Enjoy the Great Outdoors

INSIDE

RV Holidays 3

Fun Afloat 4

Kids & Fishin' 6

Water Safety 7

The great outdoors is yours to enjoy - be safe and have fun this summer

Surviving bug season at home and at camp

Helping to minimize encounters with those pesky mosquitoes and black flies can make the summer season more enjoyable. Even amidst thicker biting insect populations at the cottage, there are numerous ways to make things more bearable.

Taking a few tips and utilizing them can help. Take for instance water management around the home or cottage. One of the most effective ways to reduce emerging mosquito populations is to target sources of standing water such as clogged roof gutters and rotting deck boards.

At the same time it is wise to maximize sunshine in your yard and at the retreat where possible. Mosquitoes and black flies diminish in direct sunshine.

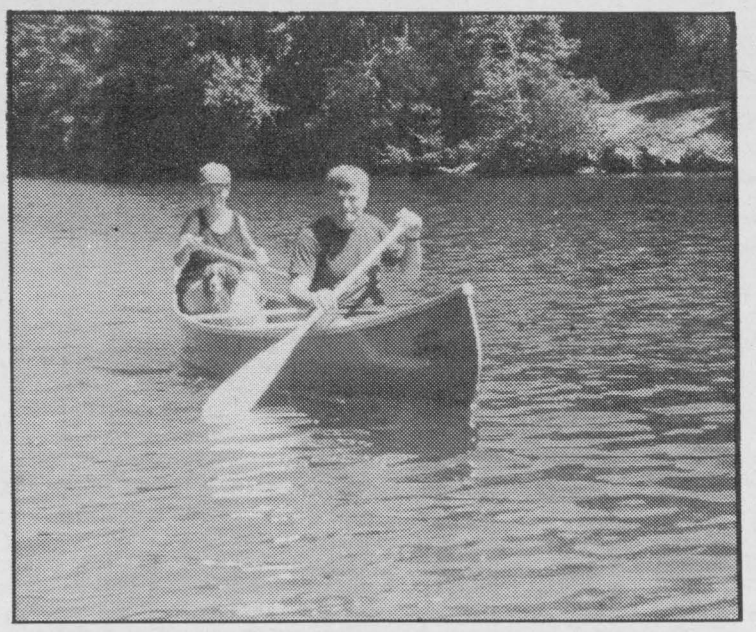
At home, trying to keep grass hedges and shrubs well trimmed will reduce the areas for mosquitoes to rest. At the vacation property, where natural landscaping may be preferred, try to minimize overgrown bushes and trees that are immediately adjacent to the cottage, deck or dock.

Keeping doors, patio and window screens in good repair, especially at the cottage where interior lights will reel in flying insects from miles away is your best defence.

Difficult as it is, do not go on a swatting rampage. Movement attracts bugs.

When lighting your patio or deck, opt for spotlights and place them strategically. Bugs are attracted to bright lights at the source.

Please turn to page 4



Wilderness canoeing is fun

Let's go camping

Communing with nature, sleeping in a tent with the sounds of the wild lulling you to sleep, being self-sufficient and knowing that you can take care of yourself under natural conditions can be a rewarding summer past-time.

Common sense and preparation are the keys to a happy and successful camping holiday. Firstly, always tell someone where you are going, including your direction of travel, the number in your party and when you left as well as when you plan to be back. It will make things better for everyone.

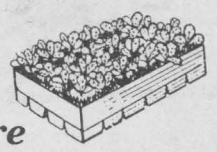
Any equipment you take along should be checked carefully before you leave and you should be familiar with the operation of it all. If you have questions ask someone who knows and learn before heading out.

Use the buddy system, it works for campers of all ages. Wear

Please turn to page 2

NICK'S GARDEN CENTRE

Hanging Baskets from:* **$10.99-$12.99
5" Pansy Geraniums:* **$4.99
4 pack plants:* **$0.99
4" potted perennials:* **$2.25



...and much more

OPEN 7 DAYS A WEEK

Carman Road in Hainsville

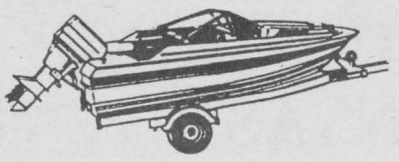
Tammy & Carl Thomas 652-4788

Jim's

Jim Primrose Proprietor

Performance Plus

- Air Conditioning Depot
- Repairs to cars and light trucks
- Safety Inspection Station
- Repairs to out boards, 1/0 etc.
- & Snowmobiles
- Parts and Accessories



BOMBARDIER ski-doo® ENGINEERED FOR THE WAY YOU RIDE.™ New Dealer in Eastern Ontario



Flagg Rd. R.R. #1, Iroquois, Ontario
Phone (613) 652-2245 Fax (613) 652-2561

FROM FRONT

Campin'

clothing appropriate to the terrain and the weather you expect to encounter. Headgear is a must and a neckerchief is a dual purpose piece of clothing, it can be worn wet to cool down a hot day, it can become headgear and is a great first-aid item (sling, bandage). Be aware that temperatures can change without warning and with frightening speed.

Children can be "footprinted", by using a piece of tinfoil or a piece of soft material (a towel). Have the child step on the foil or the towel. Put the child's name on the footprint and do the second or spare shoes as well so if the child becomes lost, searchers will be able to distinguish his/her tracks from others in the area. This gives a clue to those searching as to the direction the child may have gone as opposed to others in the same area.

Garbage bags are great to carry for they are light, easy to pack and carry and can be used for numerous things. They combat hypothermia if worn like a poncho. They conserve body heat and with the head and arms cut out provide relief from rainfall. Orange or yellow bags are best for observation by those searching for you if you become lost. Teach children how to wear the bag effectively and safely.

If camping is how you want to spend a vacation, learn how to camp before striking out or take someone along who has experience. Knowing for instance that cotton clothing is fine for hot, dry weather, but wool is best in wet or cold will help. Did you know that cotton clothes, like jeans are worse than useless when soaked and speed up loss of body heat? (up to 200 times as fast as when wearing dry things.) Wool will retain warmth even when wet. A blend is a good idea.

Fire is great to cook on, to add comfort to a damp day in camp. Built on sand, earth or gravel they are safer. It is important to never leave the fire unattended and always be certain it is out when you are finished with it. It is not something to play in or with. Waterproof matches can be a lifesaver. Fire is one of the best survival tools you can have. A camera lens, eyeglasses or a bottle bottom will start a fire too.

Learning to identify poisonous plants like poison ivy, oak or sumac will make your trip in natural surroundings more fun. Use strong soap and water, then rubbing alcohol if exposed to any poisonous plant, or a commercial lotion.

If young children are camping with you, set boundaries as to how far they are allowed to be from the actual site and make them familiar with their camp site - all trees look the same to youngsters. Be especially careful around water.

Make your children know that three blasts on a whistle or three shouts are universal as a distress call. Pinning a whistle to your child's shirt is a great idea.

Teach everyone in your camp that it is best to avoid wild animals that come too close or seem too friendly. Bears are the most common in remote areas, and they will generally leave you alone, if you leave them alone.

To avoid confrontations, observation of some basic precautions could benefit you. For instance, never store food in your tent, bury scraps of food and dirty dishwater well away from your camp site, hang food bags in trees out of reach of animals, stay away from bears and especially mothers and their cubs, and make noises when walking in the bush. If confronted by a bear, it is best to freeze. Talk to it in quiet, calm monotones and if he/she refuses to move, continue talking quietly and back away slowly. Avoid abrupt movements and if the critter does charge you, drop and play dead. Lie face down protecting your head and neck. A backpack may help you and with luck the bear will lose interest and leave you alone.

No one plans to get lost, but if you do, some tips can help you until help arrives. Perhaps the most important thing is not to panic. Fear is your worst enemy. If you panic it is impossible to think logically. It is vital to realize that fear is the natural reaction and so you must control it. Accept the reality and concentrate on how to make things better. Confidence is important to survival and so you must increase yours by doing something positive. Avoid fatigue by slowing down. Exertion uses calories and creates sweat that wastes body fluids which you need. Stay where you are. The only time you would not remain where you are so you can be found is if: you know about where you are and where you want to go; if you can set and maintain a direction; if you have clothing that will stand up to any type of weather you may encounter; and if you have sufficient food, fuel and shelter that can be carried by you.

Shelter is an important ingredient to surviving and can be fashioned from things found in nature. Using caves or fallen trees is good too. Water is more important than food to your well-being. You can live for weeks without food, but only days without water. Dehydration will increase your susceptibility to fatigue and hypothermia. Lakes, streams and rivers provide water as do most plants.

Three is the magic number for help - three gunshots, three whistles, three blasts on a whistle, three fires, three stones in a row...any three is recognized as a universal distress call for help.

Survival and or first aid kits should be carried by everyone on a camping trip. Be sure to include matches (Waterproof), a high energy snack, a whistle, a pocket knife, a compass that you know how to use, a light weight space blanket (silver), a reflector or mirror (signal), insect repellent, bandages, antibiotic ointment, garbage bag (yellow or orange). Things like a safety pin, a piece of rope, a pencil and paper, a quarter, a rubber glove, and wet wipes in a safety kit.

Teach youngsters who camp with you that a tree can be a friend. If they find they are lost, they should know to pick a tree near a clearing and stay there. If they are afraid, they can hug it, and talk to it. This prevents panic and keeps the child in one place, helping those searching for them. They can yell at noises that scare them. An animal will be frightened off, and those searching for them will hear the yells. Looking big is good, lie down in a clearing with their garbage bag on they will seem larger than they are. Always reassure your child that no one will be angry with them if they get lost.



The McRae family and friends enjoy the great outdoors at Farren

THIS CAN BE YOUR BOAT!



1990 - 28.5 FT.
EXPRESS CRUISER
Single 460 CID ENGINE
WHITE / BLUE TRIM
FULL CANVAS
COMPLETELY EQUIPPED!
THE PERFECT BOAT FOR A FAMILY!
ONLY 74 HOURS - ASKING PRICE $50,000.
For more information
CALL- 925-5823 EVENINGS

TOURISTS & CAMPERS are Welcome to DROP in at the
RISE N' SHINE
FAMILY RESTAURANT
HOME COOKED MEALS
The Greatest Down Home Country Restaurant Along The St. Lawrence Seaway
RESTAURANT HOURS:
Hours: MON-THURS 6:00a.m.- 7:00p.m., FRI 6:00a.m.- 8:00p.m.
SAT 6:00a.m. - 1:00p.m., SUN 7:30a.m. - 1:00p.m.
Rose's Ice Cream Parlour
*HARD & SOFT ICE CREAM
*MILKSHAKES, *SUNDAES
*BANANA SPLITS
and much more..
TAKE-OUTS
THE BIG IROQUOIS BURGER, HOT DOGS, PIZZA, CHICKEN, HAMBURGERS & FRIES, POUTINE, SUBS, SALADS, SANDWICHES, COLD DRINKS


SUMMER Hours: Sunday Through To Saturday 12:00pm til 10:00pm (Weather Permitting)
DUNDAS STREET, IROQUOIS, ONT.
Prop: Rose & George Fawcett
(613)652-4334

RV vacations best buck for the dollar

Recreation Vehicle owners (RV-ers) know that vacationing in an RV offers more value for the dollar than any other vacation. Instead of staying in hotels and dining in restaurants, RVers travel in ease and comfort knowing that they can enjoy their vacation on the road without the hassles.

Planning a holiday in an RV is easy. If you are not an RV owner or do not plan to become one in the near future, you can still enjoy the benefits of RV vacationing by renting an RV.

When travelling via RV, the entire trip is the focus of your vacation, not solely your destination. Your choices include your taking advantage of private campgrounds or national or provincial parks, and so pre-planning is necessary. Many campgrounds come with special features for RVs including power and water hook-ups. Some private owners like destination resorts with recreational facilities like swimming pools and golf courses. National and provincial parks provide natural surroundings for your enjoyment.

RVs allow you to cook fresh foods and save money as the kitchens are modern and fully equipped. Not living out of a suitcase is a hassle free vacation for sure.

Children travel well in an RV since they can be busy with video and board games, or by checking the scenery and not having to stop for washroom access enroute helps. Grabbing a snack as the driver continues towards adventure around the next curve allows everyone to enjoy the trip more.

RV camping is fun and provides a lesson in nature for the entire family.

Enjoy the great outdoors this summer with lots of activities

Whether you are a walker, a biker or a boater - no matter if you like to check out the neighbour's flower beds or take a cool dip on a hot day - the great outdoors is yours to enjoy. Nature provides the perfect setting for everyone to take part in or just sit back and enjoy the sun, the sand, the air ...nature at her finest. She will even give a show free for the watching.

If we are to enjoy the beauty of nature, if we want to take in all that is around us, we need to slow down and give ourselves time to notice things. Allow our eyes to roam over familiar ground as it were, and rather than seeing an entire area, see only one plant, or study a tree, watch the motion of the clouds and be alert to the movement of the bushes.

The outdoors is awash with sounds. The buzz of insects, the croak of bullfrogs, the chirping of crickets. Were you aware that birds use their songs to mark their territory. Did you know that the sharp cry of a squirrel is a warning of danger? Often the absence of sound can be important too. Take for instance when the birds stop singing, when the forest becomes strangely silent, what does it signal?

The sense of smell we possess is limited and so will not help us alot. We do not rely on it very much. In order to increase your sensitivity to aromas you need to moisten your upper lip with a little water. Then pay attention to outdoor smells, they are valuable clues to what is going on around you.

Using your touch to better understand nature can be an adventure. Feel the texture of leaves, some are rough, others smooth. Weigh stones in your hand, wade into ponds, crawl through tall grass, roll in the snow, touch plants and animals and let them touch you. Run through the forest like a deer, swim along the bottom of a lake like a fish...walk a mile in the shoes of another to fully comprehend nature at her best.

Walk off the beaten path and enjoy what no one has seen. The air is fresh and the beauty of a sunrise or a sunset cannot be matched. When the rain stops and the drips fall leisurely off leaves and branches and the sun comes out from behind a cloud to dry up the puddles, the calm and stillness that pervades is so charming.

JUST OUT SIDE OF TOWN
BRAKE - N - Aligment
IROQUOIS
P-A-C
652-4566
LICENSED CAR DEALER

Come in for a FREE

FRONT END INSPECTION

For A Safe Holiday

TRUCK SERVICE, GAS & DIESEL
NOW...*Lawn & Garden Parts & Service*

From all of us...
HAPPY MOTORING

MEMBER
NATIONAL SPA & POOL INSTITUTE

Carefree Pools

IPG

ALL YOU NEED FOR POOLS & SPAS
— SINCE 1970 —
SALES • SERVICE • INSTALLATION

MasterCard

NOW LOCATED IN MORRISBURG

* FULL SERVICE
  – COMPUTERIZED WATER ANALYSIS
  – POOL OPENINGS & CLOSINGS
  – REPAIRS
  – FREE ESTIMATES
* SALES & INSTALLATION
  – ABOVE GROUND
  – IN GROUND

OPEN
Wed. - Fri.
11 a.m. - 5 p.m.
Saturday
9:30 a.m. - 4 p.m.

NOW LOCATED AT
UPPER CANADA KITCHENS
(Next to Allan Bell & Associates)
MORRISBURG VILLAGE PLAZA 543-3499

OPEN
Wed. - Fri.
11 a.m. - 5 p.m.
Saturday
9:30 a.m. - 4 p.m.

THOMPSON'S YAMAHA INTRODUCES

Poulan PRO

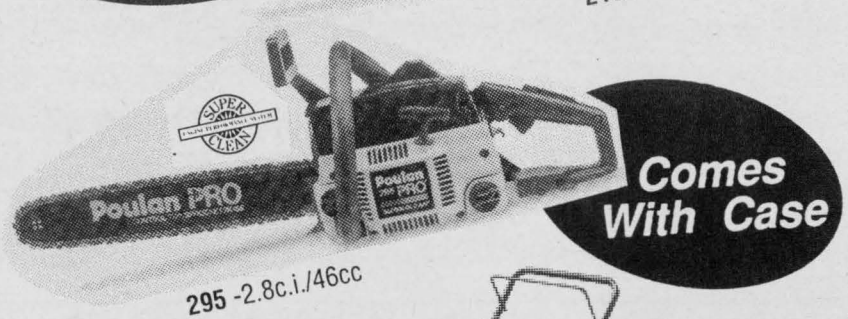
Comes with Case & Chain A Great Father's Day Gift!



210 -2.2c.i./36cc

125H38 Tractor/Tractor/Tracteur
■ Easy Rider - Automatic-hydro drive Lawn Rider.
I.C. 12.5 HP, 38", 2 blade vented deck.



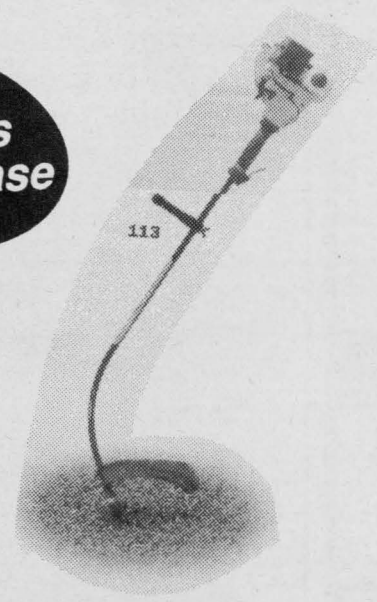


Comes With Case

295 -2.8c.i./46cc



735 Mower/Podadora/Tondeuse
■ Side Discharge.
20" push, 3.5 HP, 14-gauge steel deck.



113 Trimmer/Recortadora/ Coupe-bordure
■ Ultra lightweight - only 7.75 lbs. 21cc engine.
Up to 60% quieter than the competition.



11536 Tractor/Tractor/Tracteur
■ Lawn Rider with convenient, step-through design.
I.C. 11.5 HP, 36", 2 blade vented deck, 5 forward speed transaxle.

COME DOWN AND CHECK Poulan OUT!

THOMPSON'S YAMAHA SALES & SERVICE
Gilmour Rd. Brinston
(613) 652-2101 Fax: (613) 652-1535



FOR SALE

14 FOOT SPRINGBOK RESORTER ALUMINUM BOAT WITH 25 MERCURY OUTBOARD

Excellent condition, good, deep, wide boat with specially designed hull that slices through the water. Excellent fishing size but big enough to take children skiing. Underseat storage.

Boat new - $1995. Motor new - $2395.
Whole unit "good as new" for an asking price of ..... **$2,500.**
TRAILER AVAILABLE **$400.**
Call Brian 258-3451 or after 6 p.m. 258-4654

Summer toys

The water can be enjoyed on tubes, kneeboards, skis, and matresses. Safety is a major factor. Know the water rules before entering the lakes and rivers this summer.

Learn to swim and enjoy water fun

Open Water Swimming

When swimming in open water the rules that apply are much the same but it is good to know that tragic water accidents like all accidents happen quickly and the main reason for them is a lack of safety knowledge. Remember to swim near a lifeguard, whose directions are best followed. You should never swim alone, the "buddy system" is everyone's best bet. You should supervise children in the water even when a lifeguard is present.

The spine, neck and head need protection and so it is wise not to dive into unfamiliar water, "feet first" is a good motto. If you get into trouble, call or wave for help. When you want to swim long distances, swim parallel to shore. If the ocean is your playground, never turn your back on her, you can be swept out by waves that come without warning. Do not allow sick or tired children or anyone on medication to go into the water. Never rely on floating toys, mattresses or arm bands to protect your child from drowning.

Arrange for lessons for your non-swimmers from qualified instructors. Never swim or allow swimming during thunder storms. Know your limitations, do not swim when you are tired, overheated or chilled. Keep away from swiftly moving water and watch for an undertow. If you become caught in a current, swim with it and at the same time angle toward shore. Do not venture into deep water unless you know how to swim, tread water, float and turn around. Avoid swimming in unfamiliar water unless someone who knows the area can assure you that it is uncontaminated and free of rapid currents, whirlpools, deep holes, rocks and other hazards.

We all know that swimming and alcohol do not mix.

CONTINUED

Bugs

Protect yourself against biting bugs by using personal repellents. Remember that different varieties are intended for different occasions. For backyard protection non-greasy repellents provide relief from those dinosaur type biters for two to three hours. Cottage country requires super strength repellents and once on will look after those pests for up to eight hours even in the most intense situations. If you are in the water, be sure to re-apply when you come out as the biters seem to enjoy the wet bites especially.

Do not rely on bug zappers. Studies have shown that only a few of the insects zapped will be mosquitoes. Avoiding bath oils, wristbands and other "home remedies", which are not registered repellents, will do more for you than you think.

Knowledge is best in all situations, peak biting periods for those small dive bombing creatures (mosquitoes) is dawn and dusk, while the minute black flies who seem to inflict such nasty bites is morning and late afternoon. If activity can be scheduled around these times, you should be better off.

TROY-BILT®

OWNING THE BEST IS *EASY!*



Power, performance and versatility for mid-size properties!

***No* Payments, *No* Interest*, and *No* Money Down Until 1997! PLUS...Maple Leaf Gold Coin!**

CS11-896 © 1996 Garden Way, Inc.

TROY-BILT® Great North American Lawn & Garden Sweepstakes
Details At This Participating TROY-BILT Dealer:

Enter To Win!
No Purchase Necessary!

JUST IN TIME FOR FATHER'S DAY

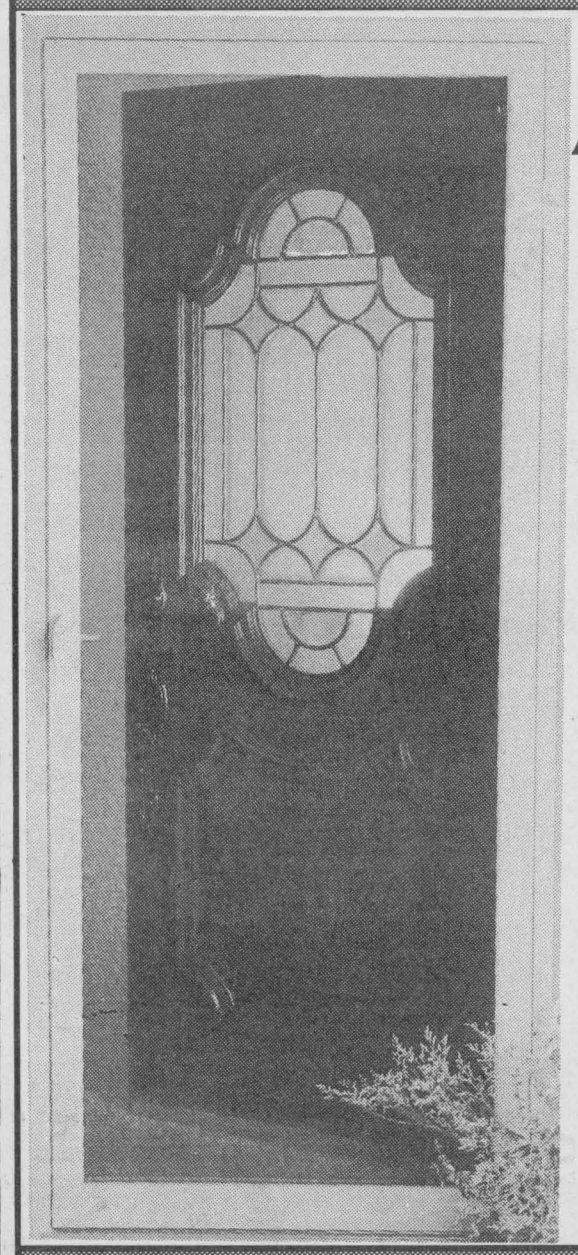
Home hardware

BEACH HOME HARDWARE
228 KING ST. WEST, PRESCOTT
- 925-4286 -

* When credit qualified for TROY-BILT® Credit Card Services. After January 1, 1997, (or length of extended term) the prevailing Annual Percentage Rate is 21.9%. June 15, 1996. Ask your Dealer for details.

Shop Canadian

The Ultimate Cover Up!



NOW! NEW!

from Prescott Glass & Home Renovation Centre

At last a screen door that doesn't hide the beauty of your entrance door.

- easy to install
- all hardware included
- door can be installed on right or left side
- maintenance Free
- Exclusive to Melco

MELCO

Call today!
(613) 925-2806

OPEN: MON-FRI 9-5 SAT 9-NOON
Hwy. #2, East, Prescott, Ont.

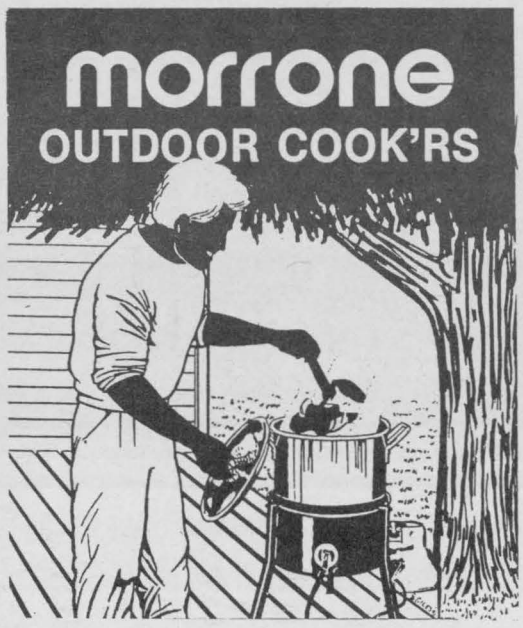
Get Ready For Those GREAT B.B.Q.'S at.....

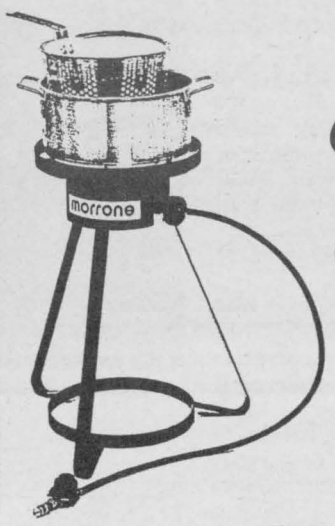
Superior Propane

Hwy. #2, Prescott, Ontario (613) 925-4815

STERLING.6

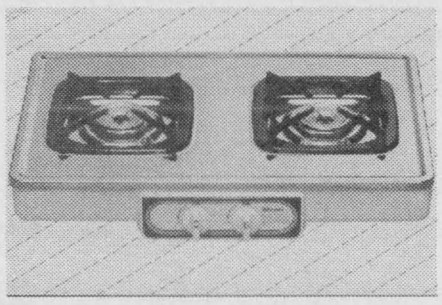
The Ultimate in BBQ's





Cook it all Outdoors with Morrone Outdoor Cook'rs





Great for the Cabin or Boat!

ALL B.B.Q.'S 20% OFF until June 17th

NEW!

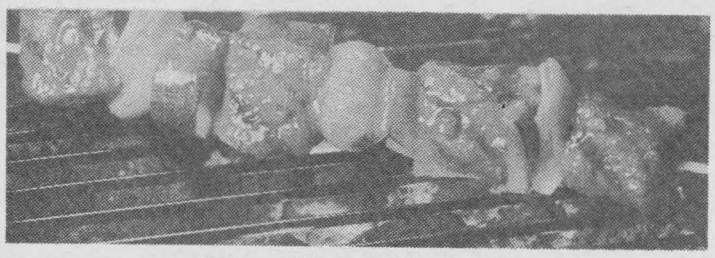
Sterling Convertible

- Converts for portability in two minutes or less
- Snap-in legs are easily removed
- No longer any need to find a suitable table



#512 Sterling Convertible

Some BBQ Recipes to help you get started



Glazed Beef Kabobs

Prep Time: 20 minutes - BBQ Time: 10 minutes
*1 1/2 cups (375 mL) **Heinz Chicken and Rib BBQ Sauce***
1 pouch dry onion soup mix
*1 tbsp (15 mL) **Heinz Worcestershire Sauce***
1/2 tsp (2 mL) ground ginger
*1 lb (500 g) **Strip loin or Sirloin Steak**, cut into 1" cubes*
Red and green pepper, onion, zucchini and whole mushroom chunks
Hot cooked rice

Glaze: Combine first 4 ingredients in a small bowl. Alternate pieces of beef and vegetables on skewers*. Spoon glaze evenly over kabobs. BBQ until beef is done, about 5 minutes per side, turning and basting with glaze occasionally. Serve on a bed of rice with remaining glaze as a dip. *Makes 4 servings.*

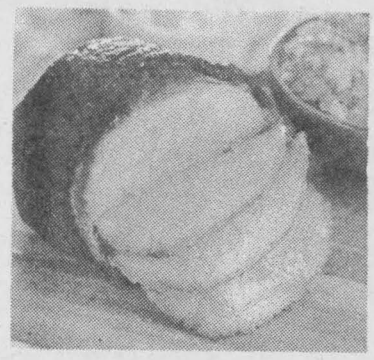
** TIP: If using wooden skewers, soak skewers in water 20 minutes before using to prevent burning.*

Tossed Summer Beef Salad

Prep Time: 15 minutes
1 - 14 oz (398 mL) can sliced peaches in juice
*1/3 cup (75 mL) **Weight Watchers Italian Salad Dressing***
*1/4 cup (50 mL) **Heinz Sweet & Sour BBQ Sauce***
1 head romaine lettuce, torn into bite-size pieces
*1 1/2 cups (375 mL) **BBQ'd Steak** or cooked **Roast Beef** cut into strips.*
***Garnish:** Cherry tomatoes halved, freshly ground pepper, sliced medium avocado (optional)*

Drain peaches, reserving 1/4 cup (50 mL) juice. Combine juice, dressing and BBQ Sauce; set aside. In a large salad bowl, combine lettuce, beef and peaches. Just before serving, add cherry tomatoes, avocado and dressing. Toss lightly. Season to taste with freshly ground pepper. *Makes 6 servings.*





BBQ Roast Guidelines

min/lb	min/kg	Internal Temp.
20	45	Rare (140°F/60°C)
25	55	Med. (160°F/70°C)
30	75	Well (170°F/75°C)

** TIP: Don't have a rotisserie? Use indirect heat to BBQ roasts. Turn heat off on one side of BBQ; place meat on unlit side of grill. Close BBQ lid. Adjust heat to medium on the lit side of grill.*

** TIP: Rib-eye, sirloin or tenderloin roasts do not require marinating. For an easy meal that's great for entertaining, combine 2 tbsp (25 mL) Dijon mustard, 1 tbsp (15 mL) EACH lemon juice and crushed peppercorns, 1/2 tsp (2 mL) oregano and spread on roast before BBQing.*

Crowd Pleaser Roast with Confetti Topping

Prep Time: 5 minutes
Marinating Time: 12 - 24 hours
BBQ Time: 1 - 1 1/2 hours
1 - 14 oz (398 mL) can pineapple tidbits
*1/2 cup (125 mL) **Heinz Worcestershire Sauce***
1/4 cup (50 mL) lime or lemon juice
2 tbsp (25 mL) coarsely ground pepper
*2 1/2-3 1/2 lb (1-1.5 kg) **Round, Sirloin Tip or Cross Rib Roast**, pierced all over with a long tined fork*

Drain pineapple, reserving juice. Set tidbits aside to make topping. Combine 3/4 cup (175 mL) juice with next 3 ingredients in a large zip-lock plastic bag or shallow casserole. Place roast in marinade; refrigerate 12 - 24 hours, turning occasionally. BBQ roast to no more than medium using indirect heat * or on a rotisserie over medium heat. *See chart for cooking time.* Serve thinly sliced with topping. *Makes 8-12 servings.*

CONFETTI TOPPING

Prep time: 10-15 minutes
Reserved pineapple tidbits
1/2 EACH: red, green and yellow pepper, coarsely chopped
1/2 cup (125 mL) EACH: coarsely chopped red onions and parsley
*1/4 cup (50 mL) EACH: **Heinz 57 Sauce** and lime juice*
2-3 tbsp (25-45 mL) grated fresh ginger root
1 large clove garlic, minced

Combine all ingredients in food processor fitted with metal blade. Process with on/off action until finely diced. Refrigerate to blend flavours. Serve warm or cold with Crowd Pleaser Roast. *Makes about 3 cups (750 mL).*

Barbecued Foods are Healthier and Taste Better. Compliments of Superior Propane!



Citrus Steak Marinade

Prep Time: 5 minutes
Marinating Time: 12 - 24 hours
BBQ Time: 10-15 minutes
1/2 cup (125 mL) orange juice
*1/3 cup (75 mL) **Heinz Chili Sauce***
*3 tbsp (45 mL) **Heinz Ketchup***
1-2 tsp (5-10 mL) grated orange rind, optional
1 clove garlic, minced
*1 lb (500 g) **Flank or Round Steak***
Few drops sesame or vegetable oil

Blend first 5 ingredients to make marinade. Pierce steak all over with fork; place in container with marinade. Cover and refrigerate 12 - 24 hours. Reserve marinade. BBQ steak to medium doneness only, basting with reserved marinade. Slice steak thinly across the grain. Discard remaining marinade or boil for 10 minutes if you want to serve it as a sauce. *Makes 4 servings.*

** TIPS:*
-Select a lightly marbled steak.
-Season, but do not salt before BBQing.
-To prevent burning, apply BBQ sauce toward the end of BBQ time.
-Sirloin tip, cross rib and blade steaks also require marinating before BBQing. Cook only to rare or medium.
-Sirloin, strip loin, rib and tenderloin steaks can be BBQ'd directly. Apply this delicious rub just before grilling: Zesty Tex Mex Rub: Combine 1 tsp each of chili powder, garlic salt and oregano with 1/2 tsp cumin.

BBQ Steak Guidelines

Thickness	Minutes per side		
	Rare	Medium	Well
1/2" to 3/4" (1 cm)	3-5	5-7	7-9
1" (2.5 cm)	5-7	7-9	9-11

** TIP: BBQ an extra steak or two to use for quick salads, sandwiches or pizza.*



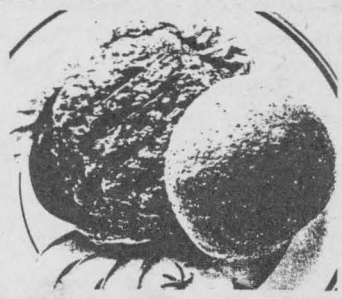
Cajun BBQ Steak & Mushroom Pizza

Prep Time: 10-15 minutes
BBQ Time: 12-15 minutes for each pizza
*1 cup (250 mL) **Heinz Cajun BBQ Sauce***
*1/2 lb (250 g) **Sirloin Steak***
2 - 8" pre-baked pizza crusts or flatbreads
1 cup (250 mL) sliced mushrooms
1/2 cup (125 mL) diced green and yellow pepper
1 cup (250 mL) grated mozzarella cheese

Slather steak with 1/4 cup (50 mL) of the BBQ Sauce. BBQ to rare over medium-hot coals. Slice into thin strips. Meanwhile, place pizza crust on pizza pan and spread with remaining BBQ sauce. Top with thinly sliced steak strips and remaining ingredients. BBQ over medium coals for 12-15 minutes or until cheese melts. *Makes 4 servings.*

** TIP: Sliced, leftover steak may be used to top pizza.*

International BBQ Burgers



*1/3 cup (75 mL) **Heinz Sauce***
1 egg, beaten
1/3 cup (75 mL) dry bread crumbs
*1 lb (500 g) **Medium or Lean Ground Beef***
seasoned salt and pepper to taste

Combine **Heinz Sauce** selected from chart below with remaining ingredients. Mix only until blended. Shape into 4-6, 3/4" thick evenly sized, flat patties. BBQ until **well done**, about 5 minutes per side.

Garnish and serve as indicated in chart.

Burger Variations	*Heinz Sauce*	*Garnishes*
Greek Burgers	*Heinz Garlic or Honey Garlic BBQ Sauce*	*Crumbled feta cheese, black olives & thinly sliced cucumbers. Serve in pita pockets.*
Cajun Burgers	*Heinz Cajun BBQ Sauce*	*Grilled red peppers*. Serve in halved French stick.*
Smoky Mountain Burgers	*Heinz 57 Sauce*	*Grilled Spanish onion slices*. Serve in thickly sliced whole grain bread.*
Sa...pede Burgers	*Heinz Chili Sauce*	*Cheddar cheese and sauteed mushrooms. Serve in toasted Kaiser buns or corn bread squares.*

** BBQ vegetables with burgers and brush with Heinz BBQ sauce during cooking.*

** TIP: Use medium ground beef rather than lean, it is more economical and makes for more juicy burgers.*
** TIP: Overhandling makes hamburgers tough and dry.*
** TIP: Patties hold together best if covered and refrigerated for about an hour before cooking.*
** TIP: Don't forget the bun; burgers are better on toasted buns. Try whole wheat buns, pita breads, focaccia, even baguettes.*

Fishing is a family sport for all

Remember the feeling when you caught your first fish?

Remember the sun hitting your back as you sat on the dock and dangled your line in the water, the red and white bobber floating merrily along the surface and then....I got one!!!

Few things are so magical as that moment. There are few experiences families can share which create a stronger bond than a day fishing. Whether from the boat, shore or the dock it is always a treat.

But, for youngsters to really enjoy fishing, they have to catch a fish.

Pan fish are an excellent quarry when teaching children to fish. They are common in most areas, are aggressive feeders and scrappy fighters for their size. This translates into more bites and more battles with a competitor of an appropriate size. Learning to land a tough fighter is a wonderful experience and something that stays with a child for years.

And their populations can survive harvesting. Though it is important to teach children the value of live release, a sunfish or two lost to rough handling will not seriously impact the fishery. Pan fish are everywhere and they are aggressive feeders despite their size.

Sunfish are colourful and can be found just about anywhere there is cover. Dropping a line off the end of a dock or along the edges of a shoreline where weeds abound will usually reward a novice with a few sunfish. Worms and insects are the best bait, and still fishing with a bobber and sinker is the best technique.

Perch are found in large schools near weedbeds, drop-offs, docks and bridges. In the spring of the year, they stick largely to waters shallower than 10 feet. During the summer months, the larger perch move to deeper water, sometimes twenty to thirty feet deep. Small minnows are ideal perch bait, though worms, leeches and crayfish work too. Fish for them off the lake bottom.

Rock bass are voracious and fight like much larger fish. They strike small spinners and plugs as well as live bait. (Minnows, worms, crayfish, leeches or small frogs.) Rock Bass can usually be found near rock piles or gravelly bottoms, as well as under bridges and docks. They range in size from six to eight inches.

Eager to teach a youngster angling skills? Why not take advantage of the 1996 Ontario Family Fishing Weekend, held the weekend of July 5 through 7? This is a licence-free weekend and is a good time to introduce children and adults to a lifetime of pleasure in the great outdoors.



Fish'n Beaver style

With warmer weather coming, watch for children on bikes

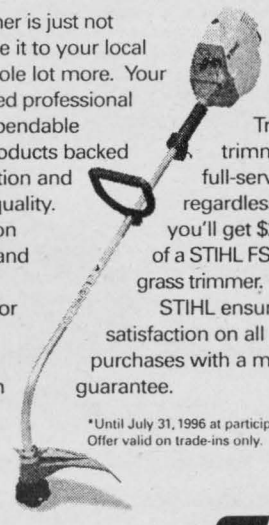
LLOYD McMILLAN EQUIPMENT LTD.
(613) 652-4649
SEPTIC SYSTEMS
INSTALLATIONS
- ESTIMATES - REPAIRS
- WE DO SEPTIC SYSTEM LAYOUTS
BACK HOE - TRACK LOADER - DUMP TRUCKS - SAND - FILL
STONE - GRAVEL - SCREENED TOPSOIL - UNSCREENED TOPSOIL
M.O.E. Approved
Licenced to do Spill Cleanups of Solid Non-Hazardous Waste
R.R. #2, IROQUOIS, ONT. KOE 1KO FAX: (613) 652-1838

Call...
"THE EXPERIENCED OPERATORS!"
WILLIS KERR CONTRACTING, LTD.
Excavating • Landscaping • Septic Systems Installed • Permits Arranged • Truck Rental • Sand, Gravel, Topsoil, Fill • Drainage • Equipment Rental
RR2, Mountain 989-5509
We have TOPSOIL screened & "Ready to Grow"



Compromised and paid the price? Now's the time to see a STIHL dealer.

If your old grass trimmer is just not cutting it anymore, take it to your local STIHL dealer for a whole lot more. Your STIHL dealer is a trained professional who specializes in dependable service and quality products backed by 70 years of innovation and German engineered quality.
- Lifetime warranty on electronic ignition and drive shaft.
- Centrifugal clutch for increased operator control and safety.
- Fuel-primer system for quick, easy starting.



Your old grass trimmer may not be worth a lot, but STIHL is offering "Cash for Trash." Take your old trimmer to your local, full-service STIHL dealer, regardless of its condition, and you'll get $20.00 off* the price of a STIHL FS 36 or FS 72 grass trimmer.

STIHL ensures your satisfaction on all product purchases with a money-back guarantee.

*Until July 31, 1996 at participating STIHL dealers. Offer valid on trade-ins only.

2 YEAR WARRANTY

STIHL®

For full details and a free demonstration, come see us today!
EASTERN ENGINES POWER EQUIPMENT
(613)535-2488
HWY. #31, BOX 159, WILLIAMSBURG, ONT., KOC 2HO

INCH BY INCH Garden Center
(613) 652-1418
also Crafts & Collectables
also Crafts & Collectables
Hwy. #2, West Of Morrisburg
Between MORRISBURG & IROQUOIS
Hours: 9am - 6pm - 7 Days / Week
Father's Day Special
DRAW for 3 Rose Bushes
* Trees * Shrubs * Evergreens * Annuals * Perennials * Sod * Also Full Landscaping Service

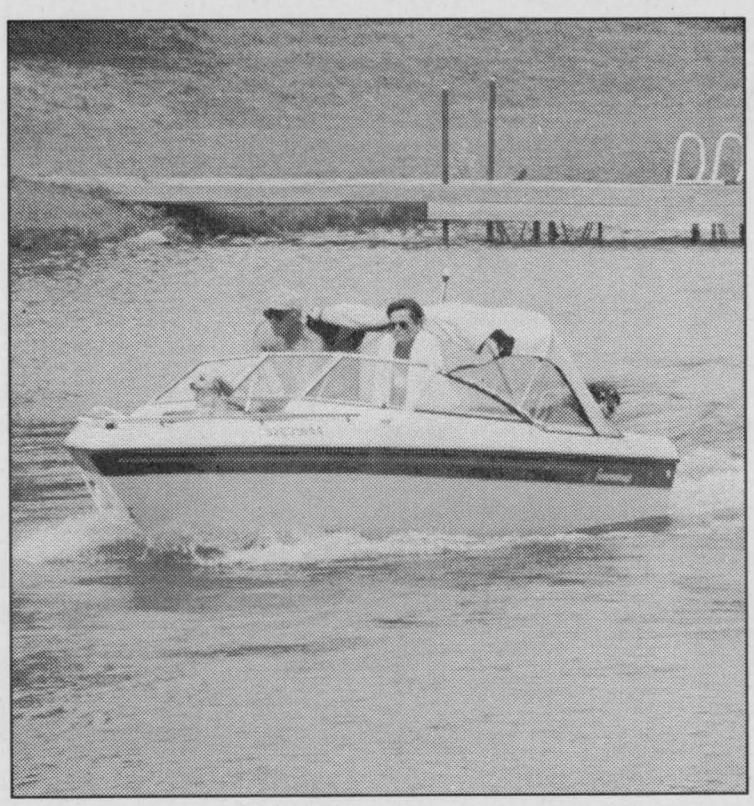
Big Power, Big Mower
Easy To Own
A new White LT19 Lawn Tractor
- 19 hp Briggs & Stratton engine
- 46" deep deck mower
- 3-year limited warranty



WHITE OUTDOOR POWER PRODUCTS
5.9%
Purchase Price .....ALL TAXES INCLUDED $3,099.25
Purchase Terms.....DOWN PAYMENT $599.25
24 MONTHLY PAYMENTS $110.70
Based on 5.9% annual finance paid over 24 months OAC
Limited quantities available



Hwy. 43, Winchester 613-774-2887
Hwy. 29, Brockville 613-342-0668
WEAGANT FARM SUPPLIES LTD.



Boating on the mighty St. Lawrence

Water safety is paramount

Pools

Swimming - whether in a pool or a lake, a river or a pond - boating and waterskiing are the fun things to do during the summer time. But, enjoying water sports safely involves careful attention to possible hazards.

Wise pool owners keep safety in mind when planning and using a swimming pool. Before anyone gets into the water, it is vital to make sure that you as the owner have the proper insurance coverage. "Outdoor swimming pools are insured under your home insurance policy - check with your agent to ensure that they know you have a pool and that the coverage you have is sufficient," say the insurance experts.

The personal liability section of your home policy provides protection if you are sued because of an incident relating to your pool. You may want to check with your agent as to your liability limit on your policy and whether it is enough.

When installing a pool there are many things to consider. The first and most important is safety for all who utilize the facility. Pool decks should be constructed with slip resistant materials and need to be off limits to running and games. All pool life saving equipment along with a first aid kit should be at the pool side for quick usage. Breakable objects should not be permitted around the pool. Water depths need to be clearly marked and hand rails on ladders should be in place.

Children should never be allowed to play without proper supervision in or around the pool, even if they have taken swimming lessons. All pools should be fenced in on all four sides and have self-locking, self-closing gates installed, with latches located out of the reach of children. Doors and windows that lead to pool areas have to be locked at all times. If your neighbour has a pool, you need to child-proof your home as many accidents occur in neighbours' pools. Never use a pool with the cover partially in place, as it can trap children. Store all pool toys when not in use. If left floating they can tempt youngsters to jump in when they are alone. Keep a long pole and an approved flotation device at the pool-side. Learn and practise life saving techniques as well as CPR. Empty wading pools after each use...remember that a child can drown in two inches of water!

Storing chlorine and other pool chemicals out of reach of youngsters is a wise idea. They are extremely toxic and can cause serious burns.

Water Skiing

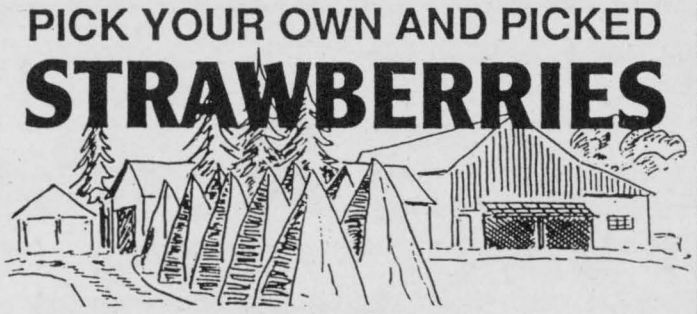
When water skiing, remember that you need two people in the tow boat; a driver and a skier-observer. Always wear a PFD (Personal Floating Device) even if you know you are a good swimmer. Do not tow a skier in a heavily travelled or restricted waters, like swimming areas, narrows, winding channels or areas containing docks, floats and buoys.

The skier should wear a proper life saving device. If they tumble, the boat should approach them from the lee side. The boat motor should be stopped before taking the skier on board. In taking a skier on board, be careful not to swamp the boat. In smaller craft it is normally safer to take the person aboard at the stern.

Safety

The summer is the time to relax and unwind, but when water is involved, you cannot let down your guard or take safety for granted nor too lightly.

PICK YOUR OWN AND PICKED
STRAWBERRIES

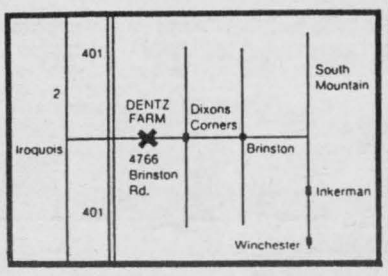


PICK YOUR OWN AND PICKED
STRAWBERRIES COMING SOON!!

Watch for next week's paper for Starting Date!

652-2397

Open: Mon.-Fri. 8 a.m.- 8 p.m.;
Sat. 8 a.m.-6 p.m.;
Closed Sunday



Dentz Orchards and Berry Farm
RR1, Iroquois • 4766 Brinston Road

FROM HOMECREST THE BEST QUALITY PATIO FURNITURE AVAILABLE

MID SEASON SALE



Simply The Best, Most Comfortable, Most Stylish Furniture On The Market!

Homefires
FIREPLACE CENTRE

HWY. 29 North of Tincap
Brockville 342-2424

"BUILT BETTER TO LAST LONGER"
Rally

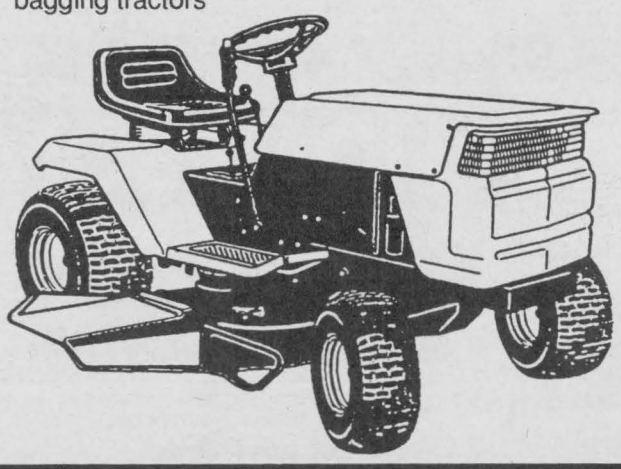
LAWN TRACTORS



The venting of the deck improves air intake. The airstream lifts the grass blades for a closer, more even cut

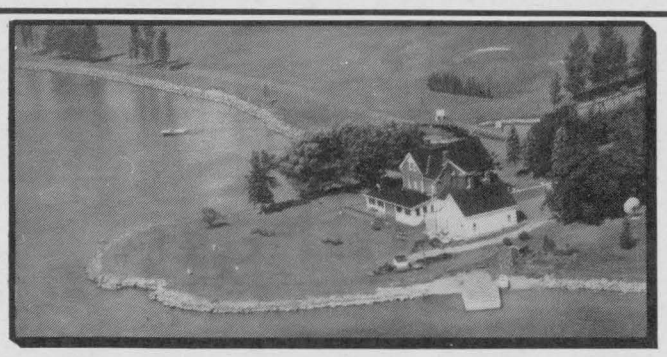
Rally offers you the best value with features such as:

- 12 H.P. - 18 H.P. Briggs & Stratton I/C Engines
- Ventilated Enviro 38"-44" Deck® for a more even and superior clipping cutting.
- Mulch capability on all bagging tractors
- Automotive type steering for outstanding maneuverability
- Heavy duty steel channel frame for durability and a smoother ride



WATTS' SMALL ENGINES
Outdoor Power Equipment Specialist
•Blades •Belts •Spark Plugs •Batteries •Lawn Tractors •Walk Behind Mowers •Jonsered Trimmers •Chain Saws
Sales & Service For Jonsered
Spencerville (613) 658-2048

IROQUOIS GOLF CLUB



IROQUOIS GOLF CLUB

We invite you to enjoy our 18 hole golf course situated along the shore of the beautiful St. Lawrence River.

- FULLY STOCKED PRO-SHOP
- POWER CARTS
- CPGA LESSONS
- TOURNAMENT BOOKINGS
- DRIVING RANGE
- CLUB RENTALS
- LIC. DINING LOUNGE
- BANQUET FACILITIES

"PUBLIC WELCOME"

(613) 652-4367 -- ANDRE LEBLANC- CPGA PROFESSIONAL

LOCALLY OWNED & OPERATED

THOMPSON Homecare® BUILDING CENTRE

YOUR HOMETOWN PROJECT TEAM

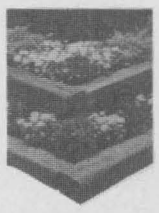
All-Star Product CGC

SUPER VALUE
10' x 8' PRESSURE TREATED DECK

2" x 6" decking. **259.00**

5/4" x 6" decking. **269.00**

Price includes lumber and hardware for a deck with a maximum clearance of 3 ft. above ground. Railing, stairs, concrete for posts extra. See your local Homecare dealer for material breakdown.



8' USED RAILWAY TIES
Ideal for retaining walls. Number one select 6" x 8" or 7" x 9" as available.

8.99 Each

BUILD YOUR OWN WOOD FENCE

Homecare Building Centres are your Fencing Project stores. We stock a great selection of quality lumber and all the accessories and tools you'll need to get professional results. We also have FREE detailed fence plans featuring a number of designs and how-to tips. If you need any help, our trained experts are always on hand to answer all your questions.

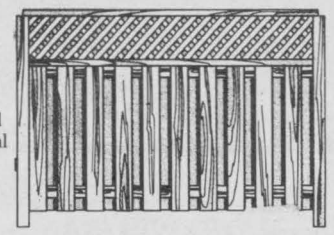


5' HIGH ALTERNATOR BOARD FENCE
Includes all lumber and hardware. Fence spikes or concrete extra. See your local Homecare Dealer for material breakdown.

53.25 8' Section

5' HIGH LATTICE TOP BOARD FENCE
Includes all lumber and hardware. Fence spikes or concrete extra. See your local Homecare Dealer for material breakdown.

58.25 8' Section





HOMECARE CONCRETE MIX
Just add water and mix. Ideal for setting fence and deck posts for easy construction. 66lb. bag.

3.49 Bag



STEEL POST SPIKE
For fast post installation with no holes to dig or concrete to mix.

9.99 Each



DEKMATE BENCH BRACKET
Fast and easy installation. Uses only 6" of deck space. For use on decks, docks or concrete patios.

12.99 Each



DECOR CONCRETE 4-WAY DEK BLOCK+
Accepts 4" x 4" posts, 2" lumber for stringers and steel fence posts.

5.99 Each

DECOR 24" x 24" CONCRETE PATIO STONES
Slip-resistant diamond pattern surface and natural concrete colour.

4.99 Each



VINYL EAVESTROUGH Plastmo
Won't leak, dent, rust or peel and never needs painting. White. 10' lengths.

1/2 ROUND ..... **3.99** Length

K-SNAP ..... **4.49** Length



TRADITION WHITE VINYL SIDING
Tough vinyl siding with realistic woodgrain texture won't rot, rust, dent, warp, split, crack or peel. Never needs painting. Lifetime transferable warranty.

56.99 97 sq. ft.



BUDGET GREEN TURF CARPETING SNQUEST
For deck, porch and boat installations. Lawn green. 3 year Weatherguard warranty. 24-BUDG

3.69 Sq. yd.



ALUMINUM EXTENSION LADDERS
With sure grip rubber feet and self levelling shoes. CSA approved.

20' #3020 ..... **89.99**

24' #3024 ... **109.99**

ASPHALT ROOF SHINGLES
Choose from a wide selection of stock colours. Each bundle covers approximately 32 sq. ft. Talk to our experts today!

CITADEL 20 YEAR WARRANTY **10.99** Bdl.

RAMPART 25 YEAR WARRANTY **12.49** Bdl.

SUPER VALUE

Homecare FACTORY DIRECT SAVINGS

R13 - 3-1/2" THICK
14-3/4" x 47" batts cover 57.8 sq. ft.

14.79 Bdl.

R20 - 6" THICK
15" x 47" batts cover 49 sq. ft. **19.99** Bdl.



FRICTION-FIT FIBERGLAS INSULATION
Easy-to-install insulation will not rot or settle. Ideal for walls, ceilings, floors, etc.



4' x 8' WAFERBOARD
Ideal for indoor or outdoor use.

1/4" THICK **9.99** Sheet

7/16" THICK **13.49** Sheet

4' x 8' SPRUCE PLYWOOD

3/8" THICK **15.49** Sheet

1/2" THICK **20.49** Sheet

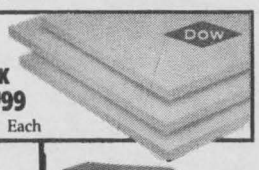
STYROFOAM SM* INSULATION
2' x 8' rigid foam. R5 per inch.

1" THICK **8.99** Each

1-1/2" THICK **13.49** Each

2" THICK **17.99** Each

* Trademark of the Dow Chemical Company



SUPREME EXTERIOR LATEX PAINT

Offers excellent adhesion and weatherability. Ideal for wood, brick, masonry, siding and metal surfaces. Your choice of white and custom mixed pastel colours.

SUPER VALUE

FLAT #C2100 **26.99** 3.78 Litres

SEMI-GLOSS #C2700 **26.99** 3.78 Litres



PREMIUM INTERIOR LATEX PAINT
Features superior hiding properties. White and custom mixed pastel colours 3.78 L.

FLAT LATEX #C3510 **15.99**

EGGSHELL #C6510 **18.99**

SEMI-GLOSS #C5510 **19.99**

INTERIOR LATEX PAINT
Excellent hiding power. White and custom mixed pastel colours. 3.78 L.

FLAT #3100 **21.99**

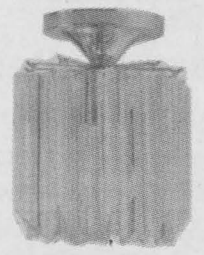
SEMI-GLOSS #5100 **26.99**

KITCHEN & BATH ACRYLIC LATEX
Semi-gloss enamel. Durable, easy-to-clean finish. #19-510 3.78 L. **28.99**

EXTERIOR LATEX PRIMER
Easy soap and water clean-up. 3.78 litres. #C2400 **27.99** 3.78 L

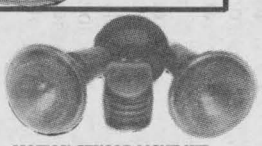
EXTERIOR OIL PRIMER
Ideal for new or previously painted wood. White. #C1400 **26.99** 3.78 L

HOUSE & TRIM GLOSS OIL PAINT
White and custom mixed pastel colours. #C1100 **29.99** 3.78 L



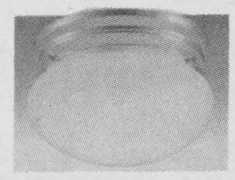
1 TIER LUCITE CEILING LIGHT FIXTURE
Features lucite panels and a polished brass finish holder. Bulbs extra. #GAL611106

13.99

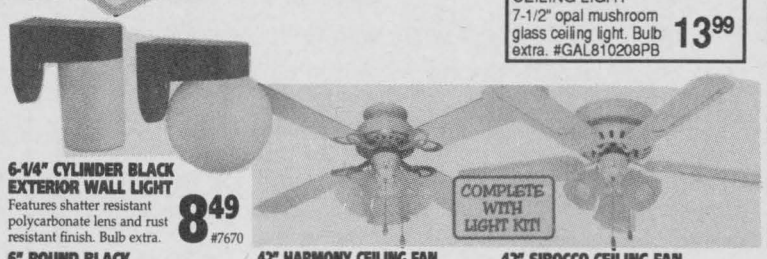


MOTION SENSOR LIGHT KIT
Turns lights on automatically when it senses movement. Light sensor prevents daytime operation. Bulbs extra. Black #5585 or White #5586 finish.

13.99



MUSHROOM GLASS CEILING LIGHT
7-1/2" opal mushroom glass ceiling light. Bulb extra. #GAL810208PB **13.99**



6-1/4" CYLINDER BLACK EXTERIOR WALL LIGHT
Features shatter resistant polycarbonate lens and rust resistant finish. Bulb extra. **8.49** #7670

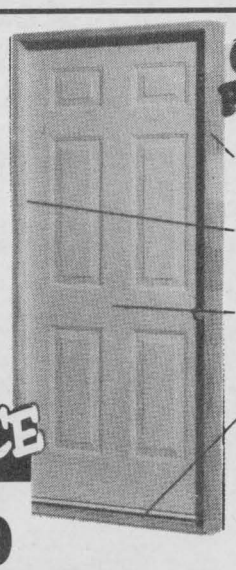
6" ROUND BLACK EXTERIOR WALL LIGHT
Weather and impact resistant. Features rust and scratch resistant finish and shatter proof lens. Bulb extra. **9.49** #7660

42" HARMONY CEILING FAN
Stylish 42" white ceiling fan features 4 wood blades, white and brass finish and 3 lights (bulbs extra). Dual mount. #CAN10010 **49.99**

42" SIROCCO CEILING FAN
Features 4 wood blades, polished brass and white finish. Dual mount. Complete with light kit. #CAN91125 **64.99**

32" x 80" PRE-HUNG STEEL ENTRANCE DOORS

Enhance the entrance to your home with an attractive steel door from Homecare Building Centres. Prehung for easy do-it-yourself installation. Brick mould extra. Other sizes available. See in-store for details.



QUALITY FEATURES

- Preservative Treated Kiln-Dried Ponderosa Pine Frame
- Compression Magnetic Weatherstripping
- Sturdy Steel Construction With Factory Primed Finish And Solid Polyurethane Core
- Thermally Broken Aluminum Sill and bottom sweep seals out wind, rain, snow, dust and water seepage.

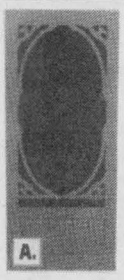
LOW PRICE

6 PANEL **119.99**

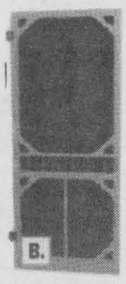
9 LITE **159.99**

STANLEY

Caradon Peachtree Doors



A. BAYSIDE WOOD SCREEN DOOR
1-1/8" clear finger joint pine frame with 3-1/2" wide stiles, removable fiberglass screen in aluminum frame, mortised and tenoned joints. 82" high, can be trimmed to 80". 32", 34" or 36" wide. **179.99**



B. LAKESIDE CLASSIC WOOD SCREEN DOOR
1-1/8" clear fingerjoint pine frame. Ready to finish. Complete with aluminum framed screen. Hardware extra. 80" high. 32", 34" or 36" wide. **119.99**



449.99

5' HOMECARE DELUXE VINYL PATIO DOOR
Features continuous double weatherstrip, maintenance-free vinyl finish, security design and a 10 year warranty. Rolls smoothly and silently. #1501-5



FIERA ALUMINUM STORM DOORS
Quality storm doors with 2" heavy duty frame, triple seal, adjustable sweep, deluxe closer and colour matched hardware. 32", 34" or 36" wide. White or brown finish.

2 LITE **199.99**

3 LITE **229.99**



6 JET WHIRLPOOL BATHTUB
Features a 3/4 h.p. motor and comes complete with 30 minute timer, 6 jets and 1 air control 60" x 32". Accessories extra. Choice of white, bone or grey. Special order at some locations #C6WD-5

LOW PRICE **499.99**

THOMPSON Homecare® BUILDING CENTRE

Thompson Homecare
Dundas Street
Iroquois, Ontario

(613) 652-4478

If Busy (613) 652-2500

Delivery Available

Visa & MasterCard Accepted

Mon.-Thurs.: 7:30-5:45; Fri.: 7:30-8; Sat.: 7:30-5