THE IROQUOIS POST

VOLUME LI-No. 28 | Second Class Registration No. 1361 | Iroquois, Ontario, Wednesday, December 27, 1972

HAPPY NEW YEAR



HAPPY NEW YEAR

Celebrate... a New Year dawns! Gather with friends to welcome it. We're thankful for all you've done.

TO SUBSCRIBERS AND FRIENDS

OPINIONS...

THE EDITORIALS

...WORTHY AND OTHERWISE

The Iroquois Post

AND MATILDA ADVOCATE

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"Thank You"

Just where one begins in looking back over a 12-month period of living is difficult. With an attitude that speaks optimism, looking back can bring the frustration of not remembering all the details we had hopefully stored away for an easy recall.

But in our busy daily lives we become so wrapped up in next week, next month and next year that we tend to forget the happenings of each day as we have lived it. Each in our own way, stores away a sufficient storehouse of fond memories with delight in the knowledge that they will someday bring us abundant pleasure.

And so it has been with this writer...perhaps a bit too busy to have had time to look at the beauty of every day as it passed, and the fond memories that the people we have met and worked with, have given us. Given freely and with kindness and understanding . . the ingredients, well mixed, have made their impact upon our lives.

In most communities the weekly newspaper is something akin to the tune of that community. If the paper is dead, so is the community, and if the community is aloof, so is the paper. Or on the other hand one could look at it and say that if the community is alive, so is the paper. And if one or the other isn't, then there is much to be corrected.

As we go through life we learn that these corrections take place almost daily and we too as individuals, as well as communities, must change with the times. It can be hard to let go for some; it can be just as hard for others to take hold. Our lifespan is a continuing series of letting go and taking hold and that is what makes life so interesting.

So it goes with this newspaper. We have at all times tried to give everything an honest effort. Perhaps at times, not strong enough- or hard enough, or soft enough, but we have tried. The reason we've tried to make this community and the area a better place for all of us, is perhaps from a sense of awareness that each of us has a job to do...in our own way. By doing our job, in cooperation with others, gains can be made in any direction.

Along the way, these past 12 months we have had a lot of help in preparing and presnting the community with a newspaper. Many have contributed, whether it be in reporting news or in supporting us with advertising. It takes us all to do the job.

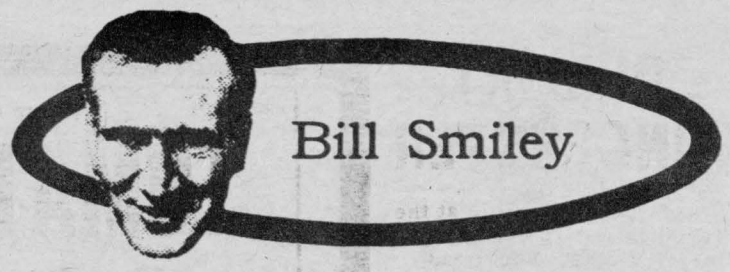
As this year ends and we look again to the future, perhaps there are no better words to be said than a truly heartfelt "Thank You" to subscribers, advertisers, reporters and many, many friends who make The Post possible.



BELATED GREETINGS!

THAT'S MY STYLE

By Bill Smiley



Don't be surprised if you don't get a Christmas card from me this year. Just keep expecting, and it may roll in sometime between Valentine's Day and Easter.

I wish I could blame it on the postal workers, who are the latest villains in everybody's piece, but I must be honest and blame it on the Smileys.

Dilatory, procrastinating and just plain lazy are adjectives that could be applied to us with impunity. And even with relish, if your tastes lie that way.

As I write, I can see from the corner of one eye 140 exam papers to be marked in three nights. As I glance from the opposite corner of the other eye, I can see a blizzard that has been going on for six hours. Neither of these sights is inclined to make one's goose hang high.

However, "Life is the life" as my daughter remarked at the age of six, and it's been a family motto ever since. I'm not sure what it means, but there is something very profound behind that simple observation.

It's really my wife's fault that Christmas is not all teed up and ready to be sliced into the rough.

Normally, she's sitting around brooding about Christmas, this time of year. But this year she's sitting around brooding about NOT brooding about Christmas.

How could anybody blame the poor kid because she's not fretting about the holiday season?She has this teaching position, you see, and there simply isn't time to worry about anything else. It's a tremendous load.

She has to get up at the crack of about 8.30 to put her hair in curlers, you see. Then she has to trudge through the snow for 94 yards, snow-plowed, to get to work. There, she teaches for 35 solid minutes. Most of the afternoon is spent preparing next day's lesson. Most of the evening is spent in describing to me the horrors and delights of her "day" in the classroom. Who has time to worry about Christmas decorations, cards and such?

So, we have once again made our annual vows. No cards, no Christmas presents, no time-consuming, silly decorations.

I can just see us now. December 22nd we'll be up all night writing cards, licking and stamping envelopes. On December 23rd, we'll be dashing around town, pawing through the left-overs for gifts. And on December 24th, I'll be taking the name of the Lord and most biological functions in vain as I try to prop up a skimpy tree with a butt as crooked as the leg of a goat. The tree, not me.

On Christmas Eve, when most people are going to church, or listening to carols, or sitting by the fire, I'll be in the kitchen, up to my elbows in turkey dressing. I always get this job.

And I know why. Nobody can turn out a stuffing like yours truly. I like it neither dry nor soggy, but moist, and with a life of its own. I use the standard ingredients: fried onions and celery, bread crumbs (real, not bought), and a good dash of everything in the spice cupboard, from tabasco sauce to chili powder.

Add half a pound of butter, melted. Toss in some ground chicken or turkey gizzard, with the water it's been boiled in. And every time you have a shot of rye, give the turkey one.

That means that you'll get up in the morning on equal terms, and after the bird has got over his hangover, you'll have a real, live bird, with a personality all his own, on your hands. It does wonders for the inhibited dinner guests, too.

I've heard good teetotalers say, after three helpings of my dressing, "Wow, one more of those and I could fly". It's most distressing when they try it. Keep a

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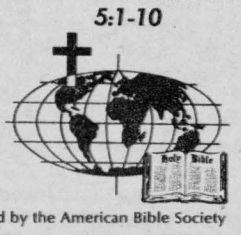
No! But it took the Scots to remind the world how friendship reaches across the passing years. As the ball of light falls over Times Square once again millions of hearts will stir to the familiar strains of *Auld Lang Syne*.

Other precious values reach across the passing years. One of them is *faith*. At its simplest it is man's awareness of friendship with God. At its noblest it is man's confidence that time will unfold new experiences of God's affection for us.

Something else reaches across the passing years. It is *worship*. Its moods and forms may gradually change . . . from the cathedral chant of the middle ages, to the simplicity of the cottage prayer-meeting—even to the rhythmic beat of so-called contemporary services. But worship itself does not change. In whatever mood or form, man expresses his devotion to his Lord.

And whatever may have been your spiritual tempo, the New Year in the churches of our community offers new incentives, deepening opportunities, in faith and worship.

- *Sunday* • *Revelation 11:15-19*
- *Monday* • *Revelation 22:16-21*
- *Tuesday* • *I Peter 2:4-10*
- *Wednesday* • *I John 4:1-11*
- *Thursday* • *James 1:2-18*
- *Friday* • *Hebrews 3:1-6*
- *Saturday* • *II Corinthians 5:1-10*



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Scriptures selected by the American Bible Society

DIED AT WINCHESTER

Teusday, Dec 19, 1972 at the General Hospital after a lengthy illness, Viola A. Beckstead, Aged 79, beloved wife of the late Charles Stacy Fisher, survived by a daughter Mrs. W.D. Hogg (Phyllis), son Allan and three grandchildren. Funeral service was held at St. John's Anglican Church at 4P.M. Dec. 21, 1972, cremation Pinecrest.

Card of Thanks

The family of the late Viola A. Fisher wish to extend their deep appreciation to the many friends and neighbours in Iroquois and district, who through their visits, cards and flowers made her long stay in hospital brighter. During the past difficult days, the many acts of kindness, the expressions of sympathy, the floral tributes and the great thoughtfulness of these friends and neighbours has made our loss more bearable; thank you all.

A special thanks to Rev. Allan Rogers and Rev Brian Gee, Dr. J.G. Marston, the Hospital Auxiliary and the nursing staff of One East, Winchester Hospital.

Mr. and Mrs. C.A. Fisher
Mr. and Mrs. W.D. Hogg
Karen, Donald, Leigh.

A very sincere "Thank You" is expressed to the many kind friends who sent flowers, cards and treats while I was in Kingston General Hospital. Each of these were messages of kind memories and will long be recalled for their throughtfulness.
Ken Kirkby

FOR RENT

HOUSE to rent. Available Feb. 1, 1973. 3 bedrooms, forced air furnace, bathroom, hot and cold running water. References required. Elmer English, RR2, Iroquois.
28-1c

Heaven's very special child

A meeting was held quite far from earth,
"It's time again for another birth"
Said the Angels to the Lord above,
"This special child will need much love"
His progress may seem very slow,
Accomplishments he may not show,
And he'll require extra care
From the folks he meets way down there.

He may not run or laugh or play
His thoughts may seem quite far away
In many ways he won't adapt
And he'll be known as handicapped.

So let's be careful where he's sent
We want his life to be content
Please, Lord, find the parents who,
Will do a special job for you.

They will not realize right away
The leading role they're asked to play,
But with this child sent from above
Comes stronger faith and richer love.

And soon they'll know the privilege given
In caring for this gift from heaven.
Their precious charge, so meek and mild
Is Heaven's very special child.

Reprinted from the Cornwall & District Association for the Mentally Retarded Dec. newsletter.

Aylmer Fancy 48oz. tin
TOMATO JUICE
3 for $1.00

Oriental Sweet Mixed Red Marachino 12oz.
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Emporer
RED GRAPES
lb 49¢

Hayhoe 100's
TEA BAGS
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Fascination ½gal.
ICE CREAM
89¢

Florida size 125's
ORANGES
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Joy 24oz,
LIQUID DETERGENT
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Chase & Sanborn
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Gattuso Plain Queen
OLIVES
12oz. jar
49¢

We also have a large selection of assorted drinks, chips and nuts

Bugles, Whistles or Pizza Spins
PARTY SNACKS
49¢

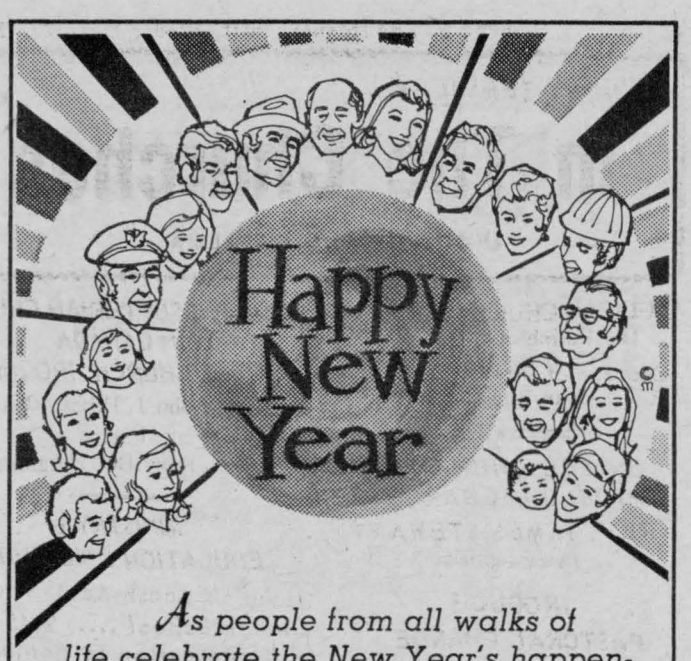
Frozen Food
Carnation Shoestring
FRENCH FRIES
2 lb. pkg. 49¢

Aylmer Tomato or Vegetable 10oz.
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Coorsh 20 oz.
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Frozen Canada Grade 'A'
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HAPPY NEW YEAR
SAVERS' FOOD STORE
THE SIGN OF SAVINGS
IROQUOIS PLAZA



As people from all walks of life celebrate the New Year's happenings in our community . . . we extend gratitude to all our patrons.

From The Management and Staff at

VICE FURNITURE

Winchester, Ont.



It's time to ring out our wishes for health, wealth and happiness for specially nice friends and customers.

From Everyone at

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Let every month become an exciting beginning! Warm thanks for your support.

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May it hold the beginnings of new friendships, keep you in good health and heighten happiness everyday of the year. Our pleasure is serving you.

The Management and Staff at

FETTERLYS'

Highway 2 at Carman Road Iroquois

Freeze Pastry Now Ready To Bake, Serve

Cooking and entertaining take time, but you can prepare for the busy Christmas season now, say food specialist at the Ontario Food Council. They suggest making and freezing pastry ahead of time, ready to use when you need it.

There are two ways to do this: blend pastry and shape into balls or roll out dough and place in pie plate, then store in freezer. Make the balls of dough the size you will require, wrap individually in plastic film, put in a plastic bag, label and date. When ready to use, take the number of pastry balls required from the freezer, thaw, then roll, shape and bake. If you prefer, roll and shape the pastry immediately after blending. Put rolled dough in pie plates, place a film of plastic between and stack, then wrap, label and freeze. Unbaked pastry will store for about 1½ to 2 months.

If you want to have some fruit pies on hand, prepare them now and freeze. Fruits that darken when frozen - such as apples - should be dipped in ascorbic acid, using ¼ tsp. per pint of water. Do not vent top crust. Sprinkle the bottom crust with flour or brush with raw egg white to keep it from becoming soggy. Approximate storage time for unbaked fruit pie is 3 to 4 months.

To serve, remove wrappings, vent top crust and bake, unthawed, in a 450° oven for 15 to 20 minutes; reduce heat to 375° and continue baking about 25 minutes.

Fruit pies may be baked before freezing, but they take a long time to thaw. Freeze fruit pies before baking for best flavor and texture.

Custard-typy pies, such as pumpkin, do not freeze well. Prepare the shell ahead of time and freeze, then add the custard filling and bake.

Personal News Items Are Always Welcome At The Iroquois Post!

HARKNESS HISTORY of THREE UNITED COUNTIES - 1946

NOW TAKING ORDERS FOR FACSIMILE EDITION

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GREATER GOALS in the NEW YEAR

May the coming quests be even more astounding! To one and all, many thanks.

STYLES & McINTOSH

Iroquois Shopping Plaza

Keeping 360-65 Happy

"Well, I don't think we have to worry about machines taking over," said a forest technician who had just finished a short review course for scalers at the Larose Forest Headquarters.

"You can't get a computer to walk around the forest measuring logs," he chuckled.

Maybe not, but one computer - IBM 360-65 in a government building in Toronto somewhere - is making hundreds of Ministry of Natural Resources scalers go back to school, even if it's just for one day.

Everyone wants to keep 360-65 happy about the information it's getting. Take your average human machine. Ver-ry unreliable unit at times. There he is, clipboard and tally sheets in one hand, pencil in the other in front of a pile of freshly-cut logs in the bush. Maybe it's four below and he's shivering, maybe a mosquito sinks in just as he's about to write a zero which ends up looking like a figure six. Back in the office he might forget to write in the code number for his district in the district code box. Tiny mistakes that are very infrequent and are always caught, but which may cost a minute's delay when one of the four keypunch girls in Toronto converts the information on the new special scaling tally cards to a computer card. 360-65 doesn't like delays. That's why scalers like the 16 who attended the Larose Forest review course are double checking the proper way to make out the new tally sheets.

Computers aren't taking over, but they are changing the complexion of many government jobs, including some in the Ministry of Natural Resources. The Ministry manages hundreds of thousands of acres of Crown Land and county and township forest land across Ontario. When it's time to thin stands or harvest mature trees, local companies bid on contracts and begin the cutting operation. The volume of timber that piles up on the skidways has to be measured before being shipped to the mills - and that is the job of the scalers. Some companies have their own scalers and the Ministry scalers double check so neither the company nor the taxpayer loses. In the timber business scaling is a crucially important job, especially when the margin of error must be low and like last year, approximately 400 million cubic feet of timber for primary use by industry is involved.

No one, especially scalers, really scoff at computers. With simpler tally sheets to complete and less arithmetic and writing to be done, everyone is happier. Tally sheets pour into Toronto from all over the province and 360-65 does all the addition, estimating and calculating with all the required variations in a flash. Before, harried scalers far too busy to keep a running count of each company's volume, had to spend a month including many weekends preparing figures and invoices at the end of the fiscal year. Now volumes are calculated and invoices sent out monthly from Toronto to each company. Overtime is kept to a minimum and scalers are freed for other Ministry jobs. And the computer doesn't make mistakes. Every twist and variation of measuring any species of log volume has been built into its scaling program, plus safeguards to double check.

Just as important, the Ministry has at its finger tips precise records on every phase of the public land timer harvest in Ontario for the past five years. The information is available instantly for research and program planning.

Everything is speeded up. Some timber companies are processing logs the same day they are cut in the forest. Also with monthly invoices the government collects almost immediately and avoids losing the interest on money it once had to wait for because of a slower system. With a large part of the pulpwood harvest measured by weight now at weigh scales where company and Ministry scalers are on duty, the timber industry is moving faster and more efficiently.

No wonder everyone wants to keep 360-65 happy.

Adequate Diets Important For Horses

There's more than words in the saying "He eats like a horse." Just like humans, horses need to be fed regularly, three times a day. They also need diets that will keep them fit, the same as we do.

Keep in mind that with two horses fed the same ration, one may stay thin and the other grow fat, so adjustments have to be made for each animal. For idle horses and ponies, pasture or good quality hay will provide enough protein and energy to keep them in shape. Approximately 2 pounds for 100 pounds of body weight maintains condition and provides a sufficient level of vitamins to meet their requirements. A lower hay allowance and some grain can also be supplied if properly balanced; e.g., 1.5 pounds of hay and .2 to .3 pounds of grain for 100 pounds of body weight.

Storage of hay decreases vitamin levels drastically. After more than 6 months storage, it may be necessary to add a vitamin supplement, especially vitamins A and D.

If horses are fed mature, poor quality hay, they will need an added grain ration of $\frac{1}{4}$ pound grain for 100 pounds of body weight. Rolled or crimped oats, rolled barley, coarsely cracked corn, linseed oil meal and/or soybean oil meal can be used.

A horse that is ridden or driven for several hours must have additional energy. This can be obtained by decreasing the hay ration and increasing the grain allowance. The average pleasure horse, ridden at a fast trot, cantering, jumping or performance training for an hour daily, needs about 1.2 pounds of hay and .8 pounds of grain for 100 pounds body weight.

Horse rations should be balanced according to the animal's mineral requirements, especially by adding calcium and phosphorus to the grain. Salt, trace-mineralized or cobalt-iodized, should be added to the grain mix at 1 lb. for 100 lbs. of grain. Salt and minerals should also be offered free choice at all times, since minerals, particularly salts, are lost through sweating. The amount and ratio of mineral added depends on the quality of the feed and the individual horse. Under most circumstances, a mixture of 1/3 salt and 2/3 steamed bone meal or dicalcium phosphate will be adequate.

Horses and ponies require 8 to 12 gallons of clean, fresh water each day. Allow them free access, except when they are heated after exercise or riding.

Horses used for breeding purposes require higher levels of protein than idle horses. Mares need additional feed for development of the fetus and for lactation after foaling. Stallions require more grain to maintain breeding soundness. To promote optimum growth, sucklings should be creep-fed a well-balanced grain mix. Weanlings and yearlings need approximately the same level of nutrients as a horse at light to medium work for maximum development.

Any changes in rations should be made gradually to prevent digestive disorders such as colic. Feeding is one important aspect to consider in maintaining your horses and ponies in top condition.

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25hp.ER $750.00
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These machines all carry full warranty

SAVERS'

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SUNDAY SERVICES

In The Churches

IROQUOIS AND MATILDA

ANGLICAN CHURCH OF CANADA
The Parish of Iroquois
Diocese of Ottawa.
Rev. Allan Rogers, Rector

UNITED CHURCHES
MATILDA CHARGE
REV. JAMES STEWART

IROQUOIS
PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. W. Brian Gee, B.A, B.D., ThM.

9:30 a.m. Worship in White Church
11:00 a.m. Worship in Iroquois

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG
REV. JOHN DEPATER
Minister

REGULAR HOURS FOR SERVICES

HAPPY NEW YEAR FROM ALL THE CHURCHES



THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH, IROQUOIS
The Rev. John J. Hibbs, B.A., B.D
Pastor
Mrs. Ruby Bell, Organist

MINISTRY of EDUCATION & WORSHIP
Midweek Youth-Adult Program
Church School ..... 9:45 a.m.
(Kindergarten to Senior)
Worship Service .... 11 a.m.
(Supervised Nursery Class)

You Are Welcome To Share In Our Ministry And Outreach

ST. ANDREW'S CHURCH
SOUTH MOUNTAIN
Mrs. Arnold Shaver, Organist
9:30 a.m.
Service and Worship
Adult Study Group 10:30 a.m.
WELCOME

ST. MARY'S CHURCH
Morrisburg, Ontario

ST. CECILIA'S CHURCH
Iroquois, Ontario

New Year's Masses
Morrisburg:
Sun. Dec. 31, New Year's Eve
7:30 p.m. (This does not fulfill your Sunday Obligation)
Mon. Jan. 1, New Year's Day
11:00 a.m.
Iroquois:
Monday, Jan. 1, New Year's Day, 9:30 a.m.

May the Peace of Christmas remain in your hearts, and in your homes -Father O'Connor.

Donald Irvine, M.P.P.
Report from Queen's Park

I am sure no one who has been following newspaper front pages these last few weeks has escaped the widespread comment on the "denturists" issue. It is probable that no other legislation in this session has received more publicity. Today I'd like to try to sort out the sequence of events and explain the governments position on this matter.

The Ontario Dental Association like many other professional organizations such as doctors, lawyers, architects and accountants is empowered to take action against anyone who practices any form of dentistry without a license from the Association. The purpose of these laws is to protect the public against untrained practitioners. It is felt that these professional organizations have the experience and knowledge to develope qualifications and standards in the public interest. Acting under its authority, the ODA over the last couple of years has taken court action against a great number of denturists who were supplying false teeth to the public directly. The ODA takes the view that this constitutes the practice of dentistry without a license.

The making of false teeth is one thing but the proper fitting of these teeth in the patients mouth is quite another. Denturists have little formal training and are educated on an apprenticeship system. In law there is no such thing as a "denturist" and it was therefore necessary for the government to step in, in an effort to clarify the situation. Accordingly last spring the Minister of Health introduced a bill in the legislation which created the new profession of "dental technologist and among other things would have permitted people who qualified to deal with the public directly. It was established by the Minister at the time that the bill would not be proceeded with until the late fall in order that the government could receive and consider the views of everyone concerned.

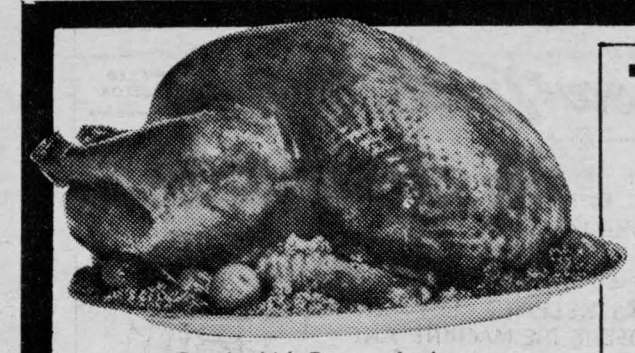
During the summer many briefs were received and studies carried out including and extensive look at the experience of other jurisdictions. After evaluating all this information, the Minister was convinced that the new profession should practice insofar as the fitting of dentures was concerned only under the supervision of a dentist. There are two basic reasons for this.

The first is that proper fitting of false teeth requires substantial training and knowledge. Improper fitting means not only extreme discomfort but can and usually does result in permanent damage to gums, bone structure and even the jaw hinge itself. This damage is progressive and can't be reversed. We must remember that only 6% of dental practice is involved with dentures and as dental hygeine improves this figure will go lower and lower. To provide the extensive educational facilities to train an estimated twenty-five denturists per year is impractical.

The second reason is a social one. We believe it is wrong to encourage a double standard of service to the community. To permit denturists to deal directly with public, having in mind their lower qualifications, could mean one group could perform this service for those wealthy enough to afford it while the other, less able, would be available for those less fortunate.

The solution which the government believes is the proper one

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Grade 'A' Brome Lake

DUCKS lb 67¢

Grade 'A'

CAPONS lb 59¢

TURKEYS

Grade 'A' 20 lbs up

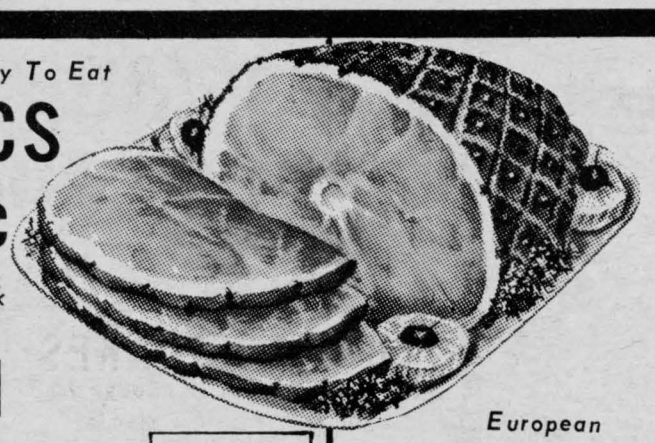
lb 43¢

8 to 20 lbs.

lb 47¢

Burns Ready To Eat

PICNICS lb 69¢



Burns Short Shank Skinless

HAM

SHANK END **lb 67¢**

FILLET END **lb 77¢**

½ HAMS **lb 85¢**

European

Polish Coil lb 79¢

Red Brand Beef

Round Steak or Rump Roast lb $1.19

Fresh In Shopsy's Fresh Sliced PASTRAMMI

Vancouver Fancy Meat Co.

Garlic Ring Or Beer Chubs

Holiday Spec. reg. $1.09

Special 89c

Frito-Lay 10 oz. bag

POTATO CHIPS

reg. 69c **49¢**

Burns S.P. ½ Cryovac

Cottage Rolls lb 79¢

Fresh EITHER END

Leg of Pork lb 79¢

Boneless

Leg of Veal lb $1.39

Aylmer 19 oz.

CHOICE PEAS 26¢

Breakfast

BACON

ALL BRANDS

lb 89¢

FRESH

Spareribs lb 79¢

York 12 oz.

KERNEL CORN 18¢

York 19 oz.

PORK & BEANS

3 TINS 69¢

SCOTT

PAPER TOWELS pk 39¢

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TOMATO JUICE

The Cadillac of Tomato Juices

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HAPPY NEW YEAR!

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GRAPES lb. 39¢

FLORIDA

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GREETINGS

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Cola $1.19
(wist or Stick)
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. Bag A.P. Grind
'EE 85c
10 oz. Mandarin
NGES 29c
12 oz. Marachino
RRIES 49c
b. Bag All Purpose
JR $1.69
3 oz.
e-Mate $1.09
1 lb.
Lard 32c
ainer
stic $1.09
1 lb. Soft
arine 47c
Block Pure Vegetable Oil
GARINE 89c
oz. Jar Dry Roasted
JUTS 88c
'RUIT CAKE
59c - 2 lb. $1.09
3 lb. $1.59
oz. Pure
ge Juice 78c
ular 2 for
Tissues 39c

BAKERY

Betty's
JELLY ROLLS — 35c
Wonder
RYE BREAD — 29c
YULE LOG CAKES
A wide selection to choose from for your Festive Meals
Christie's Brown and Serve ROLLS 39c
Willard's Dozen
CAKE DO-NUTS — 69c
Betty's or Christie's 24 oz.
BREAD — 4/99c
Betty's 3 dozen
DINNER ROLLS — $1

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Provigo Frozen 12 oz.
Orange Juice 39c
McCain (Poly Bag)
Green Peas 59c
McCain 2 Lb. Poly Bag
Mixed Vegetables 59c
York 15 oz.
Sliced Strawberries 49c
Rich's 2 lb.
Coffee Rich 45c
Sou Sea 2s
Shrimp Cocktail 82c
AM ½ Pt.
Fresh Oysters $1.28

McLaren's 12 oz. Tall Jar
SWEET GERKINS
(Baby Size)
67c

Holiday Menu* Makers*

Libby's 14 oz. Fancy
CREAM CORN
3 69c

Aylmer 15 oz.
TOMATO CATSUP
36c

TOALL

HANESVILLE

Mr. Clifford Fader has been off work from the Caldwell Linen Mill owing to sickness.

Mr. Johnson Fader spent the week-end with his brother Mr. and Mrs. Clifford Fader.

Sorry to hear Mr. John McGowan a patient in the Winchester Hospital. We wish him a speedy recovery.

Mrs. Jno Thompson has been visiting Mrs. Ben Johnston while Ben is in the hospital.

Owing to the big storm on Saturday, everyone was glad to be indoors.

WINCHESTER HOSPITAL BIRTHS

December 15/72 Mr. & Mrs. Daniel Clost, Winchester, Ont. A Son
December 16/72 Mr. & Mrs. Robert Smith, Chesterville, Ont. RR#3 A Son
December 16/72 Mr. & Mrs. Jan Woldike, Inkerman, Ont. A Daughter
December 17/72 Mr. & Mrs. Robert Larose, Chesterville, Ont. RR#2, A Son
December 17/72 Mr. & Mrs. Gary Saunders, Winchester, Ont. A Daughter
December 17/72 Mr. & Mrs. Brian McMahon, Crysler, Ont. RR#4 A Son

Indoor Gardening- Forcing Bulbs

There are several types of flowering bulbs that are easily grown to brighten lackluster winter days. Daffodils, narcissus and hyacinths are the most popular ones to force into bloom. It's an easy process to grow bulbs this way if you remember to prepare them properly. This means providing conditions similar to those they are used to outdoors, but over a shorter period of time, says R.F. Gomme, horticultural specialist, Ontario Ministry of Agriculture and Food.

1. To ready bulbs for forcing, they need at least a couple of months cold temperature. Fill 5 or 6 inch pots half full with soil, then set the bulbs in place, spacing about ½ inch apart. Cover them with soil so that only the tips show. Water the bulbs thoroughly and put the pots in a cool storage area, such as a cellar, unheated garage or extra refrigerator. Keep the soil slightly moist at all times to prevent the flower buds from dying.
2. When the pots are filled with roots, bring them into subdued light at a temperature of 50° for 2 to 3 weeks to develop top growth and accustom themselves to light. Then move them into full light, but not strong sunlight, at 60°. Too much heat or too early forcing may ruin flower buds.

If you want to force a large number of bulbs, place the pots in a trench in the garden for the cooling stage. Cover them with a layer of leaves and sand to make them easier to remove when you want them. It is also a good idea to cover the trench with wire mesh to prevent hungry mice from damaging the bulbs.

To prolong the flowering period, bring plants out of cool storage in succession.

Personal

The Rev. John Hibbs, Elizabeth Drive, will be visiting with his parents in Galt over the Christmas week, through December 29th.

Snow Trails

BOB BREWSTER OUTDOOR EDITOR Mercury Snowmobiles



ADELAIDE DANIELS SAYS



BEWARE OF HEALTH FOOD FADS

Buying so-called health foods can prove a costly way to obtain a balanced diet despite what the food faddists preach.

In case you're wondering whether your family wouldn't be better off on these 'healthier' foods, consider the following statement:

> Organically grown health foods are neither safer nor more nutritious than any other food, according to Dr. James F. Richards, associate professor of food science at the University of British Columbia and president of the Canadian Institute of Food Science and Technology.

Dr. Richards made that statement in Vancouver, during November, and went on to say that people are being scared away from the ordinary food on market shelves by misinformation spread by food faddists. These people contend that certain health foods are also wonder foods and that additives placed in ordinary food to prolong shelf life are harmful.

And you know what? It's just not true — the traditional approach to nutrition isn't outdated. A balanced diet of fresh meat, fruit and vegetables is still a balanced diet.

Let's take a look at some wonder foods recently resurrected as nature's cure-alls. You know the ones — brewers' yeast, blackstrap molasses, sunflower seeds, wheat germ, honey, cider vinegar and the like.

For a start, blackstrap molasses, according to the Health Protection Branch of the Department of National Health and Welfare, is a source of available iron but offers little else. Meat, eggs and green vegetables are just as good and rather more appealing, as well as superior sources of other nutrients. And there is *no* substantiation for claims that blackstrap molasses can cure ulcers, cancer, varicose veins or arthritis.

And so on with the others in that list. They're fine as foods if you like them, but there are more appetising sources of essential nutrients.

Now for additives, used to improve the texture and stability of foods and to preserve them by controlling the growth of yeast, bacteria and mold, prevent fats from turning rancid and prolonging shelf life.

"Some people like to make statements that additives in commercial food are poisonous. Well . . . most chemicals are if used wrongly," says Dr. Richards.

But the Health Protection Branch safeguards what additives can be used in what foods and for what purpose in what amounts after carefully studying the results of many tests — and if an additive might prove harmful, the manufacturer is not permitted to use it.

Moral of the story: nutrition is a science and it's essential to health, especially for anyone losing weight.

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

SPORTS - SLANTS

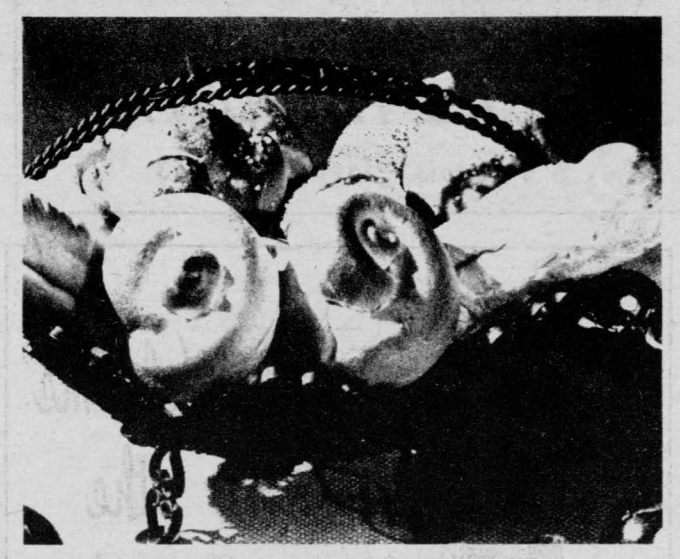
Views & News By Leo Debellefeuille

The Tri-County Snowmobile Association recently held a very successful meeting at MacDonell's Inn at Eamer's Corners, on Dec. 12th. All those in the Tri-Counties interested in snowmobiling and snowmobile clubs attended in large numbers. The meeting consisted of a report from the president on 1972 activities. A financial report was presented and the election of officers for 1973 were conducted. The splendid evening concluded with a film on snowmobiling. It would be a sound idea if such a gathering and organization were formed in Iroquois.

Joe Louis was awarded the Edward J. Neil Memorial Trophy for his all-round contribution to boxing 31 years ago. The Brown Bomber was the first man to win the award by acclamation.

Doug Bentley, one of hockey's greatest little campaigners, died of cancer on Nov. 24th at the age of 56. The Pony Line of Doug and Max Bentley, along with Bill Masienko was one of the best forward lines ever to play in the N. H. L. Doug was selected four times as a member of the All Star Team.

Doug Bentley was the third N. H. L. star to die within the past month. The others were Walter Brodo and Bill Durnan, all members of Hockey's Hall of Fame.



There's a possibility that Bill Flett may require a knee operation.

Steve Durbano, the former bad boy of the Junior OHA and now a rookie defenceman with St. Louis, has contacted mononucleosis and will be lost to the Blues for some time.

Pittsburgh's Civic Arena continues to be a "haunted House" as far as the Philadelphia Flyers are concerned.

The Flyers have won but one game at the Igloo since they entered the league in 1967. They have a miserable record of 1-11-8 over a five year period.

Hockey fans in the NHL have not seen too much of young Dave Schultz, but he is well known in minor league circles where he was the scourge of every league he performed in. Dave was the penalty king of more than one minor league he played in, even though he is only 23. Last season, he piled up an AHL record total of 392 penalty minutes. Not only that, he held the old mark set a year earlier with Quebec Aces when he served 382 minutes. But it was not for his muscle alone that the Philadelphia Flyers brought the burly aggressive 6 foot 1 inch, 185 pound left winger up this season. He can score goals while putting the arm on the opposition. The Flyers figure the Waldheim, Sask. native can make it in the big time and no one is going to question his ruggedness to play in the N. H. L.

Dean Prentice played his 1,900th game recently. Noel Picard, defenceman, was acquired from St. Louis on waivers. Bob McCord, a defenceman, was recalled from Denver of the WHL as emergency replacement for Steve Durbano.

Ron Smith, a former star defenceman with Cornwall Royals was returned to New Haven. Another Cornwall Royal, Bob Currier, a forward, was recalled by Philadelphia Flyers from Richmond of the AHL and later returned.

Only one player has scored more points in the NHL history than Detroit's Mr. Consistency, Alex Delvecchio.

That man, of course, is Gordie Howe. Delvecchio, the seemingly ageless centreman whose effortless playing ability has piled up a mountain of goals and assists over 21 seasons for the Motor City team, connected for three goals in three Red Wing games to give "Fats" a career total of 1,220 points in regular season action.

The trio of points was sufficient to push the Detroit captain past retired Montreal great Jean Beliveau into second place behind Howe's 1,809 in the all-time points race.

The big story about New England Whalers has been their stolen equipment. Some $10,000 worth was taken, leaving all but three players without skates, sticks and other items. Poor security. What else?

These former NHL players are having an excellent start in the new WHA. Chris Bordeleau, Ron Ward, Bobby Sheehan, Jim Harrison, Tom Webster, Andre Lacroix, J. C. Tremblay, Wayne Carleton, Larry Pleau and Gerry Pinder are all grouped within the top 20 scorers.

It looks as if it's going to be one of those 'wait-till-we-get-you-in-our-rink seasons for the Quebec Remparts and the Cornwall Royals. The Royals, defending league and Memorial Cup champs, and the Remparts, figured to conduct a season long battle for top spot in the 1972-73 QMJL standings. So far, that's exactly the way its worked out. With the two teams running off from the rest of the seven clubs, attention has focussed on the head to head confrontation between the Royals and the Remparts.

Well, local and area sports fans, it has rolled around to that time once again. The end of a very successful year in the sports world. Many of you have met with much success in your favourite sport while others have become saddened by not being so fortunate as others. Irregardless of your success or failures, its no disgrace in being a loser. Another year is fast approaching and my wishes are for you all to once again exert the same interest into 1973 as you did so well in 1972.

Always remember: if you play sports, be a good one!

In conclusion for Sports Slants 1972, may I offer at this time to all sports people and sports organizations in Iroquois and district this wish: "Warmly wishing you and yours all the joys of the Christmas Season and a Very Happy New Year".

The Valley Sportsman

Christmas and New Year's is a season where everyone has fun. For the Sportsman, he finds that he has more time to enjoy his favorite pastime, or perhaps he'll take time off from his pleasures and share his time with his family. More and more sportsmen are now having family fun by sharing. Camping is becoming the most family oriented outdoor activity in Canada. But I would like to take time and direct my words today to the father who bought his son a rifle or shotgun for Christmas.

Every father hopes that his son will enjoy the sports that he himself likes. Hunters always look forward to the day when they can take their own son out on the hunt. To you fathers that have made that big step, I would like to remind you of this . . . SAFETY comes first. Get a Hunter's Handbook and present it with the gun. Tell your son that before he can even think of using the gun that he must read this booklet from front to back and that he must know the basic points of gun safety. After you tell him this, be sure you take a moment from opening presents and show him the correct way to check a gun and the safe way to handle it in the house.

All this may be dry and clear cut, but how many times do you read of youngsters being hurt and even killed because they didn't know safe gun handling rules? Let's bring up our sons to be safety conscious then we can all enjoy a great sport.

CANADIAN CHRISTMAS BREAD BASKET

Beginning early in December, the Christmas season in Canada is full of friendship and good eating. Through the past 25 years many eating habits and holiday customs have been brought to us by New Canadians. Today, Canadian Christmas Customs are a mixture of old and new, modern and traditional, a blend of old world charm and gaiety and new world opportunity and vision.

Start a tradition at your house! Let each member of the family choose one bread item from your local bakery shelf. Then with a large basket and each member's help make up a Christmas Bread Basket.

Both friends and family will enjoy making sandwiches and bunwiches at your house on Christmas season evenings.

Christmas Season Supper

Sausages — salami, bologna, liverwurst
Salad fillings — egg, tuna, ham
Variety of Cheese
Assorted Bread Basket
Bakery Chocolate Cake
Fruit Cake Slices
Fresh Fruit Tray
Coffee Milk

Salad Fillings

Ham and Raisin

- 2 cups minced ham
- ½ cup seedless raisins
- ½ cup cream-style cottage cheese
- 2 teaspoons chopped sweet pickles
- ½ cup mayonnaise

Mix ingredients, season to taste, and chill until ready to use.

Egg

- 4 hard-cooked eggs, chopped
- 4 tablespoons chopped pimento
- 4 tablespoons chopped green pepper
- 4 tablespoons chopped celery
- 2 tablespoons chili sauce
- ½ cup mayonnaise

Mix ingredients, season to taste, and chill until ready to use.

Tuna

- 1 cup flaked tuna fish
- 1 teaspoon lemon juice
- 1 tablespoon sweet pickle relish
- ¼ cup mayonnaise

Mix ingredients, season to taste, and chill until ready to use.

Favourite Chocolate Cake

1 — 8 or 9 inch square bakers' chocolate cake

Icing

- ¼ cup water
- 2 tablespoons butter
- 2 squares (2-ounces) unsweetened chocolate, melted
- ½ teaspoon vanilla
- 2 cups sifted icing sugar

Combine water and butter in small saucepan, cook over medium heat until butter is melted.
Remove from heat blend in chocolate and vanilla.
Add sugar, mixing well; beat with wooden spoon until icing reaches spreading consistency.

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Three-ringed wishes for the year — happiness, health and wealth. Added attraction: a big thank you!

From The Haldane Family at

JOHNNY'S SPOT

Iroquois Shopping Plaza

Roses Need Winter Protection

For strong spring growth, roses require winter protection. The type and amount of protection varies in Ontario, says D.B. McNeill, horticultural specialist, Ontario Ministry of Agriculture and Food. In the milder areas, roses will winter with very little protection. In the colder areas, however, protection is a necessity for survival.

The most common method is to mound dry soil around the base of the bushes to a height of 6 to 8 inches. When the soil is frozen, a light layer of straw or strawy manure can be placed over the plants. Evergreen boughs placed on the top of the straw will hold it in place and trap snow to provide ever further protection. When using straw to protect your roses, apply it only after the ground is frozen. This will prevent mice from burrowing into the soil and possibly damaging the bushes.

Roses grown further north in Ontario may be dug up and buried in a well-drained location. In this way, the soil keeps the canes in good condition until you are ready to plant in the spring. Climbing roses are more difficult to protect. The canes should be tied together and bent to the ground without splitting or breaking. Cover them with soil if possible. In milder areas, covering the canes with evergreen branches may provide sufficient protection.

Roses that are protected will come through the winter in better condition and produce strong spring growth.



Whee! Oh what fun it is to welcome in a bright New Year with the folks we like so much. For the patronage shown us we extend thanks.

SEELY'S HARDWARE

Iroquois Plaza 652-4553



Hope this coming year is a charmer. Our sincere thanks to all our patrons.

PRUNNERS ESSO

Highway 2, Iroquois

DOLLARS & GOOD SENSE

by WILLIAM J. MARTIN
Special Consultant to Avco Financial Services

The product may differ, but the pitch is essentially the same—the lure of making really "big money", and more and more people are being lured into these impossible get-rich-quick schemes every day.

The temptations of the "pyramid" sales plans may be large, but don't fall for the bait.



The operations all involve getting new recruits into the program by attending "opportunity" meetings where promoters present a rosy picture of possible earnings. Prospects are usually required to pay an initial fee for their sales materials and sample products.

Most new members are brought into the scheme by sponsors who get a finder's fee for their effort. The main attraction, in fact, is not to sell the product but to get more new members so you qualify for all those fees and extra percentages.

Few people take the time to compute the chances of such pyramids mathmatically, however. Say five people are recruited. Each of them is to get five new members. Total 25. Each of the new members is to get five more, etc. By the fifth level of this progression, you're up to 3,125 people and by the tenth level, you'll hit 9,765,625.

If you suspect such a scheme, check first with your local better business bureau or police department.

Readers' questions are welcome and should be sent to Box 5875 London, Ontario.



Let the New Year enter your home and fill it with joy. Thanks.

S. A. THOMPSON & SON LTD.

Iroquois *652-4478*



Cut into the New Year with light-hearted fun. Our appreciation to all.

From The Management and Staff at

The Iroquois Post

Iroquois Shopping Plaza



From The Staff Of

United Co-Operatives Of Ontario

Brinston, Ont.



No Cut-Backs At Winchester Hospital

There will be no cut-backs in beds or services at the Winchester District Memorial Hospital. This information was given to the members of the Hospital Auxiliary at their December meeting by the hospital administrators. Mr. Stel felt the reason for this decision was based on (1) the manner in which the board handled the finances of the hospital, providing the necessary equipment but leaving out the frills, (2) the co-operation of the medical staff who have tried to keep costs down and to make the best use of the hospital beds by shortening the stay of patients, (3) the entire staff have made every effort to make ends meet. Mr. Stel also expressed his appreciation of the work of the auxiliary.

Miss Legris, Director of Nursing, gave an interesting activities report which indicated that Winchester Hospital is indeed a busy place with an increase in bed occupancy.

A number of units reported successful money-making activities. Williamsburg had a bake sale, Ormond a tupperware party, Morrisburg held a mini-bazaar prior to and during the meeting. Winchester reported a most successful membership canvass with 418 members recruited.

The treasurer's report indicates a financially good year.

Mrs. Cass reported the Chesterville Brownies and Guides are making favours to brighten the patients' trays at Christmas.

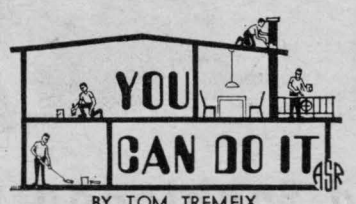
After a short discussion on proposed changes in the nominating committee structure, the president asked the members to think it over and come back in January with some concrete suggestions.

The tuck cart will be operated in January by the Cass Bridge Unit.

Mrs. Midge Smith reported that Auxiliary members had worked 483 volunteer hours in November.

Mrs. Rose Campbell made an appeal for some small used toys and books for the main and outpatients waiting rooms. As children under 12 are not allowed to visit in the hospital, many are left in the waiting room. With a few books and toys, time would pass much faster and the children would be happier. As storage space is limited the emphasis is on small toys.

The next meeting will be January 11th. at 2:00 p.m. Please note the change of time.



BY TOM TREMFIX

Do-it-yourself boat owners who love the warmth and elegance of wood used to pay a dear price for their love. They suffered the discomfort of tedious wood refinishing during either cold, wet weather, or during good boating weather.

Fortunately, a "love of wood" need no longer be a "labour of love". Fine wood finishes can now be quickly and easily maintained with a fast-drying, polyurethane finish called Tremco Fasteron. It's clear, and yields a gloss or satin finish appearance. When applied above the water line, Fasteron stands up well in either salt or fresh water.

Tremco Fasteron wood finishes are easy to use because they can be applied directly over the old finish. Just sand any chipped, marred, or blistered areas and apply a full, rich Fasteron coating.

Being a polyurethane wood finish, Fasteron cures rapidly in a humid atmosphere. Usually, two hours' drying time is all that's needed between coats. So two or three coats can be applied in one day.

Non-boat owners can also realize the same time-saving advantages of Tremco Fasteron, because it's an excellent protective wood finish for floors, paneling, or fine furniture. And you'll be pleasantly surprised to see that a small amount goes a long way — one Imperial gallon covers about 500 sq ft. You have a choice of high gloss or satin finish.

For more information about fast-drying polyurethane wood finishes, write to Tom Tremfix, The Tremco Manufacturing Company (Canada) Ltd., 220 Wicksteed Avenue, Toronto 17, Ontario.



Winter Brings A Boom For The Snowbelt

It's an open secret that the deep, snowy silence of the northern woodlands has been awakened by the muted roar of snowmobile engines.

Not so well recognized is the winter "boom" of unimagined economic proportions arising from these same lithe snow machines.

According to the watchful experts at Mercury snowmobiles, U.S. and Canadian manufacturers shipped a record 505,000 snowmobiles last winter, resulting in retail sales approaching $600-million!

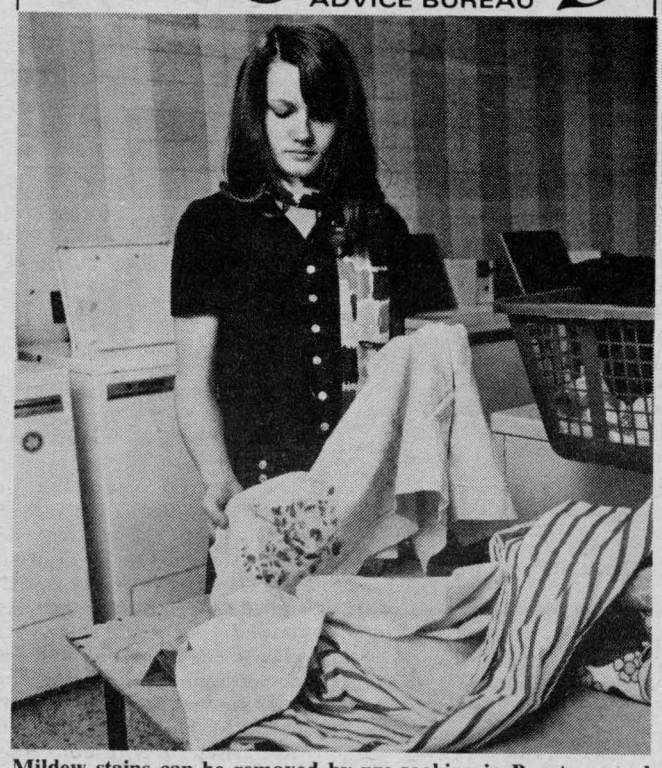
Two immediately obvious economic benefits are thousands of new manufacturing jobs, mostly in the snowbelt itself, and dramatic increases in sales for boat dealers and marinas, lawn-and-garden stores and other snowmobile retailers in the same area.

That's just the obvious part.

Even more startling is the impact of snowmobile usage. It begins with huge purchases of lubricants, spark plugs and other parts, and as much as 100-million extra gallons of gasoline for the estimated 1-million machines on the continent.

Add to this the purchases of special winter clothing (much of it ever more fashionable and expensive), trailers, tools and accessories, unprecedented winter occupancy of northland motels and resorts, and hearty consumption of food by the snowmobilers—and you have the ingredients of a new, snowmobile-based $1.8-billion economic boom in the snowbelt!

THE washpay ADVICE BUREAU



Mildew stains can be removed by pre-soaking in Borateem and hottest water fabric can take.

Preparing for Winter

MILDEW is caused by spores of molds, always present in the air. In warm, humid weather, experienced by most of Canada during the summer months, these spores flourish on any substance providing the simple nutrients they require. They grow on leather, paper, wood and textiles, especially in places that are poorly ventilated and lighted.

The stains and discoloration molds cause are often apparent on winter clothing that has been stored away for the summer. Their presence is often accompanied by a musty odor.

To prevent mildew on clothes, ensure that they are stored away clean, in a dry and well-ventilated place. Even mildew-resistant synthetics can be attacked if they are allowed to lie around damp and soiled. Food stains, particularly, are prime spots for mildew to strike.

Clothes that have recently become mildewed can be treated, and success is quite possible especially with washable fabrics, except where the fabric itself is eaten away. Brush off spots of mildew, preferably in the open air to avoid scattering spores, then air and sun thoroughly. Borax or a borax-based additive with a bacteriostat will help retard mildew development. Pre-soak clothes with one cup of Borateem in the hottest water the fabric will take and launder in the usual fashion with plenty of suds.

Musty odors may or may not accompany mildew. They usually result from the same set of circumstances — damp and improper storage. Sometimes just hanging things out in the open air will serve to dispel these odors. If not, dryclean if necessary, or wash in hottest water suitable for fabrics, using a concentrated detergent such as Twenty Mule Team.

Often a thorough airing and sufficient heating will serve to eliminate mold growth in those areas of your house where mildew has been forming on your stored items. Where there is a serious problem, you could either buy a dehumidifier, or consider using a chemical moisture absorber such as silica gel, activated alumina or calcium chloride. These can be obtained from drugstores and department stores under various trade names.



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The Coming Events

FOR THE ACTION YOU WANT

50TH WEDDING ANNIVERSARY

Mr. & Mrs. Earl Chambers will be "at home", 236 Lewis St., Cardinal, to relatives, friends and neighbours on Sat. January 6 from 2 to 5 p.m. and from 7 to 10 p.m., the occasion being their 50th wedding anniversary. Best wishes only.

Minor Hockey Bottle Drive

Iroquois Minor Hockey will be holding a bottle drive on Saturday, Jan. 6. Start the New Year right. Save your bottles and support Minor Hockey.

KAWARTHA CUP Snowmobile Races, January 7th. Anyone interested in going to this top snowmobile race via a chartered bus, please contact Garry Banford for further information. Phone Iroquois 652-2150 28-2-p

MONEY AVAILABLE FOR RIGHT:

If the people have a choice to stay healthy, choice to have work, the choice not be be poor, choice not to cheat each other, people will prove what they teach or preach. $1,000 reward for one who knows what is nature or who knows God is not provable or who knows people whose different thinking is just as good. If you know what you are talking about, I will pay you for your knowledge. Call 652-4114 from 6 p.m. until 9 p.m. 1yrp

A good old-fashioned Christmas - No Thanks

If the psychologists ever get around to labelling it, they'll probably call it something fancy. Like "the Dickens' Syndrome"

At one time or another, just before the Joyous Holiday Season, all of us are affected by it. Sufferers can be grumping along tyrough the stampeding crowds at your average tinsel-draped shopping centre with glazed expressions and empty pocketbooks, muttering "hum - bug" under their breath in time to the Muzak. Others go under after their twelfth consecutive night of writing Christmas Cards to people they haven't seen for many years. Or after falling into their tree while trying to hang hang a plastic angel or styrofoam star on the top branch.

It's that sudden feeling that Christmas has become very "commercial". This is imme diately followed by a sharp longing for a real o
ing for a "real old-fashioned Dickens' Christmas" with plum pudding, roasted chestnuts, carollers, sleigh bells and genuine good cheer, Christmases the way they must have been celebrated in the Ottawa Valley in the 1800's.

Well, don't be too hasty. Sure, some people like the retired army officers on half-pay around Richmond and March Township or the gentry and merchants of Bytown, had celebrations with all the trimmings. But, many people were still down on the farm and needed all the loose change they could get to make it through the winter when the land was hip high in snow.

Add to this another fact. In the 1800's timber called the tune in the Ottawa Valley and a large segment of the population jigged along, Christmas or no Christmas. Thousands of Valley farmboys and their fathers headed into the bush along the Ottawa,

Madawaska, Clyde, Gatineau, Bonnechere, Coulonge and other Rivers where men like J. R. Booth, "Sandy" Caldwell, Gillies and the Edwards were hiring crews to cut white pine as if there was no tomorrow.

They came from all over--French-Canadians from Quebec and Prescott and Russell Counties, Scots from Lanark, Glengarry and Stormont Counties, Irish from Eganville, Fitzroy and Torbolton and Japanese green tea with no milk to cut the acid!....Lunch in the woods usually consisted of cold boiled salt-pork, lots of shanty-made bread and some more of the green tea, boiled over a campfire."

But the Christmas meal was special. For a treat on that special day the shanty cook would usually come up with something called "porcupine stew". You could eat all you wanted.

But Christmas Eve must have been an occasion for some type of celebrating of music-making. It usually consisted of listening to some of the men playing unes on their fiddles. What about that cup of Christmas cheer? Sorry. Every lumber camp had one strict rule - no liquor - and the rule was enforced every day, including Christmas.

Later in the century, life in the shanties improved and many

See Page 12

DON IRVINE

From Page 5

is to provide for fittings by dental therapists (as they will become known) under supervision of a dentist. At the same time, the ODA has committed itself to providing dentures to the public for a maximum of $180.00 for a full set of false teeth. The government will enforce this committment.

I hope that this explanation will assist you in resolving the many conflicting reports you may have seen.

I would like to take this opportunity of extending, to all my constituents, my sincere best wishes for the holiday season and wish all of you well for the New Year.

Bill Smiley

From Page 2

firm hand on the gravy boat when this occurs.

One must, of course, be temperate in making this dressing. One year I had a turkey so high he got up and tried to fly off the platter as I was carrying him in from the kitchen. That's what I told my wife, anyway. She claims it wasn't the turkey's fault that it wound up on the kitchen floor, in a pool of grease, with twelve starving people waiting.

But I'm getting away from my theme, whatever it was. Oh, yes. Christmas cards.

Well, a few special ones maybe. To O.G. Alexander of Chicago. Reads my column in Kincardine News. Has taught school for 45 years and is still alive. Stout chap!

To Mrs. V. Gerlach of Stettler, Alta. I agree with you about welfare and unemployment bums, but keep happy.

A special hello to John Sawchuk who said of the Carillon News, "Paper wouldn't be the same without his column."

And to everyone else who reads this column: God bless, chaps. Keep fighting. Life is the life. Merry Christmas.

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Meet Your Member of Parliament in The Constituency

The following is the schedule of constituency visits for the month of January, 1973:

Saturday, January 6th. 1973

PRESCOTT Municipal Building 9:00 a.m.—10:00a.m.
CARDINAL Municipal Building 12:00 noon—1:00 p.m.

Saturday, January 13, 1973

RICHMOND Municipal Building 9:00a.m.—10:00a.m.
NEPEAN TOWNSHIP 1536 Merivale Road 11:00a.m.—12:00noon

Saturday, January 20, 1973

PRESCOTT Municipal Building 9:00a.m.—11:00a.m.
IROQUOIS Municipal Building 12:00noon—1:00p.m.

Saturday, January 27, 1973

KEMPTVILLE Municipal Building 9:00a.m.—11:00a.m.
NEPEAN TOWNSHIP 1536 Merivale Road 11:00a.m.—12:00noon

MONDAY TO FRIDAY
Room 321 West Block
House of Commons

Parliament Hill Office 992—4394
Constituency Office 225—5633

NOTICE

Due to Retail Sales Tax involvement and annual inventory, all exchanges of Christmas goods should be completed no later than Dec. 30th. 1972 at JACK'S OF CARDINAL, Cardinal Ont.
We wish one and all a Happy, Happy New Year.

JACK'S OF CARDINAL -
Cardinal, Ont.

GARBAGE COLLECTION

Garbage Collection over the Holidays will be as follows

WEDNESDAY, DECEMBER 27th, 1972
FRIDAY, DECEMBER 29th, 1972
WEDNESDAY, JANUARY 3rd, 1973
FRIDAY, JANUARY 5th, 1973

27-2c

HEARING AID SERVICE CENTRE

The regular monthly Beltone Service Centre will be held in

RON GILMER'S PHARMACY
Thursday, 28th. Dec. 1972
from 2 to 4 p.m.

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Chesterfield with 2 chairs; 125 year old spitoon; exercise bicycle, like new, half price; 183 year old coffee pot; 4 high back chairs. Phone 652-4764. 27-2c

DAT SUN is all you really need and the place to see them is Bogart Motor Sales, Chesterville. 26-4c

BOMBARDIER Snowmobile Sales and Service. And for the best in winter fun clothing, call in at Bogart Motor Sales, Chesterville. 26-4c

Dur Therm oil stove $25.00 General Electric range, 38" China cabinets, Lindsay piano, Stephenson's Furniture, Brinston. Phone 652-4710. 27-2c

VARITYPERS, Headliners, sacrifice. Crown Equipment Ltd., 5340 Ferrier, Montreal.

1967 Yamaha 250cc $175.00
1969 Alouette 340cc $225.00
Phone 652-4806 9 to 5
Phone 652-4395 after 5

WANTED

WANTED. General repair work, carpentry, renovations, floors and joint filling, aluminum siding, paneling, indoor and outd, or carpeting. Licensed plumber. Edward Beckstead, after 6 p.m. - 652-4726.

PAPER-HANGING, Painting, Interior decorating. Phone after 5.30 in the evening - 652-4726. Mrs. Edward Beckstead.

If You Have Something For Sale, For Rent of Want Something someone else might have.

Dies in hospital

- Mrs. Winnie Brouse, in hospital on Dec. 8, 1972, after a lengthy illness. Mrs. Brouse was the former Winnie Hodge, wife of the late John Brouse of Stampville.

She was predeceased by one brother, Edward, and two sisters, Ella and Maud.

She is survived by one sister, Mrs. Stanley Speer, Waddington, N.Y. and one brother, Ray of Ottawa.

Funeral was Dec. 11 in Ottawa with burial in Ogdensburg N.Y.

In Memoriam

Of the late Alton Riddell this Christmas Season.

'Since you've gone first and I remain;
One thing I'll ask of you,
Walk slowly down the road of death,
For soon I'll follow you.'

Never forgotten by his "wife" and family.

Township Of Matilda COUNCIL MEETINGS

CHANGED TO FIRST WEDNESDAY OF EACH MONTH

JAN. to APRIL – 1p.m.
MAY to DEC. – 8p.m.
Matilda Community Hall
D. Locke,
Clerk

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Card of Thanks

St. Cecelia's Separate School Choir, who were Carol Singing around town, Tuesday evening, Dec. 19, 1972, would like to say a sincere "Thank You" to everyone who was so generous with their donations. Proceeds for the benefit of The Sick Children's Hospital.

Once again I would like to say a very sincere "Thank You" to the very many people who were so kind, thoughtful, and helpful in so many ways to Diane and I while I was in hospital and since my return home. 28-1p

Doris Johnston

In lieu of Christmas cards a sincere "Thanks" for all cards and Seasons Invitations, especially Mrs. Brajack for her Christmas gift of an all expense paid trip with her to Florida for the winter.

Beatrice Riddell

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New Year's Day, Jan. 1st, 1:30 p.m. to 9 p.m. only.

CHRISTMAS

From Page 11

of the men even got a chance to go home, but this came towards the end of the boom.

Up until then Christmas Day in the Ottawa Valley for many people must have been as far from the laughter and gaiety of those warm scenes in Dicken's "A Christmas Carol" as you can possibly get.

So count your blessings, go back and hang that plastic angel on top of the tree, write the rest of those cards and remember that, despite everything, the real Christmas spirit doesn't depend on tinsel or jingles or nostalgia.

Have a merry one.

CLOSED MONDAY - PEN ALL DAY WEDNESDAY . .

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