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MAKING SYRUP THE ORIGINAL WAY



The first maple syrup seen by the white man was made by the North American Indians, by dropping heated rocks into maple sap which was evaporated in a hollowed section of log. This early manufacture is re-enacted at the Upper Canada Sugar Camp, for the benefit of a group of students, one of whom has just dropped one of the hot stones into the sweet liquid. — Photo by Smith.

Christian Farmers Want Action on The Nation

Matilda Township Council has been asked to take immediate action to approve the South Nation River Channel Improvement above Chesterville.

Members of the Dundas Christian Farmers Assoiation unanimo usly adopted the following resolution at their meeting on March 19 in Williamsburg:

"BE IT RESOLVED

THAT the Dundas County Christian Farmers Association ask the Matilda Township Council to take immediate action to approve the South Nation River Channel Improvement above Chesterville as per recommendations of R.M. Kos tuch Associates Ltd."

The proposal will cost Matilda Township $42,000.00. The whole project of which 75 percent will be paid by provincial grants is to cost $560,000.00.

The Dundas County Christian Farmers Association is a Local of the Christian Farmers Federation, a province-wide organization with headquarters in Drayton.

In a letter presenting the resolution to the council, Dundas Coun ty C.F.F. president, William Harbers of Brinston and Elbert van Donkersgoed, secretary-manager of the C.F.F., point out that "most farmers today have more than $42,000.00 invested in just their own farms. A township-wide investment of this size is but a drap in the bucket whereas the potential benefits are huge for the economic well-being of the whole county."

The meeting adopted a second resolution:

"BE IT RESOLVED

THAT the Dundas County Christian Farmers Association ask the Government of Ontario and its Ministry of Agriculture to increase its grants from 75 percent to 90 percent for the South Nation River Channel Improvement above Chesterville as per recommendations of R.M. Kostuck Associates Ltd."

Elbert van Donkersgoed said: ' The thinking behind this resolution was not to save the South Nation River Conservation Author ity any money, but to make that money go farther. This change would make it possible for the Authority to tackle additional improvements in the watershed immediately rather than wait for the completion of the Channel improvements now under consideration.

Senior Citizens Will Discuss New Zone

The Senior Citizens Club ontinues to hold its regular meetings except on Friday, March 16, when members stayed at home to watch the showing of "Tom Sawyer" on their TV sets.

Great interest is being shown in the federal New Horizons Program for the elderly. A regional meeting was held in Cornwall at the end of February, attended by the Club executives; this meeting was addressed by Mr. P. Bogaerts, V. P. of U.S.C.O. Inc. and a representative from the Dept. of Health and Welfare. Another consultant from the Department, Mr. Alec Sim, came to Morrisburg on Mar. 1st. and talked with the members about various projects As a result, the Club decided to initiate a project to improve the kitchen facilities in the Club room. The consent of the Town Council having been obtained, this project is now being actively pursued, with strong hopes that it will be approv ed by the Department.

The Senior Citizens Clubs in this area, unlike the rest of the Province, have not been zoned and the Secretary, John Foster, after contact with U.S.C.O. Inc. headquarters, has contacted the various Clubs, in Cornwall, Long Sault, Ingleside, Maxville, etc. to arrange a meeting of representatives in the near future, probably in Cornwall. The new zone, if formed, will be known as Zone 24. Such contacts and co-operation will be beneficial to all.

The members were pleased to welcome back Mrs. Nan Hill, Mrs. Winifred Groves and Mr. and Mrs. Lee Casselman. Our other winter wanderers will, no doubt, be returning soon. Mrs. Groves, who was Publicity Secretary, relieved during her absence by Miss Mary VanAllen, is prevented from continuing due to other commitments and the Secretary has agreed to add this to his other duties.

It was agreed at our meeting on March 9th, that we should encourage our national spirit by the singing of "O Canada" at the close of our business meetings.

We are now better able to time our meetings, thanks to the donation of an electric clock by Mrs. Yvonne Battershill. We are also very pleased to welcome a new member, Mrs. Rose Clark, number 96 on the roll, making an active membership of 86. Doubtless there are others who, with a little encouragement, would enjoy membership and the good fellowship of the Club. There are many plans for future activities.

BARNEY G. WEEGAR PASSES IN HOSPITAL

The death occurred at Belleville Hospital on Monday, of a well known native of Morrisburg in the person of Barney Granton Weegar, who passed away suddenly after a brief illness. He was in his 77th year.

Mr. Weegar was born at Morrisburg on December 22nd, 1896, a son of the late Harry S. and Etta E. Weegar, and attended local schools. As a young man he entered the banking profession in Morrisburg and subsequently followed his profession at Williamsburg, Brinston, Ottawa and Almonte. Following his retirement, Mr. Weegar returned to Morrisburg and resided here for some years, until moving to Belleville one year ago. A member of St. James Anglican Church, he was also a member of the Williamsburg Masonic Lodge. His wife, the former Clara K. Coons, predeceas ed him a few years ago.

Survivors include a daughter, Mrs. R. Churcher (Evelyn) at Belleville and two grandsons, Joey and Grant. Also surviving are three brothers: William and George of Morrisburg and Charles of Renfrew; three sisters, Clara, Marjorie and Muriel all at Morrisburg. Another brother, Colborne, predeceased him.

Funeral service was held on March 28th at Morrisburg, with Rev. C. W. Earle officiating. Interment was at Capital Memorial Gardens, Ottawa.

Pall bearers were: his brothers, William, George and Charles, Ward Whitteker, Gordon Coons, and C. Benton.

Ottawa Speakers at Horticultural Meeting

"A small clump of chives planted neer an aphid-infested perrennial plant will solve the problem without the use of insecticides", Mrs. Hans J. Shmitz told Morrisburg Horticulture members at last week's meeting.

Mr. and Mrs. J. Schmitz of Artistic Landscape Designs, Ottawa were guest speakers at the March meeting of the society held Tuesday in the auditorium of the Civic Centre.

Mr. Schmitz presented a series of slides with explanatory commentary featuring artistically land scaped homes with angled paths, of varying widths, perennial beds of shrubs and evergreens and interesting entrances to homes. He showed the beauty of terraced properties with patios, stone walls and strategically located ponds of water. In one picture he explained how a small north-facing lawn had been replaced with colored bricks leaving openings for trees, flowers and a restful pool with striking results.

Mr. Schmitz said, "Flowers should be planted in groups for best effect. Patios, steps and path ways are more pleasing to the eye if straight edges and severe angles are avoided.

Among the many beautiful and artistic designs shown by the speaker were pictures of formal and informal entrances to homes with specially designed wrought iron light standards, walled planters; wooded lots transformed into tranquil areas, terraces with float ing round steps leading to patio and pond as well as a series of interesting walkways.

His wife discussed perennials. She said, "If properly cared for some perennials live for 50 to 60 years. She stressed the importance of planting these plants and shrubs in locations where shade, moisture and soil determine where they will be most happy.

"Iris", she said, "may be divided every two years, phlox five years and peonies are happiest if not disturbed too frequently".

Mrs. Schmitz suggested the practicality of combining asparagus, chives and other edible plants with the purely decorative members of the flower garden.

A question and answer period followed.

Mr. and Mrs. Schmitz were introduced by E. Bruce Tuttle and thanked by Mrs. Geo. H. Smith who commended them on the "information and inspiration" which they had given.

Spring Fashions on View Wednesday

The first showing of spring fash ions in Morrisburg in severa' years will be held on Wednesday evening, April 4th at the Civic Centre. Sponsored by Knox Presbyterian Church Women's Club, styles from Edie's House of Fashion will be featured and shoes and accessories will be by Casselman's Shoe Store. Diana's Flowers will provide the floral arrangements highlighting the furniture settings by M and M Furniture.

At the console of the Conn Organ from Fawcett's Organ and Piano Studio, Winchester will be Mrs. Marion DeGray. Vanda Beau ty Counsellor make-up will be pro vided through the courtesy of Mrs Diane Mason.

The runway on which the models will show this season's fashions will be built and donated by the Black Lumber Company Ltd. Models include Judy Gurnhill, Alberta Lemaire, Kathy Duvall, Susan Doney, Ann Marie Smith, Mrs Helen Fraser, Mrs. Lois Brown, Mrs. Barbara Belanger, Mrs. Diane Mason, Mrs. Sara Lyn Mabo, Mrs. Erol Welton, Mrs. Ruth Doney, Mrs. Joyce Tuepah and Mrs. Beverley Disheau. Modeling men's fashions will be Steve Casselman and Chuck Lawlor.

Reeve Earl Baker will award the many door prizes donated by local merchants. Refreshments following the showing will be served by members of the Women's Club. Ticket convenor for this event is Mrs. Joan Farlinger at 543-2897.

OPP REPORT

PARENTS . . . WHAT YOU CAN DO TO HELP

FIRST IN A SERIES

With the coming of spring, bicycles again are being observed on area roads. With the advent of spring comes numerous requests from young people for their own bicycle.

By requesting a bicycle, your child has also asked to be allowed into the category of vehicle drivers. Under the Highway Traffic Act of Ontario, bicycles are vehicles.

As users of public roads and streets, cyclists are required to know and obey traffic rules, regulations, signs, signals and markings, to avoid causing, or being involved in accidents. The child, of course, must know how to operate a bicycle skillfully and safely.

Your concern and help at this initial stage is of vital importance! As parents, your first responsibility is to determine if the child is old enough to understand traffic laws, to learn and remember safety rules and to drive a bicycle in your neighbourhood without getting injured. If the answers to the above are not **all** in the affirmative it would be best to reconsider and prolong the acquisition of a bicycle for your child.

If the answers to the above are all favourable, you must:

—make sure that the proper size and type of bicycle are chosen.

—ascertain that the child receives proper instructions in the skills and knowledge that are required.

—check the child's progress as a driver.

—see that proper maintenance is carried otu.

A bicycle is not a toy, nor are roads and streets playgrounds. Each year, more than 150 Canadian children are killed in bicycling accidents. More than 5,000 are seriously injured. In the past eight years, the number of cyclists killed in traffic has more than tripled while the number of those injured has more than doubled. The prospects for the future are alarming! You can help stem the fast-rising tide of cycling accidents by carrying out your responsibilities as parents and by emphasizing to your children the major hazards facing cyclists in traffic.

Throughout the coming weeks, the Ontario Provincial Police will be passing on safety messages which will assist you, the parent, in ensuring the safety of your child while riding his or her bicycle.

METS MAKE PLANS FOR NEW LACROSSE SEASON

The Interprovincial Junior Lacrosse League has expaded to ten teams this year with the local Junior Mets playing teams from Kingston, Brockville, Nepean, Long Sault, Cornwall, St. Regis, Alexandria, Valleyfield and St. Michael in Montreal.

The season opens Sunday, May 13th at home when Alexandria visits the local Lacrosse team. The season will consist of 18 games - one home and one away with each opponent and then the playoffs.

All junior aged Lacrosse players in Dundas County are eligible to play for the Mets and practises will begin next week.

If anyone desires to play or try out for the Mets, then he should sign the book at Charlie's Sport Shop.

This year the aim is for competition, team spirit and victory for the local junior squad.

MUTUAL TEAM WINS BROOMBALL TITLE '73

The 1972-73 broomball season came to an end last Sunday with the final 2 out of 3 between Mutual Blue Jeans and Williamsburg.

In the first game between these two teams Jim Cameron scored for the Blue Jeans in the first half and Mutual held on to win the first game 1-0.

In the second game Fred Har- Don Mabo beat goalie Don Whitteker of Williamsburg each once to give the Blue Jeans a 2-0 win and the series. After the game trophies were presented and again Mutual came out as big winners.

Best goalie, Joe Billings - Mutual. League winners - Mutual: Play-off winners - Mutual. Most valuable player in the final - Jim Cameron - Mutual. Top scorer dur ing regular reason - Tom Whelan, Outcasts.

Members of the champion team are: Joe Billings, Pickle Dillabough, B. Mabo, Mouse or Mouth Duval; Caveman Casselman, Garfo Baker, Gino Cameron, Mighty Mike Mabo, Bossman Wagemans, Crene Dawley, and Books Harper

HOCKEY RESULTS

Embrun won their semi-finals with 4 straight wins to edge Prescott Saints out 4 games to 3. Metcalfe defeated Morrisburg 4 games to 1.

Best of 7 Finals for the Gill Trophy.

March 21st, Metcalfe 7, Embrun 3; March 23rd, Embrun 3, Metcalfe 2; March 25th Metcalfe 14 Embrun 0 (1568 fans jammed the rink). March 26th — Metcalfe 4, Embrun 1.

The Bible Still a Best Seller

The Bible continues to be the most widely distributed book in the world. The Canadian Bible Society reports that the 1972 figures indicate an unprecedented circulation in Canada and Overseas.

In Canada alone, the Society distributes 108,000 Bibles and more than 300 thousand copies of the New Testament in addition to more than two and a half million copies of smaller Scripture portions. Included in those figures are 33,000 Bibles or Testaments in 76 languages other than English or French.

The Bible Society each year furnishes free Scriptures for the blind.. More than 7,000 units in Braille or on cassettes or tape were given to the blind last year.

A highlight of the 1972 report was the announcement that the Canadian Bible Society forwarded $860 thousand - or more than $16,500 per week - for the translation, printing and distribution of the Bible overseas. Much of this was used to furnish Scriptures to those who are newly-literate.

According to Dr. Kenneth MacMillan, general secretary, the Society is aiming to increase its support of world distribution of the Bible. "The hundreds of thousands who will join the ranks of the newly-literate depend upon their Canadian friends of all churches for copies of the Bible", he points out.

The Bible Societies of the world have made steady progress in the translation of the Scriptures. Today 255 of the world's language groups have the complete Bible in their own tongue. People speaking these languages make up 90 per cent of the world's population.

The Canadian Bible Society is an inter-faith agency that receives the support of people of all denominations. "You might say that it is the best possible practical expression of Christian unity", says the Bible Society's general secretary.

REPORT FINDS WIDOWS ADJUST TO LIFE ALONE

"When you're first widowed you don't want independence. You still want to be tied. But that independence becomes something pretty valuable as you go through life.

Dorothy MacKenzie never thought she'd be able to say that when she lost her husband eight years ago. Left with two children and a gas station, she was bombarded with advice from well-meaning friends. "I took time off and quietly thought out their suggestions," she says, "but in the final analysis you have to make up your own mind."

Though it was by no means one quick step from being half - a - couple to becoming a strong single, Dorothy MacKenzie has made the adjustment. Now in her mid-forties, she's part of a new breed: the independent widow.

Grandma's Lib

Older widows are also liberating themselves, according to Loyola University sociologist Helena Lopata. In a study of 301 older widows in the Chicago area, she found only 22 living with their children.

"The tradition of the three-generation family where the mother is helping with the housecleaning and the cooking is simply passe," Dr. Lopata notes.

Most of the women she interviewed said they preferred staying as mistress of their own home to moving into a household where they'd have to abide by another family's rules.

"One woman told me she visits her daughter for a few weeks every year," says Dr. Lopata.— 'The last time she was there the daughter said, 'Mother, if you would just learn to keep your mouth shut you could live with us. And the mother said to me, 'Now tell me, how can I keep my mouth shut and live?"

Dr. Lopata reports that once modern widows get over their initial shock and grief, they work at maintaining their independence. Some seek ways to increase their ability to manage on their own; others find it thrust upon them. A woman in her sixties told the sociologist that her son insisted on teaching her how to drive. "It's the best thing he did," the widow said. "Now when I want to go somewhere, I can go by myself. I don't have to wait for people to take pity on me and come pick me up."

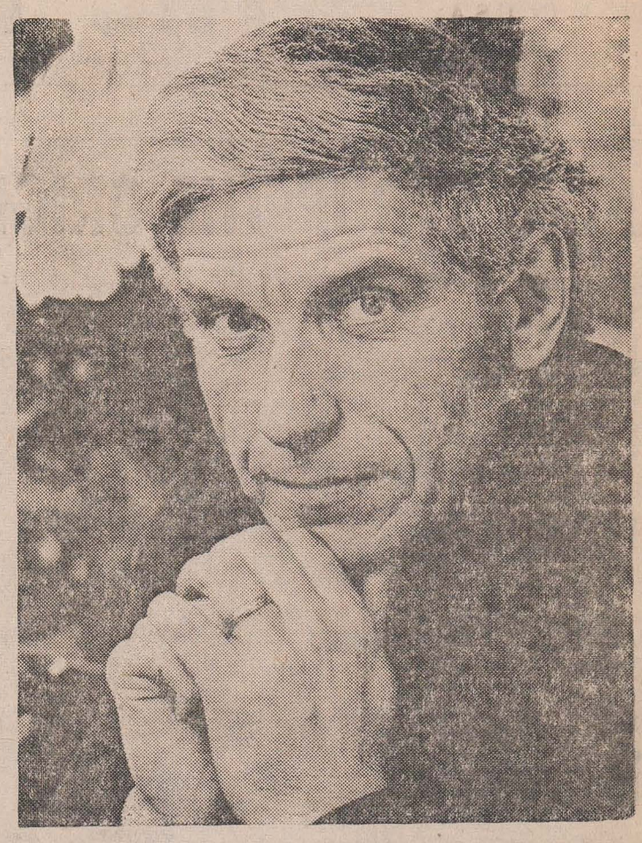
Second Marriages?

Now that it's acceptable in society for a woman to live alone, younger widows say they are not under as much pressure to remarry. Dorothy MacKenzie explains that while it "could happen" some day, "marriage for the sake of marriage doesn't particularly appeal to me."

Settled into a comfortable home life with her two teenagers, she worked as a telephone counselor with the "widow's Service Line" in this Boston suburb until the supporting grant ran out recently. Having experienced widowhood herself, Mrs. MacKenzie feels she can tell other bereaved women that "life does get better. It's not the same, but you will make a new life."

And, she reflects, the independent life can be a good one. "I don't want to give anyone the impression that we're happy we're widows. We'd rather have our husbands, but we can't and this is what we have and we're not unhappy about it."

MAN ALIVE



A familiar face to millions of Canadian TV fans is genial Roy Bonisteel, host of CBC-TV's highly acclaimed religious series, Man Alive (seen Mondays at 10:30 p.m. on the national network). Mr. Bonisteel, 43, is a former Belleville, Ont., newspaperman-broadcaster, and the first person to be appointed as National Radio Co-ordinator for the United, Anglican and Roman Catholic Churches in Canada.

Watch Out for the Women

(From The Glengarry News)

The Liberal Party in Ontario should not read too much promise of resurgence from last week's two-fold victory in the provincial by-elections. On the other hand, Premier Davis and his Tory government might quite justifiably view these twin setbacks as the forerunner of worse to come.

For the first time in thirty years two Conservative strongholds have gone Liberal and in doing so they have rejected very strong government candidates who are said to have been of cabinet timber. In rural Huron, farmer-auctioneer Jack Riddell had a clear-cut win in a riding where the Tories have had walkovers for generations. It was the same story in Toronto-St. George, another "safe" seat, where Margaret Campbell, 60, a former Conservative supporter and family court judge, won handsomely over Roy McMurtry, a lawyer-friend of Premier Davis, who had served as Conservative policy chief in the 1971 general election. He had been regarded as a sure bet for an ventual cabinet post, as had been the Huron condidate, Robert Southcott.

The victory of Mrs. Campbell intensified spectulation that she may be in the running for the Liberal leadership that Robert Nixon is scheduled to quit later this year. Mr. Nixon told Campbell supporters at a victory celebration that she would be "an excellent provincial leader".

Results of by-elections are often more unpredictable than those in province-wide or national voting, but Premier Davis must find little comfort in the results of these mid-term contests in which the biggest guns of his government proved duds. This was rejection, pure and simple, and he must now be aware as was Prime Minister Trudeau last October, that arrogancy and maladministration invite voter reaction that can come as an unpleasant surprise.

Mr. Tureau has been forced to shuffle his cabinet and adopt a completely new approach to government policy. Premier Davis may be well advised to follow suit, but his large majority in the Legislature may leav him impervious to the threat these by-election losses portend.

The voters in Huron and St. George may have been reminding him that seldom have so many members of a cabinet been caught in conflict of interest positions. They may have been protesting the imposition of regional government and other legislation that has removed local autonomy while providing no recognizable improvements. Extravagant spending in education, in the health plan and other Queen's Park policies are apparently more easily seen at the taxpayer level. Voter reaction may call for a new approach.

Premier Davis may take these by-election losses in stride, but we imagine he would be bothered by the prospect of fighting a general election against a Liberal party led by a woman. Mrs. Campbell may not even be interested in the Liberal party leadership, but it is intriguing to speculate on what might happen if she emerged as successor to Robert Nixon.

Any woman in that position could probably count on considerable province-wide support from the members of her sex. That could prove the straw that broke the camel's back, ending the overly-long sway of the Tories in Ontario.

YOURS SINCERELY

BY MRS. WELLWOOD ADAM

The month of March is always the month of the Equinoxial gales in the U.K. I often enjoyed propping myself against the 70 - 80 miles per hour wind as I leaned against it whilst making my way down the steep rocky path to the village below. My parent's home was built on the top of the cliffs where they had retired, and so looking across the turbulent seas of Port Erin, (south of the tiny Isle of Man,) which dashed against the rocks below, this often gave me a sense of freedom, for I was far away from the busy, everyday life of my own home. Coming back after my shopping, the strong winds would literally push me up the steep incline, and I was always glad of the force of the gale to help me up the rocky path. It never seemed to fail me, but I have heard since, over the years, that it isn't always a wise thing to lean against any wind from the sea, or to depend on it.

I quote from a story about this kind of thing: "The workmen were walking along the steel girders of a sky-scraper. I always expected to see one of them fall, for they seemed careless and nonchalant.

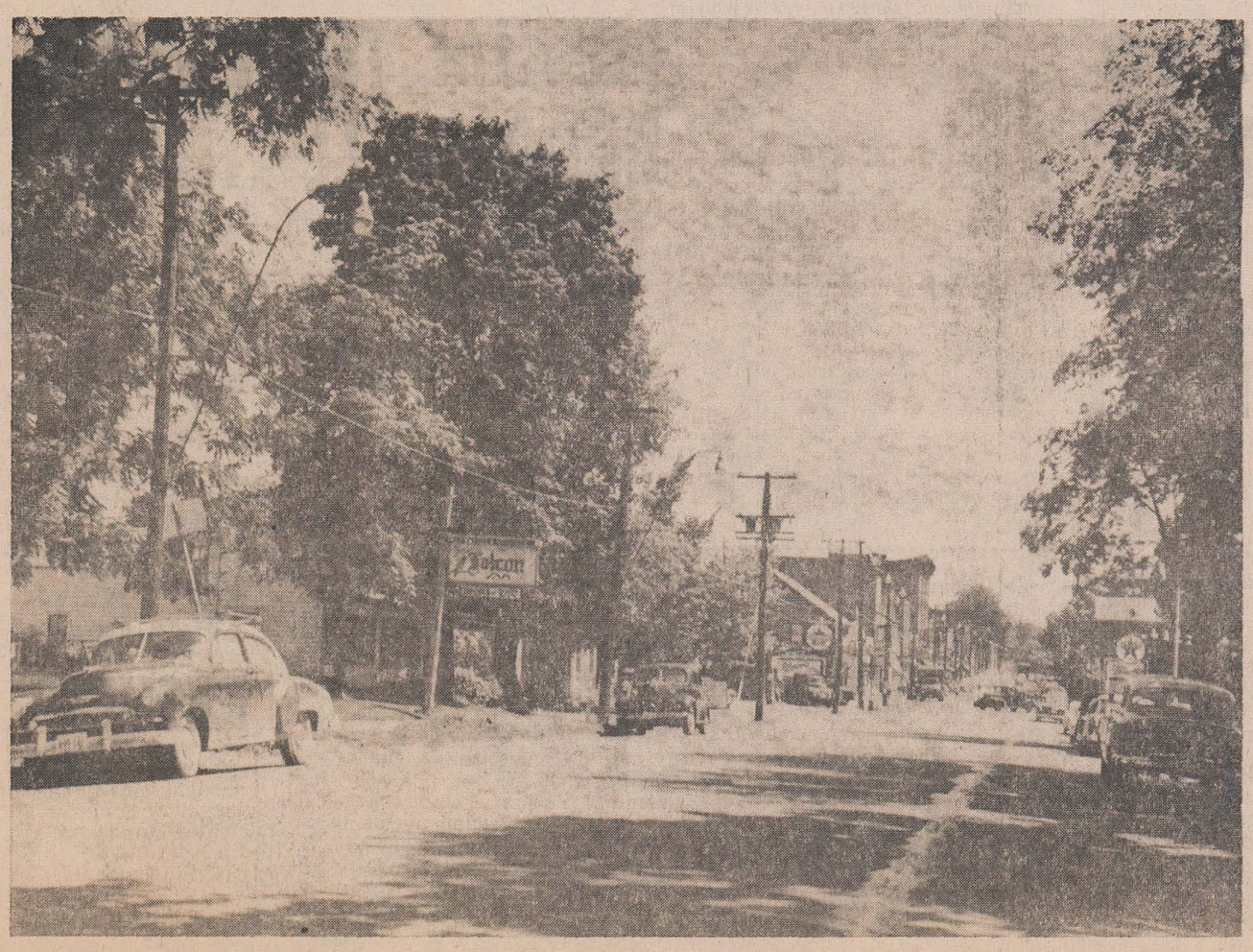
Then, one terrible morning I watched them for a while, and I saw what I had always feared would happen. A workman fell from one of those steel girders to his death in the street below. Shortly after, a man who seemed to be in authority came down from the top on a crude type of lift, and after looking at the now covered body, said, shaking his head, 'He was leaning against the wind! I told him to quit leaning against the wind! He was new at this game, or he wouldn't have done it.'

Later, I approached the foreman and asked him what he meant by leaning against the wind. He replied, 'Well, you see, along the coast here in the morning hours, there is a strong wind blowing from the ocean at 50-60 miles per hour, and a steel-worker high on a building of this type, gets to leaning against the wind. It's easier to work that way, you don't have to resist so much. But an experienced worker soon learns he dare not depend upon that wind, for it may drop at any minute, and then he topples to the ground. You can never depend on the stability of the wind!' "(end of quote).

Now, there is a parable for you, and me, too! How many of us get to leaning against life's winds, against something that, or someone who, is just as fickle or unstable or uncertain as the winds that blow. Take a different example altogether . . . a child who has depended too much on his (her) parents, either one or the other, no matter how loving or well - meaning. That child can carry that kind of fixation often through life, and so never really stands on his own two feet, and this can be quite a handicap in adult life. Take those who depend on their wealth, and while they have it, all is well. But take a period something like what was known as the Depression, in the 1930's . . . many lost their material possessions overnight, and a few were really done for. There are many other tragic instances that can happen in life, but space does not allow me to go on.

If some of us remain content to lean on others, then there will come a time when the building of one's individual character and integrity will be lost sight of, as the years pass. This kind of building leads to the kind of rocks of life worth leaning upon, I feel sure, in stead of the unstable and unreliable winds. These can suddenly, very unexpectedly let us down with a jolt. Life is, indeed, too short for any of us to treat daily experiences with indifference. — Would you agree?

MEMORIES OF THE OLD MORRISBURG



Our photo of old Morrisburg this week shows the entire length of the business section, now completely vanished from the local scene. "The Falcon" tourist home sign still remains, but immediately east of that, old No. 2 Highway bends around to its junction with Ottawa Street (Highway 31). The picture was taken about 1951. Copies of this and other photos in this series can be obtained from the Smith Photo Studio, in Morrisburg. Telephone 543-2873.

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The Morrisburg Leader

INCOME TAX TIPS

Q A great deal has been said and written about Valuation Day. When did Valuation Day occur and are many people affected by it?

A There were actually two Valuation Days. When we speak of publicly-traded shares and securities, December 22, 1971, was Valuation Day and for all other properties the date of Valuation was December 31, 1971. Most taxpayers are not affected by Valuation Day since the most important property owned by them is not subject to tax on capital gains. In most cases this includes a taxpayer's home and personal effects valued below $1,000.

Q Why was it necessary to have a Valuation Day at all?

A The purpose of Valuation Day was to ensure that no tax was assessed, or losses allowed, for any capital gain or loss which arose prior to January, 1972. Valuation Day was important only with regard to property acquired before January, 1972; there are no Valuation Day implications for property acquired on or after that date. It will be necessary to know the Valuation Day fair market value for any property owned on December 31 1971, in order to determine the amount of taxable capital gain or allowable capital loss if that property were sold or disposed of after that date.

Q Is it necessary for taxpayers to report Valuation Day fair market values to the Income Tax Department?

A There is no requirement for property owners to establish or report Valuation Day fair market values to the Department until a property is sold or disposed of. However, it would be in the taxpayer's interest to determine Valuation Day values as early as possible since the passage of time can make it increasingly difficult to do so.

Q Should a taxpayer establish a value upon his home?

A A person's home is not subject to capital gains tax and need not be valued provided it is used only as a principal residence which means any type of structure you own and ordinarily inhabit. One exception to this rule would be where a home is used partly as a residence and the remaining part is either rented or used to carry on a business. In such cases, the home would not be completely exempt from capital gains tax when sold and it should, therefore, be valued.

Q What if I own certain works of art such as paintings or jewellery, or how should I treat personal items such as an automobile or a boat? Should these items be valued?

A Works of art such as prints, etchings, paintings, manuscripts stamps, jewellery or coins are categorized as Listed Personal Property. If you own any of these which is worth more than $1,000, either as a set or an individual item, you should establish its Valuation Day value.

Certain items which you own chiefly for personal use or enjoyment, including all personal and household effects, automobiles, boats and similar items, are considered Personal Use Property. You need only establish Valuation Day values for personal-use property if it can be expected to increase in value and it is worth more than $1,000. In the vast majority of cases personal-use property will not increase in value and will not give rise to a capital gain when sold nor will capital losses be allowed for this class of property.

Q How do you determine what gain or loss should be reported?

A The new legislation applicable to 1972 provides that gains and losses on assets held at the start of the system may be measured against either their actual cost or their values on Valuation Day

DENTAL TOPICS

Supplied by The Canadian Dental Association

PRECIOUS METALS PRESERVE PRECIOUS TEETH

When decay begins in a tooth, it invariably spreads and never heals by itself.

The best remedy is to fill the tooth. If this isn't done, the tooth structure will be eaten away causing pain. The type of filling needed depends on the size of the cavity and the location of the decay.

Some filling materials are more costly than others, but there are other things besides preservation of the tooth to consider.

For example, while a gold filling will better preserve the toot' structure, most people would prefer a white one for the front teeth for a better appearance.

A silver amalgam filling in a back tooth may serve just as adequately as a gold one and at a considerably lower cost to the individual.

Some teeth may be too far gone for fillings, in which case your dentist may suggest that they be capped or crowned.

Before suggesting the type of treatment, your dentist would consider such things as appearance, cost, your oral hygiene and how you're likely to keep the teeth involved.

To keep costs down, nothing is better than good dental care, including regular checkups.

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• Assorted colours in sizes 7 to 16
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1.57 ea

BOY'S 100% NYLON
T-SHIRTS
Three styles to choose from.
• Short Sleeves
• Assorted colours in sizes 8 to 16
1.77 ea

MEN'S AND BOY'S RED SOLE
RUBBER BOOTS
• Black Rubber Uppers
Men's Sizes 6 to 11
2.77 pr
Boy's Sizes 1 to 5
2.47 pr

Men's and Boy's 100% Stretch Nylon
DRESS SOCKS
Assorted Styles and Colours
Men's Sizes 10 to 13
2 pr. 86¢
Boy's 8 to 10½
41¢ pr

LOCAL and GENERAL

On March 28th, Metcalfe Jets defeated Embrun 7 to 3 to take the best of 7 final series for the Gill Trophy 4 games to 1, for the second year in a row. Jets will now meet the winner of the Rideau-St. Lawrence League.

Mr. T. J. van der Zweep of R. R. 1, Morrisburg, Mrs. Ken Serviss and son Glenn of 66 Fifth St., are spending a 23 day holiday in The Netherlands, Freisland, Amelad of the North Freisian Islands of the North Sea, Germany and Belgium. Glenn Serviss will be celebrating his fourth birthday during the flight over the Atlantic.

Mr. and Mrs. Edmund Serviss, of R.R. 1, Morrisburg, have just returned from a two week holiday in the Barbadoes. The holiday was extended when their flight was grounded in New York City, and they enjoyed a two day visit at New York, until a flight could be arranged for Montreal.

Brian and Bobbie Lecompte of Ottawa spent last week with Alice and Russell Cameron. Other guests during the week were: Mr. and Mrs. E. Lamb of St. Bruno, Que.; Mr. and Mrs. Louis Lecompte, Louise and Nicole of Ottawa; Mrs. Robert Robinson and Roger of Cornwall.

Mr. and Mrs. Robert Black, Dave and Jim of Binbrook, spent the holidays with Mrs. Black's parents, Mr. and Mrs. Gordon Mulholland.

Lucky winners in the Morrisburg Lions 100 Club to date are the holders of numbers 80, 98, 87, and 63.

ANNOUNCEMENT

Mr. and Mrs. John H. Notman are pleased to announce the marriage of their youngest son, James Gregory, to Donna Sue McBryde, of Sanford, N.C. The marriage ttook place on Sunday, March 18th 1973, in Greensboro, N.C.

RECENT BIRTHS AT THE WINCHESTER MEMORIAL HOSPITAL

March 21, 1973 to Mr. and Mrs. W. Dick Bruining, Newington. A daughter.

March 22, 1973 to Mr. and Mrs. Yvon Racine, Winchester. A daughter.

March 25, 1973 to Mr. and Mrs. Siegar Mulder, Winchester RR3. A daughter.

VIEWS FROM SEAWAY HI

QUEBEC TRIP

During the week April 9-13th a number of Seaway students will be taking orders for personalized address labels. On each individual label is printed in "Roman Italics" your name, address and postal code.

Each booklet, containing "600" labels may be purchased for only $1.95. Not only is a purchase of this type valuable for the individual letter writer but is also very useful for the business man.

The students involved in the Quebec trip would appreciate your support as approximately 80c of every sale will go towards the financing of the excursion.

"Hello Dolly" Coming Soon

On Sat., April 7th at 8 p.m. "Hello Dolly" will be shown in the High School Gym for only one dollar for adults and a mere fifty cents for childen and students. The whole family can enjoy an evening entertainment. All proceeds will be donated to the "Students to Quebec City" field trip.

Hockey Tournament

Sat., March 31st, 1973. This is the date to remember. It is on this day, that a number of recently formed "All-Star" hockey teams will invade the Morrisburg Arena.

Included in the list of ice-hockey experts are the Hulbert Hackers, featuring several players presently touring Europe, the Stampville Stars, the Billi Burg Boys and the Morrisburg Manglers. It has been rumoured that R i c h a r d "Pumps" Baker, a former Morrisburg Pee-Wee "A" sensation, of not so many years ago, may be suited up for the big event. If, however pumps is not on the blue line for the "Manglers" we are confident of seeing him behind the bench or (laid out in the dressing room?)

Taking everything into consideration the day should provide some unusual and unbelievable hockey tactics. At any rate, it is an excellent way of winding up the 1973 hockey season. Admission 50c students and adults 25c for children. The first game is 10 a.m.

REPORT FROM QUEEN'S PARK

BY DON IRVINE
M.P.P. for Grenville - Dundas

Address: Frost Building South, Queen's Park, Toronto, Ontario. M7A 1Y7. Telephone: 416-965-6901.

On March 20th, the Third Session of this Parliament opened with the Speech from the Throne. This document, read by the Lieutenant Governor in an atmosphere of impressive pomp and colour, sets out the legislative intentions of the Government for the next several months. It covers an awful lot of ground and for that reason it traditionally seems a trifle vague. Of course, if it went into considerable detail, we would be there all night. This year's Throne Speech is no exception to the rule but there are nevertheless, many highlights of both a general and specific nature.

This Session will see a great emphasis on environmental and ecological matters, covering a wide area. These measures can roughly be grouped under headings such as anti-pollution, land use control and energy policy.

Under the general heading of land use control, the Government intends in the next short while, to introduce legislation to ensure preservation of the Niagara Escarpment. The total area that will be subject to various forms of planning and control, all in the public interest, will be in excess of one million acres. In addition, the Government plans to proceed with the Parkway Belt System, from Dundas near Hamilton, in the west to Oshawa in the east. While serving to provide a buffer zone to separate individual urban communities, it will at the same time provide open space and recreational land for urban centres and bring to a halt our spreading residential and commercial sprawl

Also under the same head is a program to increase Government activity in forest management. This program will include the regeneration of treed-out land, establish new forests on private land and improve conditions in existing forests.

A matter of tremendous interest to the public of Ontario, and particularly to farmers, is covered in a very brief three lines in the Speech, and that is the intention to take steps to ensure co-ordination of initiatives involving land use controls so that good farm land will always be retained for agricultural purposes and not disappear under miles of asphalt. This is a matter of great concern to our farmers, but it is just as vitally important to urban dwellers, whether they're entirely aware of it yet or not.

In the area of anti-pollution programs, our Government, as most people are aware, has been for some time a leader in the abatement of air and water pollution. The Speech from the Throne heralds new initiatives in the struggle to improve the quality of life in our Province. No one can doubht for a moment that noise is a very important and harmful form of pollution. In cooperation with the municipalities throughout the province, the Government intends to institute a noise abatement program.

Also in the area of pollution control, the Government is committed to introducing legislation on the very important subject of the disposal of solid waste, the elimination of derelict vehicles that scar our countrysides and measures to control the sale of pesticides.

In the area of energy development, the Government has clearly recognized the need to place questions on energy in a balanced social perspective where the environment as well as the economic interests of the people of Ontario are protected.

Perhaps most important of all these considerations of environmental protection is the decision to establish a permanent agency for ecological and environmental protection. This agency would have the responsibility of assessing and evaluating the activities of Government and the private sector, as far as their environmental significance was concerned. Presumably, they would be in a position to bring considerable pressure to bear where some form of environmental damage might occur.

Aside from the fact that it is clear that we will have another busy legislative session, I think that this Speech from the Throne clearly signals the changing priorities of Government into the 70's and beyond. Its emphasis on quality of life and protection of the environment is visionary yet does not set unattainable goals. There are, of course, many other areas of concern covered in the Throne Speech and I'll have more to say about those next week.

OBITUARY

D I E D — Whittle, Norman suddenly at Kitchener Waterloo Hospital on Sunday, March 18, 1973, following a heart attack. Norman Stanley Whittle of 195 Allen St. East, Waterloo, age 50. Born in Iroquois, Ont. son of the late Mr. and Mrs. Richard Whittle. Resident of the twin cities for the past 9 years, a member of the Church of The Holy Soviour, served with the R.C.A.F. during the second world war, a member of the Waterloo Legion Branch No. 553, and Superintendent of Cement Block Division of Hogg Fuel and Supply Co. Ltd., Waterloo.

Husband of Vera Baker, father of Dwain, Kitchener: Vernon, Toronto; and Heather at home. Brother of Richard, Luella, (Mrs. Jack Charbot) and Florence (Mrs. Orean English) all of Iroquois; Elizabeth (Mrs. Alex Armstrong) and Agnes (Mrs. Clayton Duvall) both of Morrisburg; Beatrice (Mrs Hyndman McMillan) Chesterville, Bernice, (Mrs Davic Cotie) Brockville, Ruby, (Mrs. Thomas McGurren) Toronto, and Kathleen (Mrs. Vernon Runions) Kitchener.

Funeral and commital service was at the Church of The Holy Saviour, Waterloo, on Wed. Mar. 21, 1973. Interment, Memorial Gardens.

SNOWMOBILE DEATHS SHOW BIG INCREASE

More snowmobilers have been killed in fatal accidents in Ontario up to the end of January during the current winter than in the 1971-72 season Analysis of these fatal accidents brings out one fact very clearly — the most important safety factor in snowmobiling is WHERE THE MACHINE IS OPERATED.

Out of a total of 31 snowmobile fatalities as of January 31, 1973, incurred during the current snowmobile season, 28 of these occurred on icecovered lakes or rivers and public thoroughfares. Out of possibly half a million people actively engaged in snowmobiling in Ontario, only three were involved in fatal accidents while operating their snowmobiles under reasonable risk conditions. A good safety record. But add the other 28 deaths incurred while operating on dangerous ice surfaces and pub lic thoroughfares and the whole picture changes. Snowmobiling then has the unenviable position of having the highest fatality rate of any outdoor recreation activity in Ontario.

There is no magic about a snow mobile. It is not amphibious nor can it compete with motor vehicles designed for public thoroughfare travel. A snowmobile is a motorized vehicle designed for travel on snow. Let's keep it there

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The Churches

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KNOX CHURCH, MORRISBURG
Rev. T. H. Boyd, B.Sc., B.D.
Mrs. J. DeGray, Organist

Sunday, April 1st, 1973—
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. LAWRENCE EVAN LUTHERAN PARISH

LENT IV, April 1/73—
St. Paul's—
10:00 a.m.—The Service.
11:00 a.m.—Sunday School.
St. John's—
1:30 p.m.—The Service and Sunday School.
Everyone Always Welcome!

THE UNITED CHURCH OF CANADA
Lakeshore Drive Church
Morrisburg, Ontario
REV. G. BRUCE, B.A., Minister
Mrs. J. Graham,
Director of Music

Sunday, April 1st, 1973—
10:45 a.m.—Sunday School
11:00 a.m.—Morning Worship.

MASS HOURS AT
ST. MARY'S CHURCH
MORRISBURG
SATURDAY — 7:30 P.M.
SUNDAY — 11:00 A.M.
IROQUOIS
ST. CECILIA'S CHURCH
SUNDAY — 9:30 A.M.

ST. JAMES ANGLICAN CHURCH
Rev. C.W. Earle, L.Th., Rector
LENT IV, April 1/73—
St. James—
8:00 a.m.—Holy Communion
9:45 a.m.—Sunday School.
11:00 a.m.—Holy Communion.
Wednesdays in Lent—
Holy Communion at 10:00 a.m. in the Chapel.
Holy Trinity—
2:30 p.m.—Evensong.

YOUR RED CROSS THANKS YOU FOR YOUR HELP

WILLIAMSBURG

Mr. and Mrs. Emerson Barkley and Kathy of Scarborough, Ont., spent a few days last week with the former's parents Mr. and Mrs. Bismark Barkley.

Mrs. Don Morrow and friend, Mrs. Robert Younge of Sharbot Lake and Mr. Sheldon Ball of Chesterville were Sunday guests of Mr. and Mrs. Bismark Barkley.

The spring Thankoffering auspices U.C.W. will be held in the Williamsburg United Church Hall on Wednesday April 4th at 8 p.m. Speaker will be Mrs. Douglas Hunter of Morewood.

Mr. and Mrs. Lorne Thompson of Chesterville accompanied by Mrs. Hattie Thompson and Lloyd spent the weekend in Waddington N.Y.

Mrs. Hubert Herriman and Scott spent 10 days in Daytona, Florida.

Miss Sherrie Pinkus spent a few days in Ottawa with Mr. and Mrs. Mark Viner.

Miss Millie Davidson of Oshawa spent a few days with her sister Mrs. Elbourn McIntosh.

Mrs. Fred Pinkus and Gloria spent a few days in Montreal recently.

Mrs. Graham Wells and Mrs. John Erratt, Miss Lynda Erratt were dinner guests of Mr. and Mrs. Gerald Erratt and formerly of Morrisburg

CRAFT HOUSE BESIDE THE BANK OF MONTREAL

OPEN HOUSE
APRIL 6, 7, 8, 9

FRIDAY, 9 A.M. - MIDNIGHT
OPENING OF PAINTING AND PHOTO EXHIBITS
FRIDAY AFTERNOON
LIVE MUSIC, 5:00 P.M. TILL MIDNIGHT.

SATURDAY 9 A.M. - 9 P.M.
CRAFT DEMONSTRATIONS
WEAVING, MACRAME, SPINNING, RUG HOOKING, GLASS BLOWING, WOOD CARVING, CHAIR CANING.

SUNDAY 1 P.M. - 9 P.M.
EXHIBIT OF BOTTLES
EXHIBIT OF ANTIQUES

MONDAY 9 A.M. - 9 P.M.
STEREO SHOW - MOVIES
EXHIBIT OF PHOTOS AND PAINTINGS OF OLD IROQUOIS

ON EXHIBIT ALL 4 DAYS
PAINTINGS BY M. WINSLOW, A. BAIN, E. HEIDERSDORF, J. McDIARMID.
PHOTOGRAPHS BY R. MARTIN.

CRAFT HOUSE
IROQUOIS, ONT. BESIDE THE BANK OF MONTREAL

THE LOYALIST HOTEL
FEATURING
THE BRISSON BROTHERS
WEDNESDAY, FRIDAY, SATURDAY, 9 P.M. TO 1 A.M.
FULLY LICENSED DINING ROOM

Time for a Car Check

Spring is almost here and summer can't be far behind! Time to start thinking about getting out the garden hoses, Spring cleaning and changing the storm windows to screens — again.

It's time too, for your car to be given a thorough going-over in preparation for these weekend excursions you're planning. The "old buggy" has just g o n e through a long, tough winter coping with freezing temperatures, ice and snow, salt and sand, and potholes. Winter can be awfully hard on cars and there is no guarantee that yours has c o m e through unscathed. There is a good chance, unless you get your car serveced on a regular basis, that it may no longer be completely safe.

About sixty percent of the cars, in provinces where there are compulsory safety check-ups, fail on the first test. That means that there are a lot of potentially dangerous cars on the roads right now. It's a fact that approximately ten percent of all automobile accidents annually in Canada are caused by mechanical malfunction. That's about 50,000 accidents a year. Almost all of these accidents can be traced to a lack of maintenance.

Car Check is a campaign sponsored by the Canadian Safety Council to remind motorists of the importance of keeping their vehicles in sound mechanical con dition.

"Motorists are legally and morally responsible for the proper upkeep of their vehicles whether or not there are compulsory motor vehicle inspections," said Bruce J. Legge, Q.C., President of the Council.

"Proper maintenance can make the difference in an emergency situation becausa all the driving skill in the world is of little help if the car does not respond as it should," added Mr. Legge.

Possible danger signals that you or your mechanic should look out for include: brake pedal sinking to the floor under light foot pressure; car pulling constantly to one side when braking; excessive play in the steering; vibration at 50-65 mph; steering column shimmies at high or low speeds; rear-wheel locking on light application of brakes; constant steering needed to keep car on the road excessive noise or whistling in the exhaust system; unusual adors inside the car; and inoperative directional signals.

Many of these danger signals may be missed because they develop gradually and motorists have a tendency to get used to them. Don't make this mistake. Have your car checked by a quali fied mechanic regularly and you can catch these faults before they can become serious. Remember, the above are only a few of the many problems that may be uncovered. That old saw about "an ounce of prevention . . ." is particularly applicable when dealing with a complex, potentially death-dealing, machine such as motor vehicle.

Regular safety checks and main tenance are the best insurance you can get for preventing accidents due to mechanical malfunction and for providing you with worry-free, dependable operation of your car. Get a safety check today!

The Valley Sportsman

Well if spring isn't here what is? Beautiful weather for the outdoors man but I still hear complaints from the skiiers, snowmobilers, an dsome ice fishermen. Let's face it. Maybe this is the start of something good. Just maybe we'll have a terrific summer. We could use one. I notice that my column on soft drink bottles was timely.

Surprising how many people have called me to say that my column did something about it. I can not take credit for that. I just happened to be lucky and write a column about a subject a few weeks before it hit the front pages I really don't believe that the Ontario Government is going to listen to the words I print in this column.

I have been asking various fishermen about techniques used in fishing and I have accumulated more than enough for one column so next week, I start with a new feature where by I will print one of these tips on fishing each week. Also, the garbage can of the week was a big success last year so now that the nice weather is here once again, let's revive it. Have you an award on littering or pollution you want printed? Just send the details to me and we'll award the Garbage can of the week award to them.

We have often heard and still here people talking out against U S. cottage owners Most of it boils down to saying that they should have a cottage on their own lake in the States. But I received a letter all the way from New Jersey asking me to tell this story. Now I am going to research this story and hope to do something about the situation. This man first of all is a bacteriologist and knows what he is talking about. He has a cottage on a well known lake in the Valley and he decided to help the environment out. The main worry for him was an open dump which had a high run off into the lake. He first approached the owner of the land but was told more or less to get lost. He then approached some of the area residents who were agree able to his idea. But alas, they could not help him locally and even went as far as to say "Don't waste your time on the local polition because they are friends".

Now what is a person to do? This gentleman took water samples and sent them to the labs in Ottawa. What came back shocked even me. I have the report in my possesion and the counts are higher than ones that closed down the Ottawa beaches.

Like I said, I am going to try to do something about this situation. But I am waiting for spring and with the aid of friends in a couple of government agencies we will take samples of this so called clear, fresh lake and we will give you the findings. In fact if the readings are as half as high as last year, there may be some very surprised people around this lake.

McMILLAN, Alice R.—At Winchester Hospital, on March 27th, Alice Retta McMillan, Williamsburg, in her 84th year, daughter of the late James and Marjorie McMillan of Dunbar. Survived by a sister-in-law, Mrs. E. McMillan of Dunbar. Funeral service Friday, March 30, at 2 p.m. in Dunbar Presbyterian Church. Interment in Old Union Cemetery, at Williamsburg.

GOOD FOOD VALUES

A REAL TASTE TREAT FOR SPRING! AT A REALLY LOW PRICE!

Whole Legs of Lamb LB 95¢

FRESH RIB-END	POUND	BURNS' CAMPFIRE BRAND	1-LB. PKG.
SIDE PORK - - - - -	77c	BREAKFAST BACON - -	89c
BY THE PIECE — SHAMROCK BRAND	POUND	BURNS' SHAMROCK BRAND	1-LB. PKG.
BURNS' BOLOGNA - -	53c	TASTY WIENERS - - -	69c
COORSH DELICIOUS	4 PKGS.	SWIFT'S PREMIUM MAC & CHEESE OR	POUND
SMOKED MEAT - - -	1.05	CHICKEN LOAF - - -	75c

ALLEN'S ORANGE OR
GRAPE DRINK
48-oz. tin - 3/1.00

SCHWARTZ' 3-LB. JAR
Peanut Butter 95c

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Tomatoes - 3/1.00

SCOTIAN GOLD 48-OZ. TIN
Apple Juice - 39c

BICKS'
Sweet Mix Pickles
24-oz. jar - 55c

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CHEESE SLICES
16-oz. pkg. - 99c

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Toilet Tissue - 35c

WESTINGHOUSE — 40s, 60s, 100s
LIGHT BULBS
2-PACK - 37c

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ICEBERG LETTUCE - - 33¢

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ORANGES DOZEN - 79¢	**CELERY** SIZE 24 - 33¢	**TOMATOES** POUND - 29¢

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MINISTRY OF NATURAL RESOURCES—

Weekly Report

THE AESTHETIC CURE FOR DRIFTS AND DRAFTS

By: Wayne Mutton, B.J.

Rural dwellers often feel sympathetically charitable toward the popoor souls living in those bare, bald, treeless city suburbs. The charity might begin at home.

Many rural residents live at the end of long, exposed driveways with only a few old shade trees near the house for shelter and aesthetic appearance.

Their wide open spaces may be as much a curse as a blessing, especially when storms and drifting trap them after every snowfall, and the wind, often perfumed by top soil from nearby fields, contin ually whistles under sills and doorways. The cure, although it takes patience, is simple and inexpensive.

—A Windbreak! — Windbreaks are rows of trees and shrubs planted strategically to deflect wind and protect desired areas. Not only do they reduce evaporation, wind erosion, snow drifting and protect crops, they frequently add grandeur to homes and buildings.

For example, when Mr. and Mrs. Herb McNabb moved to Eastern Ontario and were home-hunting, they chose a pleasant white frame home east of Winchester. They wanted a place with trees, and they got one, because someone almost 40 years ago took the trouble to plant rows of Norway spruce on the land. The house is now ringed with lines of stately trees aver 60 feet high. Their drive is open when other neighbours' are not, and they're cooler in the summer.

East of Morewood, Malcolm MacGregor's father planted rows of white spruce along the west side of his house and on the east side of his long lane. On a piece of stony ground in front he planted a block of Scotch and red pines. Today, the MacGregor lawns spread out from the house into the shadow of the green walls of the spruce and the lane is a stately avenue between towering pines.

Generally, windbreaks should be located 50 to 100 feet out from buildings on the windward side and should be planted in rows. Spacing of rows and trees depends on species used. In three-row wind breaks, the faster growing species such as Norway spruce, Scotch pin or Carolina poplar are planted in the middle with rows of white cedar or spruce on either side for protction. The rows should be at right angles to the wind which is usually from the northwest in Southern Ontario, but often L-shapd belts are used so as not to interfer with farm layout of cultivation of adjacent fields.

How does a windbreak control snow? If the prevailing winds during a storm hit a thirty foot high tree wall they will be deflected up and over increasing in velocity as they do. Once over the tree tops the wind will become "lazy" again and drop most of its snow because the difference in air pressure on the lee side will create a vacuum and an area of turbulence. Windbreaks should be located approximately 100 feet or more from a road that is to be protected since the snow will be dumped on the lee side for a distance of twice height of the windbreak, depending on the intensity of the storm, wind direction and angle.

Windbreaks can be designed to protect agricultural fields, fields with special crops, such as orchards, and areas where livestock graze. But it takes time. Owners must wait at least 15 years for the trees to reach a height where they will begin to be effective.

One of the best planned windbreaks is along a quarter mile of land running from Highway 17 to the home of Mr. and Mrs. Douglas Kyd, west of Ottawa. The belt, 60 feet out on the windward side is about 20 feet in height and the drive is kept clear of snow and drifts, except in one spot where several trees have died.

But, for truly grand windbreaks you have to drive west from the small settlement of Laggan, north of Alexandria. Almost every farm for several miles aonlg the road has some sort of shelter belt. One of the best systems surrounds the house and barns of Angus Urquhart giving them the look of a green-walled fortress. Down the road, Donald John McMaster's home and barns are surrounded by a network of 40 year old white spruce rows, cedar hedges and a "new" 10 foot high double row of spruce that just became effective this winter. John remembers a time before the windbreaks were high enough, when it was sometimes near impossible to get through the snow to the barn for chores.

If you're interested in planting windbreaks, remember all the trees you'll probably need can be obtained from the Ministry of Natural Resources for $10 or less and you could plant a lot of them in a day. Ministry foresters are available for advice on planning and there is a booklet, "The Farm Windbreak", available from Ministry offices.

But if you want to plant, order nursery stock right now. Applications can be obtained by writing or contacting your local office of the Ministry of Natural Resources To acquire nursery stock, you must own at least two acres of land exclusive of buildings.

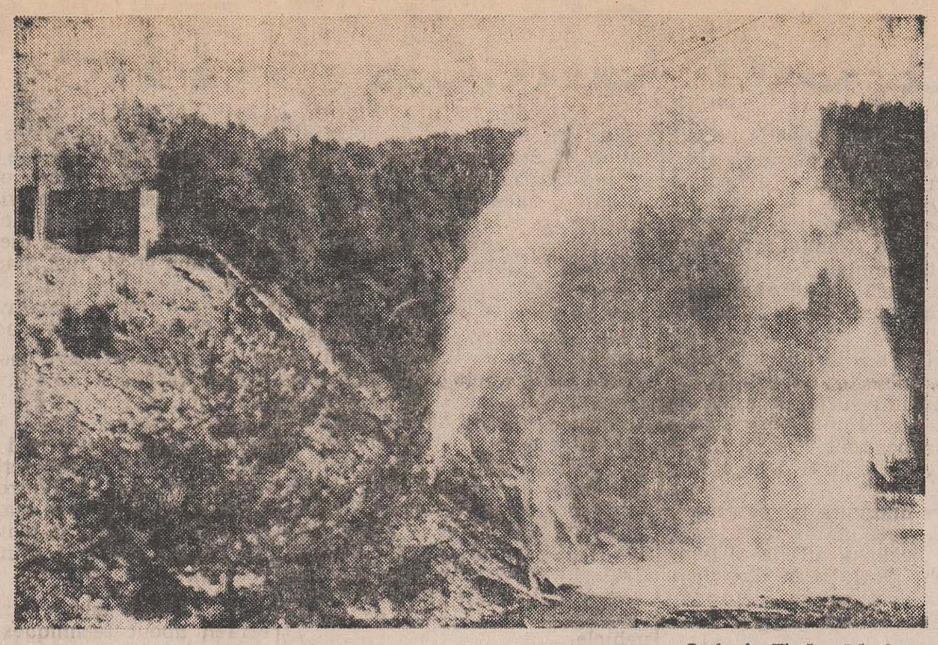
In a strange way, the windbreaks mentioned here are almost sad commentaries on our modern attitude to the future and our patience, compared to those of our forefathers. Most of the trees planted by grandfathers who knew they wouldn't be around to enjoy their stately windbreaks, but also knew that someone, perhaps their sons or grandsons would.

Their unselfishly given gifts were more beautiful than perhaps they even realized.

SURPLUS NURSERY STOCK FOR SALE

Our Provincial treet nurseries have extra supplies of Red Pine and White Spruce, 3 year old seedlings, available for planting this spring. These seedlings are provided for plant tion or windbreak purposes. Their sale under The Forestry Act, is restricted to persons owning two or more acres of land, exclusive of buildings. The purchaser is responsible for planting the trees.

Please contact your local Ministry of Natural Resources Office or the Tree Nursery at Kemptville for information on delivery and cost.



Ontario Hydro Photo

NORTHERN ONTARIO'S GEYSER

A compressed air plant built in 1909 and believed to be the last of its kind in the world is an attraction for tourists in the Cobalt area.

Ragged Chute Air Plant, eight miles south of Cobalt on the Montreal River, services a dozen mining companies where miners originally had to drill by hand. The plant was taken over by Ontario Hydro in 1945 along with other assets of the Northern Ontario Power Company.

Air is compressed by a method used in various parts of the world late in the 19th century. A column of water and air bubbles falls down a 351-foot shaft into a chamber, where the air separates from the water and is piped off. The plant has an output of 5,000 cubic feet of compressed air per minute at a pressure of 120 pounds per square inch.

A safety valve forms a 300-foot geyser of air and water, especially noticeable on weekends when the mines use a minimum of air.

HEALTH FOR ALL

THE REVENGE OF THE RE DMAN

The American Indians wrecked by he white man are having the last laugh in the Great Beyond.

Tobacco is the Indian revenge. Before Columbus, tobacco was un known to the white man. But explorers soon saw that Indians smoked the leaf in a Y-shaped pipe called a **tabaco.** Each end of the double-forked pipe was inserted into a nostril. In some places, though, Indians smoked tobacco leaves rolled with husks of corn. The white man sampled the stuff, liked it, and thereby put a curse on coming generations.

The Indians smoked for ceremonial purposes and as a symbol of goodwill. They also believed that tobacco had medicinal values. It was, in fact, primarily for this reason that explorers carried the weed back to Europe. The brainwash took so well that by the middle of the seventeenth century, a London doctor wrote a whole book on "The Wonderful Vertues of Tobacco." The overzealous physician recommended a drop of tobacco juice in each ear to cure deafness, a green tobacco leaf flat on the head to cure headache, and a tobacco leaf tied over a tooth to cure toothache. For a cough, he advised boiling tobacco leaves, shaking the syrup, and putting the mix ture on the stomach.

Doctors have learned a lot more about the effects of tobacco over the last three centuries. Now they know that smoking is a leading cause of emphysema, chronic bron chitis, lung cancer, coronary heart disease, and other diseases. But in the intervening centuries, smok ing has spread around the world. And there are still 45 million Americans who smoke cigarettes.

To avoid going early to t h e Great Beyond, find out ways to kick the habit from your local tuberculosis and respiratory disease association.

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The 2nd FORTY

Divorced Son

Dear Margaret Brookfield:

I've been a widow for three years. My only son was married about two years ago. From the start, I knew that marriage was no good. (The girl was the wrong type for my boy. She was sloppy, a terrible housekeeer, etc.) Time has proved me right, because they split up recently. Since I live alone in our big house and since my son is giving part of his paycheck to his wife, I suggested he move in here with me. (I even said it would cost him nothing.) He replied he'd rather get a room somewhere else When I told my son he wasn't being very practical under the circumstances, he became furious. Now he refuses to talk to me altogether. I still don't understand why. I was only trying to be a good mother. Maybe you could explain his ungrateful attitude to me.

T.Y.

Dear T.Y.:

Whenever a marriage falls apart — no matter what the reason — the two people involved need some time to sort out their feelings and to find a new stability. This could be why your son wants to live alone at this point. There are other considerations, too. Perhaps he feels that if he went back to live with you, he would in effect be returning to the same dependent status he had as a child. He might see this as giving up the adulthood and independence he achieved by leaving home in the first place. You could be a better mother if you acknowledged your son's needs to get his bearings in his own way, even though you'd like to have him at home wtih you again. (Right now he needs your understanding more than your cooking and cleaning.) Therefore you might drop him a note, indicating you've though things over and believe he's quite right about living alone. You might add he's welcome to visit whenever he wishes to. If you're a bit more casual about the matter in general, and don't keep breathing down his neck, you could have a better relationship with him in the long run.

—

Maturity Counts

(Note: We receive many letters from mature women who say they're afraid to go out and seek employment when their family responsibilities have lessened. — Here's quite a different kind of letter.

Dear Margaret Brookfield:

I know a lot of women over 40 hate to go job hunting because they think they can't compete with the younger girls and believe that employers don't want them. I think they should know that business often eagerly wants to hire the over-40 woman. I, myself, am a case in point. When my husband's engineering job came to an end, I applied for a bookkeeping position at a bank near our home. Much to my surprise, I was practically coerced into accepting the position of executive secretary to the senior vice president, even though I lacked both the secretarial training and experience. The vice president was eager to have a mature woman who could handle such confidential matters as salary, personnel problems, etc. I'm having a wonderful time working again. And I keep learning so much on the job.





TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Bobby looks sweet and shy and gentle, and he is.

This handsome little fellow has beautiful big blue-grey eyes, dark hair and fair skin with rosy cheeks. His background is Anglo-Saxon.

Bobby, four, is in good health but behind the average in general development. He was born prematurely and had an early hydrocephalic condition (abnormal build up of fluid inside the skull) which cleared up itself. Doctors say it is unlikely to reoccur. It is possible there may have been some slight pressure on the brain during this period.

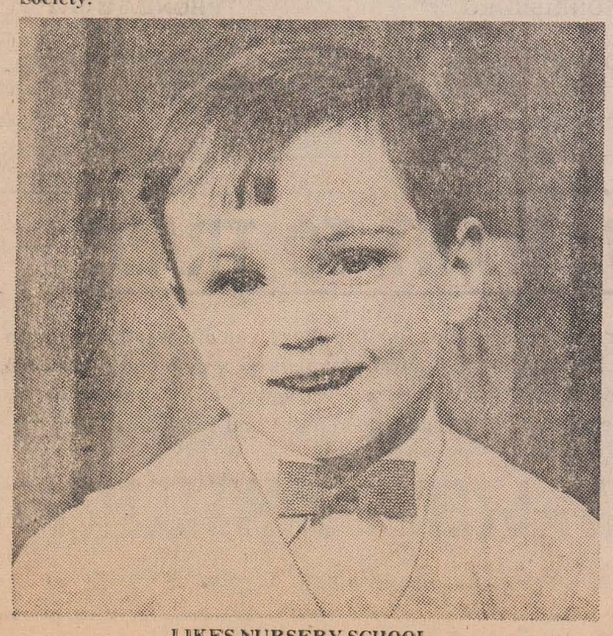
Bobby has been attending nursery school to give him extra stimulation. He is doing well there but is still considered to be a slow learner.

Quiet, co-operative and happy, Bobby used to be passive if another child took his toys or hit him. Now he has learned to stand up for his rights a bit, though still doesn't like to hurt anybody or anything.

With a good memory, especially for songs, Bobby picks up tunes fast and likes to sing the songs learned at nursery school.

Bobby needs parents who will give him stimulation as well as love and attention. He should be the youngest in the family.

To inquire about adopting Bobby, Please write to Today's Child, Box 888, Station K, Toronto M4P 2H2. For general adoption information please contact your local Children's Aid Society.



LIKES NURSERY SCHOOL

NOW HEAR THIS

Canada's only coast-to-coast native people's program OUR NATIVE LAND, originates live from St. John's, Newfoundland, on Saturday, March 31 on CBC Radio. Host Johnny Yesno's program will include excerpts from his visits with native students at the university and with native patients in the city's hospital.

THE BUSH AND THE SALON chronicles the comic-opera wars on the Aroostook River in New Brunswick in 1827 and 1939 between that province and her U.S. neighbour, the State of Maine, when it presents Thomas Lackey's, 'Stout Hearts and Nervous Arms'.

A sexy, wily witch and Satan match wits on 'Thesula' a light comedy on SUNDAY THEATRE. The object of the temptation is to get her to give up her immortality while she is interested in something far more rewarding. Dinah Christie, Mavor Moore and Gillie Fenwick star in this light-hearted play on Sunday, April 1.

IDENTITIES moves to Mondays and is extended to 90 minutes effective on Monday, April 2. It will continue to highlight ethnic activities in Canada and on this first program it will examine the Federal government's attitude towards multi-culturalism. To discover the views of ethnic Members of Parliament, Elizabeth Gray interview Paul Yewchuk (P.C. Athabaska), Jake Epp (P.C. Provencher), Elias Nesdoly (NDP Meadowvale) and Charles Caccia (Lib. Toronto-Davenport).

A man and a wife with a communications problem are the protagonist in 'Never Write To The Postman' by Michael Faure, on this first CBC PLAYHOUSE presentation. This program will be a regular Monday night feature presenting popular, light plays; dramatizations and original Canadian plays.

CBC TUESDAY NIGHT presents two features, appropriate to the Lenten season on April 3. 'Garden Varieties' is a 60 minuate radio poem by Phyllis Gotlieb based on biblical themes, interpreted by Maxine Miller, Ruth Springford, Richard Davidson, Don Young, Paul Kligman and Hugh Webster. Following is, 'Kruisweg' a modern musical setting of the Stations of the Cross by the modern Dutch composer Marius Monnikendam. Featured are conductor Elmer Iseler and the Festival Singers, the Boys of St. Simon's Choir, organist Ruth Watson, with reader Robert Christie and narration by Gordon Jones. Both items are produced by John Reeves.

Two new programs take the spotlight on Thursday, April 5. THEMES AND VARIATIONS is a two-hour long show about the making and performing of music, with musicologist and performer Dr. Timothy McGee as host. Following this will be MUSIC AND OPINION, a new musical quiz show that gives musicians a chance to defend their performances in a confrontation with the critics. This series is a must for record collectors.

Good listening.

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O.S.S.T.F. Honours "The Padre"



Rev. Dr. A. Marsh Laverty — — better known to thousands of Queen's University graduates as the Padre" — — is seen receiving the 1973 Lamp of Learning Award in Toronto from Douglas Dinsmore, right, president-elect of the Ontario Secondary School Teachers' Federation. The award is presented annually to a non-teacher who has made a major contribution to secondary education in Ontario.

□

The Ontario Secondary School Teachers' Federation has bestowed on a United Church Minister and Kingston school trustee the highest honour it can pay a non-teacher — the Lamp of Learning.

Rev. Dr. A. Marsh Laverty, Queen's University chaplain, received the Award at the Annual Dinner of the O.S.S.T.F. Annual Assembly in Toronto.

O.S.S.T.F. President, Daryl Hodgins, noted that Dr. Laverty is better known to thousands of Queen's University graduates as "The Padre". First appointed to the position in January, 1947, Dr. Laverty was the first chaplain by Queen's or any other Canadian university.

The Lamp of Learning Awad, presented annualy since 1950, recognizes contributions to secondary school education by an individual who is not a teacher.

Dr. Laverty became actively involved with education in 1951 — the first year in which he was elected to the Kingston Board of Education. As a board member he is completing 23 years continuous service first with the Kingston Board and since 1967 with the Frontenac County Board of Education. Reviewing the years Dr. Laverty said he became involved because he, "had some feeling of confidence and an inclination to help students".

His record bears this out:

- Except for the Board's Advisory Vocational Committee on which he has served for a number of years, Dr. Laverty has been chairman of all board committees several time He was also chairman of the old city board, and, in 1972 was chairman of the Frontenac County Board of Education.
- Long before there were secondary school liaison officers at universities, Dr. Laverty was accepting invitations to secondary schools around the province to discuss university preparations with students. These visits total more than 600.

As a member of the Association of College and University Chaplains he has spoken to university groups across Canada and to schools including Cornell, Stanford, West Point, and Yale in the United States. His most recent activity in this field was a keynote speaker at the annual meeting of the Service for Admission to College and University for Canada held in Saskatoon in February, 1973.

Over the last three years Dr. Laverty has worked with a number of Queen's student volunteer to pioneer a canoe-tripping experience for under-privileged young people. Through speaking engagements, he has raised $24,000 to cover the operating expenses of this project which has involved more than 400 young people and 75 volunteers.

The Ontario Secondary School Teachers' Federation, which represents approximately 35,000 secondary school teachers across the province, is the largest of five teacher federations in Ontario.

Give Blood
CALL YOUR RED CROSS

ADELAIDE DANIELS SAYS



FOODAHOLICS OF THE WORLD, UNITE

A long time ago, some people compassionate to the cause of those who could not fight it alone, got together and formed an organization that has since performed thousands of miracles. I am referring, of course, to Alcoholics Anonymous.

They have saved lives, kept families together and prevented men and women from losing their jobs when it became impossible to retain one's dignity in the face of this all consuming problem.

But what about the Foodaholics of this world?

Yes, I can assure you there are thousands of them. People becoming steadily more obese, unable to control their cravings for something sweet, something savoury, just something. As there are "speed addicts", so are there "chocolate addicts". Over and over again I hear stories of people who hide a supply of chocolate bars under the mattress so they won't have to get out of bed when they wake up in the night hungry. Now, doesn't that parallel the secret drinker?

Obese people are discriminated against, like any other minority group. I know. Having lost over 100 lbs. myself, I shall never forget the humiliations and rejections I suffered in those days. Fat people use food as nervous people use tranquilizers. As with drugs, or alcohol, it becomes an addiction. But this "addiction" you can't do without. Everyone needs food, but unfortunately where most people just need it, foodaholics crave it.

The success of AA is that it is a group of people, with the same mutual problem. Caring, sharing and helping each other constantly. Giving each other a real boost in moments of weakness, motivating each other when the going gets tough, keeping in touch both by 'phone and at their regular meetings, and generally keeping up the morale of people who backslide so easily.

The same principal applies for us. Foodaholics have nothing to hide from each other. We all know the agony, and it is agony, of being faced with an ice cream sundae or a piece of pizza, the shame of our children when they don't want us to go to Open House at School. When we get together in classes we are all brothers and sisters with the same addiction, food. We need, and respond to, the same motivation. We need to be bullied, cajoled, and praised when the results come.

Luckily, foodaholics can and do help each other, day after day. My life is constantly enriched when I hear success stories from across Canada from people who have kicked the habit, learned the rules of sensible eating, and are now looking forward to spending the rest of their lives healthier, happier, without any of the shame or physical dangers of being overweight. Without any of the shame, or misery of being unable to control their cravings. Free from this, they are openly, joyfully, "on the wagon".

Adelaide Daniels, creator of the Canadian Family Meal Plan for Weight Watchers and author of Adelaide Daniels Weight Watching Cookery.

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CARDS OF THANKS

Many thanks to all who remembered me with cards, visits, gifts and flowers during my recent stay in hospital. Thanks also to Dr. Chande and the nurses on the first floor for their kind and efficient care.

BRODER MILLWARD.

13p.

I wish to express my sincere thanks to all those who remembered me with cards, letters, gifts and visits while a patient in Winchester District Memorial Hospital. A special thanks to Dr. Domanko, the Drs. of the St. Lawrence Seaway Clinic and to the nursing staff on First Floor. Sincere thanks to Rev. D. L. Gordon and Rev. John Boehmer for their visits and prayer.

ALICE I. CASSELMAN.

13p.

We wish to thank our friends and neighbours for their lovely gifts in honour of our 56th wedding anniversary, which was celebrated at our home on March 21, at Glen Becker.

HOWARD AND RITA SADDLEMIRE.

I would like to thank all those who were so kind to us, at the time of the death of my father, Mr. Charlie Pyke. Special thanks to those who donated to the Heart Fund, and many other kindnesses shown to us.

Mr. and Mrs. Leland VanAllen and Family.

13c.

HELP WANTED

BABY SITTER for 2 pre-school children 5 days a week.
PHONE 543-2187.

13p.

WAITRESS WANTED for full time work. Apply at
ROMEO'S RESTAURANT,
Morrisburg, Ont.

13tfc.

SWIMMING INSTRUCTORS and BEACH ATTENDANTS — The Morrisburg Recreation Committee requires qualified Swimming Instructors and Beach Attendants to work this summer in the waterfront program at the Morrisburg Beach. Please send applications to Rev. F. L. Howald, Recreation Director, Morrisburg Ontario.

13c.

NOTICE

TO
ALL ORGANIZATIONS
OR INDIVIDUALS
interested in
"OLD HOME WEEK '73"

The First Meeting will be held in the Civic Centre on Tuesday evening, April 3rd, at 8:00 p.m.

Bob Mattice
Chairman

Les Cruickshank
Co-Chairman.

TO RENT

APARTMENT TO RENT — Suitable for couple. Hot water heated. All modern services. Garage Immediately available. Along Highway 2, between Iroquois and Cardinal. Telephone:
LONG SAULT 534-2621,
After 7.00 p.m.

13tfc.

CRAFT HOUSE

IROQUOIS SHOPPING PLAZA

Books on hand: Nunaga, by D. Pryde $1.95; Wheel, by A. Hailey $1.75; Poseidon Adventure $1.25; Guiness Book of Records $1.50; The Hindenburg $1.95; Historical Atlas of S. D. & G. $12.50; Dundas by James Croil $10.00; Up The Front (Morrisburg) $3.95; History of Cardinal $3.00; Back issues of National Geographic Magazine bought and sold.

Between The Bank of Montreal and The Iroquois Post

OPEN HOURS:— Mon. thru Sat. 9—6; Sun. 1—5; Friday Evening till 9:00.

TELEPHONE 652-2177

IN MEMORIAM

SIMSER — In loving memory of a dear mother and grandmother, Mrs. Ruth Simser, who passed away so suddenly March 30, 1972.

Loving and kind in all her ways,
Upright and just to the end of her days;
Sincere and true, in her heart and mind,
Beautiful memories she left behind.

—Doris, Gerald, Brian & Cheryl

13c.

FOR SALE

'68 PLYMOUTH SATTELITE 4-Dr. Sedan. P.S. & P.B. Will trade for ½ Ton.
PHONE 535-2522.

13-14p.

COMMERCIAL FLOOR POLISHER. Used only once. Reasonable price.
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13p.

1965 FORD GALAXIE 500. Auto. P.B. and P.S.
PHONE 543-2846.

13-14c.

SPRUCE, SCOTCH PINE AND MAPLE TREES for spring planting. Apply
CLAIRE DAFOE,
Church Rd. Phone 543-2465.

13tfp.

TYPEWRITERS: Manual Remington, Underwood, Royal. From $20.00 to $50.00.
PHONE 543-2818.

11-14p.

VACUUM CLEANERS and FLOOR Polishers. Will demonstrate in your home.
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13-15p.

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6tfc.

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HOUSE FOR SALE IN MORRISBURG on Augusta Street.
PHONE 543-2129.

5tfc.

IN BRINSTON— 1½ storey frame and aluminum home consisting of 3 bedrooms living room, dining room and eat-in kitchen. Taxes only $102.00. Heating cost for year $125.00. Priced at only $8,000.00 All offers considered. For further information, call Lorne G. Crabbe, Limited, Realtor 925-3759 or write P.O. Box 1029, Prescott, Ontario.

13c.

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on new
BEAVER HOMES**

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Applications will be received by

C. C. HART, Principal, Cornwall Collegiate and Vocational School, 437 Sydney Street, Cornwall, Ontario

DEADLINE FOR CLASSIFIEDS IS TUESDAY NOON IN THE LEADER

COMING EVENTS

**FASHION SHOW
EDIE'S HOUSE OF FASHIONS
presents
SPRING FASHIONS
sponsored by
KNOX WOMEN'S CLUB
Civic Centre, Morrisburg
APRIL 4th, 1973 — 8 P.M.
Refreshments and Door Prizes**

12-13c.

EUCHRE

In the Fraternal Hall on April 4th under the auspices of I.O.O.F. — Prizes and Refreshments.

13p.

ANNUAL MEETING

The Morrisburg and District Pre-School will hold their annual meeting Thursday, April 5, 1973, in the Council Chambers, Civic Centre at 8 p.m. Annual reports and election of advisory board. Interested persons are invited to attend.

13c.

CLOSING BANQUET & DANCE

Saturday, April 14th, at 7:00 p.m. at the Curling Club. Please see Bert Tippins or Graham Houze for tickets. $3.00 each for dinner — $5.00 each for dinner and dance.

13-14c.

LENTEN SUPPERS

A series of Lenten Suppers will be held in St. James Hall at 6:00 p.m. on March 28th, April 4th and April 11th. Menu includes meat loaf etc., casseroles, salads, dessert, pie etc. Admission is $1.50 for adults, $1.00 for children.

11-4c.

RUMMAGE SALE

The United Church Women will hold a Rummage Sale in the Civic Centre on April 27th from 10:00 a.m. until 9:00 p.m.

13c.

CANCER LUNCHEON

April 18th, 12:30 p.m. Presbyterian Hall. Special Guest Speaker. Kickoff to campaign. All Welcome Tickets available only from team captains. $1.75 each.

13?c

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IROQUOIS — 2 miles west on 260' x 360' lot — a 3 bedroom frame home, new O.F.A. furnace, new chimney, large kitchen with dining area, livingroom, two piece bathroom on main floor. 20' x 40' shed has new roof. Garage. $15,000.

MORRISBURG — One mile north on Highway 31 — nicely landscaped 200' x 200' lot with a neat frame 3 bedroom Bungalow, O. F.A. heating. Tiled and wall-to-wall carpeted floors. 4 pc. bathroom with vanity. Modern kitchen with dining area, 14' x 18' livingroom, 8' x 12' shed. Garage. Plus a lot 200' x 200'.

MORRISBURG— 4bedroom Family Home, planned and finished for convenience and easy care. Den, Diningroom, Livingroom with fireplace. Gas hotair furnace, Rec. room, TV. tower. Garage. Landscaped lot 83' x 120'.

SALESMEN:

John Allison	**543-2989**
Alton Bolton	**543-2002**
Harold Fisher	**543-2213**
Bill Marshall	**543-3200**

MIXED STAG

For Faye Henophy and Rick Froats. Friday, April 6th, 1973, at The Villa Nova, Ingleside. Music by The Country Ramblers, 9:00 to 1:00. Buffet lunch served.

13-14c.

MARCH 31st — MIXED STAG

In honour of George and Violet Baker's 25th Wedding Anniversary. Featuring Kenny Wise 9 to 1. Morrisburg Legion. Buffet will be served.

13c.

**WILLIAMSBURG FIRE DEPT. ANNUAL SPRING DANCE
on
SATURDAY, APRIL 7th, 1973
at
MORRISBURG CIVIC CENTRE
Music by Ken Wise & Third Addition. Refreshments and Lunch. $2.00 per person advance or $2.50 at the door.**

13-14c.

**CRAFT HOUSE
In the Iroquois Shopping Plaza
OPEN HOUSE
FRI., SAT., SUN., MON.,
APRIL 6 — 7 — 8 — 9
Demonstrations of:**

- ☐ WOOD CARVING
- ☐ SPINNING
- ☐ WEAVING
- ☐ MACRAME

7-13c.

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 Jack pot game. Winner-take-all game.

TENDERS ON DRAIN

TOWNSHIP OF WILLIAMSBURG

Sealed tenders, plainly marked as to contents, will be received by the undersigned, up to 12:00 noon on the 7th day of April, 1973, for the improvement of the Allison Drain.

Plans and specifications may be obtained at the office of the Engineer, Stidwell & Associates Ltd., 107 Sydney St., Cornwall, Ontario.

A certified cheque in the amount of 10% of the tender price must accompany each tender.

Lowest or any tender not necessarily accepted.

(Signed),
KEITH SCHELL, Clerk,
Williamsburg, Ontario.

12-13c.

ANNUAL MEETING

WINCHESTER DISTRICT
MEMORIAL HOSPITAL
MAIN CONFERENCE ROOM
TUESDAY, APRIL 3
1973, AT 8:00 P.M.

BUSINESS

To Elect Governors, to Receive and Adopt the Financial Statement, and to Consider and Transact Such Other Business as may be Brought Before the Meeting.

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

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

H. P. STEL,
Secretary,
WINCHESTER DISTRICT
MEMORIAL HOSPITAL

Dated at Winchester, Ontario, this 5th day of March, 1973.

12-13c.

WANTED TO RENT

WANT TO RENT 2 BEDROOM Bungalow or 2 bedroom Apartment in area of Morrisburg, Iroquois, Cardinal or Ingleside for April 1st or May 1st. Phone Collect:
1-824-6620.

11-14p.

SECOND MORTGAGES

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No Hidden Charges
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Phone 774-2606 or write:

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STORMONT, DUNDAS AND GLENGARRY COUNTY ROMAN CATHOLIC SEPARATE SCHOOL BOARD

TENDER

SPORT SUPPLIES

Sealed tenders on the above will be received by the Business Administrator no later than 16:00 hours.

WEDNESDAY, APRIL 18, 1973

Persons interested in bidding on this tender are requested to obtain the necessary tender forms from the Purchasing Department, 408 Twelfth Street West, CORNWALL, Ontario, referring to Tender No. 11 - 1973.

**MAURICE G. VARIN,
Purchasing agent.**

13c.

CHECK AND COMPARE PRICES ANYWHERE!

BILL MARCELLUS

MEAT

LAMB CHOPS Lb.	85c
BAR-B-Q STEAKS Lb.	89c
COUNTRY STYLE SAUSAGE Lb.	45c
RIB STEAKS Lb.	99c
LEGS OF LAMB Lb.	99c
FROZEN RASPBERRY SHORTCAKE Each	$1.29

IN STOCK

WELL AGED STEER BEEF

Sides	83c
Hinds	98c
Fronts	74c

Cut and Wrapped for Freezer

Open Hours:
Thurs., Fri. — 1:00 to 6:00 p.m.
Sat. - 8:00 a.m. to 6:00 p.m.
Until Further Notice

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13c.

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MON., TUES., THURS., SAT. — 9:00 A.M. TO 5:00 P.M.
FRI. — 9:00 A.M. TO 8:00 P.M. — CLOSED ALL DAY WED.

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