
OPEN MODIFIED
Horace Roskell - 1st place
Doug Millward - 2nd place
RELAY RACE
Dean Ault and Les Barkley - 1st place
Frank Warden and Jerry Deir 2nd place.

Game of the Week

Iroquois vs Prescott in Novice "B" Action



Iroquois Novice B team pose after a hard fought game.

Iroquois and Prescott Novice B's, in a hard checking game at Cardinal Sunday night, came up with a tie game although both teams had many scoring opportunities. Prescott opened the scoring late in the second, after a frustrating first period, with a goal by No. 9 MARK WOODS assisted by No. 10 ROBIN WHITE.

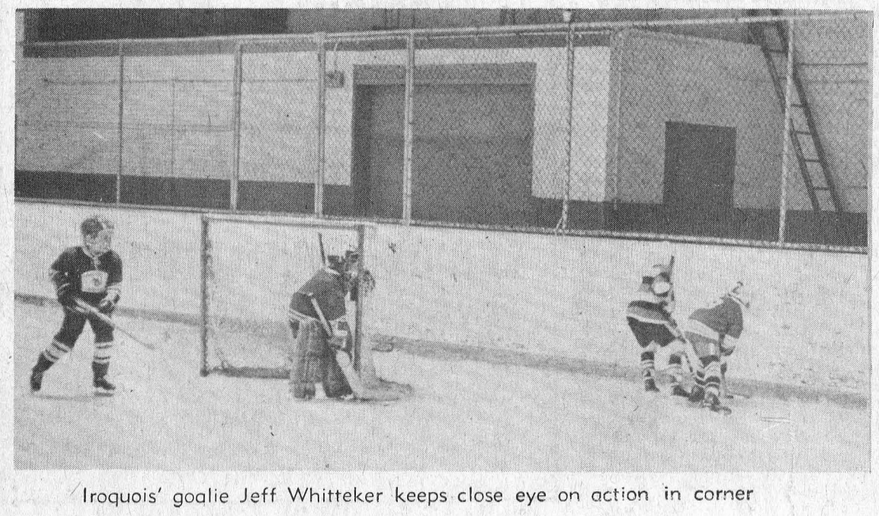
Iroquois tied the game with seven minutes left in the third period on an unassisted goal by No. 8 MIKE VELTKAMP. Although boht teams put up a spirited attack they were unable to break the tie, due to good net minding at both ends of the ice.

This being the last team to be covered in our regular series. We will now be concentrating on the playoffs.

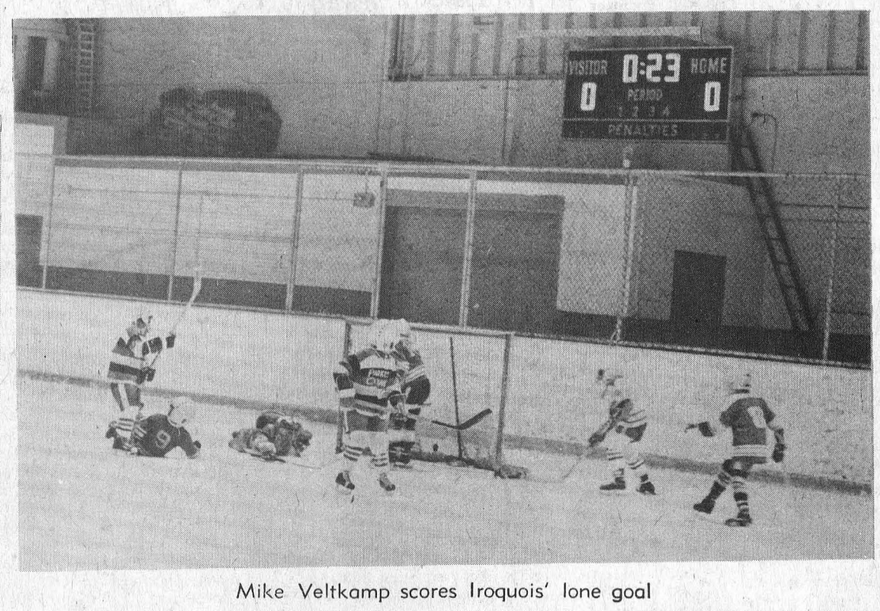
The coaches are asked to contact the Iroquois Post at 652-4806 or Mike Cole at 652-4564, so that we can be up to date on game dates and times.



Players fight for possession in the corner



Iroquois' goalie Jeff Whitteker keeps close eye on action in corner



Mike Veltkamp scores Iroquois' lone goal

OPPORTUNITY SAVINGS PROFITS RESULTS THEY'RE ALL IN CLASSIFIED

FOR SALE

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

SALE: Large Selection 60' wide Double knits. Regularly to $4.98 yd. Now $2.98 and 3.49 yard. D & K Fabrics, Morrisburg Mall.

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

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

SALE: Phentex and Aronelle Rug Yarn. 45¢ ball while supply lasts. D & K Fabrics, Morrisburg Mall.

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

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

Purebred German Shepard Pups. Registered and guaranteed Sire International Champion. $200.00. 652-4160. 39-2p

SALE: Polyester Boucle curtain material 45' wide. Regular $2.49 yd. Special $1.89 yard. D & K Fabrics, Morrisburg Mall.

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

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

SALE: Printed Corduroy. Regular $2.70 yd. Now $1.98 yard. D & K Fabrics, Morrisburg Mall.

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

Hay and Straw wanted.
68 Buick, Le Sabre H/T A-1 condition. Phone 652-4668 after 6 p.m. 39-2p

392 cu. in. Chrysler hemi - 385 hp, needs a little work, also 318 cu. in, Chrysler engine, very good running condition. Call 657-3448 after 6 p.m.

1 Cross-bow complete, 1 pioneer chain saw, 2 pair rouen ducks, 2 trios ring-neck pheasants. Phone 652-2294. 40-2p

1972 Moto-Ski Grand Prix 440. 1972 Woods Double Snowmobile Trailer. Call after 5:00 p.m. Reasonable. 652-4694.

500 bales of choice hay for sale. Arnold Barkley. 652-4262. 40-2p

SALE: Terylene two tone fishnet curtain material. 45' wide. Regular $1.98 yd. Special $1.39 yd. D & K Fabrics, Morrisburg Mall.

Brand new electric guitar, amplifier, case and teaching technique book. 652-4373. 40-1p

Seventy tree commercially productive apple orchard near Iroquois on share crop basis to proven orchardist. Box 400 Iroquois Post. tfc

Bicycles most sizes. Price reasonable fully reconditioned. Call 652-2206. 40-2p

Tape Player and speakers like new Call 652-4395 40-1p

SERVICES

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

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

"MEALS ON WHEELS"
If you are a senior citizen, handicapped, or post - operative person. "Meals on Wheels" is available for you! Monday through Friday, a hot, fully nutritional meal will be brought to your home during the noon hour. Cost is minimal. Telephone 652-2123 daytime or evenings.

WANTED

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

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

EMPLOYMENT OPPORTUNITIES

FULLER BRUSH
If you could use an extra $50 cash in your spare time, call Fuller Brush Co. at 774-3741 - evenings for appointment. 40-3p

EXPANDING CANADIAN OIL COMPANY needs dependable person who can work without supervision. Earn $14,000 in a year plus bonus. Contact customers in Iroquois area. Limited auto travel. We train. Air Mail O.M. Dick, Pres. Southwestern Petroleum Canada Ltd. 87 West Drive, Brampton, Ontario L6T 2J6. 40-2c

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education

SECRETARY

(Temporary Full-time Replacement for period April 14, 1975 to August 15, 1975 inclusive)

at

LEARNING MATERIALS CENTRE

Salary range: $5,300 - $6,800

Written applications will be received by:

Mr. Jack C. Whyte,
Co-ordinator,
Learning Materials Centre,
405 Tollgate Road,
Cornwall, Ontario
Tel: (613) 933-8312

S. W. Libbey, Chairman

T.R. Léger, Director

HELP WANTED

Office Assistant required for farm labour pool of Stormont and Dundas. Requirements — Office experience, pleasant telephone manner, typing and bookkeeping. Some farm background would be helpful. — Please reply by April 7, 1975 to Box 322, Winchester, Ont. K0C 2K0 40-2c

HELP WANTED

Required Farm Labour Co-ordinator for Counties of Stormont and Dundas. Must have farm experience, be able to communicate with farmers and supervise small office staff.— Please send personal resume to Box 322, Winchester, Ont., K0C 2K0 by April 7, 1975 40-2c

NOTICES

TENDER

INCINERATOR ROOM ADDITION TO WINCHESTER DISTRICT MEMORIAL HOSPITAL

Sealed tenders will be received until 4:00 p.m., Thursday, April 10, 1975 at the office of the Administrator, Winchester District Memorial Hospital, Winchester, Ontario and Helmer Associates, Architects and Site Planners, for:

Incinerator Room Addition to Winchester District Memorial Hospital

Tender documents are available to General Contractors, Mechanical and Electrical trades at the Architect's office on deposit of $100.00 per set certified cheque. Documents are on display at the Ottawa Builders Exchange.
Lowest or any tender not necessarily accepted.

Bert Stel
Administrator
Winchester District Memorial Hospital
Winchester, Ontario

Helmer Associates
Architects and Site Planners
287 MacLaren Street
OTTAWA, Ontario K2P 0L9 39-2c

United Counties of Stormont, Dundas and Glengarry

TENDER FOR MATERIALS AND SERVICES—1975

Sealed tenders, plainly marked as to contents, will be received by the undersigned until 12:00 o'clock noon, on

THURSDAY, APRIL 10, 1975

for the season's supply of the following materials and services for the County Road System:

TENDERS:

(1) Calcium Chloride
(2) Weed and Brushkiller
(3) Tires and Tubes
(4) Metal Culverts
(5) Wire Farm Fence, Gates, Steel Fence Posts, Brace Wire and Staples
(6) Pavement Marking
(7) Lubricating Oils and Greases
(8) Gasoline and Diesel Oil
(9) Signs and Sign Posts
(10) Grader and Snowplow Blades

FIRM PRICE QUOTATIONS:

(1) Stone Chips
(2) Crushed Stone and Gravel
(3) Asphalt Patching Material
(4) Ready-Mix Concrete
(5) Rental of Roadbuilding Equipment

Information to bidders, specifications and tender forms may be obtained at the office of the undersigned. Lowest, or any tender, not necessarily accepted.

D. J. McDonald, P. Eng.
Counties' Engineer
P.O. Box 205
Cornwall, Ontario 40-1c

United Counties of Stormont, Dundas and Glengarry

NOTICE OF BY-LAW

The Council of the United Counties of Stormont, Dundas and Glengarry, has enacted by By-Law No. 3848, effective February 4, 1975, that no person shall locate a building or other structure closer than 100 feet from the original centreline of a County road.

Application forms for a permit and further information may be obtained from the County Engineer's Office, County Buildings, 20 Pitt St., Cornwall, and from the Clerks of local municipalities.

D.J. McDonald, P. Eng.
Counties' Engineer
40-1c

Plannin' A New Home
Plannin' A New Cottage
Plannin' A Renovation
Plannin' See LANNIN

H. S. LANNIN LTD.
GENERAL CONTRACTORS
Phone 774-2830 - Winchester

CALENDAR OF EVENTS

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

PUBLIC AUCTIONS

of Antiques, Modern Furniture and dishes at VAN ALLEN'S AUCTION & APPRAISAL SERVICES just west of Iroquois on Highway 2, Monday March 31st 6:30 p.m.
Chesterfield and chair, chrome set, captain's bed box springs and mattresses portable T.V. and stand, vacuum cleaner, 2 rugs 9'x12', 9'x15', stereo, all articles like new bunk beds spinning wheel, teawagon, washstands, 1 marble top dressers, 5 pressbacks, sevreal stripped chairs and rockers including Salem, balloonback and platform, 1 ornate carved chair child's wicker chair, several small tables, pressure system, wringer washer. 1 Moto-Ski snowmobile with double trailer set of sleighs made by J. Montpetit of Iroquois, pot-bellied cast iron heater, lamps, quilts, books, dishes and many other articles.
Terms: Cash
Sale - Indoors
Refreshments
Auctioneer: Ralph Van Allen

Ontario Hydro

PROPERTY FOR SALE

TOWNSHIP OF SNABRUCK INGLESIDE TOWNSITE

Ontario Hydro is offering for sale the following unserviced residential building lots, located in the Village of Ingleside, Registered Plan 230, Township of Osnabruck, Lots 18-20 inclusive fronting on Wales Drive, Lots 90-93 inclusive, Lots 95-104 inclusive, Lots 106-120 inclusive fronting on Hoople Street. Each lot has approximately 75 foot frontage by 150 foot depth.

Further information may be obtained by writing to Ontario Hydro, 420 Dundas Street East, Belleville, Ontario, attention of Mr. C.N. Davis, telephone 968-6721.

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

W.E. Raney, Secretary
Ontario Hydro
620 University Avenue
TORONTO, Ontario
M5G 16X

and marked:

Tender for Ingleside Townsite Property

and must be received by the Secretary no later than 4:00 p.m. Eastern Standard Time on Tuesday, April 15, 1975.

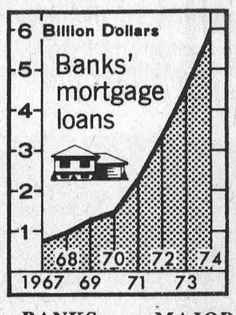
Offers to purchase individual lots will not be considered. Tenders will be accepted on the basis of Parcel No. 1 — lots 18, 19, 20, 90, 91, 92 and 93; Parcel No. 2 — lots 95 to 104 inclusive; Parcel No. 3 — lots 105 to 113 inclusive; Parcel No. 4 — lots 114 to 120 inclusive, and be accompanied by a certified cheque payable to Ontario Hydro for at least 3% of the amount of the offer. Cheques will be returned to the unsuccessful bidders.

The sale will be subject to the condition that the purchaser enters into a subdivision agreement with the Municipality satisfactory to Ontario Hydro to the effect that the necessary services to the properties will be completed within two years from the date of closing.

The sale of these lots will be subject to The Expropriations Act, R.S.O. 1970.

Offers submitted must allow until May 2, 1975, for acceptance or rejection and must not be withdrawn until after that date.

The highest or any offer not necessarily accepted.



BANKS MAJOR LENDERS—Residential mortgage loans continued to be one of the fastest-growing services of the chartered banks during 1974, the Canadian Bankers' Association says. Total residential mortgage advances by the banks rose 32 per cent to more than $6.0 billion. The 1973 increase was 34 per cent to $4.6 billion. The chartered banks have become a major source of mortgage money since 1967 when the revision of the Bank Act permitted them to expand their services.

REAL ESTATE

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

UPPER CANADA VILLAGE AREA Just listed a good solid Brick double house on large lot. Each side has a convenient kitchen 14'x18' ivingroom two bedrooms and bathroom. Low down payment.

MORRISBURG Very attractive 3 bedroom Brick Bungalow with firepjace, built in 1974. Immaculate. Electric heated. Landscaped lot. Desirable location.

IROQUOIS 4 bedroom frame home with colorlock siding O.F.A. heating new wiring dandy kitchen, has new vinyl covered floor double sink and new cupboards. Asking - $30.500.

NEAR 401 MORRISBURG INTERCHANGE very convenient location, frame two bedroom electric heated, well kept home tiled and carpeted floors. Two car garage. Large landscaped ot. Taxes only $128.

MOBILE HOME - New deluxe model 22' x 65' set up ready to live in or can be transported without special permit. $13,500.

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

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

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

INKERMAN Large frame with new siding needs finishing extra large lot.

BROKEN SECOND 3 bedroom bungalow, half mile from Iroquois, on paved road

IROQUOIS VILLAGE 3 bedroom stucco with view of river. Features corner fireplace, dining room livingroom kitchen nook.

Cardinal No. 2 Highway east two-apt block home, separate entrance to upstairs apt or can be recoverted. Price reduced, good terms

MATILDA TWP. 38 acre farm older frame house good barn.

NEAR HULBERT 100 acre farm, good block machine shed, old house and barn.

MATILDA TWP 100 acres and, 70 tillable.

IROQUOIS WEST north side No. 2 Highway 25 acre building lot.

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

I wish to thank all my friends and relatives who remembered me with treats cards and visits while I was in Winchester Hospital. Special thanks to Doctors of the St. Lawrence Medical Clinic to Rev. Gee for visits and also the staff and nurses on second floor, all was greatly appreciated.
Everrett Empey 40-1p

I would like to extend my sincere thanks to my neighbours and friends, relatives for flowers gifts, cards and visits while I was a patient in Winchester District Memorial Hospital.
Special thanks to Dr. J. Marston also Rev. Father O'Connor Rev. Father Phelean and the C.W.L. of St. Marys and St. Cecilias and Rev. F.M. Gooch and Don and Vi Hare and to the nurses and staff of the second floor.
Jim Rigby 40-1p

CARDS OF THANKS

It is my wish at this time, to take the opportunity to express my most sincere thanks, to my friends and neighbors, and to all those who sent cards, flowers and visited me. Also the nursing staff of the second floor. Drs. Domanko, Chande, Prins, and Marston. The clergy of the area. While I was a patient in the Winchester Hospital.
Walter Hutchinson 40-1p

My sincere thanks to Dr. H.W. Justus, nurses and staff of the first floor at the Winchester District Hospital to nurses who looked after my sore foot for care I recieved while I was a patient there. Special thanks to Rev. E. Moore and Rev. Lester Joyce for their visits and to all my relatives and neighbours and friends who visited me, sent cards and flowers during my stay in Hospital. Your kindness was sincerely appreciated.
Mrs. Mary Tousant 40-1p

I would like to thank all my friends for cards gifts and for the enjoyable time on my 87th Birthday.
Special thanks to Rev. Gee for his visit and prayer Mrs. Don Hare for the lovely Birthday Cake.
Mrs. Reuben Carkner 40-1p

A sincere thanks to relatives, and friends who so kindly sent flowers, treats cards and made phone calls while I was a patient in Kingston General Hospital. These kindly acts were greatly appreciated.
Phyllis English 40-1p

I wish to thank all the people who came to the baby shower held at Mrs. Janet Vander Weide's and for their many beautiful gifts I received.
Mrs. Valerie Barnhardt 40-1c

I would like to thank all my friends and neighbours who so kindly remembered me with cards flowers, visits, phone calls while I was a patient in Winchester Hospital and after my return home.
Sincere thanks to Dr. G. Houze, Dr. Haythornthwaite and Dr. Prins nurses of O.R. and First floor for the excellent care I received also the kindness shown by Mrs. Doreen Thompson, Rev. B. Gee for his visits.
Special thanks to my faithful neighbours Leo and Barb Merkley for the transportation to the hospital and for helping out since my return home.
Mrs. Vernie Warren (Marian) 40-1p

RED CROSS RECEIPTS - $520.20
The Iroquois Branch of the Canadian Red Cross Society are pleased to report that this years receipts are the best ever.
This kind of response makes our Branch Members and Volunteer Canvassers feel that their work has been worth while.
A sincere thank you to the people of Iroquois and Matilda Township for their contributions and a second thank you to our devoted canvassers who helped out once again.

We wish to express our heartfelt thanks to friends, relatives and neighbours for the many acts of kindness cards floral tributes and contributions to the Cancer Society Trinity United Church and the Heart Foundation.
These many kindness were deeply appreciated and will long be remembered. Special thanks to nurses and and staff in Winchester Hospital, Drs. Howard and Dwane Justus, Rev. L. M. Ferguson and Rev. M. Maxted.
The Family of the Late Mrs. Nina Merkley. 40-1c

I would like to express my sincere thanks and appreciation to my relatives, friends and neighbors for the many many kindnesses, get well cards, letters gifts treats and flowers during my stay in Winchester Memorial Hospital and Hotel Dieu, Hospital Kingston and during my long convalensence at my daughters home in Toronto.
I want to thank the U.C.W. of the United Church Good Companions, the Bridge Club and Iroquois Women's Institute for the lovely plant and my Brithday pals for the lovely flowers they brought me.
I also wish to thank Rev. Brian Gee for his calls and a very special thank you to Calvin and Alice Serviss for looking after my house and the many kindnesses they have shown all during my time away and since returning home and to Mr. Jas. Willis for taking me to the Hospital.
All these kindnesses were so much appreciated and will never be forgotten by me
Bessie Rabb 40-1p

BUSINESS DIRECTORY

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

PLAZA BEAUTY SALON

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

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

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Plannin' See LANNIN
H. S. LANNIN LTD.
GENERAL CONTRACTORS
Phone 774-2830 - Winchester

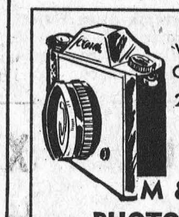
DIANA'S FLOWER SHOP

SAY IT BEST WITH *Flowers*
MORRISBURG 543-2566

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

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

ORGANS and PIANOS
CONN ORGANS
LESAGE PIANOS
SALES AND SERVICE
ROY FAWCETT
WINCHESTER 774-2209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24 hr Service on B&W Processing
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RR1, Brinston Rd., Iroquois
Phone 1-613-652-4564

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LORNE MELLAN
BRINSTON ONTARIO

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

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

APPLIANCES & HOME ENTERTAINMENT
W.L. Peters Appliance
SALES AND SERVICE
Dealers for Zenith - Electrohome - G.E. Panasonic - Inglis - Gibson
152 King St. E., Prescott, Ont.
Tel. 925-2257

FUNERAL SERVICE
W. E. FITZSIMMONS
IROQUOIS *Established 1924*
"SERVICE IS OUR MOTTO"
652-4452 652-4577

LEGION BRANCH 370 BINGO
TO BE HELD
EVERY MONDAY 7:30 p.m.
LEGION HALL, IROQUOIS
15 REGULAR GAMES - $5 PER GAME
3 SHARE-THE-WEALTH GAMES
3 SPECIAL GAMES - $10 PER GAME
1 JACKPOT $100 - SPLIT 4 WAYS
WINNER-TAKE-ALL GAME
Plan To Attend This Evening of Fun at the Legion Hall

Classified Advertising Rates

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

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

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

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

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



Ann Landers

Dear Ann Landers: Almost all the letters in your column by overweight people are from females. This one will be different. I'm a he, 21 years old, and I want to respond to "Living In Fat City And Trying Like Hell To Get Out."

When I was in high school I was a fat slob -- at least 50 pounds overweight. I hated myself but I wouldn't do anything about it. I stayed out of men's clothing shops because I knew I couldn't get into anything halfway decent. On weekends I locked myself in my room and ate and studied. My grades were great, but my weight was terrible.

I graduated with high honors and was accepted at one of the country's top schools. Within two weeks I met a girl I flipped over. I decided then and there to shape up -- quit eating garbage, drinking beer and snacking between meals. I also went on a strict exercise routine. What I needed was an incentive, and the chick was it.

Within a month I had lost 18 pounds and asked her out. She gave me a lot of encouragement and helped me lose another 30 pounds within the following five months. Now I look and feel like a different person.

So please print this letter for the other Baby Hippos who are too lazy, stupid or unmotivated to do anything about themselves. Nobody has to live in Fat City unless he wants to. There are all sorts of roads that can take you out of it. Check the map -- which you will find inside your head.

-- A New Me

Dear New You: Congratulations on your change of address. You are right -- most of the letters from overweight readers are from women. Thanks for writing. You could change a few lives out there

Dear Ann Landers: I am 16, no beauty queen but not exactly ugly. I've been babysitting for this couple for over a year and I always had a feeling Mr. Z liked me a little more than was necessary.

Last Friday night when he was driving me home he asked if I'd mind if he went by his place of business and picked up some papers. I knew he had to pass my house to get to his office but I said "O.K." After he picked up the papers he asked me if I'd like to go for a little ride instead of straight home. I said, "You're driving."

He pulled into a wooded lane about half a mile away and stopped the car. I'm ashamed to tell you he kissed me and I responded. Suddenly I got to thinking about where things could lead and demanded that he take me home. He said, "O.K. I hope you aren't mad." I said I wasn't because it was as much my fault as his. I should not have let him park.

The next day I confided all this to my best girlfriend and she thinks I should tell his wife what happened. Should I? Please give me some advice, Ann. I'm sure there are plenty of sitters who could use a little guidance along these lines.

-- Conscience-Stricken

Dear C.S.: First: Do NOT tell his wife. Second: Do NOT sit for this family again. Third: Remember the old adage, "Three can keep a secret if one is dead." You had no business "confiding" in your girlfriend.

I'm glad you recognize the part you played in that unsavory little scene. You did indeed encourage Mr. Z and I hope you've learned your lesson. It was a cheap one, considering what might have happened.

A no-nonsense approach to how to deal with life's most difficult and most rewarding arrangement. Ann Landers's booklet, "Marriage What to Expect," will prepare you for better or for worse. Send your request to Ann Landers, P.O. Box 1400, Elgin, Illinois 60 20, enclosing 50 cents in coin and a long, stamped, self-addressed envelope. Copyright 1975 Field Enterprises, Inc.

Iroquois United Women Hear Interesting Travelogue

The occasion of the Easter Thankoffering held by Iroquois United Church Women was a most successful event. On Thursday evening last guests attended from sister churches of the village as well as U.C.W. members from Cardinal and Morrisburg.

A gathering of about 50 ladies was welcomed by President Theresa Cougler. The hymn "Jesus Stand Among Us" opened the devotions. Assisted by Edith Norton and Kay Morgatroyd Mr. Cougler presented a devotion based on Friendship The scriptures were read from John15: 13-15 and stories and meditations emphasizing friendship and its responsibilities were read interspersed with the singing of the verses of "What A Friend We Have In Jesus."

The meeting was reminded of Jesus associations with his friends and what they meant to Him - how He treated His friends. In times of adversity when one is near the breaking point how much a kind word from a friend can help. We need to let our friends know they are appreciated Prayer closed the devotions.

A duet "Ivory Palaces" was sung by Dorothy Marcell and Ruth Fetterly.

It was announced that Iroquois U.C.W. would be visiting the Brockville Psychiatric Hospital on Tuesday March 18th to entertain some of the patients at a party.

Joan Gee presented to the gathering Mrs. Orlo Lewis as special guest of the evening She came to share with the group a trip to Germany Norway England and Scotland taken by her and her husband in 1972 on the occasion of his retirement. This was done by means of slides and a most descriptive commentary

The journey by sea was aboard a freighter of the Poseidon Line sailing out of Montreal with a cargo of aluminum ingot bound for Cardiff Wales.

In Germany England and Scotland they travelled by rent-a-car meandering through the beautiful country places staying at country inns and capturing on film some of the most magnificent scenery Through Germany those assembled travelled with them from Bremen and Hamburg up the Baltic seacoast. Everyone was awed by the beauty of Norway's fiords and mountains. In Scotland they travelled from Edinburgh to Inverness to the beautiful but barren Isle of Skye and through the breath taking grandeur of the Highlands.

In England and Wales the stately castles and universities were toured and the ruins of Coventry Cathedral. This is where the tour ended and Mrs. Lewis left everyone much moved by the story of Coventry the remains of its once beautiful altar the significance of the Cross of Nails by reading the prayer "Father Forgive" inspired by the words burned over the old altar The slides showed the new cathedral which has been erected on the site and rejoiced at the feeling of rebirth and new spirit which can arise from what seems utter loss and ruin.

It was indeed a memorable evening made so by Mrs. Lewis' excellent and intellectual presentation so charmingly delivered.

Everyone present expressed appreciation for all they had heard and seen Nelda Brown spoke on behalf of the gathering voicing thanks and presenting Mrs. Lewis with a memento of the occasion. Mrs. Cougler pronounced the benediction. Hostesses Cora McAdam and Leila Carter served refreshments and a social time was enjoyed.

Attendance Good at Helping Hands Meeting

The Senior Citizens group Helping Hands held their monthly meeting on Thursday March 13th in the Brinston Memorial Hall with Mr. Donald Buma in the chair and Mrs. Coons playing the piano.

The attendance was great. After the regular business meeting three boys from Chesterville showed slides which were taken on their trip to British Columbia.

Noontime lunch was then served.

In the afternoon games were played and Mr. McInnis from Morrisburg spoke about lonely people, Meals on Wheels, and nursing homes which are so badly needed in Dundas county.

The guest speaker for the afternoon was Mrs. Nine Woods of Winchester who spoke on the topic of Prayer. A quartet and a duet sang beautiful songs. At 3:30 everyone went home with thankful hearts for such a wonderful day and looking forward to the next meeting.



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Michael is shy and diffident with strangers. But basically this eight-year-old is a happy child and quite friendly and relaxed with people he knows. He's not very talkative, especially about his feelings, but he will chat cheerfully about small things.

Michael is Anglo-Saxon in descent, a rather elfin-looking lad with lovely curly reddish hair, green eyes and fair skin well adorned with freckles. He is in good health except for allergies controlled by medication.

Active Michael likes to play outdoors and loves camping. With the encouragement of his foster family he has recently taken up Yoga which he is enjoying.

Michael, a slow learner, is enrolled in a junior special class. He likes school and Sunday School and at home he loves to listen to stories. Michael should have a family who will enjoy helping a lovable youngster learn about living and relations with people and who will not expect academic achievement.

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



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March 11/75 Mr. & Mrs. Larry Kenney, South Mountain, Ontario, A Daughter.
March 12/75 Mr. & Mrs. Brian McMahon Chesterville, Ontario, R.R.#4, A Son.
March 13/75 Mr. & Mrs. Robert Sanderson, Newington Ontario, R.R.#2, A Daughter
March 15/75 Mr. & Mrs. Wayne Simpson, Winchester, Ontario, A Son.

Dollars & Good Sense

by William J. Martin
Special Consultant to AVCO FINANCIAL SERVICES

It makes good sense to have a healthy savings account to protect your family's financial security. Many experts agree that you should have at least 3-6 months salary available, but you can never really have too much.

For a savings system to work, you have to treat it like any other financial responsibility. Figure out how much you can afford to save out of each month's take-home pay, and when you pay your bills, make your savings deposit at the same time.

If you're afraid that your will is not quite powerful enough to count on, an automatic savings plan may be right for you. Your employer probably offers a system where a predetermined amount can be taken out of each paycheck and either deposited into a company savings plan or used to purchase United States Savings Bonds.

But if such a system is not available to you, check with your bank. Most offer an Automatic Savings Service which takes a certain amount out of your checking account and deposits it each month into a savings account.

With money as tight as it seems right now, saving may be difficult. But an automatic savings plan can be nearly painless, and the secure feeling you'll get as savings pile up will make it well worth it.

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

21 or over?
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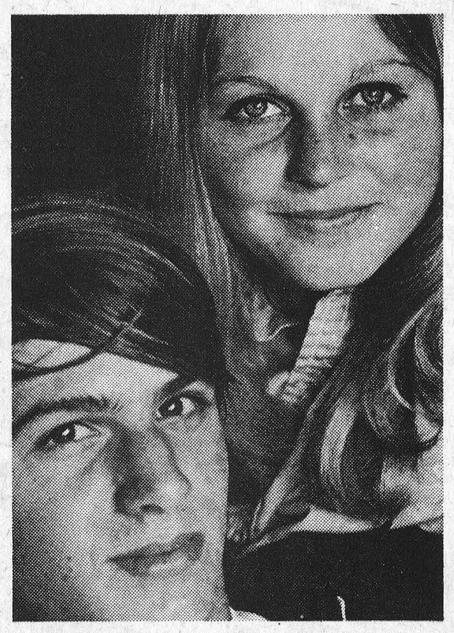

Your parent's OHIP insurance no longer includes you. So apply for your own. Don't delay, or you could be walking into an emergency uncovered. Consult your employer or contact your nearest OHIP Office.
The OHIP Office in your area will answer any questions you may have.

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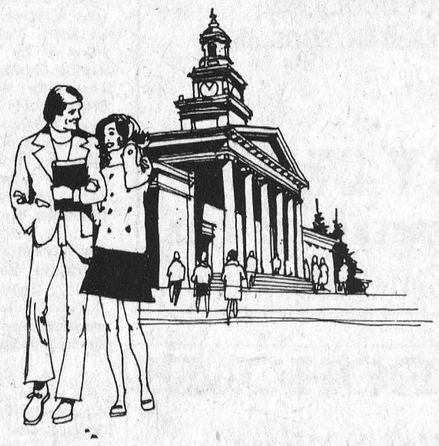
Hamilton 25 Main Street West 528-3481
Kingston 1055 Princess Street 546-3811
Kitchener 68 King Street East 745-7379
London 227 Queens Avenue 433-4561
Mississauga 55 City Centre Drive 275-2730
Ottawa 75 Albert Street 237-9100
Peterborough 311 George Street North 743-2140
St. Catharines 15 Church Street 682-6658
Toronto 2195 Yonge Street (Eglinton) 482-1111
Windsor 1427 Ouellette Avenue 258-7560

Ontario Ministry of Health
Hon. Frank S. Miller, Minister

Today, higher education is more important than ever before.

This is what Ontario is doing to help make it available to everyone.



Ontario is the best place in Canada to get a higher education. Why? First, the range and diversity of programs our institutions offer. Second, the Ontario Government programs that help students finance their education.

Already, 2 out of 5 students at Ontario colleges and universities are receiving financial aid through the Ontario Student Assistance Program (OSAP). OSAP assists full-time post-secondary students with government-financed loans and grants based on need, not on academic achievement.

Now, starting with the 1975-76 academic year, there will be two new programs.

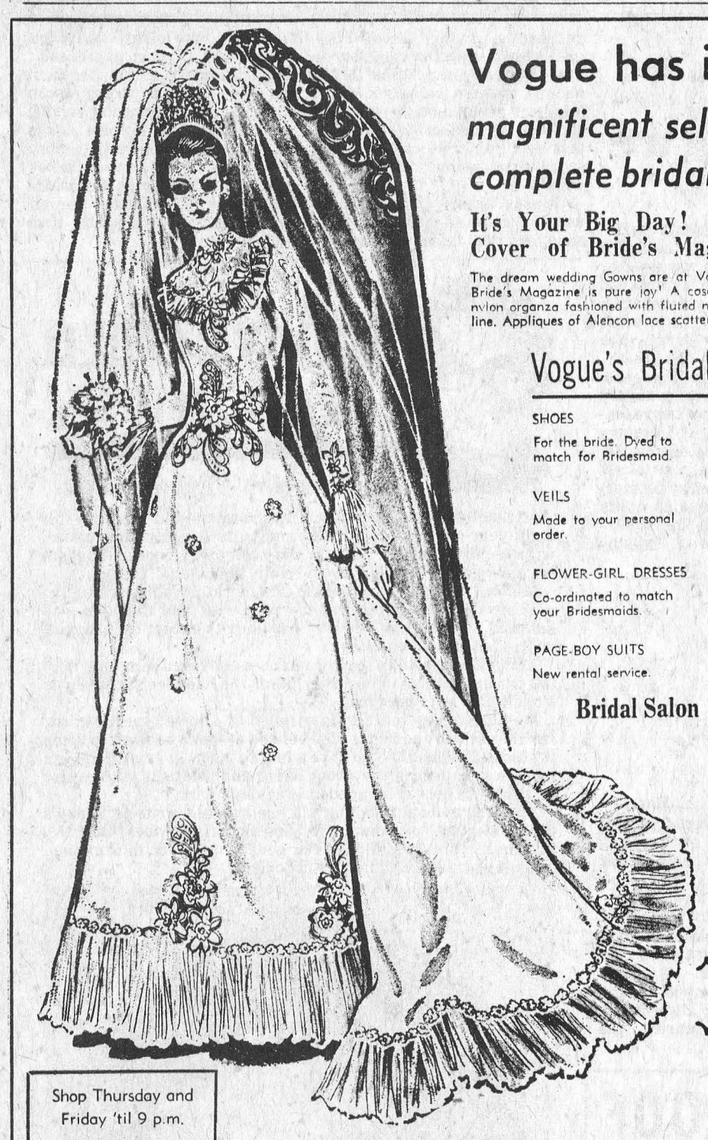
The *Ontario Student Loans Plan* is designed to help students who are ineligible for aid from OSAP. It will benefit part-time students, some students enrolled in upgrading programs and those taking programs which are shorter, or have different entry standards than required by OSAP regulations.

The *Ontario Special Bursary Program* gives non-repayable grants to people in serious financial need, particularly those who can improve their financial situation by taking one or more courses. It's designed for part-time students who receive social assistance, are unemployed, or who have a low family income.

If you would like to know what financial assistance is available to you, and how to apply for it, contact the Student Awards Officer at the institution of your choice. Or write to:
Inquiry Section
Student Awards Branch
Ministry of Colleges and Universities
Mowat Block, Queen's Park
Toronto, Ontario M7A 1C6

Ministry of Colleges and Universities
James Auld, Minister

Government of Ontario
William Davis, Premier



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Iroquois Public School Committee

French Immersion Kindergarten May Be Offered

A meeting of the Iroquois Public School Committee was held Wednesday March 12th, at 7:30 p.m. with seven members present.

Pictures for the 1975 yearbook were taken. Several items of business were brought before the committee by the principal Mr. Jim Shaw. These were discussed at length.

1) The proposed French immersion kindergarten

This program may be offered in Iroquois in September 1975 if there are (a) a sufficient number of registrations, (b) properly equipped facilities, and (c) a full-time French teacher.

In order to run this program in Iroquois, a portable classroom would be required. French Immersion kindergartens are presently functioning in Dundas County at Chesterville, Winchester, Inkerman and Nationview (South Mountain).

A meeting for all interested parents will be held in the near future.

2) Staff for 1975

The School Board proposes to make available more staff, perhaps resulting in a decrease in the pupil/teacher ratio. Some of the hope for changes include: more remedial reading and better use of library facilities.

3) School Vacations

The annual spring vacation will run from March 17th - 21st, and the Easter Break will include Good Friday, March 28th, and Easter Monday March 31st.

4) Education Week

Education Week has been set for April 21st-25th and a Variety Night will be held on April 24th.

5) Chocolate Bar Campaign

This year's campaign realized a profit of $750. This money will help defray the costs of school trips.

6. School Trips

(a) It is hoped that a student exchange trip can be arranged for the pupils in Mrs. Adair's room with a school in Toronto in early May.

(b) Plans are being made for a trip for the pupils in Mr. Dolan's room and Mr. Shaw's room to Washington D.C. from May 20th to 23rd. The individual cost per pupil will be determined at a later date.

It was agreed that a meeting should be held for all parents of the pupils in these two rooms to discuss in full the arrangements and any questions pertaining to this trip. This meeting will be held in early April.

7) Public Speaking Contests

It was agreed that pupils should be encouraged to prepare for these contests well in advance of the contest dates.

At the present time, several pupils are preparing for a Junior competition (grades 4,5 and 6) to be held in Morrisburg, May 9th.

Sports Slants

cont'd from pg 9

vantage of this service to publish reports of your particular events.

The Central Ball Park in Iroquois is going to have a welcome addition to its present make-up. The regular meeting of Iroquois Council held on March 11th proposed the building of washroom facilities which will include two drinking fountains and wash basins. A most welcome addition of which all citizens should feel proud in the foresight of the Village Council in providing this new facility at the Ball Park Probably, the next step would be to provide a snack bar for the fans and players, which could turn out to be a revenue maker at the same time. There is a structure at the grounds of the Village workshop which could serve the purpose, at least temporarily for this summer. Something to think about!

One of the most promising Junior hockey players in Iroquois is Billy Mullin. Being a member of the Cardinal Broncs this season he has on many occasions spearheaded the Cardinal based Junior team to a tight second place finish in the St. Lawrence division of the Ottawa District Junior B Hockey League. Billy, along with another area star Donny Adams have combined to provide much scoring punch to the Bronco's attack this year. Both these excellent Junior stars are currently engaged in the division's finals with Cornwall Mavericks.

I would strongly suggest that local fans take in this series and help spurr Billy Mullin and Donny Adams onto great performances and upset the pennent winning Cornwall team. Good luck to Bill and Don the whole area are rooting for you.

Former N.H.L. player and coach fiery Phil Watson speaks three languages - French, English and profane! "Fight for Lives" a dinner sponsored by the wives of the Philadelphia Flyers cleared over $30 000 for the institute for Medical Research. Auction of Flyer's equipment such as Bernie Parent's mask, Bobby Clarke's All Star Sweater, Gary Oarnhoefer's elbow pads and Dave Schultz's gloves brought an estimated $5 000 to the fund. There are now 24 covered artificial arenas within a 25-mile radius of downtown Minneapolis - St. Paul. Perhaps someday in Iroquois. Again remember -

If You Play Sports, Be A Good One!

Legion Atom Tourny

cont'd from pg 9

M. Lindsay Weegar 1
(Assisted by Martin Binks)
M. Jeff VanMoorsell 1
M. Mark Brunt 1
(Assisted by Lindsay Weegar)
C-L Dwayne Spike 1
(Assisted by Danial Gauthier)
Three Stars — Lindsay Weegar M.; Danial Gauthier, C-L; Peter MacEwen M.

7th GAME
Cornwall Twp. 4 Athens 1
Goals scored by:
C.T. Tony Walfe 1
(Assisted by John Cleary)
C.T. Marc Nadeau 2
C.T. Jeff Carter 1
A. Roger McLean 1
Three Stars — Jeff Carter C-T; Roger McLean A; Marc Nadeau C-T.

8th GAME
Alexandria 10 Spencerville 2
Goals scored by:
A. Gerry Chalot 4
(Assisted by Darrel Hay)
A Darrel Hay 3
(Assisted by John Wood)
A. Andy McRae 1
A John Wood 2
(Assisted by Gerry Chalot; Andy McRae)
S Lyndon Froom 1
Assisted by Ritchie Pitt)
S Danny Lawless 1
Three Stars — Gerry Chalot A; Darrel Hay A; Danny Lawless S.

"B" CHAMPIONSHIP

9th GAME
Cornwall Twp. 6 Iroquois 2
Goals scored by:
C.T. Jeff Carter 2
(100th goal of the year)
C.T. John Cleary 1
C.T. Tony Wolfe 2
(Assisted by John Cleary (2)
C.T. Steven Carter 1
(Assisted by Tony Wolfe and John Cleary)
I. Kevin McEwen 2
(Assisted by Timmy Patterson & Robbie Shaw)
Three Stars — John Cleary C.T.; Brian Froats I; David Cherry I.

Most Valuable Player Trophys
Jeff Carter, Cornwall Twp.; Kevin McEwen, Iroquois

"B" Championship Trophy & Most Valuable Player Trophy— Presented by Dean McCurdy

Crest for "B" Champs and "B" Finalist presented by Ed. Hitchison (Legion)

"B" Championship Trophy — 4 Most valuable player trophys were donated by the Iroquois Old-timers Hockey Team.

"A" CHAMPIONSHIP

10th GAME
Alexandria 9 Morrisburg 1
Goals scored by:
A. Darrel Hay 1
A. Kennedy MacDonald 3
(Assisted by Gerry Chalot)
A. David Filin 1
(Assisted by John Wood, Glenn Hay)
A. John Wood 2
(Assisted by Danny MacGillies; Luc Menard)
A. Gerry Chalot 1
(Assisted by Andy McRae)
A. Andy McRae 1
M. Al McNarin 1
Three Stars — John Wood A.; Kennedy MacDonald A.; Jeff Jarvis M.

Alexandria has won the "A" Championship 3 years in a row.

Most Valuable Player Trophys — Presented by Ted Styles
Andy McRae, Alexandria; Al McNarin, Morrisburg.

Branch 370 Royal Canadian Legion 'A' Championship Trophy Presented to Captain of Alexandria team by Dwayne Kirker - Sports Co-ordinator.

Crests for 'A' Champs and 'B' Champs were presented by Ed. Hitchison (Legion)

All pucks for the three star selections were donated by Iroquois Billards.



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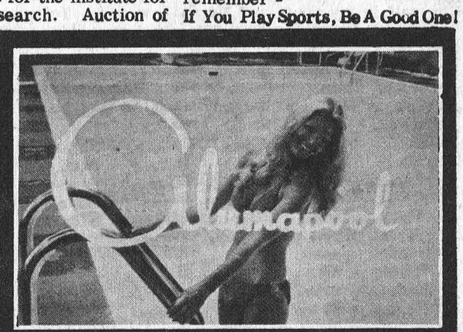

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"Communication" Subject of Foster Parents Association

The regular monthly meeting of the Foster Parents' Association was held at the home of Mr. & Mrs. Stewart MacIntosh, Apple Hill, on Monday evening, February 17th. Despite very stormy weather, foster parents arrived from Apple Hill, Chesterville, Cornwall and Finch.

A very interesting and informative talk on the subject of "Communication" was given by Mr. Rod Rabey, Social Worker on staff with the Children's Aid Society, Cornwall. Mr. Rabey illustrated several forms of communication and had on display a number of books dealing with the subject, including "I'm O.K. - You're O.K." by Thomas A. Harris, M.D. Mr. Rabey plans to compile a reading list on this subject, which will be circulated shortly by means of an extra sheet attached to our newsletters "Echoes".

The F.P.A. will not meet in March due to the annual meeting of the Children's Aid Society. Next meeting to be held in April - time and place will be announced in next issue of "Echoes".

delicious refreshments were served by the host and hostess.

Mr. Dave Hiltz, Chairman, thanked Mr. and Mrs. MacIntosh for their warm and gracious hospitality.

Hospital Auxiliary Plans Blood Doner Clinic

Thoughts of yesterday and tomorrow were read by Mrs. E. Macartney at the regular meeting of the Hospital Auxiliary. Seven units were represented. Requests were made for knitted articles, especially white.

Mr. Stel presented a cheque, proceeds from T.V. Rentals and Drink Vending Machines. The annual meeting of the Hospital Board will be held April 1st.

Mrs. R. Beaman and Mrs. K. Helmer were selected as delegates to attend the Volunteer Institute Meeting in Toronto.

Mrs. E. Casselman reported on progress of the Historical Book of the Auxiliary.

Final arrangements were made for the Games and Dessert Party to be held, March 20th at 1:30 p.m.

The Special Committee is to meet with Mrs. Pollock and Miss Coons to discuss and finalize the Hospital tour at the Spring Conference.

a blood Donor Clinic will to be held April 25th. Next meeting will be held April 10th.

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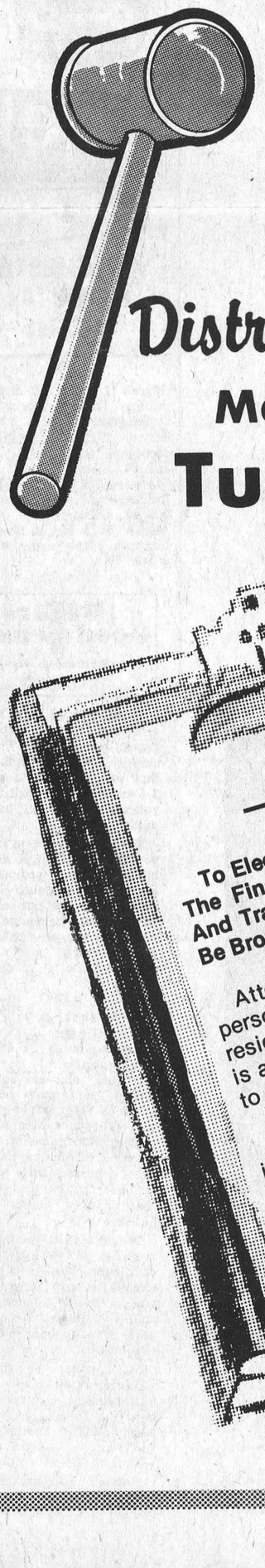

ANNUAL MEETING

Winchester District Memorial Hospital

Main Conference Room

Tuesday, April 1

1975 At 8 p.m. (2000 hours)

— BUSINESS —

To Elect Governors, To Receive And Adopt The Financial Statement, And To Consider And Transact Such Other Business As May Be Brought Before The Meeting.

Attention is drawn to the fact that any person of eighteen years of age, or older, residing within the recognized hospital area, is a member of the Corporation and entitled to attend this meeting and vote thereat.

If for any reason a quorum of 20 members is not present, the Hospital By-Laws provide that this meeting will stand adjourned until a day within two weeks to be determined by the Board.

H. P. STEL, Secretary
Winchester District Memorial Hospital

Dated at Winchester, Ontario, this 21st day of February, 1975.