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The Morrisburg Leader

SECOND CLASS MAIL
REGISTRATION NUMBER
-0842

VOLUME 110, NO. 43. MORRISBURG, ONT., FRIDAY, NOVEMBER 3rd, 1972 SINGLE COPIES 10c

POPULAR MGR. RETIRES AT BREWERS' RETAIL

Last Saturday, October 28th, Ted Smith, popular manager of the local Brewers' Retail Store locked up that establishment for the last time, to enter upon his retirement after a career of more than 38 years with the brewers' organization.

Ted, a former railroader, was employed at the 'beer store' on August 1934 and had missed very few days since. His first boss was the late Harry Pyper, and he served under managers Genzmer Barkley, Jack Earle, Geo. Whipps Bill Prime, Al Silmser before himself becoming manager in 1963 He was a long-time member of the Quarter Century Club.

On Sunday, all of Ted's ex-employees came to his home to express their good wishes on his retirement and to present him with several mementos of happy associations over the years.

During the early years of his employment, and until the Seaway construction, the brewers' store was located on Lock Street, and Ted retains vivid and happy memories of those past days, and, so he claims, of a sporting club of those times known as "The Lock Street Leopards".

Ted is married to the former Sybil Baker, and they are the parents of a son and three daughters.

His many friends throughout the area join us in wishing Mr. Smith many happy years of retirement.



TED SMITH

Big Majority for Lamoureux; Liberals Lose Many Seats

Voters across Canada in Monday's election upset most of the predictions made in advance by supposedly knowledgable prognosticators, including even some newspaper editors. When the totals were available on Tuesday Mr. Robert Stanfield had gained 109 seats for the Progressive Conservatives - Mr. Pierre Elliott Trudeau, 108 for the Liberals. But some of the decisions were so close, that several recounts are scheduled. As these will take some time, the actual future of the Trudeau administration is undecided, or was at the time this was written. Mr. Trudeau was to make a statement on his plans on Thursday evening (after our press time).

First polls reporting seemed to favour the government as they picked up seats in Newfoundland and P.E.I., held their own in the other Maritime Provinces, and virtually swept Quebec. But then came the deluge, as the Conservative party made big gains in Ontario, the Prairies and British Columbia. Alberta gave them a perfect score — 19 out of 19.

One of the biggest surprises of the voting was the resounding defeat of Gordon Flair, energetic and well-liked Liberal incumbent in Grenville-Carleton, who was soundly beaten by Walter Baker.

In our own riding of Stormont-Dundas, Hon. Lucien Lamoureux won a big majority, easily exceeding the combined totals of three opponents. Grant Campbell for the PCs, Murray Forsyth for the NDP and Rene Benoit, an independent who classes himself as 'Democrat'.

Mr. Lamoureux, who was the Speaker of the last House of Commons, campaigned as an Independent, and appealed to the voters solely on his past record.

The unofficial final count gave Mr. Lamoureux 17,367 votes; Mr. Campbell 12,363; Mr. Forsyth 3,097; Mr. Benoit 140.

The winning candidate picked up his margin in the eastern half of the riding as traditionally Tory Dundas swung their support to Grant Campbell. The figures given below are for the candidates in the order in which their names appeared on the ballot, i.e.: Benoit, Campbell, Forsyth, Lamoureux:

In Morrisburg Village: 6; 661; 85; 405.

In Williamsburg Township: 6; 746; 103; 451.



HON. LUCIEN LAMOUREUX — RE-ELECTED

Morrow-Jarvis Vows at St. James

A pretty wedding took place on Saturday, October 21, 1972 at St. James Anglican Church, Morrisburg when Karen Elizabeth Jarvis became the bride of Steven Thomas Morrow. Rev. C.W. Earle performed the 3 p.m. ceremony. For the occasion the church was decorated with bronze and yellow mums.

The bride is the daughter of Mr. and Mrs. Hugh James Jarvis, and the groom is the son of Mr. and Mrs. Kenneth Morrow, all of Morrisburg.

Given in marriage by her father the bride was lovely in a white silk organza gown, fashioned with empire waist, bishop sleeves and stand up collar and trimmed with guipure lace. Her veil was chapel length and she carried a cascade of red roses and white carnations.

Mrs. Suzanne Smith was matron of honour and bridesmaids were: Miss Laurie Morrow, sister of the groom and Mrs. Jo-Ann Jarvis, sister-in-law of the bride. They were identically attired in capri blue chiffon crepe skirts with empire waists and royal blue bodice and bishop sleeves. They carried nosegays of white and blue mums and wore blue pom pom mums in their hair.

Grooman was Mr. Philip Dillabaugh, of Morrisburg and ushers were Mr. Kenneth Morrow, brother of the groom, and Mr. Douglas Jarvis, brother of the bride, all of Morrisburg.

For a reception for 116 guests held at the Morrisburg Civic Centre, the bride's mother received guests in a pink 2-piece street length crimp ensemble with a corsage of baby mums tinted to match and black accessories. The grooms mother chose a floor length pink gown with pink and white bodice, silver accessories and baby mums tinted to match.

Later the young couple left for a trip to Western Ontario, the bride travelling in a black and white pant suit, black accessories and a corsage of red carnations.

Guests attended from Sarnia, Cornwall, Brockville, Winchester, Ajox, Moncton, N.B., Ottawa, Williamsburg, Rolphton, Palmerston, Toronto, Prescott, Cardinal, Spencerville, Iroquois, Oshawa, South Mountain and Morrisburg.

PLAQUE UNVEILED TO PIONEER PASTOR

Rev. Johan Samuel Schwerdtfeger, the first protestant pastor in Upper Canada was commemorated at St. John's Lutheran Church on Reformation Sunday, October 29, when a plaque commemorating him was unveiled in his honor.

John Whitteker, Reeve of Williamsburg Township was chairman of the program when Frank W. Schwerdtfeger, a direct descendant of the first Lutheran Pastor here, unveiled the plaque sponsored by the Historical Branch of Archaeological and Historic Sites Board of Ontario.

Hon. Lucien Lamoureux, Speaker of the Federal House was guest speaker. He congratulated the congregation on their great good fortune in having had a United Empire Loyalist Pastor, who, two centuries ago had led his flock with spiritual integrity, faith and steadfastness through the rugged experiences of pioneer life. He said, "Rev. Schwerdtfeger's influence is exemplified today in the lives of the descendants of his followers.

Others who spoke briefly at the unveiling ceremony were: Carlton F. McInnis, Reeve of Morrisburg and Warden of the Three United Counties: Lloyd D. Barkley, Vice President of the Daughter Congregation at Morrisburg; Rev. J. Boemer of St. Peter's, Williamsburg; Rev. A. Conrad, St. Peter's Church, Ottawa, Rev. K. Crouse, The Good Shepherd Church, Brockville; Professor J. K. Johnson, Ottawa speaking on behalf of the Archaeological and Historic Sites Board of Ontario Donald Irvine, M.P.P. for Grenville-Dundas, and Rev. F.L. Howald of Morrisburg who read in German (the native tongue of Rev. Schwerdtfeger) and translated, inspirational passages from the first pastor's personal diary.

Prior to the commemorative program Rev. Howald, Pastor of St. John's conducted a brief Reformation Service stressing the importance of faith . . . yesterday, today and in the days to come.

Lions Start Right - With Big Wins

Morrisburg Lions of the St. Lawrence Junior B League started off on the right skate over the week end. They opened Friday in Kemptville with an 8-1 win over Winchester.

Chuck Irvine scored 3 and assisted on 3 more to lead the team in the win. Chuck Lawlor and Gary Hess each added a pair. Hugh Gillard had one goal and 3 assists.

Bob McClintock accounted for Winchester's only goal. 21 minors, 3 majors and a misconduct were handed out, with 9 of the minors and 2 majors going to the Lions.

Sunday, Cardinal Broncos were the next victims, going down to a 10-2 defeat. Chuck Irvine scored 3, with singles by Chuck Lawlor (on a penalty shot), Gary Hess, Hugh Gillard, Brian McNairn, Gerry Zeran, Alan Hare, Ernie Duval.

Brant Davy and Bruce Trewartha scored for the Broncos. The Lions picked up 12 minors and a misconduct while the Broncos were assessed five minors and a misconduct.

On Sunday, November 5th, at 2:30, the Lions host Winchester Hawks at the local arena.

YOUTH EVANGELIST AT MORRISBURG CHURCH



An outstanding Youth Evangelist, David Tapley, and Mrs. Tapley will be visiting Morrisburg Pentecostal Tabernacle, this coming week in a series of Services: Tuesday, November 7th to Friday, November 10th at 8:00 p.m. Sunday services will be at 11:00 a.m. and 7:30 p.m. You will enjoy their music and singing with a clear presentation of the Gospel. A warm invitation is extended to all.

Glen Cunningham Heads Homeowners' Association

Glenn Cunningham of Mariatown was elected president of the Homeowners' Association of Mariatown at a meeting held Wednesday in the auditorium of Upper Canada Village Restaurant. 50 residents of the hamlet attended the meeting when others elected to office were: James Jordan, vice chairman; Irene Crowder, secretary-treasurer; Board members: Arnold Dukelow, Mary Tennant, Russell Baker, Clayton (Buster) Duval.

Almost $1500 and a promised donation of $500 from a public spirited Morrisburg citizen has swelled the fund required to place hydro lights at the nine street corners of Mariatown proper. By private purchase it is hoped that an amount less than the $200 per light quoted by Ontario Hydro might enable the organization to instal extra lights in the vicinity of the area described as Mariatown in the first map of Dundas County.

The fund for lights at Mariatown was raised through efforts of an enthusiastic group of residents who had formed an unofficial organization to promote the project. A float of the first steamship on the St. Lawrence won prizes at various fairs, a barbecue netted almost $600 and sales of food and candy at the Morrisburg Home and Trade Show was most successful. Donations have been received but none was canvassed.

With one campaign successfully launched the community decided to form the Homeowners Association and obtain a charter to strengthen its position. It was the consensus of opinion of the meeting that Mariatown, the oldest settled hamlet in the township, and the only one in the township to function without lights or decent roads should take steps to correct the situation.

Other projects under consideration for the community are: Improved roads, property cleanup, a park at the Mariatown Point and garbage collection.

Arnold Dukelow, Board Member said, "You couldn't beat Mariatown for a wonderful and picturesque place to live. The sky is the limit for a group of people who know what they want and are willing to work for it". Russell Baker, board Member also said, "If we all pull together and plan together our projects will succeed".

Since the meeting last week, Wilfred Coligan of Mariatown, has made street signs according to the original map of 200 years ago. These signs have been erected adding to the local improvement picture.

C OF C HEARS PLANS FOR FUTURE ACTIVITIES HERE

Earl Baker, chairman of Morrisburg Chamber of Commerce reported at a breakfast meeting of the executive Council Wednesday at Lee's Restaurant, that the Recreation and Community Events sign now located at the corner of Fifth and Ottawa Streets near the Post Office will be moved within the week to the entrance of the west mall in the shopping centre. Albert Belanger, proprietor of the Seaway Pharmacy, at that corner will absorb the cost of lighting.

Brief discussion was conducted relative to the Community Christmas Party and Santa Claus Parade and a Winter Carnival with The local Lions' Club and the Fire men participating.

Erol Welton, Douglas McGillis and Wm. Marshall will constitute a committee to arrange for a speaker and suitable program of interest for a general meeting of the Chamber to be held November 20 at 8 p.m. in the Civic Centre. There will be no meeting of the executive prior to the general meeting.

The young people of the village were complimented on their exemplary behaviour on Hallowe'en. Their visits were enjoyed by citizens on whom they called for treats.

B.A. DEGREE



WILLY STORGAARD

Henry Storgaard and Mrs. Lise Storgaard visited with family, Mr. and Mrs. John Storgaard to celebrate the graduation of their son, Mr. Willy Storgaard, B.A., A.O.C.A., from the University of Western Ontario, at London with a B.A. from the faculties of Social Science and Fine Arts.

After graduating from the Ontario College of Art in 1968, he worked four years as a teacher of Art at the Brantford Collegiate Institute and Vocational School in Brantford working part time to achieve this B.A. At present, Willy is studying at Althouse College of Education.

The Election and its Aftermath

Quite a number of Canadians were on a solid diet of crow on Tuesday morning, following the closest election in the history of Canada. Newsmen, from the press, radio and television, saw their theories and prognostications knocked into a cocked hat, as the voters of Canada expressed their views.

This column asked last week "how much would you give for Bob Stanfield's job on Tuesday morning?" Well, quite a few people would give a pretty penny for it. — We are quick to admit we were wrong in our assessment of the voting public. A few weeks back, we opined here that we refused to believe that a very large majority of Canada's voters were afflicted with 'Trudeaumania' or any other kind of mania in 1968. Perhaps we were wrong there too.

In our own riding, Hon. Lucien Lamoureux scored another resounding triumph, with some 5,000 votes more than his closest opponent, Grant Campbell. The last time the two met in a similar contest, Mr. Lamoureux' majority was less than 100. In this week's contest, where he faced two other candidates as well as Mr. Campbell, his large majority spoke of the universal esteem in which he is held.

Just what will happen on the national scene is not clear at the time of writing. Mr. Trudeau can constitutionally hang on to office, and there are precedents for him doing so. There are also a number of recounts scheduled, which could change the party standing. In any event, it is clear that Canadian voters will in all probability, be going to the polls again soon.

It may be unlikely, but perhaps it is not too much to hope that when another election comes, it will be fought, not so much on personalities and prejudice, but on ideas and ideals of what is best for all Canadians in all provinces and areas.

NOTICE OF NOMINATION PERIOD

VILLAGE OF MORRISBURG

Nominations will be received on the 9th day of November, 1972 at 9:00 A.M. E.S.T. to 5:00 P.M. E.S.T. at the Clerk's Office (Civic Building, Fifth Street) and continue on November 10th, 1972 during normal office hours and further continue on November 13th, 1972 during normal office hours which is 9:00 A.M. E.S.T. to 5:00 P.M. E.S.T. concluding at the hour of 5:00 P.M. on November 13th, 1972.

Nominations will be received for the following offices:

(1) Reeve to be elected

(1) Deputy Reeve to be elected

(3) Councillors to be elected

(2) Hydro Commissioners to be elected.

Any candidate may withdraw his nomination before 5:00 P.M., November 14th, 1972 or be rejected by the time mentioned and no later.

Nomination papers may be picked up at the Clerk's Office during normal office hours.

A consent to be nominated must accompany each nomination.

Please govern yourselves according to statutory requirements. The Candidates are solely responsible for the presentation of a valid nomination.

LLOYD D. BARKLEY,
Clerk-Treasurer.
Returning Officer

ONTARIO

ONTARIO ENERGY BOARD

IN THE MATTER OF The Ontario Energy Board Act, R.S.O. 1970, Chapter 312;
AND IN THE MATTER OF an application by Northern and Central Gas Corporation Limited to the Ontario Energy Board for an Order approving or fixing just and reasonable rates and other charges for the sale of gas by the Applicant.

NOTICE OF HEARING

The Ontario Energy Board hereby appoints Monday the 27th day of November, 1972 at 10 o'clock in the forenoon, at the Board Room at its offices on the 9th Floor at 790 Bay Street, Toronto, Ontario, for the hearing of an application made by Northern and Central Gas Corporation Limited on the 29th day of September, 1972, for amendment of an Order made by the Board in this proceeding (E.B.R.O. 219) on the 30th day of December, 1971. In that Order the Board approved certain revised rates and other charges charged for gas by the Applicant and also made provision for a subsequent submission by the Applicant of rate schedules designed to pass on all or part of certain expected increased gas costs, if they resulted from an Order of the National Energy Board made before the end of 1972. The amendment that is now requested is to extend from the end of 1972 to April 30, 1973, the time so specified.

Further particulars of the application may be obtained from the General Counsel for the Applicant, Mr. P. F. Scully at the Applicant's head office at 4600 Toronto-Dominion Centre, Toronto, or from the Ontario Energy Board, Room 910, 790 Bay Street, Toronto.

DATED at Toronto this 4th day of October, 1972.

ONTARIO ENERGY BOARD

A. B. JACKSON,
Vice Chairman.

I. C. MacNABB,
Vice Chairman.

Yours Sincerely . . .

BY MRS. WELLWOOD ADAM

Idecided to attend an evening meeting of many ministers and their delegates held last week in morrisburg, in one of our local Christian education centres, merely as a listener. It was fairly interesting, but I learned little that was new in the religious life of the large area covering what is known as Seaway Valley.

It was pleasing to see several delegates of my sex sprinkled amongst the large body of men. I felt the Chair and secretary were to be commended for their forthrightness and dignity with which many items were steered to reasonable solutions, but even so ,the evening left me thinking quite a lot and since.

For instance, I wondered why the cigarette and pipe smokers did not pander to themselves AFTER the meeting and outside, considering we were in a consecrated and dedicated building. Then, again, I noted a few of the men, and clerg yat that, were inclined to be somewhat flippant in their remarks relating to the spiritual aspect, and laughter at these times was a bit raucous. It did not occur often, I must admit, but it was there, just the same.

Now, I have the feeling, also, that the few clergy as mentioned above, could learn a lot from the history of the Old Testament prophets as well as the New Testament apostles, that is if they took the much needed time out for restudy. These great men of far-off days took on their great work among the people around them, but only AFTER being strongly convicted by God, that they were divinely called to it. All of them felt very unworthy at first.

Moses, that great leader of a whole nation, said "Who am I, that I should go to Pharoah". Isaiah, another fine leader, said "Woe is me, for I am not worthy" and yet another, Jeremiah, after he felt that he should serve God, said, "Ah, Lord God, I cannot speak, for I am a child". Yet after more real thought and prayer, these humble men bravely went out and did not waste their time.

Those men spoke to those of their own day, and gave themselves seriously to the problems surrounding them. Flippancy and immature thinking was not for them. They recognized their responsibility to the Almighty One in a most unmistakable way, for they knew only too well, Who had called them. This matter of a man or a woman being "called" to the very definite and needful service of God is inclined to be ridiculed in these ultra-modern days; I know this is so and probably you do, as well. I have met such people from time to time, and maybe you have too!

After starting out on life's new highway so soon after their awesome ordination vows, would these few be driving on the edge of a muddy swamp with the very real danger of skidding into it? Whichever way, they will be surely heading for some sort of disaster to the detriment of those whom they are supposed to direct and serve. You know, this never fails to materialize with those, whether clergy or folk like you and me, who may deal lightly with the spiritual side of living.

I know that I, for one, am very thankful and deeply appreciate the fact that we have, in Morrisburg, a number of clergy of different denominations, who never fail to serve their people well, and who are not afraid to be seen and heard, in their truly dedicated service, in the work they have been specifically called to do.

These are merely comments, rather than criticisms, and it is really amazing, sometimes, how much one can learn about one's fellow men and women, by just being around at certain times!

Would you agree?

CO-ORDINATOR IS ACQUIRED BY TB & HEALTH ASSN.

Mr. Archibald C. MacDonell, President of the St. Lawrence T.B. and Health Association, has announced the hiring of Miss Fernande Dion, D.Sc.N., as Program Co-Ordinator for the Association. "Our Association has an established Smoking Education Program for presentation in the Public and Separate Schools. Miss Dion will expand on this program, presenting it initially, to grades 4 and 5 in all schools in the Three United Counties, beginning immediately." "As well," Mr. MacDonell said, "Miss Dion will, with the guidance of our Education Committee whose Chairman is Mrs. Carolyn Barclay, develop other programs for us, in the fields of Respiratory Diseases, such as Emphysema and Asthma"

The funds raised through the Christmas Seal Campaign, which begins November 1st, make it possible for the Association to continue its programs, and embark on new ones.

THANKOFFERING SERVICE HELD AT ST. PAUL'S CHURCH

Rev. and Mrs. Eric Reble of Kingston were the guest speakers at the Interdenominational Thank Offering Service in St. Paul's Lutheran Church, Morrisburg.

Rev. Reble commented on the coloured slides showing different parts of India taken during the ten years he and his family spent there.

Mrs. Reble showed and described Indian handicrafts.

Mrs. Robert Howald introduced Rev. and Mrs. Reble, and the President, Mrs. Leonard Barkley thanked the speakers and presented them with a gift.

Mrs. Ivan Doney was the guest soloist accompanied by Mrs. F.L. Howald at the organ.

The Scripture was read by Mrs. John Schultz and Mrs. Volker Gruetzner gave a reading entitled "Gift Wrapping," as it applies to Thank Offering.

Refreshments were served in the Parish Hall.

Conveners for the evening were Mrs. Robert Howald, Mrs. Volker Gruetzenr and Mrs. Beatrice Casselman.

CITRUS FUDGE

1 large grapefruit
3 cups brown sugar
3 tbsps. butter
3 tbsps. sugar
1⅓ cups milk
3 tbsps. corn syrup
½ cup chopped pecans

Cut grapefruit in half, scoop out sections and cook with sugar until thick as jam. Separately, mix together brown sugar, milk, syrup and butter and cook over a low fire, stirring constantly. Do not let it come to a boil until sugar is dissolved. When mixture forms a soft ball in cold water, add grapefruit and cook 2 minutes longer. Cool until mixture is room temperature, then beat until firm. Fold in nuts; pour out on a buttered platter and mark into squares.

NOMINATIONS

TOWNSHIP OF WILLIAMSBURG

Nominations for the offices of 1 Reeve, 1 Deputy Reeve, 3 Councillors, 3 P.V. Trustees (P.V. Williamsburg) will be received at the Clerk's Office from November 9th to November 13th from the hours of 9:00 A.M. to 6 P.M. with the exception of Sunday, November 12th.

Nominations will also be received at the same location and the same hours for the office of 1 Trustee for the Counties Board of Education. This will include nominations for the Townships of Williamsburg and Finch and the Villages of Morrisburg and Finch; and further there will be nominations received at the Finch Township Offices for the election of 1 Trustee of Zone 1 for the S. D. & G. Separate School Board.

A RATEPAYERS MEETING will be held in the I.O.O.F. Hall in the Village of Williamsburg on Tuesday, November 14th at the hour of 2:00 P.M.

(Signed) KEITH SCHELL,
Returning Officer

43-4c.

AUCTION SALE

FARM STOCK, HAY, STRAW, COB CORN, BARLEY & SOME HOUSEHOLD EFFECTS

Having sold my farm and machinery, I will offer for sale by Public Auction on

Saturday, November 11th

AT 1 P.M. AT LOT 1, CONCESSION 5, TOWNSHIP OF 2 MILES WEST OF WILLIAMSBURG, THE FOLLOWING:

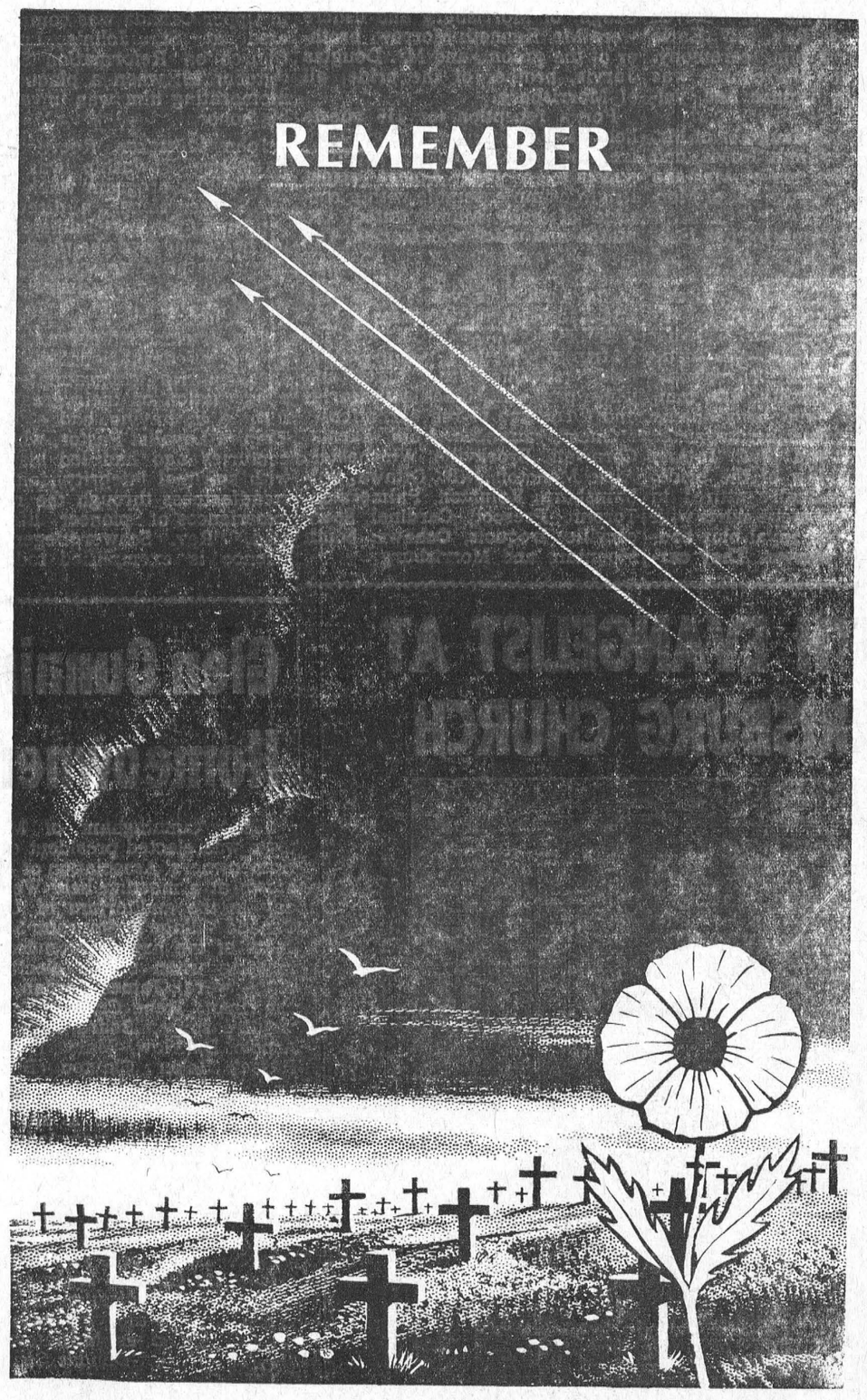
23 Hereford Cows, with Calves at side; 2 Hereford Heifers, rising 3, due to freshen in Spring; 3 Shorthorn Cows with Calves; 1 Charlois-Hereford Cross Cow, with Charlois Calf; 1 Black Hereford Cow with Charlois Calf. These are a fine herd of beef cattle in A-1 condition and have pastured all season with a Registered Hereford Bull. 3 Holstein Heifers, rising 3 years, due in January; 1 Holstein Cow, rising 3 years, bred for January; 1 Registered Hereford Bull, Born May 3, 1970. 5,000 to 6,000 Bales of Hay, some 1971 crop; 1500 Bales of Straw; 10 Tons of Cob Corn, 1971 Crop; 10 Tons of Barley, 1971 Crop. Some Tools and Equipment.

TERMS — CASH

M. ZERON,
Auctioneer.

DWIGHT CROWDER
Proprietor.

43-4c.



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FALL

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SAVE OVER $1.00 PER SQ. YD.

8 VIBRANT COLOURS
Choose from SEASPRAY, OLIVE, GOLDEN, NUTMEG, RUBY RED, FOREST GREEN, COPPER, or BURNT ORANGE — one suited for every room in your home. Easy to cut with knife or scissors for room size or wall-to-wall installation — and needs no binding.

Have the warmth, comfort and luxury of Ozite today. Long-wearing, stain-resistant fibre makes it the "any room" carpet.

THICK FOAM RUBBER BACK
Installation's a breeze — just lay it down — or you can glue it. Great for concrete rec room floors — unaffected by mildew. Brighten up your home for the coming festive season with budget priced Ozite carpeting from Hodgins.

SOME COLOURS LIMITED — hurry to Hodgins today for Best Selection.

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SHOP MONDAY thru FRIDAY - 8 A.M. to 6 P.M. — SATURDAY - 8 A.M. to 5 P.M.
USE YOUR CHARGEX

Dental Topics

Treating the Handicapped

A dentist would try to treat a handicapped person almost as he would a normal patient.

The dentist must know that the patient is handicapped well in advance of any appointment and he should be briefed on the patient's medical background. The dentist should make his own examination as well as rely on information from the patient's physician.

The doctor will have a good idea how much dental stress can be tolerated and will advise the dentist on various drugs and procedures that the patient cannot take.

Many mentally retarded and physically handicapped persons can be treated in a dentist's office. Others, however, need a general anaesthetic merely to be examined and may have to be treated at a hospital as an out-patient.

Close cooperation between dentist and physician is needed when an epileptic is involved. Anti-convulsant drugs may have to be administered. Appointments should be carefully scheduled and the patient should not have gone without food for several hours before the appointment.

Cardiac patients must be careful of even the smallest infections. Those with a history of rheumatic heart disease should receive an antibiotic before any oral surgery is undertaken.

Arthritic and cerebral-palsied persons often don't have the muscular control to sit quietly. Where treatment can be given without a general anaesthetic, appointments should be short. The physician can also be of much help in treating the apathetic aged or chronically ill.

Even the allergic patient should tell his dentist about his medical history. He may get strong reactions to such things as certain anaesthetics and filling materials.

322,000 More Canadians Drink Fluoridated Water

About 7.7 million Canadians were drinking fluoridated water at the end of 1971, a jump of 322,000 from the year before.

But while more Canadians are benefiting from this world recognized tooth decay battler, there are still 9.3 million Canadians who could have fluoridated water, but don't receive it.

These are people who are on piped drinking water systems which could be treated. The growth in fluoridation last year was only 1 per cent higher due to Canada's population growth. (Now 35.4 percent of total population of Canada). The figures appear in the latest edition of Fluoridation in Canada, published annually by the Canadian Dental Association.

There are some 4.7 million Canadians who are not on piped water systems and whose water is not naturally fluoridated, so fluoridated supplies account for 45 per cent of the possible total.

Some significant additions last year to those benefiting from fluoridated water supplies are the people living in Chateauguay and Noranda, Que. and in Chinguacousy Twp. and the Sarnia area of Ontario.

Some major municipalities that didn't have fluoridation in 1971 but could have, included: Montreal and suburban Lachine, Quebec city, Chicoutimi, Sherbrooke, Vancouver and suburban New Westminster, Victoria, Regina, Calgary, Lethbridge, Saint John, N.B., St. John's Nfld., St. Catharines, Kitchener, Thunder Bay, Kingston, Niagara Falls, Peterborough, Sault Ste Marie, Galt, Guelph and Chatham, Ontario.

TRUST COMPANY TO BACK CANADIAN TABLE TENNIS

Donald G. Neelands, President of Canada Permanent Trust recently announced his company's participation in support of one of Canada's most recently recognized sports — Table Tennis.

Arrangements were concluded recently between Canada Permanent and the Canadian Table Tennis Association for assistance in promoting the sport of Table Tennis throughout Canada.

Canada Permanent Silver Rose Bowls have been produced for presentation to the Champion Men's and Women's team at the next inter-provincial team championships to be held in conjunction with the Prince Edward Island Centennial in Charlottetown, May 19th to 21st, 1973.

"The sport of table tennis is now expanding in Canada," Neelands said.

"The public's interest in the game has increased recently as a result of the U.S. team's trip to China and the exchange trips between China and Canada."

Canada Permanent's involvement reflects the company's desire to support a broad range of community activities. The company is already involved in the Toronto Symphony, with plans for involvement in the National Ballet and the Canadian Opera Company For the last several years, Canada Permanent has been actively involved in the annual All-Star professional football games.

H.S. Lannin Ltd.
GENERAL CONTRACTORS
PHONE 774-2657 WINCHESTER, ONT.

SMITH'S PHOTO STUDIO
62 Kyle Drive
Phone: 543-2873
MORRISBURG

BUY THIS BOLENS SNOW THROWER AND
Get Mittens and an Electric Start Kit
FREE!
LIMITED TIME OFFER



Model 832, 8 hp.

Choose from 3 new Bolens snow thrower models featuring 5, 7 or 8 hp "Sno-King" winterized engines equipped with an exclusive Bolens Mitt'N Grip starter handle. Thrower widths of 24", 26" or 32" are matched to horsepower for efficient performance. For safety sake, there's an operator's control console and separate wheel drive and auger clutches. Bolens can help you forget those "hours late for work days." Become the master of your wintertime destiny. Stop in and buy a Bolens today and get your Free Mittens and Electric Start Kit.

Offer expires March 31, 1973.

STEWART ELECTRIC
INGLESIDE 537-2101

FOR THE COLLECTOR OF RARE CANADIANA
THE IDEAL CHRISTMAS GIFT
A Facsimile Edition of the
ILLUSTRATED HISTORICAL ATLAS
OF THE COUNTIES OF
STORMONT, DUNDAS AND GLENGARRY

ORIGINALLY PUBLISHED BY H. BELDEN & CO., 1879
The Illlustrated Atlas of the Counties of Stormont, Dundas and Glengarry is one of 29 county atlases published in Ontario between 1875 and 1881. A remarkably accurate source of information for the local historian and generalogist, the Atlas with its detailed maps, biographies, portraits and pictures has long since become a highly valued document of the past.

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LOCAL and GENERAL

Miss Susan Rice, daughter of Mr. and Mrs. John Rice, of Morrisburg, received word on Monday, October 30th, that she had successfully passed her R. N. exams.

Mrs. Carman Casselman is a patient in Winchester Memorial Hospital. Her many friends wish an early recovery for her.

The Teacher - Librarians of Stormont, Dundas and Glengarry will be participating actively in "Young Canada's Book Week" — November 15th to 22nd. Sponsored by the Canadian Library Association as part of its program during International Book Year 1972, "Young Canada's Book Week" will be promoted in the area schools through book lists, displays and presentations.

Week end guests of Mr. and Mrs. Tim LaPierre were Mrs. Sadie Leahy, Ottawa, Mr. and Mrs. Clifford LaPierre, Brockville and Mr. John Davies of Stratford, Ont.

Mr. and Mrs. Tom Auburn of Montreal were dinner guests of Mr. Auburn's cousin, Mrs. Ruth Sturgess. Magic Tom performed for the retarded children in Cornwall on Saturday afternoon.

Mrs. James L. (Lillie) Casselman had the misfortune to fall and sustain a broken hip on Sunday, October 22nd. She is a patient at Winchester Hospital.

Mr. and Mrs. Terry Laurin and family of Port Credit are spending a week with Mr. and Mrs. Art Laurin.

Mr. and Mrs. F. Davidson and son, Mrs. John Davidson and Miss Linda Hill were guests of their sister, Mrs. Hugh Jarvis and Mr. Jarvis and attended the Morrow-Jarvis wedding.

Mrs. Hubert Duval is a patient in Winchester Memorial Hospital.

Mr. and Mrs. Milton Castleman had dinner on Sunday at the home of Mr. and Mrs. Clinton Hall and family, Cardinal.

Mrs. Ralph Coulthart is a patient in Winchester Memorial Hospital.

The United Counties Bookmobile will be at the following locations in the area next week: Tuesday, November 7: Williamsburg C. 11:30 to12:00; Inkerman 1:30 to 3:00; Hallville, 3:15 to 3:30; Mountain 3:45 to 4:15. Wednesday, November 8: Maple Ridge, 1:30 to 2:30; Boucks Hill 3:00 to 3:15; Winchester Springs 3:30 to 4:00.

Miss Elaine Laurin, R.N., who has been a patient at Toronto General Hospital for some weeks, underwent successful surgery this week for the implantation of a pacemaker. She is presently recovering and is expected to be discharged from hospital shortly.

OUR HALLOWE'EN SUCCESS

Family grouping is when different classes work together, like a family. In our group, some grade two's and three's put their thoughts together. We put on our witches' caps and planned a scary party!

Our group discussed the different things needed. We divided into five groups — invitations, costumes, decorations, and baking. We worked hard for nine hours (one hour a day).

Everything was finally settled for our party! Over twenty guests came to the head witch's cave in St. Mary's School, Morrisburg. By the expressions, we could tell our parents enjoyed our party!

We even had school-made cupcakes and yummy witches' brew!

—By Eighteen Little Witches.

WILLIAMSBURG

Mr. Bernice Merkley celebrated his 90th birthday entertaining a number of his friends and relatives on Saturday, October 21st to an afternoon tea following a turkey dinner on Sunday. He wishes to thank all his friends and neighbours for the good wishes and cards received on this memorable occasion.

Mr. and Mrs. Douglas Warner and Mr. and Mrs. John McNabb all of Cornwall were guests of Mr. and Mrs. Claude Casselman on Sunday.

Mrs. Nina Woods entertained Mr. and Mrs. Byron Woltonton and Mr. Minnie Shaw all of Stittsville to a turkey dinner on Sunday in honour of little Eric John's first birthday.

Mrs. Nina Woods, Mr. and Mrs. Byron Woltorton and Mrs. Minnie Shawall of Stittsville spent a week recently with Mrs. John Woods at Newmarket. She is in her 95th year.

Give Blood
CALL YOUR RED CROSS

50th ANNIVERSARY

Mr. and Mrs. Edwin Jones will celebrate their 50th Wedding Anniversary on Saturday, November 4th from 3 to 5 in the afternoon, and 8 to 12 in the evening at the Civic Centre, when they will receive their friends, neighbors and relatives. NO GIFTS PLEASE! 41-2p.

O.P.P. REPORT

Of all the equipment that is used for sport and pleasure in the outdoors, a gun is the most deadly as it is manufactured specifically for one purpose, to kill. The necessity of strict gun handling rules as taught in the Hunter Safety Training Programme for the safe use of firearms cannot be overemphasized. These rules must become a habit and used at all times; one mistake could be a fatal one.

The following rules may be of some assistance in checking to see whether you have developed any bad habits.

—Treat every gun as if it were loaded. It is the "unloaded" gun that frequently causes a fatality.

—Guns taken into a camp or a home or transported in a car or boat must be unloaded. They should be taken down or have the actions open and carried in cases to shooting areas.

—Make sure barrel and action are clear of obstructions. Any obstruction in a barrel could cause the weapon to become lethal to the shooter.

—Use approved carries. Always be able to control the direction of the muzzle even if you stumble. Keep the safety on until you are ready to shoot.

—Be sure of your target before you squeeze the trigger. Identify the game you're shooting beyond any doubt.

—Never point a gun at anything you do not intend to shoot.

—Do not use alcoholic beverages or drugs while handling firearms. Be alert. Do not hunt or handle a gun unless you are physically and mentally in good condition.

—Ammunition must be the right size for the gun. The stock and forearm should be in perfect condition while all parts of the gun must be tight for safe use.

Many so called hunting accidents could have been prevented by adehering to safety rules and using common sense. No doubt we hunters in Ontario are being scrutinized carefully by those in places of authority. If hunting accidents and the indiscriminate shooting of some do not decrease, we can expect more stringent controls over the use of firearms

REPORTS HEARD AT OCT. MEETING OF HORT. SOCIETY

At the October meeting of Morrisburg Horticultural Society Miss Gladys Bayne, President reported on delegates' attendance at the Area Conference at Martintown when the Morrisburg Society was presented with the Gordon W. Thom Trophy for the Horticultural Society showing the greatest effort and accomplishment.

E. Bruce Tuttle was moderator when a panel comprising Mrs. Royal Merkley, Fred Casselman, Mrs. Graham Wells and Mrs. Florence Smith answered questions posed by some ninety members relative to the winter care of plants. Among subjects discussed were: Protection of Hybrid Tea Roses; saving of seed and soil preparation for annuals; care of tuberous begonias; fertilizing of lawns; pruning shrubbery and the care of perennials — bleeding heart, peonies, phlox and others.

Miss Mary Vanallen was winner of the door prize — a box of Holland Tulip Bulbs. The annual meeting and Christmas show will be held Tuesday evening November 21 at the Civic Centre.

Trees, too, Need Winter Care

Trees, like any other living things, need food and care. All too often we tend to overlook this fact. With fall here and winter well on the way, this is a good time to fertilize that favourite shade tree, or the one that appeared to have had a thin or sick looking foliage this past summer.

Trees can be fertilized in either late fall or early spring. If fall is chosen it should be postponed until all possibility of top growth is past.

Most agree that a well balanced fertilizer or one having a complete mix containing the three critical elements, nitrogen, phosphorus and pottassium be used. Fertilizer should be placed into the soil where the tree's roots can use it and reach it, the reason being that fertilizers do not move readily through the soil, therefore the closer to the smaller root hairs the better. Also no dry commercial fertilizer should be applied within one or two feet of the trunk of the tree, since injury to the root collar or trunk base might develop.

A good method of applying the fertilizer is with an iron bar or crowbar. With this bar, holes 18" in depth can be made in the ground in a circle around the base of a tree. The holes should be placed approximately 1½ feet apart and slope slightly inward. If the person starts the holes in a circle just under the outermost branches and works in toward the trunk chances of the fertilizer reaching the roots that can use it are greatly increased.

Two or four pounds of fertilizer for each inch in diameter of trunk at breast height should be used. This amount can be divided up and placed in each hole and then covered with a small amount of peat moss. Trees under 6" in diameter should receive half this dose.

PREMIER EXHIBITOR NAMED AT OTTAWA WINTER FAIR

Holstein breeders of Eastern Ontario and adjacent parts of Quebec held their annual Championship show October 24 in connection with Ottawa Winter Fair, with 40 exhibitors bringing out 155 head of quality cattle for the consideration of Judge Wm. Grieve, Dorchester, Ont.

Premier Breeder of the show was Locus Lane Farm, Brockville, with Kenneth A. Baker, Elginburg, the runner-up, closely followed by Allan Boese, Arnprior. The Premier Exhibitor award went to the partnership of Ralph J. Fawcett, Winchester and Wm. A. Carss, of Arnprior, with Locus Lane Farm as runner-up. Locus Lane also won the Breeders Herd class.

Judge Grieve found his Grand and Reserve Grand Champion females in the aged cow class. The Grand Champion was Elm Lane Dynamo Peggy, owned by Gordon Allen, Vankleek Hill, and the Reserve Grand Champion, Glenark Governess Ellen R., shown by Fawcett and Carss. This pair also took the same honors at Central Canada Exhibition, Ottawa, earlier this year.

The Judge praised the size, body capacity and udder of the Grand Champion, calling her udder "amazing for a ten-year-old."

Edwin Pirie & Son, Bristol, Que. showed the winning four-year-old, Kenneth A. Baker the top three-year-old, and Gerald Jans, Moose Creek, the first prize two-year-old

J. Wesley Ferguson & Sons, Newington, exhibited the Champion male. He was Wesson Lad, who also was the Champion at the Central Canada Exhibition in August and at the Stormont Black & White Day. Reserve Champion was Sandy Crest R.A. President, owned by Ralph J. Fawcett, Winchester, and Wm. A. Carss, Arnprior. These two animals stood first and second in the bull calf class was the only bull class shown.

Two daughters of the Class Extra Sire, Seiling Rockman, were first and second in the senior yearling class and then went on to take the Junior and Reserve Junior Championships. Both were owned by Locus Lane Farm, of Brockville. Judge Grieve commented on the size, scale, stretch and sharpness of the Junior Champion, Locus Lane Meredith Rockman, and the very similar type of the Reserve Champion combined with a very smooth rump. She was Locus Lane Cinnamon Rockman.

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SATURDAY: 8 A.M. — 2 P.M.
SUNDAY: DINING ROOM CLOSED

The Churches

THE UNITED CHURCH OF CANADA

Lakeshore Drive Church
Morrisburg, Ontario
REV. G. BRUCE, B.A., Minister
Mrs. J. Graham,
Director of Music

Sunday, November 5th, 1972—
9:30 a.m.—Sunday School.
11:00 a.m.—Morning Worship.

ST. LAWRENCE EVAN. LUTHERAN PARISH

TRINITY XXIII, Nov. 5/72—
ALL SAINTS

St. Paul's—
10:00 a.m.—The Service
11:00 a.m.—Sunday School and Bible Class.

St. John's
1:30 p.m.—The Service and Sunday School.

St. John's is very grateful for the inspiring Service and Unveiling and Dedication last Sunday, attended by so many.

Everyone Always Welcome!

ATTEND THE CHURCH OF YOUR CHOICE THIS SUNDAY!

MASS HOURS AT ST. MARY'S CHURCH

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SATURDAY — 7:30 P.M.
SUNDAY — 11:00 A.M.
IROQUOIS
ST. CECILIA'S CHURCH
SUNDAY — 9:30 A.M.

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KNOX CHURCH, MORRISBURG
Rev. T. H. Boyd, B.Sc., B.D.
Mrs. J. DeGray, Organist
Sunday, November 5th, 1972—
MORNING WORSHIP, 11 a.m.
SUNDAY SCHOOL: Pre-School and Kindergarten Classes at 11:00 a.m. (during Church Service); all others at 9:45 a.m.

ST. JAMES ANGLICAN CHURCH

Rev. C.W. Earle, L.Th., Rector
TRINITY XXIII, Nov. 5/72—
St. James, Morrisburg—
8:00 a.m.—Holy Communion.
9:45 a.m.—Sunday School.
11:00 a.m.—Holy Communion.
Holy Trinity, Riverside—
2:30 p.m.—Evensong.

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COME IN AND BROWSE AROUND

57th Annual Convention by Ottawa Area Institutes

The 57th Annual Convention of Ottawa Area, Eastern Ontario Women's Institute was held in Hawkesbury October 19th and 20. Mrs. Harrt Toop opened the morning session. Her presidents's remarks captivated the capacity crowd of 500, into a reflective mood. Her remarks were based on the theme "Yesterday is past—the future lies before us." Above the table the world revolved depicting W.I. already at work in 68 countries of the world, others waiting Mrs. Harvey Noblitt, President of Ontario Women's Institutes of Ontario was presented with a corsage from her own East Carleton District Branch, presented by the President Mrs. Barett.

A hand was given to those branches who had reached their 20 percent objective in membership. Then Mrs. Noblitt outlined how we could keep them and assure them that theirs will be a profitable experience with us.

Try to make meetings relative to the present. Have an interesting program catering to all tastes: educational, something of crafts or cookery, something social and fun. Show appreciation - magic words, please and thank you for good contributions to the meeting, by members. She expanded on her recent meeting in London, England with Associated Country Women of the World. There are 16 million people blind in the world today - most cases preventable, most cases curable. A.C.W.W. has been asked to help.

Send your contribution with a bank money order to The Royal Commonwealth Society for the Blind, Heath Rd. Hayword's Heath Heath, Sussex England.

Ten cents per member will be continued for the Erland Lee Homestead at Stoney Creek.

Mrs. Noblitt challenged the members to use this past 75 years as the springboard for 1973.

Mrs. Olive Giles, Almonte read the minutes and the financial statement.

A panoramic slide presentation was given on the work in various Branches during the Anniversary year, by Mrs. Arnold Wilson, Public Relations Officer. It included 75th anniversaries, fair projects. Achievement days, hat courses and in general W.I. at work in the community. The local Hawkesbury Pipe band led the guests and W.I. Executive to the Banquet table, Holiday Restaurant. The guest of honour, His Worship the Mayor, Y. Montpetit. He welcomed the delegates to Hawkesbury and gave a resume of the Towns industries and future plans of development. Entertainment was provided by the Prescott and Glengarry Districts. A pageant entitled "there is not enough darkness in the world to put out the light of one small candle. Accordian solos and duets were enjoyed.—Skits and dialogues were hilarious. The area scholarship was presented to Mrs. MacDonald who accepted it on behalf of her daughter, Audrey MacDonald, by Mrs. A.E. McNeely, Carleton Place.

The Home Economists, introduced by Mrs. Arnold Wilson, Public Relations Officer, gave their interesting presentation on Nutrition. Mrs. Eleanore McClelland, Miss Lorraine Holding, Mrs. Louise Umoessien and Mrs. Susan Humphries and Mrs. Heather Blair.

Friday Miss Helen McKercher, Director of Home Economics Br. Ontario Department of Agriculture and Food ably presented the work by word and slides. The delegates always look forward to hearing the past years completed projects and the projects for the new year. The Provincial President, Mrs. Noblitt then conducted the Installation of the new Officers.

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BROOMBALL NEWS

Last Sunday, the 72-73 season started in full swing and for most of the 128 players participating in this years action. It was the first time out on the slippery surface.

In the first game Black's Lumber shut out Les' Supertest 2-0. In the second game Williamsburg Sport Shop blanked Beavers Jets 2-0. The Outcast and Norm's Gulf played to a 2 all tie and in the last game Mutual Blue Jeans molested Mariatown Flyers 7-0.

This year the league has trophys for best goalie, top scorer, donated by Ward Witteker; and most valuable player, donated by Charlie's Sport Shop.

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GLAD — 20" x 22"
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Ajax - - - 99c

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2-lb. tin – 99c

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ALL VALUES EFFECTIVE TILL SATURDAY, NOVEMBER 4, 1972
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NOMINATIONS

Notice is hereby given to the Municipal Electors of Parts of the United Counties of Stormont, Dundas and Glengarry (Zone 1), that in compliance with The Municipal Elections Act, 1972, chapter 95, the period for nominations in the said Zone is the period from

THURSDAY, NOVEMBER 9th, 1972, until

MONDAY, NOVEMBER 13th, 1972

at 5 o'clock in the afternoon,

(being the period between the twenty-fifth and twenty-first days before polling day)

for the purpose of nominating fit and proper persons for the office of one Trustee to the Stormont, Dundas and Glengarry County Board of Education Separate School Electors for the Township of Charlottenburgh, Lancaster Township, Lancaster Village, Cornwall Township, Osnabruck Township, Morrisburg Village, Williamsburg Township, Iroquois Village, and Matilda Township.

Of which all Electors are hereby required to take notice and govern themselves accordingly, and if a greater number of candidates than required to fill the said offices, are nominated and make the required declarations, polls will be opened on the dates stated below for the purposes of taking the poll from 11 o'clock in the forenoon until 8 o'clock in the afternoon.

ADVANCE POLL - FIRST DAY - MONDAY, NOVEMBER 27th, 1972
(being seven days before polling day)

ADVANCE POLL - SECOND DAY - SATURDAY, DECEMBER 2nd, 1972
(being two days before polling day)

POLLING DAY - MONDAY, DECEMBER 4th, 1972

Given under my hand this 2nd day of November, 1972

R. C. GAGNE,
Returning Officer,
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Williamstown, Ontario.

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NOW HEAR THIS

Eighteen months ago broadcaster Allan Anderson prepared an ambitious series for CBC Radio's Anthology, interviews with Canadian poets. It has taken him a large part of the intervening time to tackle an equally large venture —interviewing 60 novelists and short story writers from coast to coast. Aspects of the Canadian Novel, a seven-part series, constitutes a major look at the art of prose-writing in Canada, and it begins on Anthology, Sat. Nov. 4.

On its Sunday, Nov. 5 program, Cross-Country Check-Up will be carried by 144 U.S. radio stations as a co-operative effort between the CBC and the U.S. National Public Radio. The topic, Are Canadians Anti-American? Should draw a lot of response on both sides of the border. The program, hosted by Pierre Pascau, will include a mini-documentary placing the whole concept of anti-Americanism in its historical and cultural Canadian context. This international open-line hook-up promises to be a unique broadcasting experiment.

For the first time during its year on the air, This Country in the Morning will originate from a region other than Toronto. For the week of November 6-10 host Peter Gzowski will be broadcasting from CBC studios in St. John's. In December, the show heads for Edmonton and Calgary.

As more and more of the complexities of Grey Owl, the Englishman in redface, become unravelled, one fact becomes increasingly clear — that he was a conservationist of powerful conviction and persuasion who pleaded the cause of preserving wildlife and the land long before it became fashionable. Broadcaster Barry Penhale has prepared a portrait of this contradictory personality for Between Ourselves, Monday, Nov. 6

CBC Radio will cover the proceedings of the U.S. election on Wednesday, No. 7 with 10-minute reports on the hour and half-hour during the evening. These reports will be scattered throughout An Evening of American Politics, a special providing illumination and background of the U.S. political system and the election with host Bruce Rogers.

The New Israel Quartet, founded in 1957 by members of the Israel Philharmonic Orchestra, are the featured artists on Chamber Music, Thursday, Nov. 9. They perform String Quartets by Haydn and Joseph Tal, one of Israel's leading composers.

Health For All:

Tracking Pollution With Trees

Trees are keeping track of air pollution.

An Arizona - Illinois research team of botanists has found evidence that tree rings are recording the pollution in the air. The rings show a tree's annual growth. Their width reflects conditions in the atmosphere and the soil. As a result, specialists can use trees to date archaeological remains and to reconstruct past climates.

Recording pollution is a new dimension for tree rings. It now appears that their width as well as structure can be affected by certain air pollutants that retard their growing process.

In one study, scientists examined white oaks in Indiana and Illinois to document an unusual period of heavy rain that occurred in the forties. Instead of finding the expected wide tree rings that indicate increased growth because of wet weather, the researchers found narrow rings showing retarded growth. Why?

"Our best inference is that this growth reduction may have been a direct result of toxic effects from severe air pollution correlated with high levels of smoke-haze in the Chicago area during the 1940's," says Dr. William C. Ashby, a botanist from Southern Illinois University. Both weather and pollution are affecting tree growth, but pollution seems to be having the stronger effect.

Pollution, of course, is not only leaving its mark on tree rings. Air pollutants are damaging the art treasures of all time — even though **inside** museums — as well as the delicate tissues in human lungs. Some pollutants even corrode metals and destroy crops.

Fighting pollution is a top national priority. To join the fight, contact your local tuberculosis and respiratory disease association. It's a matter of life and breath.



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TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

At 10, Roy has not yet decided on a career for himself. But it would not be surprising if some one thought of steering this handsome youngster towards being a model. Can't you see him pictured in the latest of boys' sports wear?

That would be appropriate in other ways besides looks because Roy is a sports enthusiast. He plays all kinds of games with zest, hockey being the favorite. He also enjoys riding his bike and thinks camping is the ideal life. Another interest is building models and he is fond of music.

An unsettled period in his life resulted in Roy spending 11 months in a Children's Residential Centre. He responded well to therapy and has been out of the centre for a year.

Roy still needs patient and constant controls but is basically a delightful boy, outspoken and honest with a good sense of humor. He is lively, active, impish and competitive.

French-Canadian in descent, Roy is a healthy, husky lad with big dark eyes, brown hair and clear, tanned skin. He is in Grade four, below the average for his age but doing satisfactory work.

This likeable lad needs young, energetic, understanding parents. It would be ideal if he could be the only child or one of a small family with no other children close to him in age. Roy is asking for "a family of my own" and adopting parents will indeed be rewarded if through warmth and patience they can convince him that he is wanted and loved.

To inquire about adopting Roy, please write to Today's Child, Box 888, Station K, Toronto. For general adoption information, please contact your Children's Aid Society.



HE LOVES SPORTS

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(c) or on instalments through the Monthly Savings Plan where you bank or invest.

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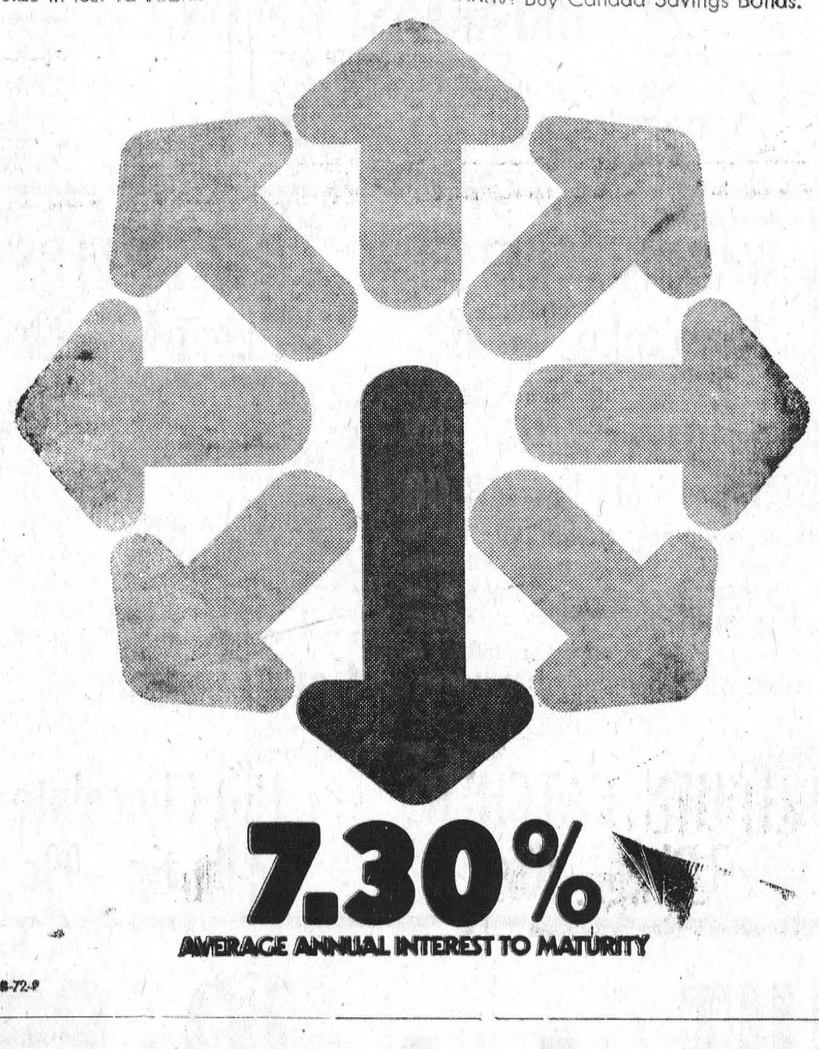

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On large Ontario farms there's a constant need for agricultural workers. But it's not the old-fashioned "Hired Hand" life anymore. It's a well-paying lifetime career with rich benefits for the person who enjoys working with livestock, crops and machinery. And it's a healthy life —— especially for a growing family who can count on accomodation, food and a less frustrating pace of life.

To train for this career, a ten week course to upgrade agricultural knowledge and skills is being offered at the

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BEGINNING JANUARY 8, 1973

To qualify you must be at least 18 years of age; 1 year out of school with a functional Grade 8 education, and be approved by a selection committee.

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or
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ADELAIDE DANIELS SAYS



EAT WELL MOTHERS-TO-BE

Congratulations! You've just heard that you're going to become a mother.

The realization now hits you that from this day on you will be concerned that your child is properly nourished. So start today . . . you haven't time to lose.

And one of the facts of life is that everything your baby needs to grow on is going to be supplied directly by you. He can't go off to the supermarket if he's not getting enough protein. He can't down orange juice for vitamin C. These are some of the things you're there for. So it's up to you to be a good provider. This is the main thing you can do to make sure you have a strong, well formed and bright baby.

In addition there's a dividend in it for you. Eating the right foods during the nine months ahead will help you feel and look better. And the benefits will follow you right to the hospital increasing your chances for a trouble-free delivery and speeding up the return to your pre-pregnancy wardrobe.

Whether you start out overweight, underweight or just right, one of the things your doctor will probably do is set an Ideal-Weight for you.

One word of caution: resist the urge to gorge yourself on the old theory that you're eating for two. This theory may sound reasonable but if you take it seriously you may spend the nine months after the baby is born looking like two.

What is important is to concentrate on eating a good, nutritionally sound diet which includes meats, vegetables and fruits. Wholegrain cereals and breads are good sources of iron and B vitamins, so be sure to work them in. And milk is a must.

Now if those waiting months have turned into weighting months, and you've found that you've gained more weight than your doctor wants you to, something has to give. And that something will have to be those "extras" such as sweets, rich desserts, fats and gravies.

Select leaner cuts of meat then broil or panfry without fat. When cooking a roast trim off the fat from your share before you sit down to dinner. And if you haven't done so before this, switch to vitamin fortified skim milk.

You're the one who has to keep that Ideal-Weight in mind. So eat carefully — the pounds you save will be your own.

Your questions are invited.
Write Adelaide Daniels Says,
Founder and Director of Weight Watchers of Ontario Limited,
491 Lawrence Avenue West, Toronto, Ontario.

The 2nd FORTY

Fired

Dear Margaret Brookfield:

I've just had my 58th birthday. Until recently I've always worked outside the home. It was a case of necessity since we have three children now in college and my husband's earnings were never enough to cover all our expenses. Two months ago, I was discharged from my job because of a personality conflict. Being fired was really traumatic. I've been discouraged and depressed e v e r since. I don't like the thought of filling in on a job application the reasons why I left my last job. I'm just not happy with myself, my home, etc. I have all sorts of anxieties concerning my age, income, retirement problems, etc.

I.C.

Dear I.C.:

Human perseverance is what makes the world go round. When you fall off a horse, you've got to get right back on. People get fired every day, but somehow pick up the pieces of their lives. They apply for work elsewhere. They say they left their last job because of a departmental reorganization. Or because of a budget cut. Or because they're looking for a new challenge. They know an individual with a solid work background can always be an asset to another company. So even though it may not be easy at first, pick yourself up and start job - hunting. The longer you wait, the more difficult it will be. The time to get back on that horse is right this minute.

Changing Sex Life

Dear Margaret Brookfield:

I was under the impression that when a woman finished her menopause, she'd enjoy her sex life a lot more. I'm 53 years old and over my menopause now. But I've had no desire for sex for some time. Could there be something wrong with me? Before my menopause, I enjoyed sex and had no problems about pleasing my husband. Now we're both miserable. I can't bring myself to discuss this with my doctor. Would you have any advice for me? T.E.

Dear T.E.:

Physicians say a woman's sex life needn't change because of the menopause. She may no longer be able to have children, but she's the same person she always was. After menopause, however, certain physical changes may occur such as a drying of the tissues, due to a decrease in estrogen levels. For some women, sexual relations can then become uncomfortable and even painful. Yet this condition can usually be corrected with estrogen replacement therapy, which many doctors prescribe. Why not overcome your syness and make an appointment with your own doctor. If you and your husband had a good relationship in the past, you should also be having a good one in the present.

In the Kitchen

CORN BREAD

1 cup sifted flour
¾ cup cornmeal
2 tbsps. sugar
2½ tsps. baking powder
1 tsp. salt
1 cup skimmed milk
¼ cup corn oil
1 egg white

Grease 8-inch-square pan and place in oven while preheating to 425 degrees. Meanwhile, mix and sift first five ingredients into a bowl. Combine milk, corn oil and egg white; add to dry ingredients; stir just enough to dampen the flour. Turn into preheated pan and bake 20 minutes. While warm, cut into nine squares 2⅔ inches each.

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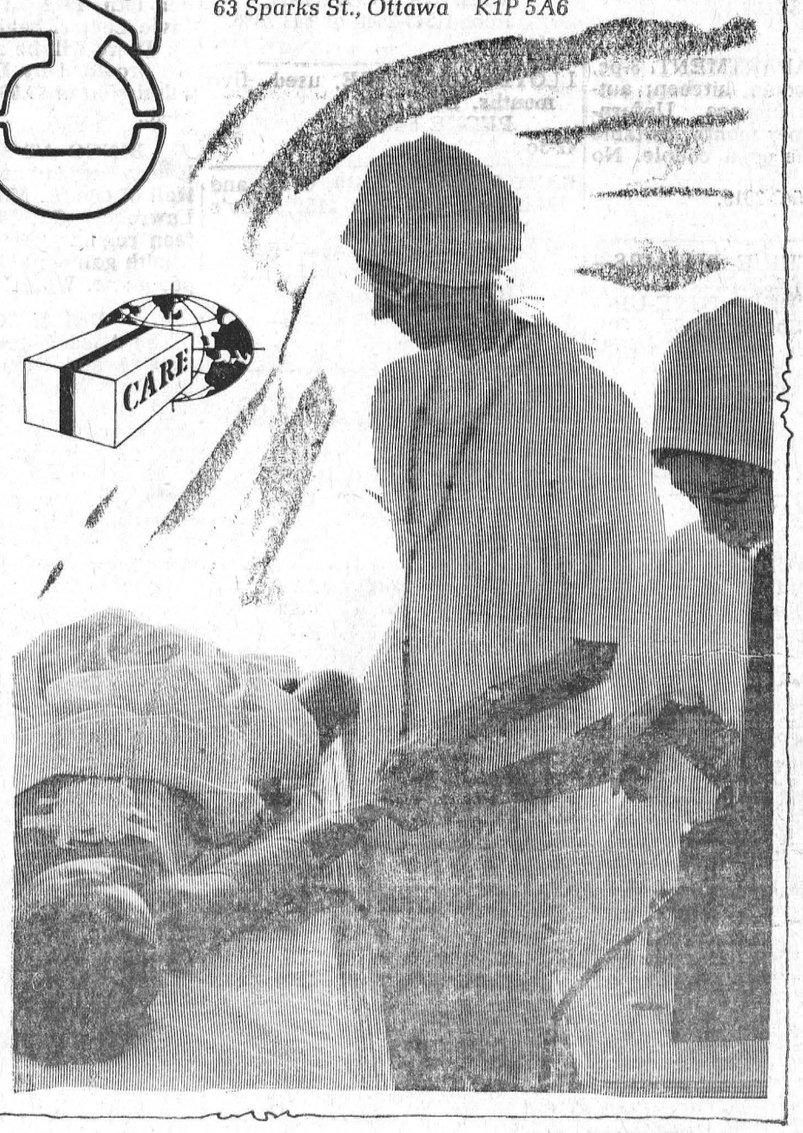

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FOR ALL YOUR WEDDING INVITATIONS ANNOUNCEMENTS REPLY CARDS & ENVELOPES THANK-YOUS NAPKINS MATCHES & OTHER ACCESSORIES CALL
The Morrisburg Leader

LET'S TALK ABOUT YOUR COMMUNITY

On October 3 the Ontario Government released a report called "Prospects for the Eastern Ontario Region". The Report was its analysis of the development problems and growth potentials for this Region and your community.

The Government asked for your views on how we should plan the social and economic future of the Region.

We'd like to know what you think.

Government representatives will be available to discuss your ideas at a series of **Public Meetings** being held for your convenience.

Nov. 7 — Knights of Columbus Hall, 205 Amelia St., CORNWALL
Nov. 8 — Hawkesbury Secondary High School, HAWKESBURY
Nov. 14 — Smiths Falls District Collegiate Institute, 2 Gould St., SMITHS FALLS
Nov. 15 — Brockville Collegiate Institute, Pearl St. East, BROCKVILLE
Nov. 16 — Dupuis Auditorium, Division & Union Sts., Queen's University (Main Campus), KINGSTON

All meetings will start at 7:30 p.m. Refreshments will be served.

Copies of "Prospects for the Eastern Ontario Region" are available at municipal offices, where meetings are being held.

IT'S YOUR FUTURE—HELP PLAN IT!

REGIONAL DEVELOPMENT BRANCH
MINISTRY OF TREASURY, ECONOMICS & INTERGOVERNMENTAL AFFAIRS

For WANT ADS to work for you

CARDS OF THANKS

The Morrisburg Chamber of Commerce wishes to thank the children and teen agers of the village for their excellent conduct on Hallowe'en. Thanks also to Morrisburg parents and members of the Fire Department and OPP for their supervision.
43c.

I would like to thank everyone who remembered me while I was a patient in the Brockville General Hospital. Special thanks to Dr. Smylie, Rev. Crouse and the nursing staff on the second floor.
CLIFFORD N. CASSELMAN
43c.

FOR RENT

8-ROOM HOME. Newly rewired and remodelled throughout. Available immediately. West of Morrisburg on 2nd Concession, Matilda Township.
WILFRID ZERON,
Phone 543-2663.
43-4p.

1-BEDROOM APARTMENT. 3-pc. bath, living room, kitchen; automatic floor furnace. Unfurnished. $65.00 per month. Suitable for one single or a couple. No pets.
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43c.

SEWING MACHINE REPAIRS—

SEWING MACHINE TUNE-UP—Reg. $8.95; Special $4.95. Oil, Adjust, Clean, Check Thread-Handling Parts.
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43p.

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TREES

FOR FALL PLANTING — Scotch Pine, Spruce, Silver Maple. Available at Farm, and orders taken for others.
CLAIRE DAFOE,
PHONE 543-2465.
38tfp.



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IROQUOIS SHOPPING PLAZA
TEL. 652-2177

Still Available: Croil's Dundas, $10.00; S. D. & G. Historical Atlas $12.50; Pringle's Old Eastern District, $12.50. Ideal for Christmas presents. Also on hand: Seaway Story $2.00; Pictorial History of the Great Lakes $6.49; Thorn Apple Tree $3.00; Webster's Collegiate Dictionary $6.50; New English Bible $5.95; Game of Chess, $1.50; Basic Electricity, Electronics, 5 vols. $29.95; Cooking Fondue 75c; Pauper's Cookbook $1.50; Step-by-Step Macrame $2.95.
Grumbacher Artist's Supplies on hand: oils, brushes, sketch pads, canvas boards.

Open Mon. through Sat. 9 to 6
Wed. & Fri. evenings 7 to 9
Sunday 1 to 5 p.m.

FOR SALE

PAIR BROWN SKI PANTS, SIZE 6. Adjustable shoulder. $5.00.
PHONE 543-2297.
43c.

RUBBER-BACKED OZITE CARPETING. 6' and 12'; 8 Different Colours. $3.95 sq. yd.
FAIRBAIRN FURNITURE,
Brinston — 652-4775.
43-4c.

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1965 CHEV. WAGON, Good Shape $450.00; 1970 BSA 650 cc Lightning, $875.00.
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41tfp.

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Phone 543-2540 or 543-2880.
41tfp.

LLOYDS CARRIAGE, used five months. Like New.
PHONE 543-2532.
42-3c

BABY CARRIAGE $10; CRIB and Mattress, like new $15; Baby's Lounge $2.
MRS. THERESA MYERS,
above the Post Office, at Brinston, Ontario.
(No later than 5 p.m.)
42-3c.

TENDERS WANTED

WINCHESTER DISTRICT MEMORIAL HOSPITAL
Winchester, Ontario

SEALED TENDERS clearly marked as to contents, are invited for the following commodities and services. Quantities stated are average (estimated) consumptions and they may vary and are dependent upon percentage occupancy rates incurred during the year.

(a) Bunker Oil, No. 6, 100,000 gallons (size of tank 10,000 gallons).

(b) First Quality Bread, 24-oz. loaf, white or brown, sliced and wrapped, regular and saltless, 8,000 loaves.
Other baking products, rolls, etc. as required.

(c) Milk, pasteurized and homogenized, 12,000 quarts in cartons, plus 10,000 quarts in bulk for use in Arnett dispensers and skim milk 1,500 quarts.
(total cost of the individual items in section "c" will be used as the basis on which this part of the tender will be considered).

Period of supply for the above commodities will be for 12 months from January 1, 1973, and all bids are to be based on delivery at the hospital.

(d) Snowplowing — hourly rates only should be quoted. Further details as to the scope of the work involved, insurance requirements, etc., may be obtained from the undersigned at the hospital.

Closing date for tenders will be Five P.M., Wednesday, November 15th, 1972.

Lowest or any bid not necessarily accepted.
THE ADMINISTRATOR,
Winchester District Memorial Hospital,
Winchester, Ontario.
43-4c.

• COMING EVENTS •

SKATE-A-THON

Morrisburg Figure Skating Club will be holding a Skate-aThon on Sunday, November 19th, from 12 noon until 10 p.m. Skaters will skate by the hour. The proceeds from this event will be going towards a new Zamboni. Please give your support by getting your skates on and having some fun. We urge everyone to participate, not only figure skaters. Sponsor sheets may be picked up at Charlie's Sports Shop or at the Morrisburg Arena. For further details, phone Mrs. Linda Smithson at 543-3066.
43-5c.

ANNUAL BANQUET

..The. Dundas. County. Holstein Breeders. Club. Annual. Banquet will be held on Thursday, November 16th, 1972, at the Morrisburg Civic Centre, beginning at 7:00 p. m. There will be a dance with music provided by Del and Rodger. Admission is $3.00 per person. ...
43-4c.

BINGO AT ST. MARY'S

Every Tuesday at 8:00 p.m. in the Hall of Old St. Mary's Church, St. Lawrence St., Morrisburg. Fifteen regular games; 4 share the wealth games; $100.00 4-way Jackpot game. Winner-take-all game.

BIBLE SOCIETY

The Annual Meeting of the Morrisburg and District Branch of the Canadian Bible Society will be held in St. James Hall on Thursday evening, November 2, 1972 at 8:00 o'clock p.m. All those interested in the work of the Bible Society are invited to attend this important meeting at which the election of Officers for the forthcoming year will be held and arrangements made for the annual campaign for funds which will take place the week of November 5, 1972.
42-3c.

RUMMAGE SALE

The C. W. L. will hold a Rummage Sale on Friday, November 3rd in the store formerly occupied by Mrs. Vallance, on the Mall from 10:00 a.m. to 8:00 p.m.
37tfp.

BAZAAR & BAKE SALE

The Knox Presbyterian Church will hold its annual Bazaar and Bake Sale, Wednesday, November 22, at 2 .m. in the Lecture Room of the Church.
42-3c.

DUNDAS 4-H AWARDS NIGHT will be held at the North Dundas District High School on Friday, November 10th, commencing at 8 p.m. Presentation of prizes and Special Awards to 4-H members for their year's work will take place. After the awards presentation, coffee and doughnuts will be available while parents and 4-H members enjoy a sock-hop and light entertainment. Everyone interested in our 4-H program is invited to attend.
42-3c.

OPENING BONSPIEL

Opening Mixed Bonspiel at the Morrisburg Curling Club, November 11th, 1972. Contact Stewart Hope for details.
43-4c.

PUBLIC SKATING

Saturday Night, 8 to 10. Admission, Children 25c. Adults 50c.
43c.

BEAN SUPPER

Wednesday, November 29th at 6 p.m. in St. James Hall. Everyone invited.
43-5p.

SIDEWALK BAKE SALE

Outside the Dominion Store, Morrisburg, Saturday at 2 p.m. Sponsored by Williamsburg Calvinette Club.
43p.

WOMEN'S INSTITUTE

The Morrisburg Women's Institute will mee on Thursday, November 9th, at which Mr. Maurice Gagnon of Ingleside will speak on the topic World Affairs and Public Relations.



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IROQUOIS AREA — A comfortable, easy to keep clean 3-bed room home, panelled walls and tiled floors. 3 pc. bathroom. 4 acres level land, 9' x 15' building. $13,500. With furniture $14,000

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Tel. 448-2629.
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