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The Morrisburg Leader

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Promoted to Corporal



Provincial Constable Andy Thornton has been notified that he is promoted to the rank of Corporal. On October 28, 1974, he will assume the position of Detachment Commander at the Ontario Provincial Police Detachment in Maxville, Ontario. Cst. Thornton has been a member of the Morrisburg OPP detachment since November, 1963.

Broomballers To Open Season This Sunday

This Sunday, October 20, the Morrisburg Broomball League will get to the ice for another year of fierce competition. Six teams are entered in the '74-'75 season. Ingleside, Williamsburg, Beavers, the Red Barons, Mariatown and Mutual will be competing for top honors.

Again this year Ward Whitteker is putting up a trophy for the top point-getter during the regular season. Charlie Sport Shop is donating a triphie for the best goalie

This year the officiating will be handled by referees from Cornwall with one of the players of each team supplying a linesman.

Jimmy Whelan will be in the time-keepers box all year and Walt Wagemans will be the statistition. The only thing the league is lacking is a president.

Previous years the league was pretty well run by one person who also played with one of he teams This set-up created problems at times. Anybody interested in taking the position of president, please contact Fred Veley, Guy Hart or Ray Barkley.

This Sunday the league opened will have Ingleside against Williamsburg at 7 p.m., at 8 Mariatown will clash with the Red Barons and last year's champions Mutual will square off with Beavers at 9 p.m.

Brunt-McIntosh Vows Heard Saturday at St. Peters Church

St. Peter's Lutheran Church, in Williamsburg, was the scene of a pretty fall wedding on Saturday, October 12th, 1974, when the marriage vows exchanged between B. Allan Brunt and Sandra Lee McIntosh, were solemnized at six o'clock in the evening by Rev. John Boehmer. The bride is the daughter of Mr. and Mrs. Lee McIntosh of R.R. 1, Williamsburg, while the groom is the son of Mr. and Mrs. Bernard Brunt of R.R. No. 3 Williamsburg, Ontario.

The wedding guests were seated by ushers Evan McIntosh and Peter Brunt; the groom was assisted by Bruce McIntosh. Mrs. Maefred Merkley was organist for the occasion.

Given in marriage by her father, the bride was attired in a floor length gown fashioned of white polyester silk, styled with short train and long full sleeves. Delicate white lace trim enhanced the round neckline, the cuffs and accented the empire waistline of the gown. She carried cascading red roses with white mums. Her only attendant, Janice Buter, matron of honr, wore a full length sleeveless gown of dark green printed polyester silk and matching jacket with white lace trim edging the wrist length sleeves and bodice. She carried a wicker gasket filled with mixed fall flowers.

Mrs. McIntosh, mother of the bride, was wearing a full length gown of salmon pink chiffon, complemented by a corsage of yellow sweetheart roses. The groom's mother, Mrs. Brunt, chose a full length turquoise crimpelene gown complemented by a corsage of white sweetheart roses tipped with red.

Guests were in attendance from Ottawa, Montreal, Toronto, Morrisburg, Williamsburg, Winchester Springs, Ingleside, Kemptville and Cornwall.

Following the ceremony, a wedding reception was held in the Legion Hall at Boucks Hill.

Mr. and Mrs. Brunt will reside in Morrisburg.

Form Students Council



The above picture represents the first Morrisburg Public School Student's Council formed. The purpose of this council is to assist in organizing intramural sports and other activities. They have helped to organize so far an intramural soccer team for the Senior, Junior and Primary Grades and have assisted in a bake sale to raise money for senior boy soccer sweaters.

Top row: Left to Right — Tracy Mitchell (Treasurer); Wendy Dillabough (83 Hazel Bright (K), Ruth Baker (7), Lynn Cruickshank (Secretary), Karen Weegar (Vice President).

Middle Row: Left to Right — Donald Veinotte (President), Jeff Reynolds (6), Kim Casselman—(3 and 4), Terry Veinotte (5), Lori Bilmer (2), Donald Casselman (3)

Bottom Row: Left to Right — Mitch Phillips (4), Michael Jarvis (4). Absent Lyn Greer (1).

Numbers in brackets are the grade they represent.

Prison Chaplain for LCW Thankoffering

The Rev. Peter Mogk, Protestant Chaplain for the Ontario Ministry of Correctional Services will show a film and speak at the Thankoffering Service of St. Pauls Lutheran Church Women in Morrisburg on Thursday, Oct. 24, at 8 p.m. Mrs. Leonard Barkley, LCW President, said that all the men and women of the churches in the area are invited and may meet the chaplain during the social hour.

At the October 8th meeting, a minute of silence was observed in memory of Rev. F.L. Howald.

Mrs. Ernest Merrikin and Mrs. Hilda Black led the devotions and Mrs. Robert Howald was the pianist. Mrs. Volker Gruetzner dedicated the offering.

Mrs. Hugh Shannette, Benevolent Convener, and Mrs. Velma Casselman are the ayltar commit tee for November.

Minutes were read by Mrs. Kemp Beckstead.

The executive will meet to discuss the various purposes for which the Thankoffering may be designated; such as helping to alleviate world-wide food shortage.

The value of Canadian Lutheran World Relief's programme for '73 amounted to $573,000. distributed among eight countries. One hundred tons of used clothing went to Syria and surplus clothing that has been collected will go to Honduras.

Mrs. Walter Bowman and Mrs. Kemp Beckstead are the nominating committee and the Christmas Cheer Committee will be named in November.

An invitation was read from the Lutheran Church Women of Dunbar to attend their Thankoffering meeting on October 20th.

Members worked on the Jingle Bag project and planned for a coverlet project.

The social hour was convened by Mrs. Beatrice Casselman.

AREA MINISTERIAL MEETING HELD AT WILLIAMSBURG

On Monday, October 7th, 1974, the Ministers met at the home of the Rev. John De Pater, Williamsburg, at 10 a.m.

Miss Margaret Cunliffe of the Community Services from Cornwall was the Guest Speaker. She gave excellent information of the many problems that give great concern to society covering the counties of Dundas, Stormont, and Glengarry.

A profitable discussion followed, and all present felt it very worthwhile to have attended.

NEW 4-H CLUB AT RIVERSIDE HEIGHTS

A new 4-H Homemaking Club has begun recently in the Riverside Heights area. The aim of the current topic "A World of Food in Canada" is to study the development of Canadian food habits and recogniz ehow our customs have been influenced by varicus cultural backgrounds.

The Club leaders are Mrs. Joanne Stevens and Mrs. Sandra Prost. The weekly meetings alternate between the residences of the leaders.

The ten participating members are: Penny Hall, Wanda Welsh, Susan Lague, Tammy Lague, Heather Hart, Cheryl Erratt, Bonnie Garlough, Brenda Henophy, Elizabeth Crober and Suzanne St. Denis.

The Unit will be finalized by the County Achievement Day to be held on Saturday, November 30th 1974, in the Chesterville Town Hall. A cordial invitation is extended to anyone interested in attending the afternoon program beginning at 1:30 p.m.

ANNUAL MEETING OF HOSPITAL AUXILIARY

Mrs. F.M. Cass opened the annual meeting of the hospital Aux. with the Auxiliary Prayer. Eight units were represented at a well attended meeting.

It was decided not to have a games party this fall. The completed quilt was on display. Tickets will be sold at a later date. Ormond unit displayed an afghan and distributed tickets to be sold.

Mrs. E. MacArtney, Mrs. R. Beamen and Mrs. F. Cass will attend the Convention in Toronto.

Mr. Stel reported on the disaster exercise and stressed the importance of volunteers. He spoke on the reference books in the library in part of the conference room. The Blood Donor Clinic will be held Oct. 28.

Miss Legris' report showed increased activity in out patient department, with a slight reduction in bed occupancy.

Mrs. J. Sloan reported on toys and games for Pediatrics. Very full minutes of previous annual meeting were read. The treasurer gave a most detailed and encouraging report, as did Mrs. W. Acres for the Memorial Fund.—Convenors of Volunteers and Social and Special Events presented concise but inspiring reports.

The president in her closing report, expressed the pleasant association and co-operation of all members by the Auxiliary contributed to success. The extra equipment provided by the Auxiliary adds greatly to efficiency of the hospital.

Gratitude was expressed to all the Executives, especially Mrs. R. Summers, who is retiring as treasurer. There has only been two treasurers in the time of the Auxiliary.

Mrs. Chester Robinson presided for the election of officers. In the absence of Mrs. G. Lancaster the report of the nominating committee was read by Mrs. W. Dow.

Past Pres., Mrs. F.M. Cass, Chesterville; President, Mrs. Evelyn Macartney, Ramsayville; 1st Vice, Mrs. Charles Wallace, Metcalfe; 2nd Vice, Mrs. John Sloan, Morrisburg; Secretary, Mrs. Fred Hill, Morrisburg; Treasurer, Miss Marion Lynch, Chesterville.

Mrs. C. Robinson commended the old executive on their achievements and welcomed the new president.

Mrs. Macartney presided for new business. Winchester Auxiliary will be host to the Spring Conference of the District.

Mrs. F. Cass, Mrs. M. Boyd, Mrs. W. Byqers Mrs. R. Summers and Mrs. E. Casselman were selected as a planning committee for this event.

The Teenage Volunteer Banquet was discussed. An Executive Meeting will be held November 7 at 2 p.m.

Mr. Stel, for the board, welcomed the new President and wished the new executive success in their term. He paid special tribute to Mrs. Summers for her years as treasurer.

Next regular meeting November 14.

AREA PEOPLE AT ANTI-POVERTY MEET IN TORONTO

Four delegates from Seaway Community Services were among the several hundred social workers, religious and educational leaders, trades union and political personnel and public officials assembled at Toronto over the Thanksgiving week-end to constitute an educational and political study conference of the Ontario Anti-Poverty Coalition. Seaway delegates included Mrs. Bessie Cornut of Ingleside, Mrs. Mary Hunsinger of Morrisburg, Asel Markell of Dundela and the Rev. E. Earle Eaton of Chesterville.

Imperial Oil VP Spoke To Can. Club Members

"I believe that as Canadians increasingly become aware of the magnitude of the job ahead and of its importance to our wellbeing, they will ensure that the right kind of environment is provided by our governments", said D. H. MacAllan at a recent meeting of the Morrisburg and District Canadian Club. Mr. MacAllan, vice-president of Imperial Esso Canada was describing the historical perspective of the petroleum industry, the transition period of the industry today and the consequences of short-sighted economic and public policies in Canada.

He compared the agricultural industry with the energy industry commenting that both are essential to our survival and our life style. He noted that both are dependent upon scarce resources with production costs rapidly rising.

Mr. MacAllan said that the oil industry had been operating in a world of surplus supply with consumers benefiting from low prices. "The world petroleum industry is today in a period of transition where both economic and political forces are important. The Canadian petroleum industry is also in a period of transition which is bringing with it a number of problems."

Turning to the historical perspective he said that the demand for fuels had been increasing about eight percent each year, with a high proportion of the requirements being met from Middle East production. During the same period, Canada developed its own supply but transportation costs are high. For the past 25 years there was practically no increase in crude oil prices until 1973. Major refinery expansion occurred but real profits are dependent upon the reserves which have been discovered and which are still in the ground. Prices have increased due to several factors involving many nations.

The period of transition has produced a staggering disequilibrium in the global balance of payments which puts strains on the international monetary system. "The consuming countries of the western world have problems of reducing the demand for energy, reducing the cost of the energy and achieving international cooperation", he stated.

"As a country we are in the fortunate position of being important exporters of crude oil. As Canadians we must have some important concerns about our policies in Canada", said Mr. MacAllan.

He stressed that economic opportunities do exist to develop new supplies in Canada provided that public policies do not jeojardize these opportunities. "Given appropriate policies we have good reason for optimism to replenish our reserves within Canada."

Discussing policies and conditions he cited a tremendous number of skilled workers are needed, there must be critical public policy decisions made rapidly by the ation both between various levels of government and sectors within the energy industries.

Following his address, Mr. MacAllan answered questions dealing with competitive markets, bond issues, export taxes, exploration and other subjects related to the petroleum industry. Dr. Graham Houze presided and introduced the speaker who was thanked by Bill MacDonald, vice president.

SHAKESPEAREAN PLAY COMES TO CORNWALL

The Stormont, Dundas and Glengarry County Board of Education and the Cornwall Arts Development Board will present the Royal Shakespeare Company's production of "The Hollow Crown" for one night only in the General Vanier High School Auditorium October 23 at 8 p.m. All seats are reserved and tickets are on sale at Tip Top Sound in the Steinburg Plaza, Pitt St.

Reservations may be made by calling Tip Top Sound. This production is being subsidized by The Canada Council so the two sponsoring bodies have been able to keep the ticket price very low. Richard Todd, well known for his many movie and TV roles is one of the members of the cast.

THE COLLABORATORS



French Canadian actor Donald Pilon appears as Detective-Sergeant Richard Tremblay, as The Collaborators goes into its second season on CBC-TV. Toby Tarnow, Lawrence Benedict and Leslie Carlson are back again as regulars in this popular series.

Give Up Smoking and Improve Your Health

If you can significantly reduce your risk of heart disease and lung cancer, increase your life span by several years, guarantee greatly improved respiratory and general health, and save hundreds, maybe thousands, of dollars into the bargain — you would, right?

Well, cigarette smokers have precisely that opportunity, but prefer to pass it up, puffing blithely on. Their addiction has been described by one Hamilton physician specializing in preventive medicine as "legalized suicide."

For despite the curtailment of cigarette advertising and warnings on cigarette packets, and research findings that smoking is associated with a variety of serious health problems, almost half the Canadian population over the age 15 continues to smoke.

But beneath all the shill rhetoric about selling cigarettes in separate, liquor-type stores only, or charging three dollars a pack for them, there's evidence that some progress — albeit rather slow — is being made towards persuading people to quit.

Statistics Canada reports that in 1972, the latest year for which figures are available, non-smokers made up 53.6 per cent of the population over 15 years of age. The figure for 1965 was 50.2.

The decline in the number of physicians who use cigarettes is rather more telling: only about 30 per cent of MDs still smoke.

Most smokers who can't — or won't — quit the habit rationalize that "you've gotta go somehow", or they persuade themselves that using elaborate filtering devices or switching to brands lower in tar and nicotine will make their habit safe.

But no matter how you look at it, inhaling smoke into the lungs regularly is harmful. Most smokers recognize this and would like to stop doing it. Knowledge of the dangers doesn't seem to be a powerful enough force to eliminate cigarette smoking entirely — or to reduce it dramatically.

What's needed is motivation, and health educators are recognizing more and more that personal motivation isn't necessarily based on fear ("each cigarette smoked will take seven minutes off your life"), or statistics (which engender only an "it can't happen to me" response), but on the individual smoker. Reasons for smoking — and continuing to smoke in spite of the solid evidence of its harmfulness — vary from person to person. So persuading people to quit is also a personal matter.

A pamphlet recently published by the Ontario Ministry of Health says that quitting is a mind game played by smokers and won by quitters. The pamphlet is available at doctors' offices, hospitals, and pharmacies, and can be obtained by writing to: Resource Centre, Ontario Ministry of Health, 9th Floor, Hepburn Block, Queen's Park, Toronto M7A 1S2, Ontario.

What put me into the non-smoking majority, for example, was seeing a picture, in the Ontario Science Centre, of a smoker's lung. That was several months ago and I haven't smoked since; other smokers might have viewed that picture more dispassionately.

Whatever your reasons for breaking the cigarette habit, do it soon. It's the greatest investment in health you can make.

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PLANS PREPARED FOR CHRISTMAS SEAL CAMPAIGN

The monthly management meeting of the Eastern Counties T.B. & R.D. Association was held at the Parkway Hotel on Tuesday, October 8. The Association is preparing to launch into its 1974-75 Christmas Seal campaign which has its official kick-off on November 1st.

Co-inciding with the campaign preparations are plans to feed back into the community moneys from Christmas Seal funds. Resources will be used for education, rehabilitation, research, etc. Recently the YM-YWCA was paid for the use of its facilities during the Clinic for Asthmatic Children last year.

Emphasis on Education is found to be a necessity. The Association will be sending delegates to a workshop held at the National Defence Medical Centre in Ottawa on setting up in-service training for nurses. This will help Public Health Nurses to educate the public into eliminating the traditional fear of tuberculosis and make it possible to cast a light on the subject of respiratory diseases in general.

Health materials have been made available to all the school boards covered by the Association so that programs may be augmented in the schools.

On the National scale, the week of January 11-17 has been set aside as a non-smoking week. Much of the success of these programs depends on having a fulfilling Christmas Seal Campaign.

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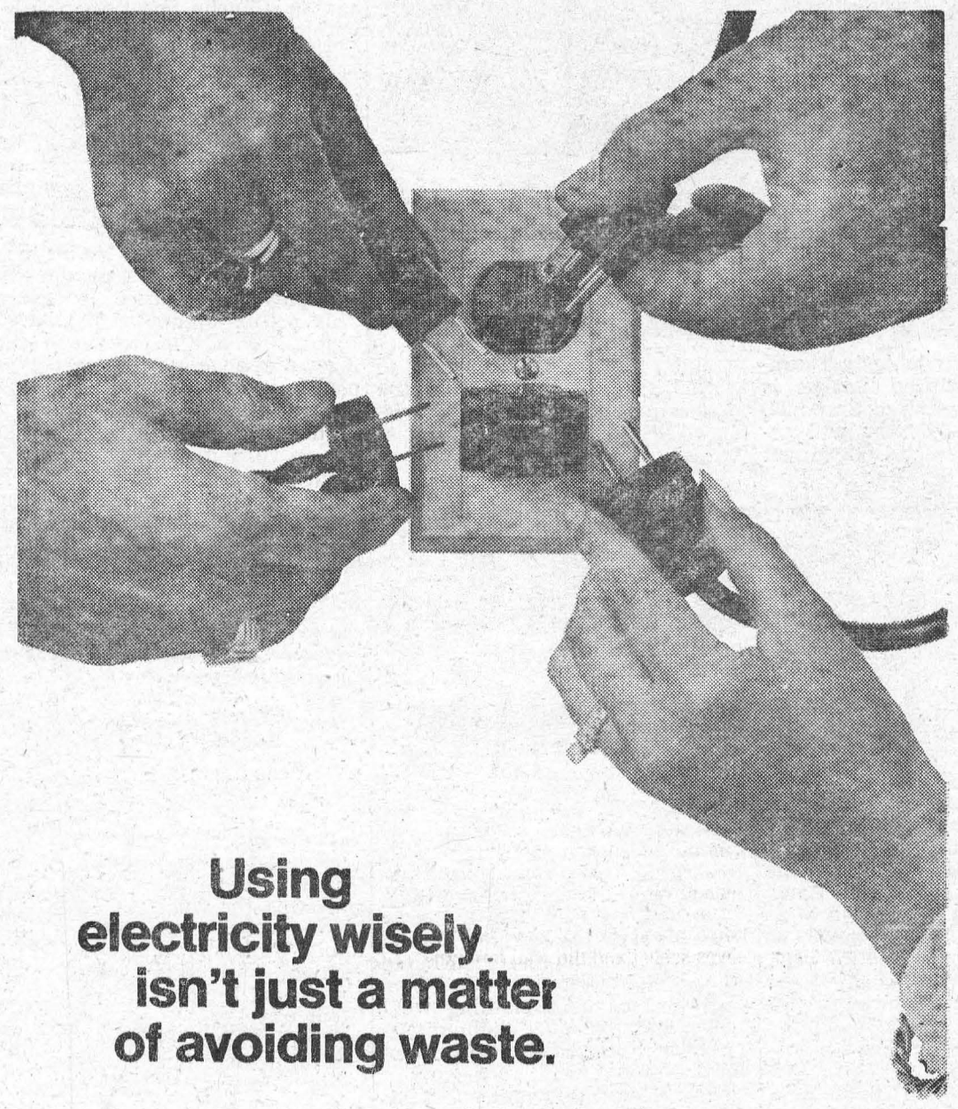

Using electricity wisely isn't just a matter of avoiding waste.

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But for some people, living in older homes with outdated wiring, restricted use of appliances is not always a matter of choice. They do not have sufficient circuits to serve normal needs without resorting to 'octopus' outlets and extension cords. The result: overloading and blowing of fuses.

These conditions also tend to diminish the performance of appliances and shortens their life.

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BACK FOR TWELFTH SEASON



Elwood Glover's Luncheon Date reflects the 37 years in broadcasting that the affable man in the host-interviewer's chair has behind him. His live noon-time talk-fest is now on its twelfth season over CBC-TV, offering a full hour of conversation MoMndays — Fridays, with top personalities from showbusiness and the arts, plus the pleasing sounds of Sonny Caulfield's trio.



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

At seven, a boy is rather young to be choosing a career but anyone familiar with the theatre will feel Tommy should be an actor. He is almost a double for Tom Kneebone, one of Canada's most shining talents. Besides his looks, Tommy has another quality that might help him in a stage career. He loves to be in the limelight. This is not showing off, according to the people who know him best. It's because he is an insecure youngster, greatly in need of attention and affection.

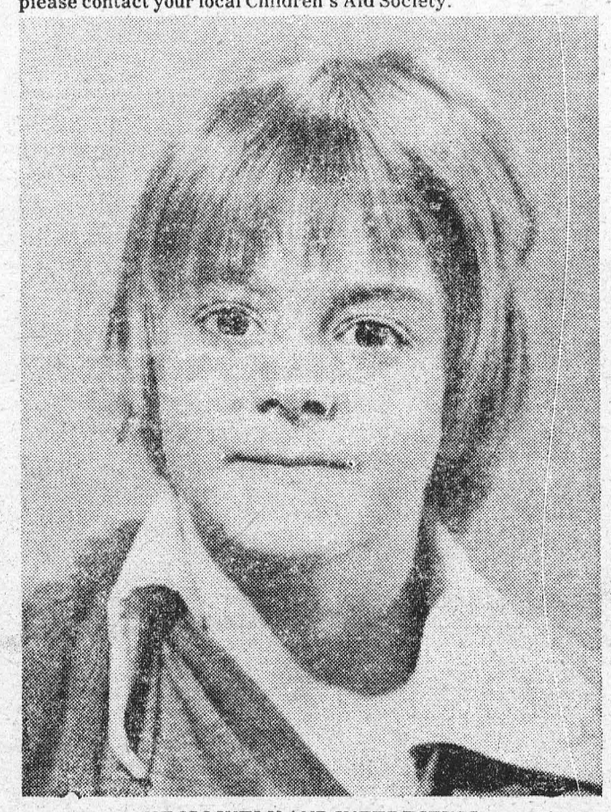
Tommy is healthy, slim, wiry, active and a bit small for his age. He has dark eyes, light brown hair and fair skin.

School proved difficult at first for Tommy because he was lively and easily distracted. He spent two and a half years in kindergarten. He now loves school and did well in Grade 1. He enjoys intellectual activities and is now learning to play chess. Tommy likes listening to stories but is beginning to read on his own. He is showing an interest in music.

Such an active lad is almost bound to enjoy outdoor activities. Tommy is a camping enthusiast and likes skating, skiing, riding his bike and swimming, for which he has already started to win badges.

Tommy should be the youngest in the family with no other children close to him in age.

To inquire about adopting Tommy, please write to Today's Child, Ministry of Community and Social Services, Box 883, Station K, Toronto M4P 2H2. For general adoption information, please contact your local Children's Aid Society.



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YOURS SINCERELY

BY MRS. WELLWOOD ADAM

Never a day passes but the newspapers, radio, and TV tell us of tragedies and near tragedies on the world's highways, air-ways rail, and quiet roads. The toll of lives lost each year must be astronomical at times, and over a period of years must be equal to any war, present day or past. This makes for untold sorrow for those left behind, it is so very useless and unnecessary, and I am not alone in this opinion.

There are quite a number of reasons why these accidents happen on the highways etc, all of which can trace their origins to human failings.

Two elderly farmers were chatting together and they were watching the evening traffic noisily passing at the end of their driveways. They both were one in thought that the cars and trucks and transports were traveling a bit too fast. After a moment or so, one said something like this: "I can remember in my younger days feeling so surprised when I saw cars driven at only 15 miles per hour. I still am, or would be, if I saw any, these days!"

I think those days, even if slower, must have been good, even better to live in. If I am spared, I am thinking of travelling to Edmonton, Alberta, next Spring. I know I could be over the thousands of miles in just three hours of flying time. I know if I go by bus in a slower fashion, (although these modern days do not permit of 15 miles per hour) that I can enjoy the changes of countryside and people with a lot more pleasure. It is a pity in some ways that so many have lost the are of travelling at a slower pace, and so, as a result, lose the enjoyment of the countryside as we pass through it. It seem as if it is, without fail, a matter of tremendous urgency to pass from one point to another in the least possible time.

One way, at least, of enjoying oneself during the time when the fall colours are at their peak of beauty, is to walk, if at all possible. We do not have to wait until we reach retirement years to do so, either. It is one way, indeed, of really getting to know an area, even if one is born and bred there. To be able to wander in and out of a village, or small town, or even a city, helps us to take a "new look" at everything that is there. There is certainly something to be said in 'taking a slow boat to China', otherwise the various stops en route to anywhere would never be sampled or experienced.

On its own, Morrisburg is quite a self sustaining, busy, small community, and it may well be taken for granted, sometimes. I recollect a well-written letter which was published in this Newspaper a short time ago. The writer enumerated the various stores, buildings and amenities around, with enthusiasm. In my own walking, since I have come to retire in Morrisburg, I have delighted in most of what she pointed out. Also, for instance, I have been happy and still am, to see a number of young trees growing tall and straight in various parts of the village. So many of the great trees, which were planted by those who have passed on during past years, have been cut down, and are being cut down in the near future. Of course, this has been done for safety purposes, and we have to be sensible about it . . . those of us who love trees round and about us.

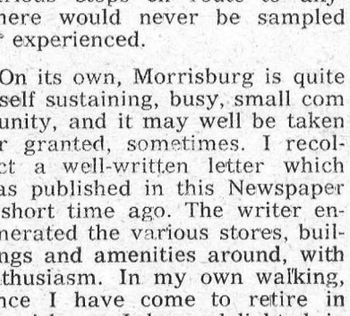
But the small, new saplings are with us, and I like to walk by them, in their turn, and try to think about the years to come... how tall and how stately they will be, in their turn. Those who so carefully plant young trees in their time, are perhaps gifted to see, in spirit, a picture of future generations sitting, or walking under their restful shade during the heat of a summer's day.

Then, too, I have seen the really sad scene of broken and torn branches of some of the saplings. Not often, but the rare occasions have been often enough. I have realised then, that there is a certain amount of cruel vandalism by old and young here, so I can only conclude that these few are not interested in trees and so down they must come before they have a chance of developing. Such a pity!

In my walks around, I have looked at our fine churches, one or two old and scarred, but wearing pretty well over the years. The good roads, the parkland edging the river and Seaway, the other buildings put up in recent years ...schools, library, medical clinic, etc. I watch the children in their playing fields, hear them or their teachers as I pass near the school windows. It is delightful to see the pre-schoolers as they play and chatter near and around their homes. To listen to them can be very entertaining as well. O yes! There is so much to see and enjoy, even to regret at times, in a leisurely fashion, and at the end of a walk I come back refreshed, and over a quiet cup of tea I find myself in a mood of reflection.

Those who built and planned the buildings, trees and parks etc. in years past, did not say that they would build and plant for their own day and generation and leave the future to look after itself, of that I am sure. No! Theybuilt for the future...for our 'today', fo us! We, in our turn, should do no less, in more ways than one, mainly for the sake of the children and young people around us. They, too, will soon reach adulthood, for the years pass by so quickly these modern days, don't they?

So, in spite of jet and jumbo planes, ultra-fast transport on the highways, and the swift locomotives by rail...the "slow boat to China" and even the slower walk at average 3 miles per hour, have so much to give in the long look ahead. Why not join me in taking them, now and again? Even if only in spirit!



It's always Halloween for the neighborhood lush—he communes with the spirits every night.

H. S. Lennin Ltd.

The 2nd FORTY

Lonely Housewife

Dear Margaret Brookfield:

I feel like someone left over from the Victorian era. We recently moved to a suburban community and all the women on this street work. They use the extra income to furnish their homes. I quit work when I married, 30 years ago. I've raised five children and, frankly, the furniture looks it. My neighbors tell me I should look for a job, and I would like to. But I have to skills and can't drive (I'm afraid to try, and public transportation here is not good). Have I got a chance? T.D. Dear T.D.

If you really want to work,, start looking for a job instead of excuses. There's much you can do to get started. Explore the retail shops within walking distance. Ask the working women in your neighborhood about possible openings in their firms. (If that works out, you can share gas costs and ride with them.) Or visit an employment agency and try for part-time employment first.

As a woman who has run a house and raised a family, you have developed the skill of organizing your time and efforts, no small asset in any job. So start looking - and good luck.

Sex and Menopause

Dear Margaret Brookfield:

Here's a question several women friends and I have discussed, but we don't have the answer: how does menopause affect a woman's feelings about sex? D.H.

Dear D.H.:

Many women approach menopause with concern about what effect it will have on their sex lives; sometimes they have heard old wives tales about loss of sex drive. But researchers such as Masters and Johnson, and others, indicate that a continuing interest in sex and a sex life can continue into the later years.

Some women, however, may experience pain or discomfort during intercourse at this time of their lives and therefore avoid sexual relations. Medical authorities say this pain may be caused by changes in the genital organs sometimes related to hormonal insufficiency. The vaginal tissues become thinner and drier and more susceptible to irritation. Doctors sometimes prescribe estrogen replacement therapy which may restore the vaginal tissue to a healthier state. This, of course, may also improve emotional outlook and can result in a renewed interest in sex.

DENTAL TOPICS

If you are 35 years old or over, tooth decay should cease to become a major problem for you, but don't relax, you're more likely to suffer gum diseases which can result in tooth loss.

The decline of tooth decay for those about 35 is not actually well understood or easily explainable. But the fact remains that decay falls off after this age. This ought to make you happy—fewer drilling and filling sessions with your friendly dentist.

However, after 35, more teeth are lost due to diseases of the gums than tooth decay. But do not despair, gum diseases can easily be cured. Better still, they can be prevented. So, even though your war against decay germs is largely over, do not allow yourself to relax in the fight to keep your natural teeth.

Pyorrhea and other gum diseases can always be cured, unless they have reached the terminal phase. The fact that you are suffering from gum trouble is a poor excuse to have all your teeth extracted. Such a radical operation will not cure the disease and can have serious consequences on your health and appearance. Never forget — your permanent teeth are meant to last your lifetime.

Gum diseases including pyorrhea can be prevented. Good dental habits at hame, regular check-ups, and care from your dentist are more important than ever, now that you are past 35. By following these simple rules, you will keep your natural teeth all your life, even if you live to be 75 or 85 years old.

See - -
Canadiana
POTTERY
BEING MADE
FIRST Oct. 15 to Nov. 15
XMAS
SALE
CLEARANCE OF ALL SECONDS
20% OFF
Open Oct. 7 Days
9 a.m. to 6 p.m.
BRING YOUR FAMILY AND YOUR CAMERA
HIGHWAY NO. 2 INGLESIDE, ONT.
TELEPHONE 537-2262

LOCAL AND GENERAL

BORN — At Brockville General Hospital on Wednesday, October 16th, to Mr. and Mrs. Randy Thompson (nee Valerie Guay) of Iroquois, a daughter.

Mr. and Mrs. Fay Castleman motored to Toronto, Ont. to visit his brother Leonard Castleman. Mr. and Mrs. Floyd Bouck accompanied them to Oakville to visit Mrs. Bouck's brother, Dalton Cook, and enjoyed the Thanksgiving weekend.

The Morrisburg Men's Curling Club and the Ladies Curling Club held their respective Fall Meetings October 8th in the club room with a good attendance at both meetings. The ladies, as well as the men, are anticipating a good season of curling and social events with the help of the members and hopefully many new members and associate members.

Mr. and Mrs. Robert Burns returned recently from an enjoyable trip to Florida, going by Toronto, Niagara Falls, Buffalo, Pittsburgh, Charleston, Chattanooga, Atlanta, Orlando, to Daytona Beach and Disneyland; they returned by the easterly route via Jacksonville, Savannah, Richmond, Philadelphia, New York City, Albany, to Montreal with stopovers.

Recent visitors with Mr. and Mrs. Robert Burns were Misses Sarah and Doris Funston, Eileen Wood, Alice Reed; Mr. and Mrs. Roy Denly and Mr. and Mrs. E. Mitchell.

Mrs. Carl Logan (nee Marylyn Craig) wiht children Deborah and Danny or Portland, Oregon spent last week with Alice and Russell Cameron.

Mrs. Ed. Lamb of Montreal, Que., Mrs. Charlie Clarke, Cornwall, and Mrs. Carl Logan and family spent Sunday with Alice and Russell Cameron.

The annual conference of the Garbage Coalition was held in Port Hope recently. The area represented extended from Sudbury to Morrisburg. The Garbage Coalition acts as an umbrella organization for recycling groups across the province. It was decided that education and the spreading of information on the recycling theme was still necessary. The thought provoking film "Limits to Growth" was shown. This film is available to the public at a reasonable rate from Garbage Coalition, 43 Queen's Park, Crescent East, Toronto, Ont. M5S 2O3.

Mr. W. E. Barlow, grandson of Mrs. F. J. Barlow, has been granted an Assistantship at the University of Toronto where he is doing post graduate work in psychology.

Mr. F. D. Barlow has passed with honours the Bachelor of Science degree from the University of Calgary. This summer he was attached to The Canadian Wildlife Service, doing census work in Western Canada.

DIED

SMITH—On Friday, October 11th 1974, Miriam Gould Smith, in her 95th year; daughter of the late Mr. and Mrs. Gilbert Smith of Morrisburg, Ont.; sister of Jane; aunt of Miss Isabel Craig and Mrs. R. W. Desbarats (Mary), of Ottawa. Funeral private.

THE LOYALIST HOTEL

HIGHWAYS 31 AND 2 — MORRISBURG, ONT.

FEATURING

TOP-NOTCH ENTERTAINMENT

EVERY WEDNESDAY, FRIDAY AND SATURDAY NIGHT

FULLY LICENSED DINING ROOM

IN THE CHURCHES

ST. LAWRENCE EVAN. LUTHERAN PARISH

Sunday, October 20th, 1974—

10:00 a.m.—Regular Service
11:00 a.m.—Sunday School.

THE PRESBYTERIAN CHURCH IN CANADA

KNOX CHURCH, MORRISBURG
Rev. John Hibbs, Iroquois
Interim Moderator
Mrs. J. DeGray, Organist

Sunday, October 20th, 1974—

9:45 a.m.—Sunday School.
11:00 a.m.—Morning Worship.

ANGLICAN CHURCH OF CANADA

PARISH OF MORRISBURG AND IROQUOIS

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

Sunday, Oct. 20th, Trinity 19—

St. James, Morrisburg—
11:00 a.m.—Sung Eucharist
N.B. On 3rd Sunday in the month there is one service only at 11:00 a.m.
Instruction Classes at 9:45 a.m.
Each Wednesday—
10:00 a.m.—Holy Eucharist

Other Services on Oct. 20th:

Holy Trinity, Riverside—
9:30 a.m.—Holy Eucharist.
St. John's, Iroquois—
8:00 a.m.—Holy Eucharist.
11:00 a.m.—Morning Prayer.

MORRISBURG PENTECOSTAL CHURCH

Rev. A. J. Edgeley, Pastor
Telephone 543-2681

Sunday, October 20th, 1974—
10:00 a.m.—Sunday School
11:00 a.m.—Worship
7:30 p.m.—Service of Evangelism.
WE WELCOME YOU

MASS HOURS AT ST. MARY'S CHURCH

MORRISBURG
SATURDAY — 7:30 P.M.
SUNDAY — 11:00 A.M.
CONFESSIONS
FRIDAY: 8:00 — 9:00 P.M.
IROQUOIS
ST. CECILIA'S CHURCH
SUNDAY — 9:30 A.M.
CONFESSIONS
FRIDAY: 7:00 — 7:45 P.M.

THE UNITED CHURCH OF CANADA

Lakeshore Drive Church
Morrisburg, Ontario

Rev Charles E. Massey, B.A., B.D., M.Th., Minister

Mrs. J. Graham
Director of Music

Sunday, October 20th, 1974—
10:45 a.m.—Sunday School.
11:00 a.m.—Morning Worship
THANKSGIVING SERVICE
Sermon Title:
"HAVE YOU ANYTHING TO DECLARE?"

Wedding of Interest at Prescott

St. Pauls United Church, Prescott, was the scene of a pretty wedding Sept. 14th at 3. 30 p m., when Rev. Dermot Arscott united in marriage Judith Marilyn Cougler, daughter of Mr. and Mrs Ralph Cougler, Prescott, and Brian Peter urbridge, eldest son of Mr. and Mrs Roy Burbridge, Brockville.

The church was decorated with floral arrangements in bronze and yellow mums, and tall white tapers, with white bows on the pews.

Wedding music was played by Mrs. Ruth Vincent and Miss Jane Lippert sang "The Wedding Prayer" and "We've Only Just Begone". Mrs. Vincent played the theme from Romeo and Juliet.

The bride, given in marriage by her father, wore a David Rae crystal peau de soie gown in white, with empire waist, trimmed with guipure lace applique, bishop sleeves, built-in train and standup collar. A French coronet crown held her lace-edged cathedral length veil.

She carried a bouquet of orange talisman roses, baby's breath and a white orchid

Miss Mary Shannon Hamilton acted as maid of honor, with Miss Elizabeth Barsby, Nova Scotia, Miss Brenda Choquette, Hamilton, as bridesmaids, and Miss Donna-Lea Bowman, Montreal, niece of the bride, as junior bridesmaid. The attendants wore identical empire gowns in yellow jersey, with bishop sleeves and stand-up collar, and shoes to match They wore wide-brimmed hats in wheat color with yellow ribbon trim.

Their flowers were talisman sweetheart roses, yellow mums and baby's breath with stems of wheat and brown velvet streamers

Ted Burbridge, brother of the groom, was best man David Cassell nephew of the bride, Gary Burbridge, brother of the groom, and Robert Belanger, acted as ushers. The men were attired in brown tuxedos with white frilled shirts, and white carnations in their lapels.

Following the ceremony, a reception was held at the Skyline Hotel, Brockville, where guests were received by the bride's mother, wearing a long crepe-knit turquoise gown on princess lines, with long tapered sleeves and embroidered neckline, with matching shoes and purse. Her corsage was orange talisman roses She was assisted by the groom's mother in a long mauve printed chiffon gown with silver accessories She wore a single white orchid.

Cecil Casselman, uncle of the bride, acted as master of ceremonies A dance followed the dinner, with Gordon Clark supulying the music.

Travelling by motor, the young couple left on a wedding trip to Lake George and other U.S. points. The bride changed to a brown flowered jersey knit dress with an and brown accessories, and white orchid corsage.

Upon their return, they took up residence in Smiths Falls. The groom is a chemical engineering technician with Hersheys and the bride is a radiological technician.

Out of town guests were from Montreal, Toronto, Niagara Falls Peterborough, Belleville, Hamilton, Kingston, Trenton, Kitchener, Waterloo, Brighton, Brockville, Ottawa, Prescott, Morrisburg, Williamsburg, Cardinal, Nova Scotia and Watertown.

Prior to the wedding, the bride was given showers by Miss Joan Cheer, Miss Brenda Choquette and Miss Mary Shannon, Brockville; one by Mrs. Nellie Burbridge and Mrs. Nina Hulka of Brockville, and Mrs. Deanna Cassell of Morrisburg.

AREA FARMER, W. McMENOMY. DIED AT HOME

William R. (Bill) McMenomy, a lifelong farmer of the Inkerman area, died at his residence on October 9th, 1974, in his 80th year.

Born at Metcalfe, a son of the late William McMenomy and Doretta Riddell, he is survived by his wife, the former Gertrude Berry of South Mountain, with whom he had celebrated their 59th wedding anniversary lately. Also surviving is a daughter, Mrs Edward Jackson (Beatrice), of Schenectady, N.Y., and a son, Harold, of Inkerman, and six grandchildren.

He was predeceased by three brothers, Lorne, Bert and Lindsay, and a sister, Bessie

A longtime member of the Henderson Lodge A F. and A M. of Winchester, a Masonic service took place at 10 p m. Thursday evening.

Always interested in good livestock, he developed a Holstein herd that won the highest honor of the Holstein Friesian Association of Canada, the Master Breeder Shield, in 1954

A member of Inkerman United Church, the funeral service was conducted by Rev. Earl Moore, from the Vice and Craig Ltd. Funeral Home, Winchester, Friday October 11th at 2 p m.

Pall bearers were David Jorgensen, William Vandemheen, Tom Allison, Gordon Simzer, George Suffel and Franklin Salter.

Interment was at Knights Cemetery.

LETTER TO THE EDITOR

Metcalfe, Ont.
October 4, 1974

Dear Sir:

The Executive and members of the Hospital Auxiliary of Winchester and District Hospital, wish to extend our sincere appreciation for your support, for coverage of meetings, special events, pictures and any help you have given to the Auxiliary.

A good example of Public Relations.

Thank you,
Mrs. W. Dow, Press Reporter

NEWS OF WILLIAMSBURG

Mr. and Mrs. Orrie Casselman of Ottawa spent Sunday with Mrs. Lena Barkley

We are sorry to report that Rev. D.L. Gordon is a patient in the Ottawa Civic Hospital.

Mr. and Mrs. Charles Hammond and Mr. Frank McIntosh of Ottawa and Mrs. T.J. Keyes called on Mrs. G.L. Barclay on Monday.

Mrs. Morris Middeton of Port Credit is spending this week with her mother Mrs. Elburn McIntosh.

Mr. and Mrs. John Wells were dinner guests of Mr. and Mrs. Douglas Gow on Sunday.

Mr. and Mrs. Ivan Casselman spent the week end in Paris, Ont. with the latter's brother Mr. and Mrs. Lloyd Millward.

We are sorry to learn of the death of Victor Riddell of Strader Hill whose death occurred on Sun. Oct. 13, 1974.

Mr. and Mrs. Graham Wells, Mr. and Mrs. Carson Wells and Mrs. John Erratt spent Thanksgiving with Mr. and Mrs. Mervyn Wells of Ottawa.

Mr. Barry Beckstead spent the week end with his aunt and uncle Mr. and Mrs. Lee Hummel.

Mr. and Mrs. Ross McMillan and Julie of Toronto spent the weekend with Mr. and Mrs. Frank McMillan.

Mr. and Mrs. Goulet of the Gatineau Mills, Quebec visited Mr. and Mrs. Claude Casselman on Monday.

PHYSICALLY DISABLED DESERVE THE RIGHT TO VOTE IN MUNICIPAL ELECTIONS

Monday, December 2, 1974 once again confronts each one of us with our democratic responsibility, voting to determine who will govern locally for the next two years.

It is every citizen's duty to his community to rationally challenge the candidates who seek his or her vote and to share in the decision-making process with the candidate who finally gains it.

The March of Dimes/Ability Fund reminds all those with a physical disability that this does not excuse an individual from performing his role as a citizen. In fact, it is in their interest to increase society's awareness of the restrictions imposed upon them, often without thinking, or the biases which are unjustly created because the facts have not been presented.

"A physical disability does not necessarily carry with it an enduring social disability", states A.R. MacCallum, Executive Director of the Ability Fund. "The real threat is in a silent, resigned attitude".

In previous elections, however, Mr. MacCallum points out that disabled people have been prevented from voting by the inaccessibility of polling booths. "Stairs are often impossible to navigate, narrow doorways are a barrier for those in wheelchairs".

For this reason, the March of Dimes/Ability Fund endorses a resolution adopted by Toronto City Council requesting the Government of Ontario to pass legislation prior to the 1974 municipal elections, to allow Deputy Returning Officers accompanied by other election officials to move the ballot box sufficiently from its usual location in the poll to the bottom of the outside steps, etc. which the handicapped are unable to negotiate.

This legislative action will enable many more citizens with physical disabilities to exercise their democratic privilege.

MRS. H. HUMMELL DIED AT HOME IN CHESTERVILLE

Mrs. Harry C. Hummel, the former Grace Smale, died at her Chesterville residence on October 5th in her 85th year.

Born in Manitoba the late Mrs. Hummel was a daughter of the late Mr. and Mrs. William Smale and received her early education at Portage La Prairie schools.

In 1912, at Rosetown, Saskatchewan, she married Mr. Hummel who predeceased her in 1967.

The late Mrs. Hummel is survived by five sons: Ronald of Morrisburg; Rodney and Gordon, both of Toronto; Kemsley, Peterborough and Robert of Williamsburg. Also surviving are 14 grandchildren and 4 great grandchildren as well as two sisters, Esther Lisson of Portage La Prairie, Manitoba and Mrs. Bessie Maguire of Sanctuary, Saskatchewan She was predeceased by daughter Gwen and son Harold.

A member of the United Church the funeral service at Vice and Craig Ltd. Funeral Home, Chesterville, was conducted by Rev. L. M. Ferguson at 2:00 p.m. on October 8th.

Pall bearers, and grandsons, were Garry Hummel, John Hummel, Stephen Hummel, Peter Hummel, Wayne Rock and Jim Hummel.

Interment was at Maple Ridge cemetery.



STAR, the two year old camel, takes a close look at a 1974 series Canada Savings Bond at Metro Zoo. Jane erg, 22 year old zoologist, left, says camels adapt readily to any climatic condition, and are noted for their ability to store away carbohydrates which they easily convert to sustenance when the need arises. And Don Fraser, director of payroll savings, Ontario Central East, says the same features — flexibility, saving and ready conversion — are also characteristics of Canada Savings Bonds.

At Grimes Lodge,

PATIENTS MAIN CONCERN

Ever since it was officially opened in March 1973 by Mrs. Roland Michener, wife of the then-Governor General, the Maurice J. Grimes Lodge at 200 Melrose Ave. has provided comfort and hope to patients undergoing treatment for cancer.

A bright and cheerful lodge, it is a place where people can rest up for a few days after treatment, where they can be catered to, and where they have company.

Until 1972, they had to go back to their homes, or if they were from out-of-town, had to stay in a hotel, or be put up by friends in the city. The Mauraice Grimes Lodge has changed all that

The two-storey building, on the grounds of the Ottawa Civic Hospital, is open to residents of the Ottawa Valley area and has facilities for those attending the Cancer Foundation Clinic of the Civic.

There is accommodation for 42 guests in the lodge which provides all the amenities of a well-appointed hotel and the residents say they "couldn't ask for more".— Everything they could possibly want is provided in a warm, cheery atmosphere, that costs nothing - meals included.

Needless to say there is a good deal of apprehension when a guest moves in to Maurice Grimes, but it isn't long before he or she is relaxed enough to respond to the welcome they're given by a volunteer worker and other patients who are familiar with the surroundings.

Afternoon tea is served every day and there is an entertainment and crafts program. One of the most popular services provided for the women is hairdressing done two days a week by volunteer hairdressers.

Each Thursday and Friday, guests can have a free hairdo before going home for the weekend.

The Dundas County Unit of the Canadian Cancer Society continues to provide service to cancer patients such as dressings, drugs and transportation to clinics. The newest service that will be available in the near future is "Mastectomy Visiting". Trained volunteer visitors, who themselves have had breast surgery, are requested by the surgeon to visit newly-operated mastectomy patients in hospital, to give psychological support.

The first Mastectomy Visiting seminar was held in Toronto, September 26, 1974, with 90 visitors present from across Ontario. — Many of these visitors have been providing this service in their communities since 1972. Any qualifying women interested in becoming visitors for Dundas County please call Mrs. A. Barber 448-3396.

FORESTRY CREWS CLIMB TO COLLECT SELECT SEED

A new era is gradually unfolding in the field of tree seed procurement. In the past, seed in each ministry of natural resources district was collected from the most convenient sources such as logging slash, residual trees from past logging, scattered open grown trees along country roads, etc. This was not necessarily the best seed and increased efforts have been made to collect from permanent sources of good quality, fast growing trees. Many of Ontario's best quality trees, however, are too tall for collecting seed from the ground or even from ladders. New developments require new techniques.

Recently, crews from the ministry's forest research branch and the Canadian Forestry Service have been climbing selected white spruce trees across the province to collect cones. The seedlings from their seed are grown and measured to determine relative growth rates. Results of such studies will be used to indicate the best sources of seed of fast growing strains for the provincial regeneration program.

Research and management staff have worked together in several districts to collect cones by climbing and cutting cone-bearing foliage from the crown of the trees to meet both research and management needs. The techniques used by research may well have application as permanent seed sources are established, developed and improved. If the problem of accessibility to the crowns of tall trees of each of our major species can be solved, the program of selecting and improving top quality permanent sources for seed production should receive new impetus.

'THINK METRIC' APPROACH OF NEW PROGRAM IS BIG HELP TO TEACHERS

Ontario teachers whose students are learning metrics with the help of the educational television program **Report Metric** credit the program's success to its "think metric" approach, its five-day-a-week frequency and its knack for involving students in metric projects.

The teachers' opinions are contained in an evaluation survey of the program conducted by The Ontario Educational Communications Authority (OECA).

Report Metric is a five-minute daily news and weather telecast, now in its second season on Channel 19 and CBC stations throughout Ontario. The program, the first of its kind in North America, is directed toward Grade 4 to 6 students and uses metric terminology exclusively without any reference to standard British and U.S. measurements.

With a student audience of 80,000 last season, Report Metric was the most popular in-school program produced by OECA in 1973-74.

As part of the program's evaluation, the OECA's Research and Planning Division surveyed a sample group of 305 elementary teachers whose students watched the program .Seventy per cent of the teachers (213) responded to the questionnaires.

The "think metric" presentation method was credited by 63.4 per cent of the teachers as the element most important in the program's success.

Other elements cited, in order of preference, were: frequency of broadcasts (five per week), student involvement, time of broadcast (9:15 a.m.), the hostess of the show (folk singer Heather Conkie), the length of the program (five minutes) and the use of film clips.

Almost all the teachers (91 per cent) reported that their students were involved in post-viewing activities as a result of the program. These activities included class discussions (80.8 per cent), group work (42 per cent) and individual written work (26.4 per cent).

In addition, 30 per cent of the students sent reports and documents directly to Report Metric.

The survey also revealed that 76 per cent of the teachers used the Report Metric series in the teaching of mathematics, 41 per cent in teaching consumer education, 39 per cent in geography and 21 per cent in science.

In cinclusion the survey indicated, 59 per cent used Report Metric three or more times per week, 80 per cent accepted the series as the best source of metric information for junior division students, 89 per cent recommended the series to other teachers and 94 per cent intend to use the series again this year.

RECENT BIRTHS AT WINCHESTER MEMORIAL HOSPITAL

October 8, 1974 to Mr. and Mrs. Wayne Gurnhill, Ingleside, RR2. A daughter.

October 11, 1974 to Mr. and Mrs. Bryon Stewart, Morewood, — A daughter.

October 14, 1974 to Mr. and Mrs. Garry Wright, Cardinal. A son.

REMEMBER
HELP YOUR RED CROSS
TO HELP

RIVERSIDE SCHOOL NEWS REPORT

Every Thursday afternoon is "Rotary Time" at Riverside Heights Public School. The pupils rotate or change classes every twenty-five minutes and cover 5 subjects during the course of the afternoon. Mrs. Dennison teaches drama; Mrs. Robertson instructs in penmanship; Mrs. Reynolds is in charge of audio-visual presentations; Mrs. Michalicka handles music; Mrs. Holmes does language skills; and Mrs. Swerdfeger and Mr. St. John combine supplementary reading and library (book exchange), respectively. So that all students cover the six areas, each teacher uses the last period on Thursday morning for her own class in her specialty area

Theschool soccer teams played exhibiiton games in Iroquois last Wednesday. The senior team was edged 2 to 1 in a close match, but the juniors were defeated by the lopsided score of 12 zip. Return matches were scheduled for this Thursday as final preparation for the Iroquois tournament tomorrow.

Next Friday, October 25th, will be a holiday for the students and a professional activity day for the staff. Some of the teachers may be going to the Council of Exceptional Children Convention in Ottawa; some may be going to a demonstration of Derivan Vynol Paints in Cornwall; and some may be working at other duties at the school. Two rooms at Riverside Heights Public School have been set aside that day for all the teachers of French in Grades 3 to 8 under the jurisdiction of the Stormont, Dundas and Glengarry County oard of Education.

CORNWALL CAMPUS (613) 933-6080
WINDMILL POINT CORNWALL, ONT. K6H 4Z1

ST. LAWRENCE COLLEGE SAINT-LAURENT

WELDING INSTRUCTOR

The Continuing Education Department of St. Lawrence College, Cornwall, requires a Qualified Instructor to teach Basic Welding at North Dundas District High School.

The course is to be conducted one evening per week for a 20-week period. Salary according to qualifications and experience.

Interested persons should apply in writing to:

MR. TOM BUTKOVICH, Co-ordinator,
Continuing Education Department,
ST. LAWRENCE COLLEGE
WINDMILL POINT, CORNWALL, ONT.

PRICE AFTER PRICE PROVES IT!
YOU SAVE MORE ON FOOD HERE!

MEAT BUY OF THE WEEK — RED OR BLUE BRAND — POUND

BLADE ROAST BEEF - - - 95¢

ROUND BONE SHOULDER STEAKS, Pound	99c
FRESH SLICED PORK LIVER, Pound	49c
BURNS' PRIDE OF CANADA BREAKFAST BACON, 1-Lb. Pkg..	1.39
BURNS' SMALL PORK SAUSAGES, Pound	79c
BURNS' PRIDE OF CANADA SLICED COOKED HAM, Pound	1.73
SWIFT'S PREMIUM MAC & CHEESE OR CHICKEN LOAF, Pound	89c
COORSH SALAMI CHUBS, 10-Oz. Size, Ea.	99c
BURNS' BONE-IN-HAMS, Ready to Serve, whole or half, Lb.	95c

BEST GROCERY VALUES

LIBBY'S UNSWEETENED GRAPEFRUIT JUICE, 48-Oz. tin	65c
NESCAFE INSTANT COFFEE, 6-Oz. Jar	1.79
WESTINGHOUSE INSIDE FROSTED LIGHT BULBS, 40s, 60s, 100s	49c
NABISCO SHREDDED WHEAT, 20-Oz. Pkg.	69c
NICO SOFT 100% VEGETABLE OIL MARGARINE	61c
POPEYE POPPING CORN, 2-Lb. Size	59c
NATURE'S BEST CHOICE PEAS, 19-Oz. Tin	3/1.00
NATURE'S BEST KERNEL CORN, 12-Oz. Tin	3/89c
VanCAMP'S BEANS WITH PORK, 14-Oz. Tin	2/69c

The Finest Produce at The Lowest Prices

GOLDEN YELLOW RIPE BANANAS, Pound	15c
SWEET, JUICY BARTLETT PEARS, Pound	37c
ONTARIO NO. 1 PASCAL CELERY, Large Size 24s	29c
CALIFORNIA NO. 1 RIPE TOMATOES,	2 Lbs. 79c
ONTARIO NO. 1 COOKING ONIONS, 10-Lb. Bag	89c
SLACK'S SNOW WHITE MUSHROOMS, ½-Lb. Box	59c

ALL VALUES EFFECTIVE UNTIL SATURDAY, OCTOBER 19th, 1974.

Heinz' Food Market

MORRISBURG — *Free Delivery on $3.00 Orders* — Phone 543-3131

VOTERS' LIST

NOTICE
VILLAGE OF MORRISBURG

In accordance with the provisions of an Act respecting municipal election, Section 23, Subsection (1), I, the undersigned Clerk of the Village of Morrisburg have complied with the provisions of the said Act and have posted up in my office at Morrisburg on the 24th day of October, 1974, a preliminary list of all the Municipal Electors for the Village of Morrisburg. All appeals regarding revision of the preliminary list with reference to corrections, additions and deletions will commence during normal office hours on the 24th day of October, 1974, and continue until all appeals are heard from day to day until the 1st day of November, 1974, which date is the concluding date for filing such complaint. All complaints not heard before the concluding date shall be heard and disposed of on or before November 7th, 1974.

LLOYD D. BARKLEY,
Returning Officer,
Village of Morrisburg.

41c.

VOTERS' LIST

NOTICE
TOWNSHIP OF WILLIAMSBURG

In accordance with the provisions of an Act respecting municipal elections, Section 23, Subsection (1), I, the undersigned Clerk of the Township of Williamsburg have complied with the provisions of the said Act and have posted up in my office at Williamsburg, on the 24th day of October, 1974, a preliminary list of all the Municipal Electors for the Township of Williamsburg. All appeals regarding revisions of the preliminary list with reference to corrections, additions and deletions will commence during normal office hours on the 24th day of October, 1974, and continue until all appeals are heard from day to day until the 1st day of November 1974, which date is the concluding date for filing such complaint. All complaints not heard before the concluding date shall be heard and disposed of on or before November 7th, 1974.

KEITH SCHELL,
Returning Officer,
Township of Williamsburg.

41-2c.

WINTER TIRE DISCOUNTS
ON FIRST LINE 4-PLY POLYESTER
WHITEWALL SNOW TIRES

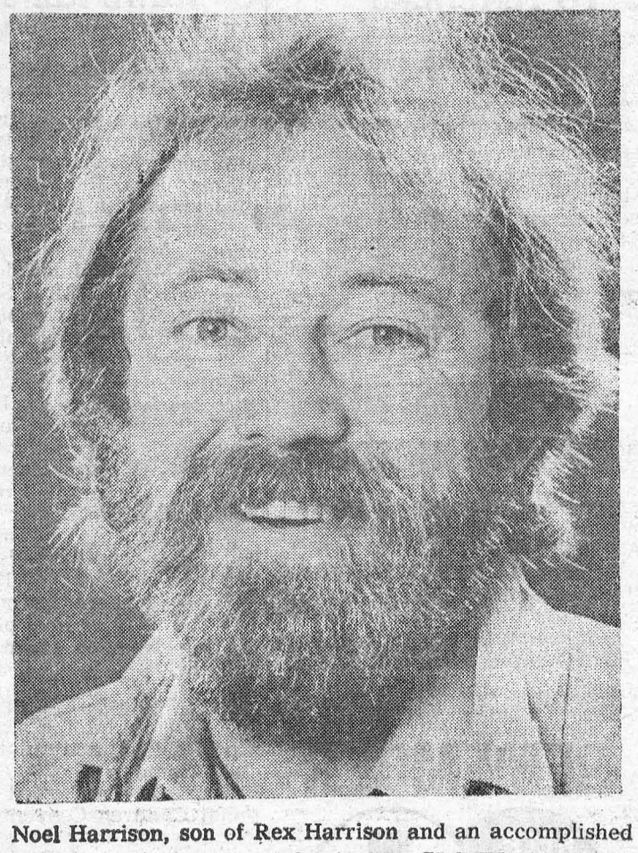


600-13	List $32.65	NOW ONLY $21.00
650-13	List $33.15	NOW ONLY $23.00
700-13	List $34.65	NOW ONLY $23.50
D78-14-15	List $35.10	NOW ONLY $25.00
E78-14-15	List $36.20	NOW ONLY $26.00
F78-14-15	List $38.55	NOW ONLY $27.00
G78-14-15	List $43.60	NOW ONLY $30.00
H78-14-15	List $47.50	NOW ONLY $32.00
L78-14-15	List $61.00	NOW ONLY $38.00

Radial Snow Tires on Hand also, At Big Savings

EXTRA SPECIAL THIS WEEK!
Permanent Type Grade A
ANTIFREEZE 10.95
WHILE STOCK LASTS AT
"The Tire People"
PINKUS
SALVAGE AND AUTO PARTS LTD.
Phone 535-2759 — Williamsburg

TAKE TIME



Noel Harrison, son of Rex Harrison and an accomplished performer in his own right, invites CBC-TV viewers to Take Time to watch his new music-variety series. Each ½ hour edition of Take Time will have Noel strumming his guitar, playing many of his own folk compositions, and enjoying the company of talented fellow artists on the relaxed, low-key Halifax series, telecast Saturday nights, and seen most places at 6:30 p.m.

"League Of Person Voters"?

Volunteer Campaigns for More Voter Participation in Politics

by Alison Goddard

Lancaster Pa. — When President Ann Jaenicke gavels the fall session of the Lancaster County League of Women Voters to order, will the chapter's first male members be present?

"I'll be curious to see," confesses Mrs. Jaenicke, who made national newspapers last May when she bestowed membership on two male county commissioners who had been at odds with the Local League. She says "an impish streak" compelled her to present them with cards in an impromptu ceremony — just one day after the national League voted to change its 54-year-old policy and admit men.

Whether the League becomes the "League of Person Voters," as some have suggested, it will carry on as a non-partisan organization -promoting political responsibility through informed participation in government. And while the League will not endorse candidates, it will continue to take stands on issues. In the past the League has been vacal on such problems as child welfare and Social Security. Currently the Equal Rights Amendment has its support. As the Lancaster president puts it: "We usually back the underdog."

Not a Joiner

Until some friends cajoled her into attending a League luncheon five years ago, Ann Jaenicke, now 42, had steered clear of women's groups. "I was a member of the faculty wives club (Henry Jaenicke, Ph.D., is chairman of the Business Administration department at Franklin and Marshall College), the PTA and my church, but 'club women' meant teas and cookies to me. They never seemed to accomplish anything," says the sandy-haired mother of three.

Curiosity about how state and local governments operated finally drew her into the League. Assigned to head a Voter Service Committee, she learned about government quickly as she prepared a voter's guide pamphlet, handed out election literature, ran an information booth in a shopping mall, and spoke about the upcoming election to every group "from bridge clubs to fourth grade classes."

"It's amazing what you can accomplish when people expect you to pull it off," says this somewhat shy, soft-spoken woman. "I couldn't see myself talking to mayors and city commissioners and handing out leaflets on street corners. But groups like the League give you self-confidence. It's a wonderful training ground for women."

Getting out the Vote.

Following Watergate and the resignation and pardon of President Nixon, local League members are harder pressed than usual to prod voter interest. "We only had 18 percent of registered voters turning out for the Lancaster county primary," notes Mrs. Jaenicke.

She thinks the national scandals have "soured" people, but when it comes to local candidates and hot local topics like school bands and zoning laws — voters will go to the polls. "Around here people never did trust Washington politics. But local officials are know. They're our friends and relatives, so naturally we're interested."

The Jaenicke family is alternately proud and annoyed that Ann Jaenicke has assumed the two-year chapter presidency. "The boys (Richard, 13 and Ted, 12) are quite blase. They dislike taking telephone messages for me and they want to know if they'll ever get the dining room back. It's littered with League stuff. Liz who's 8, says she's 'the little one who needs me' and would love me to resign!"

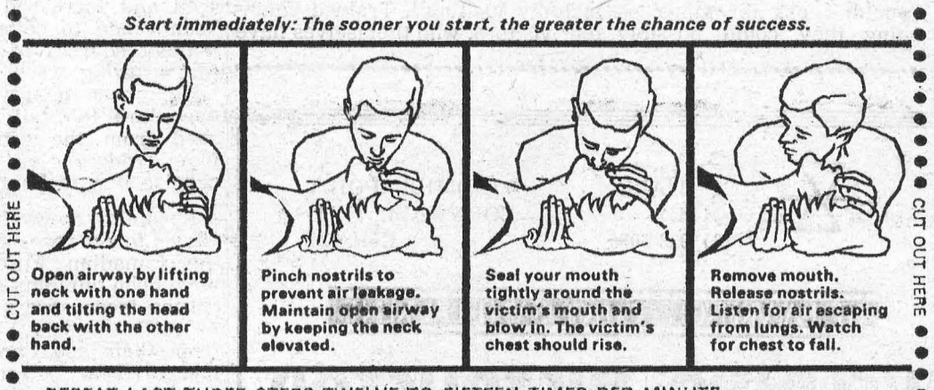
League duties keep Mrs. Jaenicke out at least one night a week, and she's on the phone a lot. But she still shops the famous Farmer's Market with her wicker basket every Friday, prepares meals and get the kids off to school. Says Henry Jaenicke: "My wife is taking care of the family —and the community."

CUT OUT HERE

RESCUE BREATHING (MOUTH-TO-MOUTH)

THE CANADIAN RED CROSS SOCIETY

Start immediately: The sooner you start, the greater the chance of success.



Open airway by lifting neck with one hand and tilting the head back with the other hand.

Pinch nostrils to prevent air leakage. Maintain open airway by keeping the neck elevated.

Seal your mouth tightly around the victim's mouth and blow in. The victim's chest should rise.

Remove mouth. Release nostrils. Listen for air escaping from lungs. Watch for chest to fall.

CUT OUT HERE

REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE.

IF AIR PASSAGES ARE NOT OPEN: Check neck and head positions, CLEAR mouth and throat of foreign substances.

For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.

USE RESCUE BREATHING when persons have stopped breathing as a result of: DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.

Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.

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Qualifying residents 65 or older should now have at least $2700 a year.

This is what Ontario is doing to guarantee that income.



Your Ontario Government believes senior citizens should now have a guaranteed annual income of $2700 a year for single persons, and where both spouses qualify, $5400 for married couples.

So, if you are 65 or older, with an income of less than $2700 a year...and have lived in Canada for at least the past 5 years and in Ontario for the last year... you may qualify for GAINS.

GAINS is Ontario's Guaranteed Annual Income System. It is designed to ensure an annual income of $2700 by making up the difference between the GAINS guarantee and income from other sources.

Over 260,000 senior citizens are now receiving benefits under this program.

If you receive Old Age Security and the Guaranteed Income Supplement, your eligibility for Ontario GAINS is determined automatically. **You do not have to apply.**

If you are not receiving GAINS payments but feel you may qualify, please give us a call.

Blind and disabled people now receiving assistance from Ontario's Family Benefits program are also entitled to GAINS.

Any questions? Call us, free of charge, from anywhere in Ontario. Dial "0" and ask the operator for Zenith 8-2000. In the Metro Toronto local calling area...dial 965-8470.

Guaranteed Annual Income System
Ministry of Revenue
Arthur Meen, Minister

Government of Ontario
William Davis, Premier

Ministry of Natural Resources

WEEKLY REPORT

Eastern Ontario's deer and moose hunters will get a chance this year to become walking Indian art masterpieces.

The works of art are soft deer and moose leather vests, mukluks, mitts and slpipers encrusted with swirling patterns of colorful Indian beadwork.

The articles will be prizes in a draw for hunters who turn in moose and deer hides in the ministry of natural resources' hide collection program.

For years the ministry's hide drive has supplied Ontario Indian artists with leather for crafts manufacturing. Last year, 5,000 hides were collected, but more are needed to meet demand.

Instead of pondering what to do with messy leftover deer and moose hides, hunters this year can trade in the skins for draw tickets at their local natural resources offices in Tweed, Napanee, Brockville, Cornwall, Lanark or Leitrim, just south of Ottawa.

The ticket stubs bearing the hunter's name and address will be placed in a drum for the draw in February at the annual banquet of the Ontario Federation of Anglers and Hunters in Ottawa. Winners will be notified by mail or phone.

The hides will be tanned and turned over to the Indian bands.

The first, second, third and fourth prizes being offered in Eastern Ontario are a hide vest, a pair of mukluks, cuffed mitts and slippers. Winning hunters will be able to order their prizes custom made either for themselves or as gifts for spouses or friends.

For those who have never seen authentic Indian beadwork, the prizes will be a revelation. The Indian artists' craftsmanship is on a level that is hard to equal. The stitching, design and bead layout is extremely precise, as exact as the work on ceremonial costumes.

Eastern Ontario Christmas Tree Grower Awarded Ontario's Forestry Certificate of Merit

An Oxford Mills, Ontario man who has made thousands and thousands of family Christmases a little bit warmer and traditional was awarded Ontario's 1974 Forestry Certificate of Merit at the annual meeting of the Ontario Maple Syrup Producers Association.

R. G. "Steve" Stevenson was presented with the award in Kitchener by Bill Gourlay, supervisor of private lands, Ontario ministry of natural resources, Toronto.

Mr. Stevenson received the award for his numerous contributions to the Ontario Christmas tree industry made during 23 years as an active tree grower in Eastern Ontario.

Starting as a part-time business in 1951, Mr. Stevenson acquired 70 acres near Ramsayville and planted it with Christmas trees.

In 1958, he acquired more land in the Oxford Mills area. Since then he has expanded his Christmas tree business to a fulltime operation. He now manages more than 200,000 trees and sells nearly 20,000 annually.

The Oxford Mills tree grower is a favorite with local Christmas tree buyers in Eastern Ontario because he produces excellent quality trees for marketing. He firmly believes the future of the Christmas tree industry rests on the grower's ability to produce and market top quality trees.

In recent years, he has been assisted by his son Fred who is keenly interested in the business. Last spring they also started a new project — maple syru pmaking.

(We are pleased Mr. Stevenson has been presented with this award for his valuable contributions to Ontario's Christmas tree industry and we wish him every success in the future.)

Lanark County Farmer Elected President of the Ontario Maple Syrup Producers Association

Brien Paul, R.R. 1, Lanark was elected president of the Ontario Maple Syrup Producers Association at the association's annual meeting in Kitchener, Oct. 4.

He has been a director of the association since its formation in 1966. Brien operates one of Ontario's largest maple syrup operations, boiling sap from nearly 10,000 taps last spring.

Mr. Paul is assisted by his wife Marion and their children: Kathy 20; Wayne, 19; and Darrel, 14. At present Kathy attends Queens University, Wayne attends the University of Guelph and Darrel attends school in Perth.

The Paul's effort in producing excellent maple products is well-known throughout the province. In 1968 Brien won the Premier Exhibit award for maple products at the Royal Winter Fair in Toronto.

Mr. Paul takes over as president at a time when numerous challenges face Ontario's maple industry. Production of maple products must be increased. More recreational facilities must be provided at sugar bushes and research and development must be intensified to facilitate increased production.

With nearly one hundred years of maple production behind him on the family farm, Mr. Paul will no doubt be most capable handling the challenges of his new position

Now Hear This

Two of Canada's leading orchestras have made trips abroad recently, the Vancouver Symphony Orchestra to Japan, the Toronto Symphony to Europe. Both tours enhanced the international reputation of these fine orchestras and confirmed the belief that music is an international language. On Sat., Oct. 19 the new Symphony Hall season is launched with a documentary on the tour of the Toronto Symphony in England, Belgium and Austria, prepared by William Littler, music critic of the Toronto Star, who recorded opinions and anecdotes of various orchestra members and critics. And on Thurs., Oct. 24, Themes and Variations broadcasts some of the VSO musicians' impressions of Japan, and also some Japanese reaction to the orchestra. Under conductor Kazuyoshi Akiyama, the orchestra performs works by Dvorak, Ravel, Berlioz, and Coulthard, from the Tokyo concert.

The Entertainers begins its 5th season Sun., Oct. 20 with an in-depth profile of singer Judy Collins by Malka, an interview with promising new Canadian performer Jay Telfer, and comedy by The Royal Canadian Air Farce, who will be heard in a regular weekly segment.

Four days after CBC Radio producer Richard Bronstein arrived in Rhodesia to gather information for a CBC Tuesday Night documentary, he was declared a prohibited immigrant and permanently expelled from the country. His treatment was no exception; since Ian Smith's government took over and declared independence from Britain in 1965, 70 journalists have been expelled. Undeterred, Bronstein travelled to Zambia and other nearby nations for interviews with leading figures of the Zimbabwe African National Union, the black nationalist movement fighting a fierce guerrilla war against the white minority regime of Rhodesia. Racial, political and cultural conflict in Africa is documented in Chimurenga: The Struggle For Rhodesia, to be broadcast Oct. 22.

One of Canada's best-known pioneer women is Susanna Moodie, author of Roughing It In the Bush. Her second book, Life in the Clearing, has been adapted and directed for The Bush and the Salon, Sun., Oct. 20 by Alan King. It covers the period in which she and her husband lived in Belleville, Ont. in the 1840's.

The popular rock group Lighthouse is heard live in concert from Charlottetown on The Great Canadian Gold Rush, Mon., Oct. 21.

Brian McIntyre, teacher, criminal lawyer, assistant district attorney and broadcaster, has developed the first series in the Canadian School Broadcasts, which begin Fri., Oct. 25. Why Law? Why Order? concentrates on the legal framework of our society, its origins, flexibility, and present demands.

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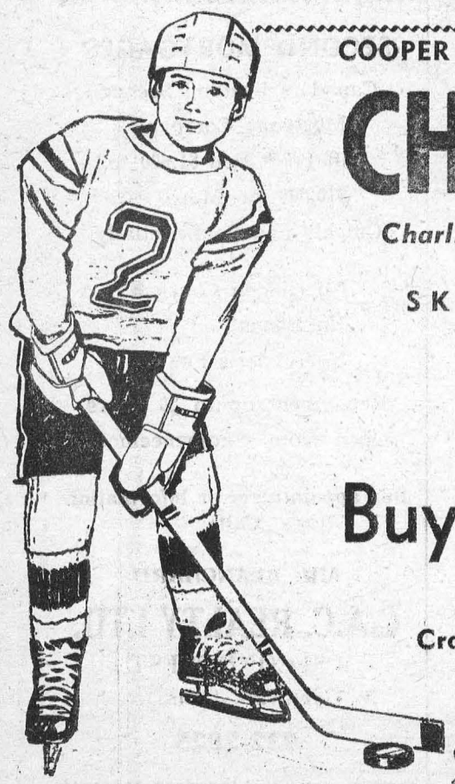
Laurie Jennings is not only co-host with Mary Chapman on CBC television's This Land series, which returns to the network Jan. 1, 1975, as one of the top-ten, Canadian produced shows, but he's also a fulltime farmer. His love for the land comes from a childhood spent on farms, then as a farm reporter on newspapers before he began working on television.



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41p.

NOTICE

The Annual Meeting of District No. 1 of the Ontario Horticultural Association will be held on Saturday, October 19, 1974, commencing at 9 a.m. o'clock in the United Church Hall, Russell, Ontario. Miss Gladys McLatchie, President of the Ontario Horticultural Association will be present and the Guest Speaker at the luncheon. Mr. R. A. Fleming, Research Scientist at the Vineland Research Centre, will be the Theme Speaker and will bring to us information on the Small Apple Trees being developed for growth in our gardens. and the new hardy rhododendron and azaleas suitable for even the Ottawa area and much of the work being done on "Container Gardening" a new and demanding development in Horticulture.

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BY TOM TREMFIX

Question: My steel chain-link fence needs repainting. Is there any way I can renew its appearance and durability without going through the laborious process of sanding and priming the rusty areas?

Answer: There certainly is! Try Tremco Tremclad, a rust-inhibiting paint that can be applied directly over solid-rusted metals without priming. Just remove all loose, flaking rust and peeling paint with a wire brush and make sure that the fence is clean and dry. Tremclad actually penetrates solid rust and binds to the base metal.

It can be easily applied to your fence with either power spray, long-napped roller, or brush. Tremclad dries completely in 6-8 hours (2-3 hours to touch) to a long-lasting finish that resists rust and fading.

COMING EVENTS

PAINTING WORKSHOP
The Painting Workshop directed by Mr. Tom Cayley, October 25th to 27th still has one opening.
CALL JOHN CORBETT,
AT 543-3300.
41c.

"BARGAIN DAZE"
RUMMAGE SALE — Sponsored by the Morrisburg Unit, Winchester Hospital Auxiliary, Friday, November 1st, 1:00 0to 9:00 p.m. at the Civic Centre.
LADIES! Complete that fall housecleaning! We can use: Good used clothing; household articles, books, paperbacks and records. For pickup call 543-2868 or 652-4796, or bring articles to Civic Centre before 11:30 a.m. November 1st.
41-2c.

PUBLIC SKATING
Friday and Saturday
8:00 p.m. to 10:00 p.m.
41c.

Morrisburg & District
HORTICULTURAL SOCIETY
October Meeting
Talk on "Christmas Ideas"
Local Slides. Hort. Songs
Tues. 22nd 8 p.m. Auditorium
41c.

SKATE - A - THON
A Skate-A-Thon in aid of the Zamboni Fund will be held in the rink on Sunday, October 20th, beginning at 12:00 noon and ending at 10:00 p.m. Everyone welcome.
41c.

HALLOWE'EN DANCE
Morrisburg Curling Club is having a Hallowe'en Dance on Saturday, October 26th from 9:00 to 1:00. Admission $5.00 per couple. Music and refreshments. Prize for best costume.
41-2c.

BAKE SALE/BAZAAR
Knox Church, Iroquois, OCT. 26
The annual Knox Iroquois Ladies Aid Fall Bazaar, Food Sale and Tea Table will be held Saturday, October 26th from 2:30 to 5 p.m. in the church hall. All welcome.
41p.

ST. JAMES ANGLICAN CHURCH BAZAAR
Civic Auditorium Wednesday, November 13th. Cookies, Bread and Rolls, Aprons, Knitting, Novelties Candy, Jam, Jellies, Pickles, and White Elephant Table. Afternoon Tea 2 p.m. to 5 p.m.
40-43c.

CATERING SERVICE
The Ladies Auxiliary of The Royal Canadian Legion, Branch 48 wish to announce that they will cater for banquets, weddings or anniversaries. — Please contact Mrs. J. Brunet at 543-2393.
40-1c.

YOU ARE INVITED TO SUPPORT YOUR HOSPITAL BRIDGE
The Morrisburg Unit of the Winchester Memorial Hospital are planning a Bridge Marathon starting in November. Contact a partner and call 3-2076 on or before October 28th.

THANKOFFERING
In St. Paul's Lutheran Church, Morrisburg, 8 p.m., October 24th. The guest speaker will be Rev. Peter Mogk, Correctional Services Chaplain. Social hour afterwards.
41c.

VARIETY NIGHT
The Senior Citizen Group "Helping Hands" has organized a Variety Night in the Brinston United Church on Friday, October 25th. Everybody invited. Admission is Free. Program of song and music presented.
40-1p.

MINOR HOCKEY
SATURDAY, OCTOBER 19

Atoms	7 to 9 a.m.
Squirts	9 to 10 a.m.
Peanuts	10 to 11 a.m.
Pee Wees	11 to 12 a.m.
Bantams	12 to 2 p.m.
Midgets	2 to 3 p.m.

Anyone who is not registered, may do so at the rink on October 19th, from 9 a.m. to 2 p.m.
Registration Cards must be signed by parent or guardian.
41c.

ANTIQUES FAIR
IROQUOIS CIVIC CENTRE
FRIDAY, OCT. 18th 6-10 p.m.
SAT., OCTOBER 19th 11-5 p.m.
Admission One Dollar. Snack Service. Auspices Anglican Church.
39-41c.

LEGION DANCES
Morrisburg Branch No. 48, Royal Canadian Legion Dances will resume Saturday night, November 2nd and Saturday night, November 30t0h. Couples only. NO STAGS. $4.00 per couple. Good band in attendance.
41-2c.

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POSTPONED TO NOV. 2nd
Please Save Your Paper for us!
41-3p.

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Riverside Heights Institute Hall
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EVERY WEDNESDAY,
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41-3p.

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Morrisburg Lions Monthly Bingo! Jackpot $150.00. First Tuesday of every month at 8:00 p.m. in the Morrisburg Civic Centre. 15 regular games, 5 share the wealth. Admission $1.00.
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