Price 15c

# The Iroquois Post

VOLUME LIII—No 34 SECOND CLASS REGISTRATION 1361 Wednesday, February 11, 1976

## Dundela Barn Burns

Fire destroyed an empty barn on the property of George Shaw at Dundela last Tuesday night. Firefighters from the Williamsburg Volunteer Brigade were called to the scene first and then a call was placed to the Iroquois Fire Department. When Iroquois arrived on the scene, the fire was being contained by Williamsburg, but the local volunteers brought a fresh supply of water and helped to keep the fire from spreading to other homes in Dundela. The crew from Iroquois remained on the scene for two hours, but Williamsburg firemen were there for most of the night.

Ontario Provincial Police from Morrisburg were also present at the scene and are investigating to determine if arson was the cause of the fire. The investigation is being co-ordinated by Constable Terry Bladen.

## O.P.P. Urge Seat Belt Use

The introduction of the new seat belt laws which became effective on the 1st January 1976 has become a controversial subject, to say the least. Some citizens appear to be quite hostile against seat belt usage and are prepared to defy the law. Fortunately, most of the people are willing to comply with the legislation.

It would be inappropriate to quote a lengthy list of statistics, which prove that seat belts reduce injuries and fatalities. Remember that the legislation was supported by a tremendous amount of research and study by experts of the Ministry of Transportation and Communications. These people do not claim a perfect seat belt capable of preventing serious or fatal injuries under any circumstances. What they do claim, and prove, is that the seat belt is the best safety restraint device available at this point of development.

In the future, research will continue striving for a more efficient restraint device.

In conclusion, buckle up. Remember you may save your life and somebody else's.

## Batteries Stolen

Morrisburg. O.P.P. report that two batteries from a diesel generator were stolen last week from the work site of the Sarnia to Montreal Pipeline in Matilda Township. The batteries were owned by the contractor for the pipeline, Loram International of St. Andrews Ont. and were valued at $250.00.

## Snowerama Drivers Raise $2766.

Snowmobilers from all along the Seaway raised funds for Ontario's Crippled Children as the 1976 Snowerama for Timmy was held during one of the season's heaviest snowstorms last Sunday. The local run which took snowmobilers on a circular route from Iroquois to Brockville and back was co-sponsored by the Iroquois Lions Club and the Haddo Sno-Drifters Snowmobile Club. Forty-two snowmobiles left from the Iroquois registration booth at the Matilda Township garage. At the same time there were 92 machines leaving from Brockville and 89 from Prescott. The Iroquois registrants included many from this area and from as far away as Ottawa.

Pledges from the Iroquois registrants total $2766 with more money being pledged from the Brockville and Prescott groups.

Trophies and prizes were donated by area business firms for those snowmobilers who collected the most monies. First prize, a trophy donated by Johnny's Spot was won by Lorne Froats who collected $790.00 Second place trophy, presented by Carl-Don Equipment went to Margaret Swerdfeger with $340.00. Third prize, two cases of snowmobile oil from Gillard's Fuels was presented to Archie Hart who had $225.00 in pledges. Joy Casselman took fourth prize, a case of snowmobile oil from S.A. Thompson and Son, with $212.00 in pledges.

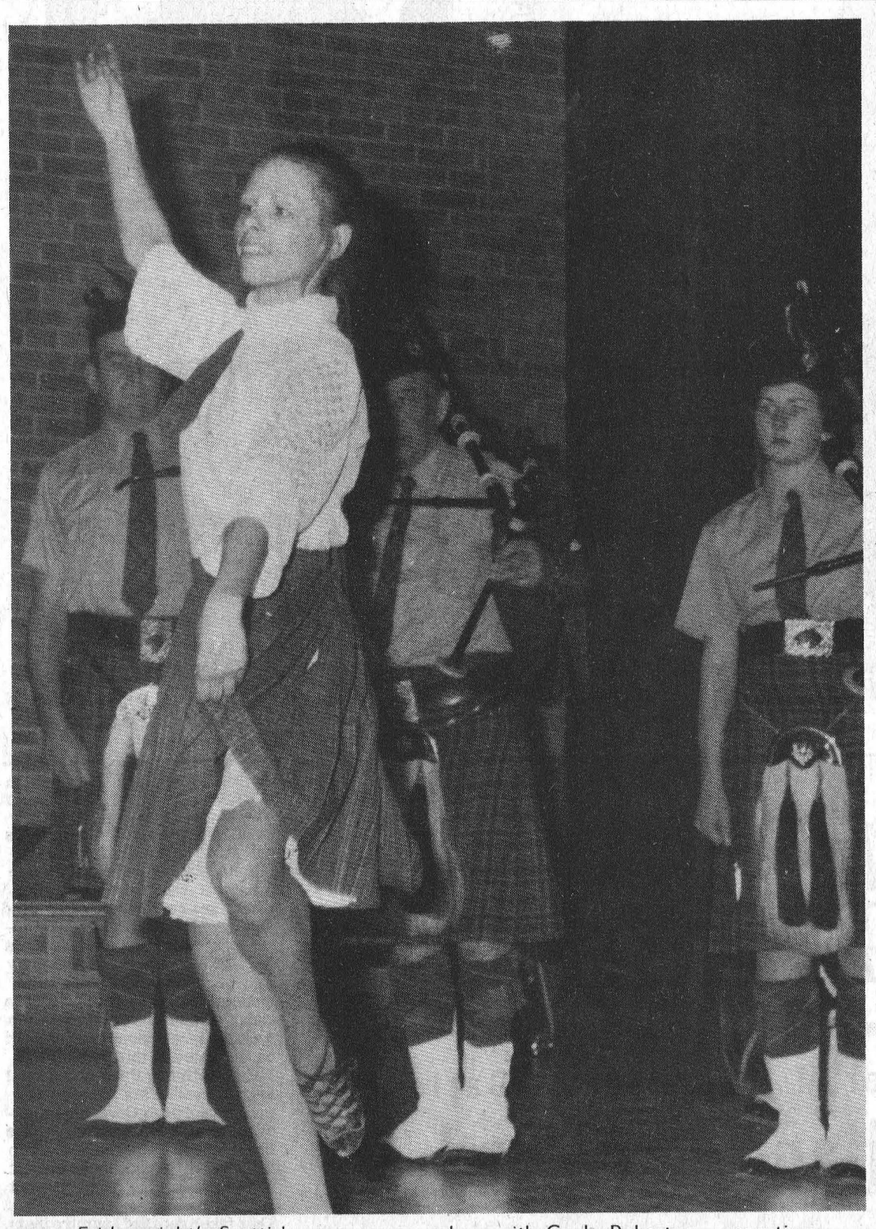
The rally which got underway at 7:30 on Sunday morning, kept organizers all along the Seaway busy providing gasoline, food and directions for the more than two hundred snowmobilers. Members of the Golden Triangle Amateur Radio Club were on hand at each check-point to follow the progress of each machine and ensure that so one was lost or stranded between check-points. Members of all participating snowmobile clubs patrolled the trails to assist anyone who became lost or whose machine broke down. By 4 p.m. on Sunday nearly all snowmobiles were in and accounted for, with the remainder being checked through before dark. A meal was provided for all participants at the Iroquois Civic Centre and awards were presented to the top pledge holders. Organizers are deeply grateful to all those who gave their time or donated prizes and especially to the area residents who sponsored the various drivers.

## Driver Dies in Accident

One man died early Monday morning when the tractor trailer he was driving rammed another truck from behind on Highway 401, one mile east of the Brinston Road. Thirty-four-year-old Claude Vincent of L'Assumption, Que., died in the wreckage of his truck and his body could not be removed until the two trucks were pulled apart.

According to Morrisburg O.P.P. he was proceeding west on 401 when he approached another truck travelling at a slower rate of speed and failed to change lanes or slow down. The driver of the other truck escaped without injury.

The accident is under the investigation of Constable Wilkins of the Morrisburg detachment.



Friday night's Scottish program wound up with Gayle Robertson presenting the "Robertson Fantasy" accompanied by the Kemptville Legion Pipe Band. More pictures on Page 7. Post Staff Photo

### Matilda Council Meets

## Dog Licenses to Cost More in Township

Dog licenses in Matilda are going to take a similar jump in price to the ones in Iroquois in 1977 if Township Council carries through with plans to crack down on the number of dogs being kept in the township. At last Thursday's regular meeting of council there was considerable discussion about the number of dogs that are both being kept and allowed to run loose. Council members were generally in agreement that they would like to raise the fees to make it cost prohibitive for anyone to keep more than two dogs. This would not include those people who kept a number of dogs for hunting or who ran a kennel.

In the meantime there will be minor changes in the handling of dog licenses for 1976, with a form to be included in the March tax notices to all ratepayers. This form will include a schedule of fees and application for dog license. Fees for 1976 will remain the same for any number of dogs in the same household and council will finalize and approve the fees at the next meeting. Proposals call for a $4.00 charge for a male dog and a $6.00 charge for a female.

The resignation was received of the present custodians of the Matilda Township Memorial Hall and it was agreed to investigate the hiring of a new custodian.

Council approved the ordering of a new type of tax form which will give the clerk a copy and will have all information available on computer tape for future reference.

Council gave approval for the expenditure of funds to purchase a mobile radio unit to be installed in the Matilda tank truck, operated by the Iroquois Fire Department. The radio will enable the tanker crew to communicate with the base in Iroquois and with other departments in the area. It was noted that if the radio had been available during last week's barn fire in Dundela, the township could have saved several hundred dollars by advising the Iroquois firefighters to return home since Williamsburg already had the blaze under control.

The operator of a camp site in Matilda township appeared before Council to ask their co-operation in the disposal of waste from the camp. Rather than install over two miles of weeping bed for a septic system, he has arranged to install a holding tank and truck the sewage to Morrisburg, but the Health Department will not approve such a move until an agreement is made between the two municipalities involved to cover the cost of the arrangement. This cost will then be added to the operator's municipal taxes. It was agreed that a discussion should be held with the township solicitor before any agreement was signed, but council was sympathetic to the request.

A proposal was put forward by Township Roads Superintendent, John McCaslin to purchase two-way radios for all township vehicles. It was felt that the radios are becoming a necessity and will contribute to a more efficient operation, as well as providing a measure of safety for plow operators who work alone. The installation would involve about five mobile units, a base station and antenna tower and is estimated to cost anywhere from five to seven thousand dollars. Further investigation will be done into the cost, and licensing and operating regulations.

It was noted that the new snowplow was expected to be in Ottawa the week of February 9th and should be delivered around midmonth.

A resolution was passed to call tenders for the summer supply of gravel and crushed stone for township roads.

## Dixon's School Elect Officers

The organizational meeting of the Dixon's Corners School Committee was held on Thursday, February 5, with 12 members present.

Mrs. Mabel Whitteker, principal, welcomed all and discussed the objectives of the committee. Mr. Lorne Mellon, S. D. & G. County Board member, and Mrs. Whitteker answered many questions that arose from the discussion period.

The election of officers resulted as follows: Chairman - Elaine Horner, Vice Chairman - Patsy Thompson, Secretary - Mary Perry, Treasurer - Gail Fedorki.

The predominant concern of the committee is to foster a better school-community rapport. Members discussed ways in which the community could make use of the school building in the evenings, week-ends, and summer holidays and also ways in which more community volunteers could be involved in upcoming projects within the school.

The next meeting will be held on Thursday, February 19, at 7:30 p.m. at Dixon's Corners P.S. Major John Woods, a member of the Inkerman school committee, will be present. A film will be shown. All interested community members are invited to attend. Coffee and doughnuts will be served.

## Carnival Features Evening of Scottish Entertainment

The Iroquois Winter Carnival paid tribute to Scotland on Friday night with a two hour program of scottish dance, music and history. The program, hosted by Hugh Hutchinson, was a professionally presented, well-planned event of the highest calibre seen in Iroquois for some years. The audience, while not large, was enthusiastic and the residents of Iroquois and area who did not attend the performance missed a program that will be talked about for quite a while.

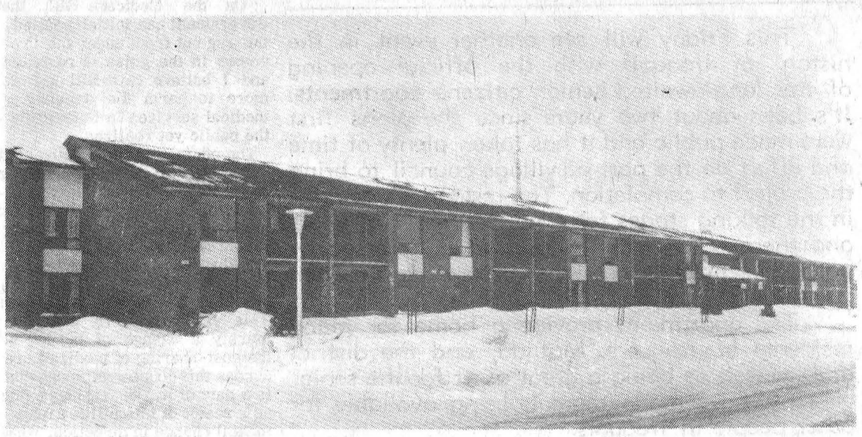
The Kemptville Legion Pipe Band was in attendance to provide accompaniment for several dance numbers and, as well, performed several solos. The program was built around the Seaway Dancers, under the direction of Gayle Robertson and featured the girls in several different dances including the Reel of Tullock, the Shean Truibhas, the Flora MacDonald, the Sailor's Hornpipe, Irish Jig, and the Baby Sword Dance.

Roma Mac Millan played several numbers on the fiddle, accompanied on piano by June Boulerice. Ed Bush of Cardinal the piper who regularly accompanies the Seaway Dancers, performed a pipe solo, backed up by his brother Jim on drums. Ann Marie Smith, a student at Seaway High, performed several songs, accompanied on two by Heather Hutchinson.

The program closed with a dance the Robertson Fantasy, performed by Gayle Robertson and a massed Fling by all the performers, with music provided by the Kemptville Legion Pipe Band.

The evening's entertainment was organized by Mary Robertson of Morrisburg as an attempt to present some of the fine talent in the Seaway Valley and it was noted that all the performers gave their time and talents at no charge for the Winter Carnival. The Seaway Dancers and Kemptville Legion Pipe Band are hoping to go on tour in the future and organizers are optimistic that if an appeal is launched to help finance such a venture, the residents of the area will respond generously.

## Official Opening Friday



Official ceremonies will be held this Friday afternoon to mark the opening of the senior citizens apartment complex in Iroquois. Ontario government housing officials will be present along with Iroquois reeve and village council and a number of officials from all levels of government.

The ribbon cutting ceremony will take place at 4 p.m. with refreshments following for a number of invited guests.

The building will be open for inspection by the general public on Saturday afternoon, February 14th from 2 to 5 p.m. Light refreshments will be served.

## LegionRally Carnival Feature

Branch 105 of the Legion ran their 6th Annual Snowmobile Rally on Saturday in conjunction with the Iroquois Winter Carnival. Sixty-one machines left the branch starting at noon to run the 30 odd miles of trail laid out by Gary Banford and his crew. Most rallyists said the trail was rough in spots but most claimed to have a good time. The pipeline crew working at the west end of the township had moved some pipe blocking the proposed route but, being a hardy lot, this obstacle couldn't stop the run.

## Girls Team Hosts Lions and Firemen

The Iroquois Fire Department took on the Girls Broomball team sponsored by Johnny's Spot on Sunday as part of the activities for the Iroquois Winter Carnival coming home with a 4 to 3 win over the girls.

Dean McCurdy would have to be labelled as one of the stars of the game, managing to score both a goal for the girls team as well, the winning goal for the firemen.

On Monday night the girls hosted the Iroquois Lions Club for a return match with the Lions narrowly edging the girls team by a score of 2 to 1. Lions Club goals were scored by Brian Gee and Glenn Swerdfeger while Nancy Coughlan got the lone goal for the girls.

Laurel Kirkby was in the nets for the girls team and did a fine job of keeping the Lions at bay. Roeland Peters filled the same position for the Lions Club and managed to stop several well aimed shots with his feet.

## Wolf Chasing Profitable

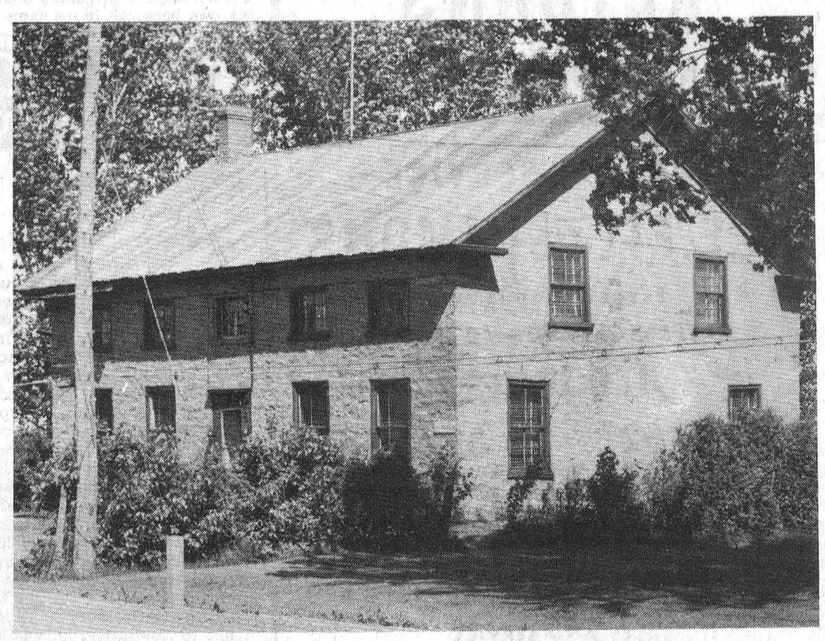
It would appear that Matilda Township hunters are pretty good runners if there is a bounty involved. At last week's meeting of Matilda Township Council it was noted that communication had been received from the clerk of Edwardsburg Township asking if there was a bounty on wolves in Matilda Township. Although the provincial bounty has been dropped, Edwardsburg still pays $40.00 per wolf, but Matilda has no bounty.

The Edwardsburg Township clerk reported that several Matilda residents had been to that office to collect the bounty on wolves that they had shot in Edwardsburg. Council members speculated that either there were a lot of Matilda hunters who were chasing wolves into Edwardsburg Township on foot or else the spirit of friendship and brotherhood compelled them to go to Edwardsburg to help the residents of that township clean up on their wolf population.

## Fire Destroys Truck

Fire last Thursday evening caused considerable damage to a half ton pick-up truck owned by Milton Sloan of Morrisburg. Mr. Sloan was heading west on Highway #2 when he smelled something burning and pulled the vehicle off the highway onto the Brinston Road. Iroquois Volunteer Firefighters were called, but when they arrived the truck was almost a total loss. It is believed the fire was caused by a short circuit in the wiring of the truck.

## Before the Waters



This picture shows the former Clifford Hess residence on River Road, East in old Iroquois. The house was demolished during the Seaway, but it originally served as an inn on the Cornwall to Kingston stagecoach run.

Photo by R.W. Martin, Courtesy of Craft House



The senior citizens organization of Matilda Township, the Helping Hands, presented a clock to the residents of the senior citizens apartments in Iroquois for use in the common room, at their meeting last week. Here Mrs. D. Lieverdink, President of the Helping Hands, and Mrs. T. Marsters one of the custodians of the residence admire the clock. The Helping Hands also received a donation from the Williamsburg Branch of the Royal Canadian Legion of $100. to help them in their attempts to extend the Matilda Memorial Hall. Post Staff Photo

# the EDITORIALS

**The Iroquois Post**
AND MATILDA ADVOCATE

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## BE GENEROUS WHEN A STUDENT CALLS

This weekend, students from Seaway District High School will be canvassing the South Dundas area for the Heart Fund. The Heart Fund is uniquely important. Essentially, it is a combined appeal supporting the nationwide fight against a great complex of diseases and disorders — heart attack, stroke, high blood pressure and hardening of the arteries, rheumatic fever and inborn heart defects, to mention only a few. Diseases of the heart and circulation, which your Heart Fund dollars help to fight, are responsible for more than 78,000 deaths in Canada each year. That is more than the combined total, resulting from all other diseases the causes of death. In fact these cardiovascular diseases account for over 51.4 percent of all deaths.

The heart problem is no distant abstraction. Although national and international in scope, it exists as a painful and costly reality right here in South Dundas. If you have doubts, examine the obituaries which appear in our newspapers. You will find that our local mortality experience closely parallels national figures; that, on the average, about half our death notice will mention 'heart attack', 'stroke' or 'heart disease'. All too often these terms are applied to family breadwinners in the prime of life — men in the 45 to 65 year age bracket.

There is only one practical way to fight heart disease, namely by supporting your Ontario Heart Foundation's balanced programs of research, education and information. Be generous when the Seaway student knocks on your door on behalf of the Heart Fund.

## A GOOD JOB FINISHED

This Friday will see another event in the history of Iroquois with the official opening of the long-awaited senior citizens apartments. It's been about two years since the plans first were made public and it has taken plenty of time and effort on the part of village council to bring the project to completion. The residence has been in the talking stages for a good number of years and there were many hurdles to be crossed by past and present councils before construction could even be talked of.

The apartments provide a home for many residents of Iroquois, Matilda, and the district and, as well as being a great asset for the senior citizens, have made more housing available for other people in Iroquois.

We hope our senior citizens enjoy many happy days ahead in their new homes, making new friends and taking part in the many activities that are available. They have earned it.

INCOME TAX RETURNS
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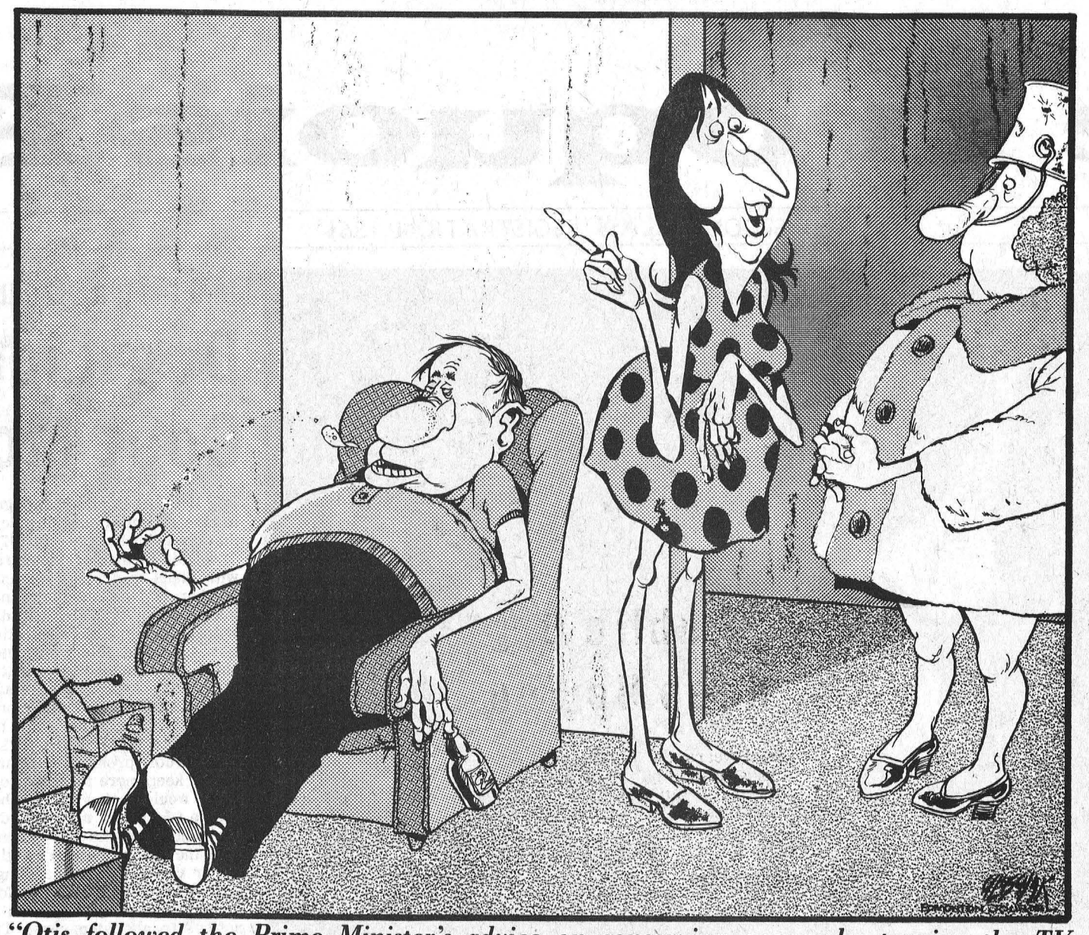

*"Otis followed the Prime Minister's advice on conserving energy by turning the TV off in the middle of his speech."*

# Report TO THE People

## Walter Baker, M.P., Grenville-Carleton

## Canadians Betrayed

Last week in Parliament was an alarming one for Canadians. There are two debates raging - one involving the level of Federal Government support to medical care in Canada and the other debate concerns the whole question of Time and Reader's Digest.

On the Medicare Bill, the Government has initially pulled the rug out from under the Provinces in the guise of restraint and I believe this Bill will do more to harm the delivery of medical services in Ontario than the public yet realizes.

The other Bill is an unprincipled

The Medical Bill puts a ceiling on the Federal Government's contribution to the Provinces for medical services. In speaking to that Bill I said this:

"What we have now in this bill is an arbitrary, unilateral approach to health care in Canada. This is much more than just merely a change of burden in the cost-sharing of medical care across this country, although that is a part of it. What is happening as a result of this bill is a fundamental change in direction. What is happening is that the government unilaterally, without consultation, has decided to make a change in a program which in the first place was urged, cajoled, pushed and kicked on to the provinces. The provinces having accepted the program based hopefully on some principle of equity are now faced with this government pulling the rug from under them and the provincial taxpayers. The government is shifting the burden to those provinces and off its own back, all in the name of restraint.

I begin to wonder, sometimes, where in the name of restraint the criteria are to be found. What rationale is behind this redpencilling of projects? This is a very serious thing when it deals with established services of government and what, in the present philosophy of our times, was meant to protect people against those accidents of life over which they have no control. That is the essence of medical care.

The provinces need no incentive to restrain costs. That is exactly what they have been doing What happens as a result of this bill is pure and simply the placing of a ceiling on the federal government's contribution. This is not a ceiling on the cost of delivering medical care to Canadians, it is merely placing a ceiling on the federal government's contribution to it. That is the treachery the Leader of the Opposition spoke about last week."

When the Ministers of Health in the Provinces have come to Canadians, as they will, over the next little while and say we will have to retrench and cut back further in medical services because there just isn't enough money, do not load all of the blame on them. They are the victims of the unilateral breachery of a solemn covenant by the Trudeau Government - just as are the rest of us.

Dealing with Bill C-58, we have an example of what can happen when Governments, at any level, abandon principle. Bill C-58 is a short Bill that denies to Reader's Digest and Time special concessions which they were given under the Income Tax Laws of Canada. Purely and simply the Bill said that after the first of January, 1976, they would have no such advantage. That is a principle which most Canadians were prepared to accept although there was some doubt in the minds of many whether it should be done so abruptly but rather staged over a period of time. I made a suggestion in the House as to the staging over a period of time but this was rejected

Thousands of Canadians have written to their Members of Parliament saying that they wanted to save Reader's Digest in Canada. Members of Parliament on all sides of the House received these letters and listened to their constituents because Reader's Digest is really an inoffensive publication in terms of "Canadian Culture." Time Magazine did not receive similar support. Then the Government decided to intervene outside the Bill and suddenly, by virtue of their "Content Rules", they required all such publications to comply with content rules that were arbitrary, founded on no particular principle, and which have only compounded the difficulties of Time and Reader's Digest.

Then, all of a sudden, for reasons which the government has refused to explain, Reader's Digest is saved and the rules which were to be applied equally are not to be applied unequally and the old inequities that used to exist between those publications and Canadian Publications are now made to exist as to between Reader's Digest and Time. In other words, a back-room deal was made and whatever justice there was in Bill C-58 has been trampled by his back-room tinkering. Of course, Reader's Digest is saved and I think the Government hopes that Canadians will think that that is a great thing but I don't share the Government's feeling that people are so short-sighted and so short on principles, that they can get away with such a shabby tactic. Instead of having well known rules enshrined in the law or in regulations, as they will apply in the future (if such ad hoc arrangements are continued), will depend on the whim of the Minister, whoever he may be, the view of his Cabinet colleagues, whoever they may be, and manipulation, have some advantage that may be seen under further circumstances. No activity in a free society should be regulated in this way.

The gratifying thing about it all is that Members of Parliament who support the Government because they are Members of the Government Party, have risen in their place in the House and let it be known that they will not support such an unprincipled act. That takes guts and I admire them for their courage.

Surely, if we want to help the

see Baker P. 8

# Letters TO THE EDITOR

## Carnival Wrap-Up

Dear Sir:

As the 1976 edition of the Iroquois Winter Carnival comes to an end, a few comments are in order. Most of the events were immensely successful. Fate, however, struck a strong blow to some. Who would have known that the Cardinal Arena, in spite of an advance agreement, would forfeit the public skating on Sunday afternoon? How could last year's most successful event, Amateur Night, attract only five entries, resulting in cancellation? Who would have suspected that the Inter-Council competition would be won by default by Iroquois Council? As for the Scottish troupe show, an opportunity to view a live, polished art was missed by many.

The organization of this year's carnival began in October involving organizations and clubs in Iroquois. The success of this year's carnival belongs to them and the wonderful participation and cooperation which they gave to the recreation committee.

Finally, many thanks to Jim and Jim of the Post for their excellent coverage.

Yours truly
John McAllister,
Chairman.

## Church Speaks Out

Dear Sir

A new law passed this year states that snowmobile owners, must have written permission to cross private properties. Many owners are not doing this!

It has been noticed that for the past six weeks church services have been interrupted by snowmobiles. The park land has exits and enterances, without having to drive along the side of churches. It is also private property.

If snowmobiles keep breaking this law then action will be taken. We regret any hard feelings to law abiding citizens. Thank You.

Yours truly
A concerned church member

Ontario
MINISTRY OF CONSUMER AND COMMERCIAL RELATIONS
THE LIQUOR LICENCE ACT, 1975

**NOTICE OF SPECIAL MEETING**

TAKE NOTICE THAT a Special Meeting of The Liquor Licence Board of Ontario will be held at the COUNCIL CHAMBERS, COURT HOUSE, BROCKVILLE, ONTARIO, on THURSDAY, FEBRUARY 26th, 1976, at the hour of 2:30 o'clock in the afternoon, at which time the Board will hear application for new licence in accordance with The Liquor Licence Act, 1975 and Regulations thereunder.

The following establishment has applied for a licence of the type indicated, and the application will be entertained at the aforementioned location and time.

**Iroquois Restaurant**
**Iroquois Shopping Plaza, Iroquois**
**Dining Lounge Licence**

AND FURTHER TAKE NOTICE that any person who is resident in the municipality and objects to any application may file the grounds of objection in person at the time and place of the meeting or in writing to:

Executive Director,
Liquor Licence Board of Ontario,
55 Lakeshore Boulevard East,
TORONTO, Ontario. M5E 1A4.

# Bill Smiley

## End of an era



By BILL SMILEY

FOR young folks and city folks, it won't mean a thing. But for small town and rural folks, especially the older ones, the end of Eaton's catalogue is the end of an era.

During a couple of generations, the catalogue was the key to a storehouse of treasure that Aladdin would have envied.

Fifty years ago, especially for farm people in isolated locations, it was as important as their television set is today.

After a day of drudgery, a leaf through the pages was a form of escape for the farm wife. Even though there was no money for more than the essentials, she could dream over the illustrations of furniture, clothing, sets of dishes, curtains.

At that time, it was literally one of the very few means of communication with the big world outside.

Even if you never received a letter from one year's end to another, you could be sure of receiving mail. You carefully chose what you wanted from the catalogue, made sure you got the right number, sent off your order, and sooner or later there would be a parcel in the mail. Eaton's was as reliable as the Bank of England used to be.

Besides its exotic allure, the bulky catalogue had a dozen utilitarian values. People didn't just chuck out last year's catalogue, as they would in these careless, spendthrift days.

Old copies were used as doorstops, in the backhouse, and as insulation. I have personally used them, at a tender age, as shinpads for hockey, stuffed inside long woolen socks.

Many a boy, in those days when the only parts of a woman exposed were her hands and her face, learned all about women, or had his first sexual experience, if you prefer, by sneaking a look at the corset ads when his mother wasn't watching.

Many an older person of the gentler sex today spent happy hours as a little girl cutting things out of the catalogue with scissors and pasting them in a scrapbook, or making paper dolls.

Other uses were: half a dozen pages to start the morning fire in a house where paper was scarce because there was no daily newspaper; 20 or 30 pages cut in the shape of an insole and tucked into the boot or shoe with a hole in the sole.

But let's not get sentimental and weepy about it. Eaton's catalogue is a hangover from the days of the outdoor Johnny, and certainly few mourn the demise of the latter.

I'm sorry for the many people across the country who will lose jobs because the catalogue has become defunct. And many a housewife will feel a real sense of loss for a while.

But it won't be missed all that much. The catalogue had outlived its usefulness except as a strictly functional means of shopping. It was no longer a cherished household article. It had become about as glamorous as the telephone directory.

I know quite a few people who will be cheered by the news. These are the small-town and rural merchants who had to compete against the giant department store. They simply couldn't, and many were bitter about it.

A merchant who had a stake in his community, paid taxes, and served his fellow citizens had some right to feel a little sour when he had to go up against a faceless, impersonal titan which could operate from a hole in the wall called an order office, contributed virtually nothing to the community, and could undercut his prices every time because it could buy in volume.

And I know another group that will be happy with the bad news that they will never again have an Eaton's catalogue in the house. Men like me, and they number in the thousands.

I don't care if I never see another Eaton's catalogue. Or Simpson's either.

For 25 years I have been taking parcels back to the Eaton's order office. My wife never takes them back, and she rarely keeps anything she has ordered. It's a casual: "Drop this off at Eaton's on your way to work."

And I've had to stand shamefaced in the order office, among a bunch of women, and mutter something about the three brassieres being too small, or the panties being too large, or the stockings not being sheer enough.

And then there's the monthly bill. My wife has been carrying on a running battle with Eaton's billing department for years. Every month there's a mistake in it, the old girl gets furious, and I have to listen to the tirade, which can go on for an hour.

She has written letters which were brilliant, cutting essays in satire. She has written furious, blunt letters. She has written letters to the accounts manager, the public relations vice-president, the president of the whole caboodle. She has wept with rage and frustration when they have been ignored, and the voiceless, faceless computer spews out another monthly bill, goofed up again.

Farewell, Eaton's catalogue. You were a great thing in your day. But I, for one, say good riddance.

©The Argyle Syndicate Ltd.

# 100 LINES

by J.M.

It's pretty difficult to find anyone these days who isn't talking about his latest Hydro bill. The rate increase has made itself felt with a real pinch on this bill, the first winter bill since the new rates took effect.

Spending a winter in this part of Canada has become almost a luxury, from a financial point of view. With oil and electricity reaching new price heights, and promises of more increases to come, it can take the lion's share of the budget just to keep warm. Add that to the cost of winter clothes, boots snow removal, snow tires, and the like, and your bank account can come out looking like a snowman in April.

It seems sometimes as if it might be cheaper just to pack up in Mid-November and head for the south until Mother Nature is finished tormenting the land north of the 49th Parallel.

We've heard of picking up hitchhikers before, but here's one that's a bit different. A fellow we know stopped at the height of the windstorm last week to check under the hood of his car for a moment, and didn't think to close the car door. Getting back in the car, he drove for a few miles before a little furry hitchhiker made itself known. It's not unusual for cats to look for a warm place to curl up, but this one didn't know the lounge was taking him far from home. So now our friend has an extra mouth to feed until someone claims the feline freeloader or it hoists its furry little thumb and heads home on its own.

Women have always had a reputation of being compulsive telephone callers so it's not surprising to hear that Margaret Trudeau is getting in her two cents worth on a Ottawa hotline show. We'd love to hear Pierre's comments when he comes home in the evening after finding out his wife has been the star of morning radio again. We wouldn't be surprised if there was one less phone on Sussex Drive before long.

We've proven the last couple of weeks that Post classified ads do work; so well, in fact that at Monday night's Lions Club meeting we were able to present club secretary Alex Banford with almost 20 pairs of used eyeglasses. The glasses were donated by thoughtful readers who saw a small ad for used glasses to be donated to people in underdeveloped countries. That's a great beginning, but we could never have too many, so if you have any glasses you no longer need, just drop them in at our office.

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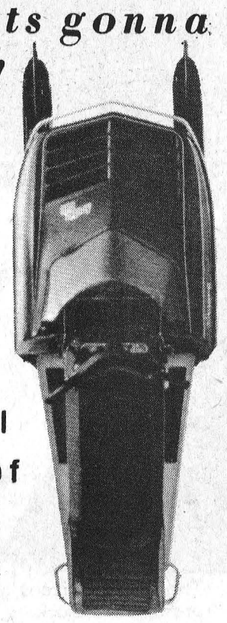
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# Government funds available for community projects

If you're retired and would like to start up a project in your community, why not have a look at a special federal government program that assists the establishment of such worthwhile efforts.

The program is called New Horizons. It comes under the governments department of Health and Welfare Canada.

New Horizons was established in 1972. Since then it has helped to finance more than 5,100 projects across the country to the tune of more than $29-million.

This unique program enables retired people to create projects of their own choosing. It offers grants to groups of retired people who will undertake activities for the benefit of themselves and others in their community. The accent is on local needs as seen by older people, and on their willingness to meet such needs.

The ideas for projects originate from individuals or groups. If you do not have a group -- and a group of 10 persons is necessary -- then you'll get assistance in getting one together. More important is the fact that New Horizons will provide the necessary funds to get the project off the ground. Additional assistance can be available if it is deemed necessary.

Objectives of New Horizons are three fold:

1. to encourage the retired to participate in community life;
2. to provide an opportunity to senior citizens to utilize their knowledge and experience;
3. encourage mutual aid among retired people.

Virtually any group of retired citizens may be eligible for assistance providing that the activity usefully and creatively involves senior citizens, meets their specific needs, and benefits them and the community in which they live.

To qualify, projects must be planned and carried out by a group of at least 10 persons -- a majority of them retired -- who become the Directors of the project and take responsibility for its implementation and administration.

Funds granted under the program may be used to meet the cost of planning, organizing, and carrying out projects. This includes such items as rental of accommodations, rental or purchase of equipment, minor building repairs, telephone, publicity, salaries of temporary staff, consultants and audit fees.

Among the many projects viewed as really creative have been cross-country skiing clubs, groups who have researched and written local histories and a clinic for seniors which also provided diet information, created and staffed by a group of retired doctors, teachers and health workers.

Grants have been made for a broad range of activities, including, more recently, physical programs.

More information on the program may be obtained by writing to: New Horizons, 6th Floor, Health and Welfare Canada, 1243 Islington Avenue, Toronto, Ontario. Telephone 239-3973.

# Dixon's Corners Volleyball Team Places 2nd in Dundas

Post Staff Photo




Teams from Riverside Heights, Winchester, Dixon's Corners and Chesterville Public Schools met for a final round-robin Volleyball Tournament at Maple Ridge Senior Public School on Thursday, January 22. These four teams had previously won games against neighbouring schools.

The girls from Dixon's placed second in the county being defeated only by Chesterville in the final game.

In this tournament regular Volleyball rules had been modified somewhat to meet the skill levels of the Grade 5-6 girls. The girls were allowed unlimited volleys on each side of the net and the net was lowered to a height of two meters.

Tournament convenors were Larry Berry, principal of Inkerman P.S., and Wyman Barton, principal of Chesterville P.S.

Dixon's Corners Junior Girls Volleyball Team -

Front Row - left to right - Cathy Thompson, Helen Johnston, Nancy Johnston, Sharon Christie, Sharon Albers.

Back Row - left to right - Sandra Markell, Judy Hunter (captain), Trudy Markell, Diane Christie, heather Whitteker, Karen Keeler.

Absent Bonnie Fawcett.

# Public Urged to Keep Up Education

In recent years the escalating costs of education have exposed a widening gap between the taxpayers and the school system. In effect, one of the things that has happened is that sophisticated schooling methods have developed so rapidly that parents and others have lost touch with what goes on in the schools. In calling for curtailment of tax expenditures people want to know what is going on, how their money is being spent, and how it benefits their children.

The Ontario Department of Education has responded by proposing to establish a Community School Program. Going beyond a mere explanation of expenditures, there will be an effort to engage the public in activities to be located in the schools, and also to encourage school activities to be conducted in the communities, i.e. outside the school buildings. With the re-establishment of closer relationships between school and taxpayers, better understanding should result.

School Boards throughout Ontario are taking advantage of these new policies and are devising programs which will encourage and foster closer ties between schools and their communities. In some cases new public facilities for recreation are being contemplated in conjunction with school facilities, where this establishment would work to mutual advantage. Many schools are inviting local clubs and associations, who have no facilities of their own, to use the schools at modest rates.

As much as a year ago some schools began amalgamating elements of the Home and School Association and Student Councils under the new heading of Community School Committees. One of the advantages of this concept is the direct linking of students and public with the operation of their schools. It is too early to say what the result will be but indications are that the broadening of the base for responsibility will promote fuller use of schools as a public facility.

The building equipping and operation of schools is an expensive business. Students need these facilities to meet the enlarging curriculae of contemporary education. Now there is growing opportunity for adults and dropouts to take advantage of these facilities which may not have existed or were not available formerly. As mankind gains in knowledge, the sharing of that knowledge must extend beyond those currently in formal school attendance. It merely has to be determined how this information can be shared. The Community School concept is a developing one which will evolve as public participation grows.



Post Staff Photo

# Seaway Curlers Tops at Utica

A team of curlers from Seaway District High School in Iroquois has won the "A" or Main event in the 24th Annual Utica International Teen Age Bonspiel. The team skipped by Peter Brunt defeated teams from Smiths Falls, Norfolk, Vermont, Utica No. 4, Utica No. 1 and a second team from Seaway. Other team members are Lori Boyd, Gary MacDonald and Leslie Brais.

The bonspiel is a 24 team event with teams mainly from Ontario, and New York state. In addition to winning the Main event, the two teams from Seaway ended up winning eight out of nine games.

The team skipped by Blair MacDonald and being made up of Cindy Tippins, Tom MacDonald, and Karen Shearing defeated teams from Rochester, New York, Cornwall, and Schenectady New York but lost their fourth and final game to the Brunt Rink from Seaway.

This is the fourth time that high school curlers from Seaway District H.S. and the Morrisburg Curling Club have won this event since 1960.

The curling team from Seaway (from left to right) Peter Brunt (skip), Lori Boyd, Gary MacDonald, Leslie Brais.

# Concerned With Rising Crime Rate

Commissioner H.H. Graham of the Ontario Provincial Police is extremely concerned with the rising crime rates in OPP jurisdiction.

The major areas of concern are the shocking increases in violent crime. Homicides increased by 30.9%. In 1974 there were 71 homicides, in 1975, 93. Robberies increased by 23% from 195 in 1974 to 240 in 1975. Other areas of concern are frauds up 22.9%, (3,269), Auto Theft up 20.2%, (3127), break and enter up 18.5% (18,834).

The police need the support and assistance of all law-abiding citizens to combat this problem. You can help by taking more preventative action by improving the security of your homes, cottages and places of business. Consider the inherent dangers of travelling or walking alone. By failing to lock your car you encourage theft. Above all, report all suspicious activities promptly and accurately to your local police.

If you are interested in further information on what you can do to help reduce crime, contact your local community services officer at any OPP Detachment.

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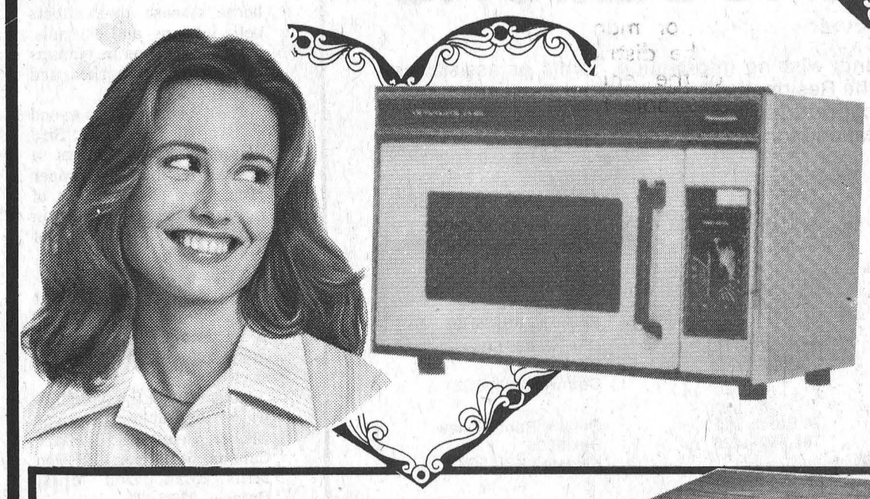

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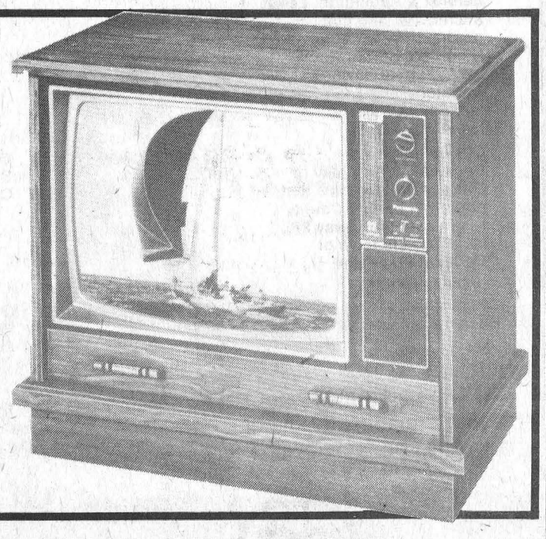

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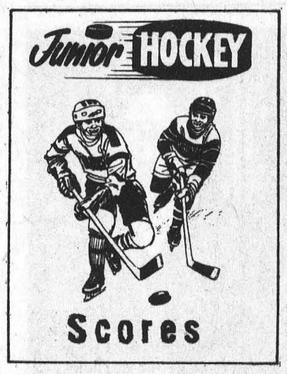


PEE WEE A

Exhibition Game
Tuesday February 3 at Cardinal
Ogdensburg 4, Iroquois 2
Iroquois goals scored by:
Kevin Palmer . . . . . 2
Assisted by S. Brennan; T. Patterson and M. Nesbitt
An exciting game and Brian Froats was superb in goal although in a losing cause. Ogdensburg's final goal was scored into an empty net.

Sunday February 8 at Cardinal
Iroquois 5, Chesterville 4
Iroquois goals scored by:
Kevin McEwen . . . . . 1
Assisted by S. Kirker
Kevin Palmer . . . . . 1
Scott Brennan . . . . . 1
Assisted by M. Nesbitt and K. Palmer
Tim Patterson . . . . . 2
Assisted by S. Kirker (2)

Monday February 9 at Kemptville
Iroquois 6, Kemptville 3
Iroquois goals scored by:
Tim Patterson . . . . . 1
Assisted by K. McEwen
Mark Nesbitt . . . . . 3
Assisted by K. Palmer and S. Brennan, D. Bueley
Kevin McEwen . . . . . 1
Kevin Palmer . . . . . 1
Assisted by M. Nesbitt and D. Bueley
This game also counted as the first game of the ODMAA playdowns.

UPCOMING GAMES

Saturday February 14
Iroquois vs Morrisburg at Morrisburg Tournament, 8:00 a.m.
Sunday February 15
Canton vs Iroquois at Cardinal, 6:00 p.m.

PEE WEE B

Thursday January 29 at Cardinal
Iroquois 2, Cardinal 2
Iroquois goals scored by:
Shannon Adams . . . . . 1
Assisted by Kevin Thompson
Dale McMartin . . . . . 1
Assisted by Michael Tryon
Exhibition Game
Tuesday February 3 at Spencerville
Iroquois 2, Spencerville 0
Iroquois goals scored by:
Michael Tryon . . . . . 1
Assisted by Robert Jackson
Randy Grootjans . . . . . 1
Assisted by Tommy Waddell
Fourth shut out this year for Bobby Seely

Friday February 6 at Morrisburg
Morrisburg 6, Iroquois 4
Iroquois goals scored by:
Randy Grootjans . . . . . 1
Assisted by Robert Jackson
Robert Jackson . . . . . 1
Assisted by Shannon Adams
Jamie Thompson . . . . . 1
Dale McMartin . . . . . 1

Saturday February 7 at Cardinal
Iroquois 3, Cardinal 1
Iroquois goals scored by:
Dale McMartin . . . . . 1
Assisted by Michael Tryon
Randy Grootjans . . . . . 1
Assisted by David Daisley
Robert Jackson . . . . . 1
Assisted by Shannon Adams

PEE WEE B

Saturday February 7 at Morrisburg
Iroquois 4, Chesterville 1
Iroquois goals scored by:
Shannon Adams . . . . . 1
Assisted by Robert Jackson
Michael Tryon . . . . . 2
Assisted by Tommy Waddell
Wayne Prunner
Dale McMartin . . . . . 1
Assisted by Garney Adams

TYKE

Wednesday February 4 at Morrisburg
Iroquois 4, Morrisburg 1
Iroquois goals scored by:
Mike Veltkamp . . . . . 2
Chris McDermid . . . . . 1
Eldon Horner . . . . . 1

Friday February 6 at Cardinal
Prescott 2, Iroquois 1
Iroquois goals scored by:
Mike Veltkamp . . . . . 1

TEAM STANDINGS
As of Feb. 7/76

| | W | L | T | PTS |
|---|---|---|---|---|
| Prescott . . . . . | 8 | 1 | 0 | 16 |
| Iroquois . . . . . | 6 | 3 | 0 | 12 |
| Morrisburg . . . . | 4 | 5 | 0 | 8 |
| Spencerville . . . | 0 | 9 | 0 | 0 |

UPCOMING GAMES

Friday February 13
Morrisburg vs Iroquois at Cardinal, 6:30 p.m.

UPPER ST. LAWRENCE ATOM

Tuesday January 27 at Cardinal
Iroquois 5, Chesterville 3
Iroquois goals scored by:
A. Burgess . . . . . 2
Assisted by S. Seeley, A. Lee
T. Picotte . . . . . 2
Assisted by A. Lee, A Burgess
F. Lee . . . . . 1
Assisted by D. Hall

Exhibition Game
Saturday January 31 at Cardinal
Iroquois 7, Braden Ford 0
Iroquois goals scored by:
F. Lee . . . . . 3
Assisted by D. Hall, J. Kirker (2), W. Traynor, R. Francis
A. Burgess . . . . . 2
Assisted by T. Picotte, A Lee
D. Hall . . . . . 1
Assisted by F. Lee
A. Lee . . . . . 1
Assisted by A. Burgess, T. Picotte

UPPER ST. LAWRENCE ATOM

Sunday February 1 at Prescott
Iroquois 7, Prescott 2
Iroquois goals scored by:
F. Lee . . . . . 4
Assisted by D. Hall (4), S. Seeley, R. Francis
R. Francis . . . . . 2
Assisted by D. Hall, unassisted
A. Burgess . . . . . 1
Assisted by A. Lee

Tuesday February 3 at Cardinal
Cardinal 2, Iroquois 1
Iroquois goals scored by:
F. Lee . . . . . 1
Assisted by A. Burgess, D. Nesbitt
K. Ault played a steady game in goal for Iroquois.

Exhibition Game
Friday February 6 at Long Sault
Long Sault 4, Iroquois 2
Iroquois goals scored by:
A. Burgess . . . . . 1
Assisted by T. Picotte
D. Hall . . . . . 1
Assisted by F. lee, R. Francis

Saturday February 7 at Morrisburg
Iroquois 3, Prescott 3
Iroquois goals scored by:
A. Burgess . . . . . 1
Assisted by D. Hall
F. Lee . . . . . 1
Assisted by R. Francis, D. Hall
T. Picotte . . . . . 1
Assisted by A. Burgess

February 8 at Cardinal

Sunday February 8 at Cardinal
Iroquois 5, Spencerville 1
Iroquois goals scored by:
T. Picotte . . . . . 1
Assisted by J. Kirker
F. Lee . . . . . 4
Assisted by R. Francis (3), A. Burgess

UPPER ST. LAWRENCE BANTAM

Sunday February 8 at Cardinal
Iroquois 6, Kemptville 2
Iroquois goals scored by:
Earl Nesbitt . . . . . 1
Kevin Prentiss . . . . . 1
Kevin Brown . . . . . 1
Randy Casselman . . . . . 1
Bruce Armstrong . . . . . 1
Robin Adair . . . . . 1

Monday February 9 at Cardinal
Iroquois 4, Cardinal 0
Iroquois goals scored by:
Randy Casselman . . . . . 2
Kevin Brown . . . . . 1
Robin Adair . . . . . 1
Kent Smith recorded the shut o
Kent Smith recorded the shut out.

old timers

On January 25th the Iroquois Old Timers went to Chesterville to play in their Winter Carnival. Iroquois had only 9 players turn up, but won the game 7-2.
Iroquois goals scored by:
T. Styles . . . . . 3
D. McCurdy . . . . . 1
J. Shaw . . . . . 2
J. Brennan . . . . . 1

Sunday February 1st
Ingleside 9, Iroquois 1

Tuesday February 3rd
Iroquois 7, Berwick 5
Iroquois goals scored by:
T. Styles . . . . . 3
J. Shaw . . . . . 1
J. Brennan . . . . . 1
C. Veltkamp . . . . . 1
J. Mason . . . . . 1

Wednesday February 4th
Iroquois 5, Cardinal 5 (Pipe Shop)
Iroquois goals scored by:
J. Brennan . . . . . 4
T. Styles . . . . . 1

Sunday February 8
Iroquois 6, Berwick 4
Iroquois goals scored by:
J. Brennan . . . . . 2
C. Veltkamp . . . . . 1
J. Shaw . . . . . 1
D. McCurdy . . . . . 1
T. Styles . . . . . 1

NEXT GAMES

Iroquois at Cornwall, Feb. 13
Athens at Iroquois, Feb. 15
Iroquois at Long Sault, Feb. 21

# Community Schools Concept Explained

With joint funding by the Ontario Department of Education the S. D. & G. County Board of Education has employed a specialist in the field of community schools development. Mr. Iain Miller was appointed in November of last year, and has already had many meetings with school staffs, parent groups, student councils, clubs and associations.

Mr. Millar is interested in exploring, with members of the community, ways in which schools and the education system can be more fully utilized. "Education doesn't end with graduation" said Mr. Millar. "In fact, for some people it is the real beginning. We must find ways for those outside the formal school system to share their knowledge and experience with those within the system. We also need more opportunities for "ex-students" to up-date their school experience. Going back to school is only one of such ways" he said.

Mr. Millar emphasized the wide-open approach he is taking. He looked upon himself as a facilatator for the implementation of ideas which may come from the community, and or the school system.

"Each generation of students produces a better educated generation of adults" said Mr. Millar. "With such rapid developments in school education, past methods of continuing education for people out of school are becoming inadequate. I am most interested in (to) discussing possibilities with people with a view of rectifying this. So far I am very encouraged by the response of the public but my contact with people to date has still been too limited. I need to meet more people."

Mr. Millar suggests that groups and individuals who want to know more about what is going on should contact him through the United Counties School Board Office at 305 Baldwin Avenue in Cornwall, or through their local school.

TIPS FOR
GOOD BAKED BEANS

A winter is hardly a winter if you let it pass without at least once experiencing that great soul-warming flavor of old-fashioned baked beans. Over the years, food specialists at the Ontario Food Council, Ministry of Agriculture and Food have discovered several handy tips to aid in transforming Ontario white beans from their hard, raw state to that succulent, tender mass of bubbling baked beans.

For example, instead of soaking the beans overnight before cooking, use this quick-soak method: for each cup of beans use three cups of water. To reduce heat and simmer gently for 40 minutes Your beans are now ready for the bean pot!

Never add baking soda to the cooking water of beans. This destroys the vitamins.

To get an end result of moist evenly baked beans, use a covered heavy earthenware or cast iron pot. If you happened to get a slow cooker for Christmas, now is a good time to use it.

Always bake beans slowly - about three to four hours at 300 F Cooked this way, the beans will be tender, as well as moist. If using a slow cooker, follow the directions given with the pot for determining the length of time the beans should be baked. If time is limited and you have a pressure cooker, cook the beans, after presoaking, for 45 minutes at 15 pounds pressure.

Any leftover baked beans can be stored in the freezer for up to five months.

Stored in a tightly covered container in a dry place, the raw, white beans will keep indefinitely.

## Offer tips for safe eating

Health and Welfare Canada warns that there is a growing problem of food-borne Salmonella infection and suggests that the public take steps to protect against the bacteria.

Foods of all sorts carry bacteria. Most are harmless. However, poultry sometimes carries Salmonellosis which is a common bacterial food-borne disease that affects both humans and animals. Usual symptoms in humans are vomiting, diarrhea and fever.

The department has issued a pamphlet called "Bird Watching" which gives a number of tips on proper preparation and storing of raw and cooked poultry in order to avoid the growth of the bacterial.

Cooking kills most bacteria and storing at refrigerator temperatures prevents most of them from growing, the department says.

For a copy of the pamphlet write to Public Relations Officer, Health and Welfare Canada, 9th Floor, 789 Don Mills Road, Don Mills, Ontario, M3C 1T5.




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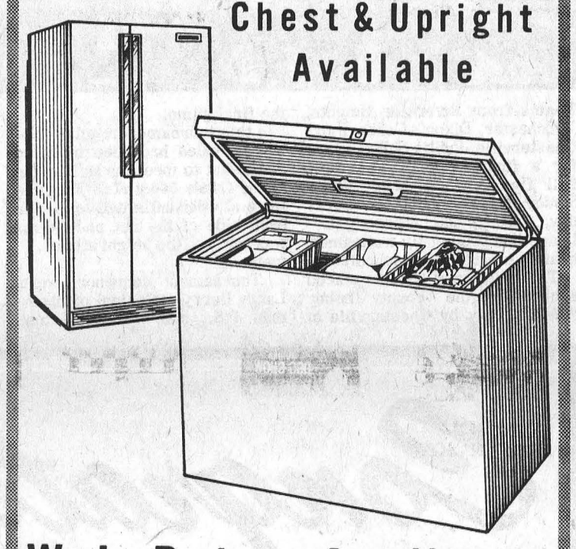

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Ontario
RENT REVIEW

Office locations

Landlords and tenants wishing information, forms or assistance in connection with the Residential Premises Rent Review Act may call or visit their local rent review office listed below. The offices will commence operation Monday, February 9, 1976.

| OFFICE AND AREA SERVED | OFFICE LOCATION | MAILING ADDRESS (for all correspondence including completed forms) |
|---|---|---|
| **EASTERN** | | |
| **Belleville,** for the Counties of Hastings and Prince Edward | 210 Dundas St. E. Tel. 966-4451 | Ontario Rent Review Box 4300 Belleville K8N 5H9 |
| **Cornwall,** for the Counties of Stormont, Dundas & Glengarry, and Prescott & Russell | 4 Montreal Rd. Tel. 933-8662 | Ontario Rent Review Box 607 Cornwall K6H 6G2 |
| **Kingston,** for the Counties of Frontenac, Lennox & Addington, Leeds & Grenville, and that portion of Lanark County lying *west* of Highway 29, *excluding* the towns of Carleton Place (see Ottawa) and Smiths Falls (see Ottawa). | 74 Brock St. Tel. 549-4426 | Ontario Rent Review Box 5500 Kingston K7L 5G4 |
| **Ottawa,** for the Regional Municipality of Ottawa-Carleton *plus* that portion of Lanark County lying *east* of Highway 29, *including* the town of Carleton Place and Smiths Falls | 265 Carling Ave. Tel. 238-5055 | Ontario Rent Review Box 9800 Ottawa K1G 3Y2 |
| **Pembroke,** for the County of Renfrew | 169 Williams St. Tel. 735-0135 | Ontario Rent Review Box 1010 Pembroke K8A 7T3 |

If you live outside the toll-free dialing area for the office serving your municipality, dial the operator and ask for Zenith 9-6000. You will be connected with the rent review office free of charge.

Ontario Ministry of Consumer and Commercial Relations

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# Snowmobilers Enjoy Legion Rally

The winner of the rally was Cephus Sypes who received a trophy and a prize. Second place was taken by Dean Keyes and third place by Bob McIntosh. Both received a trophy and a prize. A hearty meal of Kentucky fried chicken, scalloped potatoes, beans and bread was served up by the Ladies Auxilliary.

Before the music started, which was supplied by Reg Reid and Rhythym Inc, a drawing for 29 prizes was held. Steve Leizert of Pittston was awarded a trophy for bringing up the rear. The figure on the trophy was appropriate.

The Sports Committee would like to take this opportunity to thank everyone who helped make the rally a success and in particular the following members of the business community for their generous donations: Iroquois Enterprizes, Styles & McIntosh, Johnny's Spot, Savers, M & M Foods, Parmeter's Shoes, Ross Broadcast Products, S & F Foods, Fitzsimmons-Fader's Furniture, Gilmer's Pharmacy, Biba Clothes, Beaupre Jewelers, Thompson's Lumber, Seaway Gas Bar, Charlie's Sport Shop Morrisburg, Terry Murphy, Al McKinnon's Bulldozing, Jim Primrose's Moto-Ski Dealer, Rooney Feeds, Van Allen's Shell Station and Denzil Prunner's Auto Care.

BRIDGE WINNERS

LADIES

Lorne Bouck, Helen Bouck
GENTS
John Dixon, Rick Darling



Saturday's weather was ideal for snowmobiling, as these drivers discovered on the Legion rally held as part of the Winter Carnival. Post Staff Photo

TODAY'S HEALTH

# Travellers—planning in advance avoids problems

by David Woods

To travel hopefully is a better thing than to arrive, wrote Robert Louis Stevenson a century ago. Indeed, many of the author's fellow passengers on an emigrant ship bound from Scotland to New York needed all the hope they could muster. Several of them didn't survive the appalling shipboard conditions of the Atlantic crossing.

Today's travel is much more comfortable. Even so, modern travellers would do well to arm themselves with more than hope.

To start with, it's reassuring to know just what the Ontario Health Insurance Plan (OHIP) will cover if you should be unfortunate to contract schistosomiasis in St. Lucia, or be injured in a rickshaw collision in Hong Kong.

The answer is that OHIP will pay 100 per cent for emergency inpatient hospital care anywhere in the world. If you're admitted to hospital, reimbursement will be for standard, rather than deluxe or private ward, accommodation.

Non-emergency hospital care is covered at a maximum rate of 75 per cent of the cost of the same service in Ontario, and payments for physicians' services can be recouped up to a maximum of 90 per cent of the prevailing Ontario Medical Association fee schedule. OHIP also pays 75 per cent of *necessary* ambulance services — again, up to the amount the Plan would pay for the same service in Ontario.

While OHIP must tie its out-of-the-province coverage to prices for the same services in Ontario, and since physicians' charges in many parts of the world are well in excess of OHIP rates, it's wise to buy additional health insurance protection from a private company before you leave home.

Where the traveller and health are concerned an ounce of prevention really is worth a pound of cure, particularly if you're venturing far afield, or going away for an extended period. It's a good idea to see your family doctor before you go to check on inoculation requirements. If you're headed for somewhere like Mexico, where sensitive Canadian stomachs fall easy prey to such vacation-upsetting aggravations as Montezuma's Revenge — ask your doctor for anti-diarrhea pills to take with you.

But obviously it's impossible to predict all eventualities — and you can't take the bathroom cabinet with you.

If you do receive treatment outside of Canada, remember to get an itemized receipt for all services you pay for. This will facilitate reimbursement by OHIP when you return home.

You may find out in greater detail what OHIP covers, and what it doesn't, from the Ontario Ministry of Health booklet entitled *The Traveller's Guide to the Ontario Health Insurance Plan.*

Copies of the booklet are available without charge from travel agencies and government offices, or by writing directly to the Health Resource Centre, Communications Branch, Ontario Ministry of Health, Hepburn Block, Queen's Park, Toronto, Ontario M7A 1S2.

## Scout Leaders

cont'd from P. 7

presentation of the provincial "Trees for Canada" project. Luncheon was enjoyed by the delegates as a feature of the conference. Delegates were present from such points as Cornwall, Ottawa, Kingston, Brockville, Pembroke and Petawawa.



Sunday's snowstorm didn't deter participants in the Snowerama for Timmy. This photo shows several snowmobilers as they take a brief pause at one of the check points.


FRIDAY THE 13th
SALE
10% OFF
EVERYTHING
IN THE STORE
CRAFT HOUSE
IROQUOIS SHOPPING PLAZA



$1.00 Off Regular Price on 50 Lb. bag of Purina Dog Chow and New Purina Dog Meal




PURINA PUPPY CHOW




PURINA DOG CHOW




NEW PURINA DOG MEAL

Contact your Purina Dealer at C & L FEEDS Dixons Corners and ask about the courtesy plan.

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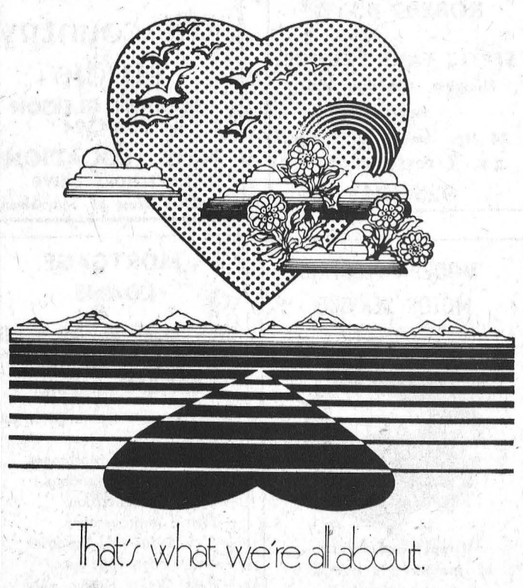

That's what we're all about.

Seaway District High School Students will be canvassing Iroquois, Matilda, and all of South Dundas on Sat., Feb. 14th.

Ask your Heart Association Give Heart Fund




## TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Gerry is nine, good-looking with light-brown hair, blue-grey eyes, fair skin, the delightful smile you see and an infectious laugh. In excellent health, he should wear glasses for near-sightedness but he goes without them unless he's reminded.

Gerry is bright and alert but is not doing very well in grade three. He is easily distracted and hyperactive, both of which interfere with a child's learning ability.

Gerry loves the outdoors. He plays hockey in winter and in summer spends as much time as possible in the water. He is fond of animals and fascinated by machinery.

Gerry wants and needs a great deal of adult attention so he should be adopted by parents who will want to spend a great deal of time with him. He should be the youngest in the family.

To inquire about adopting Gerry, please write to Today's Child, Ministry of Community & Social Services, Box 888, Station K, Toronto M4P 2H2. In your letter tell something of your present family and your way of life.

For general adoption information, contact your local Children's Aid Society.



LOVES THE OUTDOORS

# Shaver New Labatt's Points Leader

Steve Shaver is the new points leader in the race for the Labatts trophy, following Sunday's second leg of the Labatt's Triple Crown at Hulbert. Steve, with 40 points, holds a one-point lead over the second place racer, Dean Ault. The winner of the last meet, Jim Thompson has dropped to third with 29 points.

Sunday's meet was held during one of the season's heaviest snowfalls but competition was keen. Ault Foods (1975) Ltd. presented a trophy for the overall points winner of the day, but a tie dictated that the trophy would stay at the clubhouse. Winners for the day were Dean Ault and Garry Dillabough with 23 points each.

Results of the individual classes were as follows:

POWDER PUFF
1st Sandra Johnston (Artic Cat)
2nd Doris Tinkler (Polaris)

FAN STOCK 0-295
1st Steve Shaver (Alouette)
2nd Kevin Henderson (Alouette)

FAN STOCK 296-340
1st Sandra Johnston (Alouette)
2nd Kevin Henderson (Alouette)

FAN STOCK 341-440
1st Leroy Empey (Boa-Ski)
2nd Bruce Robinson (Yamaha)

OPEN FAN STOCK
1st Niel Strader (Yamaha)
2nd Leroy Empey (Boa Ski)

MOD STOCK 0-295
1st Steve Shaver (Alouette)
2nd Mike Shaver (Alouette)

MOD STOCK 296-400
1st Robert Cayer (Sno-Jet)
2nd Jim Thompson (Yamaha)

MOD STOCK 401-440
1st Dean Ault (Arctic Cat)
2nd Gary Bolton (Sno-Jet)

OPEN MOD STOCK
1st Dean Ault (Arctic Cat)
2nd Jim Graham (Arctic Cat)

SUPER MOD 0-295
NO ENTRIES

SUPER MOD 296-340
1st Steve Shaver (Alouette)
2nd Sandra Johnston (Alouette)

SUPER MOD 341-440
1st Gary Dillabough (Sno-Jet)
2nd Steve Shaver (Alouette)

OPEN SUPER MOD
1st Gary Dillabough (Sno-Jet)
2nd Horace Roskell (Ski-Doo)

Trophies for the day were presented by the following area businesses: Angus Pontiac Buick Ltd., Winchester; Lee Shaver Alouette Sales & Service, Iroquois; Acres Farm Eqpt. and Arctic Cat Sales, Winchester; Deeks Auto Electric and Polaris Sales, Winchester; Jim's Fina Service, Kemptville; Herve Plante, Universal Sales & Service, Brinston; Code's General Store, Brinston; and Frank Ault Equipment Rentals, Brinston.

The third leg of the Labatt's Triple Crown snowmobile races will be held on Saturday, Feb. 21, at Winchester (behind Ault Foods Ltd. plant). Registration will be from 11 a.m. to 1 p.m. The overall points winner of the races will be presented with the Labatt's trophy.


During the month of February we can save you money!

SEE THE COMPLETE LINE OF CHEVROLET AND OLDSMOBILE CARS AND THERE'S A GREAT LINEUP OF CHEVROLET TRUCKS

GM MARK OF EXCELLENCE

FREE 1976 LICENCE PLATES
(WITH THE PURCHASE OF A NEW OR USED CAR)

Our lot has over 30 Used and 75 New cars to choose from.

GMAC FINANCING AVAILABLE
PLUS LIFE AND DISABILTY INSURANCE

OPEN: MONDAY THRU FRIDAY 9-9
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Upper Canada Motor Sales
Morrisburg, Ont. — 543-2925

# OPPORTUNITY SAVINGS PROFITS RESULTS THEY'RE ALL IN CLASSIFIED

## FOR SALE

SALE - Velvet ends for dresses, cushions, etc. Now $2.75 yard.
D & K FABRICS,
Morrisburg Mall 31-5c

OFFICE TRAILER
10' x 30' can be seen anytime at Godkin's Mobile Home Park 3 miles west of Ingleside at Aultsville Road and Hwy #2. 537-2586 34-4c

1970 Fargo window van Sharp Licence D67564. Reasonable call anytime 537-2586. 34-4c

1966 Chevrolet for sale as is. Phone 652-4347. 34-1p

Shur Gain dog pellets are reasonably priced and have the same ingredients as Shur Gain dog food ROONEY FEEDS 652-4382. 33-4c

1973 Moto Ski, 440 cc. Less than 600 miles. 652-4359. 33-2p

TICKETS - All kinds of tickets printed. Dance tickets, draw tickets, business cards, etc. Fast delivery, reasonable rates. THE IROQUOIS POST, Iroquois Shopping Plaza, 652-4806.

SALE - 2 piece men and ladies snow suits. Reduced to $37.95 each.
D & K FABRICS,
Morrisburg Mall 31-5c

FARMERS! Do not be disappointed. Order your cattle ear tags now from your Shur-Gain feed dealer in Iroquois. ROONEY FEEDS 652-4382. 33-4c

Furnace Blocks for sale $8.00 a cord. Delivered in 3 cord lots. Apply Gordon C. Casselman. 652-4250. 33-2p

VACUUM CLEANERS and FLOOR POLISHERS: also Rug Conditioners for sale. Apply Ralph Coulthart Morrisburg.
Will demonstrate in your home. tfc

SALE - We now have foam sheets in a variety of sizes including 1/2 inch to 4 inch sized 54" x 70".
D & K FABRICS
Morrisburg Mall 31-5c

69 Marquis Brougham, for further details call 652-4550 after 6:00 p.m. 1nc

Limited number of copies of "The Hisotry of Cardinal" available at the Iroquois Post.

Brand new Electrohome component stereo system, AM-FM radio, 8 track tape player, 2 speakers. Contact J. Daly, Bank of Montreal, 652-4357. 34-2c

SALE - Fabric sale continues with a good variety double knits from $1.98 to $2.98 yard.
D & K FABRICS,
Morrisburg Mall 31-5c

**SWIMMING POOL SACRIFICE: Leading Manufacturer and distributor has above ground aluminum pools left over from 1975 season, 1/2 price, guaranteed installation and terms. - Call Credit Manager collect. Mississauga 416-625-8819 days or evenings 33-35c**

Our baled shredded paper is proving out real well. Pick up a few bales from your friendly Shur-Gain feed dealer in Iroquois. ROONEY FEEDS 652-4382. 33-4c

SALE - 300 pieces substandard tiny tot sets. Sizes infants to 3x. Half regular price.
D & K FABRICS,
Morrisburg Mall 31-5c

**ATTENTION HOMEOWNERS**
**INSULATE NOW**
AND SAVE FUEL WITH EASY TO USE
**ZONOLITE ATTIC INSULATION**
S. A. THOMPSON & SON LTD.
Phone 652-4478

SALE - Childrens and Youths Thermal Underware. $1.40 to $1.75 a piece.
D & K FABRICS,
Morrisburg Mall 31-5c

**WALLPAPER**
BY
**SUNWORTHY**
NEW BOOKS JUST ARRIVED
S.A. THOMPSON & SON
Phone 652-4478
IROQUOIS
26-tfc

We can supply you with all kinds of bulk corn, wheat, oats, barley, soya, dairy ration and Shur-Gain 40% dairy silo supplement. We also suggest you order your seed corn, oats, barley and small seeds now to avoid disappointment. Your Shur-Gain feed dealer in Iroquois ROONEY FEEDS 652-4382. The best feed mill by a "dam" site. 33-4c

Book sale - 10% off on all new paperbacks - second-hand paperbacks - 10¢ each. Westerns, mysteries, Harlequins.
Now on hand, leather belts, watchbands, barrettes. Made on the premises by Steve Donaldson.
New shipment of Eskimo carving and sculptures just received.
Hand knit ski and general winter wear stockings from Afghanistan
Just in Tibetan ebony carvings - (1 mask, 3 Owls).
Also now taking orders for Sony T.V.'s - 5' to 19' B/W or Colour portables, radios and hi-fi equipment. See R. Martin, Craft House Iroquois Plaza.

## COMMUNITY CALENDAR

HORTICULTURAL SOCIETY
Morrisburg & District Horticultural Society, first meeting for 1976, Civic Centre Auditorium, Morrisburg, Tuesday, February 17th. 8p.m. Movies, Refreshments. 34-1p

FIGURE SKATING CLUB
Morrisburg Figure Club presents Musicals, Musicals, Musicals, Saturday February 21st at 7:30 p.m. in the Morrisburg Community Centre. Admission Adults $1.00, Children 50¢ 34-2c

## SERVICES

TRADE OR SELL
Anything to trade or sell contact Mohawk Trading Post, 1 1/2 miles west of Iroquois Highway 2. tfc

"MEALS ON WHEELS"
If you are a senior citizen, handicapped or post - operative person. "Meals on Wheels" is available for you! Monday through Friday, a hot, fully nutritional meal will be brought to your home during the noon hour. Cost is minimal. Telephone 652-2123 daytime or evenings. tfc

**FURNITURE REFINISHING - Stripping - Repairs - Free estimates. Carman Refinishers, 652-4602 Iroquois 14-tfc**

**No Secret At All**



**WE GIVE FAST SERVICE ON**
**RUBBER STAMPS**
For a Good Impression See Us
The Iroquois Post
**Phone 652-4806**

CASH BINGO
Royal Canadian Legion Br. 538 Williamsburg, cash bingo every Wednesday night at 8:00 p.m. at Boucks Hill. 17-tfc

VALENTINE'S DANCE
Morrisburg Legion Hall, February 14th with Kenny Wise and the 3rd Edition. Spot Dances and Door Prize. Come and bring your valentine. 34-1c

EASTER IN NASHVILLE
April 15-19, $120.00 Per Person. Via Voyageur. For information call - Frank's Tours, Williamsburg, 535-2888. Evenings & Weekends. 34-1c

sno-DRIFTERS RALLYS
Haddo Sno-Drifters Annual Rallys will be held Saturday February 28th, starting from Haddo School at 12:30 p.m. Turkey supper and dance from 5 p.m. to 1 a.m. at Iroquois Civic Centre with music by Roger Molson and the Black Muck Diggers. Tickets-Rally $3, Dinner and Dance $8, Rally Dinner and Dance $10. Get your tickets early from any member of the club. 33-4c

COFFEE PARTY
The Iroquois "Care Units" invite the Community to share in a "Meals on Wheels" coffee party to be held at the Civic Centre on Sunday, February 15th from 2-4 p.m.
Come and meet representatives from other programs. Entertainment provided by the Iroquois, Morrisburg guitar group. 33-2c

## EMPLOYMENT

Dependable Person who can work without supervision. Contact customers around Iroquois. Limited auto travel. We train. Write E.J. Dick, Pres., South western Petroleum, Ft. Worth, Tx. 76101. 34-1c

## CARDS OF THANKS

My Family and I take this opportunity of expressing our sincere thanks to those who sponsored me for the "Snowerama for Crippled Children".
Anyone that does not receive a receipt or would desire one please contact Iroquois Lions or my self.
Thanks again, Lorne Froats. 34-1p

The Iroquois Lions Club would like to thank the following people and organizations who so generously helped with our two recent projects, the film presentation for Winter Carnival and the Snowerama for Timmy: Mr. C. C. Hart and Neil Vandermeer of Seaway District High School, the Councils of Iroquois and Matilda, Sandy Gibson and all members of the Haddo Sno-Drifters, the Golden Triangle Amateur Radio Club, the businesses who donated prizes or trophies, Randy Thompson, Norma Claxton, and especially all the snowmobilers and sponsors from Iroquois and many surrounding towns who helped to make Snowerama 1976 a success. 34-1c

## AUCTION SALE

At Van Allen's Auction and Appraisal Services just west of Iroquois on Highway No. 2.
MONDAY, FEBRUARY 16th
6:30 p.m.
Consisting of chairs, some rockers, beds including box springs & mattresses, electric stoves, one fridge, one space heater like new, one box stove, one rounded front china cabinet, 2 chesterfields, several tables, one chrome set, one wardrobe, dressers, chests and drawers, one commercial hair dryer with chair, washing machines, one gas dryer, trunks, mirrors, school desk, butterbowls, ladles, brass kettle sod irons, crocks, oil lamps, dishes, tools, and many other articles too numerous to mention.
Viewing time from 4 o'clock the day of sale.
TERMS CASH, SALE INDOORS
Auctioneer -
Ralph Van Allen
652-4533

**Conseil d'éducation des comtés de STORMONT, DUNDAS & GLENGARRY**
**County Board of Education**

TENDER
INSTRUCTIONAL
SCHOOL SUPPLIES

Bids will be received by Mr. D. N. Shuttleworth, Secretary of Business and Treasurer, until 4:00 p.m. Wednesday, February 25th, 1976, on the above material. Persons interested in bidding on this material are requested to obtain tender forms from the purchasing Department, The Stormont, Dundas & Glengarry County Board of Education, 305 Baldwin Avenue, Cornwall, Ontario, referring to Tender #1-76.

R.M. Whittaker,
Manager of Purchasing. 34-1c

## REAL ESTATE

**John A. Allison**
**REAL ESTATE**
Successor to
Floyd Fisher Real Estate
Morrisburg
Office 543-2044 Res. 543-2989

Farm Home - 3 bedrooms, living room, bathroom and family kitchen 12 x 13 ft. Attached to house is a large garage and storeroom both with concrete floors. Property is located about 2 miles north of Hwy. 401 on a 1 1/2 acre lot. Call for an appointment.

IROQUOIS AREA - Partially renovated 2 storey home with steel siding and 4 bedrooms, 2 of which have been refinished. Modern kitchen and living room, plus a 4 piece bathroom, This is a solid house and has good possibilities for a handyman. Lot 160 x 180 ft. Open for offers.

MORRISBURG - Near shopping centre, an older home with modern renovations including electric heat and aluminum siding. Comfortable kitchen plus family room 11 x 19 ft., as well as 2 bedrooms and a living room, Included is a garage and a lot large enough for a garden. Priced to sell.

UPPER CANADA VILLAGE area - 60 acres farm land with 40 clear and 10 acres of mixed bush. Ideal location for a country home or a hobby farm. Good access to Hwy. 401. Call for further information.

SALESMEN
Dale Beckstead ..... 535-2103
Leon Marcellus ..... 448-2444

**W. C. MacDONALD & ASSOCIATES**
**REAL ESTATE LIMITED**
**Real Estate Brokers**
**Winchester, Ontario**

CONVERTED cheese factory 8 miles from Iroquois, 100 amp. service, new furnace, 3 bedrooms large lot. Partially finished.

4-APARTMENT BUILDING - in Iroquois, 3 finished and rented. Lot 75 x 200. Call for appointment.

HANDYMAN SPECIAL - 3 bedroom brick 2 storey house, no heating, no plumbing, brick in good shape, metal roof, lot 100 x 250, on paved road. Well, large garage, outbuildings. $16,000. Needs plenty of work but could be an excellent home.

READY TO MOVE IN - This fine 4 bedroom home on Victoria St. in Iroquois features beautiful kitchen with stove refrigerator and dishwasher. Electric heating for comfortable living. Attached garage recreation room 11/2 baths.

FINE COUNTRY HOME just east of Cardinal on No. 2 Highway. This brick bungalow has been kept in immaculate condition deep basement, fireplace in living room, beautiful carpeting. Double sized lot with room for workshop and garden space plus . . . and priced right.

Sales Representative
KEN KIRKBY
Phone 652-4395

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Specialist In
Old Rock and Roll
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AFTER 5:00 P.M.
Phone Morrisburg
543-3326
34-2p

WHEN Plannin' A New Home
Plannin' A New Cottage
Plannin' A Renovation
Plannin' See LANNIN
**H. S. LANNIN LTD.**
GENERAL CONTRACTORS
Phone 774-2830 - Winchester

**CARETAKER WANTED**
**MATILDA MEMORIAL HALL, BRINSTON**

Applications must be received on or before Feb. 16, 1976. Applicants please state expected salary. Mail or deliver applications to clerk's office, Brinston.

Clerk-Treasurer
W. E. Horner

## Public Notices

**General Meeting of Canadian Legion Branch 370**
**Thurs. Feb. 19th**
**8:00 p.m.**

**NOTICE TO CREDITORS**

PERSONS having claims against the estate of EDNA MARY WHITTLE, late of the Township of Matilda, in the County of Dundas, Widow, who died on or about the 27th., day of August, 1975, are required to file proof of claim with the undersigned solicitors by the 25th., day of February, 1976, after which date the estate will be distributed with regard only to the claims of which the Executor shall then have notice.

DATED at Brockville, Ontario, this 22nd., day of January, 1976.

HENDERSON, HART, JOHNSTON, FOURNIER & ALGIE
Barristers and Solicitors,
61 King Street East,
Brockville, Ontario,
K6V 1B2.

Public Works Canada / Travaux publics Canada

**INVITATION TO TENDER**

SEALED TENDERS for the projects or services listed below, addressed to the Manager, Finance and Administration, (National Capital), Department of Public Works, Room 108, 66 Slater Street, Ottawa, Ontario, K1A 0M3 and endorsed with the Project Name and Number, will be received until 3:00 P.M on the specified closing date. Tender documents can be obtained through the Plan Distribution Office, Room 110, 66 Slater Street, Ottawa, Ontario, K1A 0M3 on payment of the applicable deposit.

**Cartaking and Interior Cleaning, Post Office, Ingleside, Ontario.**

Tender documents are also available from the Postmaster, Post Office, Ingleside, Ontario.

Closing Date: Tuesday, March 2nd, 1976

Deposit: Nil

INSTRUCTIONS

Deposit for plans and specifications must be made in the form of a certified cheque, drawn on a bank to which the Bank Act or the Quebec Savings Bank Act applies, payable to the Receiver General for Canada and will be released on return of the documents in good condition within one month from the date of tender opening.

To be considered, each tender must be submitted on the forms supplied by the Department and must be accompanied by the security specified on the tender documents.

The lowest or any tender not necessarily accepted.

W.R. Ewing,
Manager,
Finance and Administration,
(National Capital).

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Hair Styling for Women and Men
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Prop. - Liz Asselin
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INTERIOR & EXTERIOR
FREE ESTIMATES
PHONE WINCHESTER
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BUILDING CONTRACTOR, GENERAL REPAIR WORK
PHONE 652-4726
R.R. 2 BRINSTON, ONT.
26-tfc

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Buy, Sell, Trade, Swap, or What-have-you
652-4895
1½ Miles West of Iroquois On Highway 2

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SAY IT BEST WITH Flowers
MORRISBURG 543-2566

**IROQUOIS**
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SEPTIC TANK SERVICE
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24 Hrs. Emergency Service
R.R. 3 PRESCOTT, ONT.
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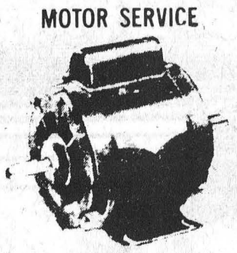
**MODERN ELECTRIC MOTOR SERVICE**

All types and makes of motors and pumps repaired and rebuilt
New & Used Motors for Sale
PHONE 925-5179
J. L. BUEHLOW, PROP
270 Edward Street
Prescott

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SUPERIOR
Make Reservations AT THE
**Iroquois Motor Motel**
652-4176
AIR CONDITIONED
COLOR TV SWIMMING POOL

FOR INFORMATION ON—
LIFE INSURANCE
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RETIREMENT PLANS
— CONTACT —
**ROGER COULTER**
438 Beech Ave., Iroquois
Phone 652-4535
Representing The Prudential Insurance Co.


SIZES 5 to 26½
Full assortment of coats, sportswear, gowns, dresses, loungewear and purses.
**Edie's**
HOUSE OF FASHION
Morrisburg Shopping Plaza

**SEAWAY DRY CLEANERS**
Morrisburg Shopping Centre
543-3359
HOURS

| | |
|---|---|
| Monday | 8-5:30 |
| Tuesday | 8-5:30 |
| Wednesday | 8-5:00 |
| Thursday | 8-5:30 |
| Friday | 8-8:00 |
| Saturday | 8-4:00 |
| Sunday | Closed |

ALL WORK DONE ON PREMISES
CASH AND CARRY

**Stephenson's Furniture**
ANTIQUES
NEW & USED FURNITURE
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Phone 652-4710

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Farm Fire Insurance—Dwelling, Contents, Outbuildings, Cattle & Machinery.
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BRINSTON ONTARIO

WEAVING, POTTERY AND PAINTING
**the country studio**
MARION GLEESON
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NEW LOCATION
LAKESHORE DRIVE
5 miles West of Morrisburg

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How much do you need?
$5,000 - $15,000
$25,000 or more?
—No amount too large or too small
—1st and 2nd Mortgages
—Prime rates available
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—Past Credit Rating—No Problem
Call (Collect) Ken Allen
345-1090 any time
Tri-State Investments Co. Limited
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## Classified Advertising Rates

All forms of classified advertising: For Sale, For Rent, Wanted, Cards of Thanks, Engagements, Birth Announcements, Coming Events, etc. are 5c per word (Minimum of $1.00 for 20 words or less for the first insertion and 4c per word for additional insertions (Minimum of 75c)

All classified Advertising is on a cash basis only. Advertisments may be taken over the phone or by mail if you have established a standing account with us and these will be subject to a 25c service charge.

In Memoriams $1.50 minimum (includes 4-line verse) plus 50c per 4-line verse thereafter.

Wedding and engagement announcements, when accompanied by a photograph are charged at $4.00 per picture.

Deadline for Classified advertisments is 11 A.M. Tuesday of week of issue.

The Iroquois Post
Wednesday, February 11, 1976
2
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# An Evening of Scottish Entertainment

Post Staff Photos



Heather Hutchinson (left) and Ann Marie Smith provided some of the entertainment at Friday's Scottish Troupe program.



Roma MacMillan played several numbers on her fiddle, accompanied by June Boulerice, while host for the program, Hugh Hutchinson looks on.





Karen Craig (left) Lisa Robson and Mauri-Anne Hart put all their efforts into Baby Sword Dance.



One of the evening's most colourful dances at the Scottish Troupe program was the Flora MacDonald, featuring (Left to right) Kendra Adair, Stephanie Miner, Cheryl Styles, and Cindy Patterson.

## St. John's Holds Annual Vestry Meeting

The Annual Meeting for the Congregation of Saint John's Anglican Church, Iroquois, was held on Sunday, January 25th, at midday. Those present enjoyed an informal luncheon, after which the meeting was called to order by the Chairman Rev. F.N. Gooch. The Secretary for this meeting was Muriel Robertson.

The various financial statements for 1975 were presented by the Treasurer, Bonnie Casentree, and comments and suggestions made by the Auditors, James and Corrine Hubbard, were discussed. Reports for the St. John's Group, Anglican Church Women; and for the Altar Guild, were presented respectivel by Eunice Hill, Eden Avery, and Lillian Scott. The Churchwardens, James Styles and Gerald Cornell moved the approval of the financial reports.

Under guidance of the Chairman the details of the 1976 Budget were considered and the Budget adopted. This provides for both expenses shared with the two other congregations in the parish, and also all estimated costs of local operation.

Plans considered for 1976 and 1977 include the holding of a "Teaching Mission", probably in Lent 1977.

The officers of St. John's Church for the current year were appointed or elected as follows: Rector's Warden, James Styles; People's Warden, Muriel Robertson; Deputy Warden, Allan Armstrong; Treasurer, Bonnie Casentree; Auditors, James and Corrinne Hubbard; Envelope Secretary, Corinne Hubbard; Lay Member of Synod, Ed Casentree; Alternate Lay Member, Myrna Johnston; Elected Member of Parish Central Committee, James Hubbard; Appointed Member, Carl Bandford.

The Congregational Council consists in the Rector, Wardens, Treasurer, Lay Member of the Synod; together with Gerald Cornell; Carl Banford, and two other members to be invited.

The Meeting expressed its thanks to all who had shared in the work of the congregation during 1975.

## Scouters Meet in Smiths Falls

Four Scout leaders from the St. Lawrence District participated in the St. Lawrence Regional Scout Conference at Smiths Falls on Saturday. District Commissioner J. Allan Thom of Prescott, Assistant, George Lewis of Morrisburg, Council President William Sheldrick and District Scoutmaster Ron MacLean, both of Morrisburg, made up the district delegation. The Reverend E. Earle Eaton of Chesterville, District Chaplain and Public Relations representative, also was a delegate to the conference, but was unable to attend due to involvement in a wedding in Cornwall.

The conference agenda included promotion, particularly Venturing and "Beavering"; out-door programs, camping, district-regional-provincial liaison, future activity, winter events, advancement and recognition. Conservation and environment also were prime considerations, with the

see Scouters P. 5

# Former Combines Return for Game This Saturday



This was how the Morrisburg Combines looked during the hockey season of 1965-66, and a number of these players will be returning to Morrisburg this Saturday night to take on the Old Timers. See how many of the players you can still recognize after ten years.

Hockey fans of all ages will have a chance this Saturday to see hockey played as it used to be when the Morrisburg Old Timers take on the Morrisburg Combines of the 1960's. Members of the Combines who played during the late 1960's will journey back to Morrisburg for this memorable exhibition game.

A glance through scrapbooks recording the history of the Combines provides a few insights into why the team has earned such a highly prized spot in the memories of local folks. In 1966 a clipping notes that three Morrisburg players were honoured with special presentations. Jimmy Forrest, the highest scorer in the league, Mel Tomalty, the most gentlemanly player, and Ed St. Louis captain of the team and who was selected as the team's most valuable player were all honoured at an executive banquet.

New Year's Eve, 1967 saw the team lose by one goal to the Moscow selects in Brockville in front of over two thousand people. Trailing 3-0 in the third period, the Combines scored two quick goals to narrow the margin, but the selects held on.

In an exhibition game against the Syracuse Stars at Christmas 1969, the Combines sent their visitors home in defeat after scoring a 7-2 victory. They managed to pull off this win with two key players laid up with injuries. Roy Pyke, the number two scorer at the time was in hospital with a concussion received during warm-up, and the leading scorer, Mel Tomalty was out of action with a broken collarbone.

1970 was also an historic year for the team with several trophies coming home with the Morrisburg boys. The team journeyed to Lake Placid and scored victories over Switzerland and the United States to retain the John F. Kennedy Memorial trophy. The same year saw the team capture the Citizen Shield, symbol of the O.D.H.A. Intermediate 'A' Championship. The Combines edged the Shawville Pontiacs 1-0 to take the final series by 3 games to 2.

Fans on February 14th will see such stars as Weiner Brown, Mel Tomalty Derek Holmes, Don Grant, Pay Bropny, Ron Quenneville and Bob Carkner. The action gets underway at 8 p.m. in the Morrisburg Community Centre and it promises to be an evening that will bring back a lot of memories, as hockey fans and old friends return to Morrisburg to see their Combines face the Old Timers.

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Barn
½
Price
Sale



All strictly Winter Goods are now ½ Price

- All ladies' Size 5 to 15 Winter Slacks, reg. to $24.98 — *Clearing at $10.00.*
- Men's G.W.G. Denim Parkas, reg. $50 — *Now $25.00.*
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- Special rack of Leisure Suits regularly priced from $50 to $90, some are Tall Man *Clearing at $25.00-$45.00.*
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New Arrivals each week for Spring

*For Men from "CONQUEST".* Leisure Suits and Co-ordinate Slacks. Buy now for down south and get that *Extra Wear* this summer.

*Liberte Jeans are here!* A high fashion Jean with front seams plus extra seam work on seat. Introductory offer *1 Denim Wallet with each pair.*



*Ladies Pantman & 3rd Dimension* — Co-ordinates, including Shorts, Skirts, Vests, Jackets, Blouses, Long Skirts
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*Size 5 to 15* — New Spring Blouses, Pullovers and Slacks. *They are terrific!*

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# County Correspondence

## SHANLY

Mr. and Mrs. Cecil Bennett spent a few days recently with their daughter Mrs. Hans Krunys, Mr. Krunys and Derek, of Willowdale, Ontario.

Word has been received of the passing in Kingston Hospital of Mrs. Rae Foster a former resident of Shanly for several years.

Sixteen Shanly 4-H girls met at the home of Mrs. Cecil Bennett on January 31. The project for this unit is "A Touch of Stitchery" and the club name is "Stitch Witches". The president is Betty Zwarts, Sec'y Penny Foster, Press Sec'y Cheryl Craven. Leaders Mrs. C. Bennett, Mrs. George York and Mrs. D. Schutten.

## IROQUOIS

Mrs. Lottie Merkley returned home last week after spending the holiday season with her grand son, Dr. and Mrs. Peter McLaughlin and daughter Carey of Menlo Park, California. Mrs. Merkley, accompanied by Mr. and Mrs. E.T. McLaughlin of Ottawa, and son Ian of Kemptville, and J.B. McLaughlin of Brockville, spent a week in Los Angeles, San Diego, Elcentro, Ventura, and Mexico. They later drove to Menlo Park, where they spent Christmas and New Years with Dr. and Mrs. McLaughlin. They enjoyed several tours of San Francisco, Muir Woods and Stanford Medical Center at Palo Alto. Returning home, they spent a few days in Vancouver, B.C.

## BRINSTON

Messers Roy and Charles Hodgson, Lyall and Blair of Toyes Hill and Mrs. Edna and Beatrice Riddell of Brinston were entertained recently to a Turkey dinner at the home of Mr. and Mrs. George Summers of Winchester Springs.

Mr. and Mrs. Roy Hansma of Winchester left Sunday to spend two weeks in the Bahamas.

Mr. and Mrs. Eric Riddell of Brinston entertained Messers Roy, Charles, Lyall and Blair Hodgson of Toyes Hill and Mrs. Beatrice and Edna Riddell to dinner on Sunday. The occasion being Mr. Roy Hodgson's 80th Birthday.

Mr. Hodgson Sr. was also entertained to a birthday dinner by his daughter Mr. and Mrs. Lawrence Coughler of Inkerman Sunday evening.

Mrs. Beatrice Riddell was an overnight guest Friday with Mr. and Mrs. John Riddell and Alton John of Brinston.

Mr. and Mrs. Russell Ault of Rowena have returned home after spending 2 weeks in Florida.

## PITTSTON

Mrs. John Richardson arrived home from Brockville General Hospital on Saturday.

Robert Sloan is a patient in Brockville General Hospital. A speedy get well Bob.

During the morning service at Pittston United Church, February 29th, Communion will be served.

## Pittston U.C.W. Meets

Pittston U.C.W. held their meeting Wednesday evening at the home of Mrs. Gary Roddick. A poem, Magic of Love opened the meeting, read by Mrs. Willis Montgomery. The devotions, by Mrs. John Mathieu. Lets think about Love, were on different stages in life. But the love of Christ is more. Closing with prayer. Roll Call was in keeping of Valentine, by poems and readings. Business and Correspondences were dealt with. Arrangements for quilting on Tuesday. March meeting will be at the home of Mrs. Herbert Liezert.

Mrs. C. Marlatt was in charge of study. Education in Canada highlights were outlined, with questions and answer period by members. Meeting closed with prayer. A dainty lunch was served by Mrs. Gary Roddick and a social time was enjoyed.

## Walter Baker

From Page 2

Canadian Periodical Industry in its development (and we all shoul be willing to do that) then why not act positively. Why not give tax incentives to those who advertise in Canadian Periodicals. The tax incentive route has been used before and there is nothing wrong with it. But, whatever is done no citizen, no corporation, no publication, foreign or domestic should be the subject of cheap, unprincipled and shabby administrative practices and it is finally getting through to the Press and to the public that what is being done to periodicals could equally apply to them and even to Canadian magazines which might fall out of favour with the Government.

Normally I do not write in this column in the way in which Ihave but I have not felt more strongly about a national issue in a long time and I feel it is my duty to lay out my feelings in this column as I did in the House of Commons last week.

# Food Sense in Canada— NO NONSENSE

## VITAMIN ROLE MISUNDERSTOOD

When discussing food, nutrition and good health one group of nutrients that is greatly talked about but not always understood is vitamins.

The Bakery Foods Foundation of Canada's nutrition consultant, **Joan Fielden,** says, "It would appear that there are about a baker's dozen of vitamins that you must have to enjoy good health. Ordinarily, you can get them from a well-chosen assortment of everyday foods."

A few of these vitamins are of great importance. Here is a brief summary of the function of the most prominent vitamins and what foods contain them.

**Vitamin A**

This vitamin plays a very important role in eye function, and in keeping the skin and mucous membranes resistant to infection. Although vitamin A occurs only in foods of animal origin, the deep yellow and dark green vegetables and fruits supply a material—carotine—which your body can turn into Vitamin A. Liver is the most outstanding source of this important vitamin as is kidney. Whole milk and cheese also contain vitamin A.

**Vitamin B**

Three of the best known vitamins—riboflavin, thiamine and niacin—release the energy in food. They also have a role in the nervous system, keep the digestive system working calmly, and help maintain a healthy skin.

Vitamin $B_2$ (riboflavin) is abundant in only a few foods—lean pork, dry beans and peas, some of the organ meats and some nuts supply this vitamin.

Niacin can be found in whole grain and enriched cereals, meat and meat products and peas and beans.

Other B vitamins such as $B_6$, $B_{12}$ and folacin are needed to maintain normal hemoglobin. $B_{12}$ occurs in foods of animal origin.

**Vitamin C**

This vitamin, ascorbic acid, is not completely understood, but it is considered important in helping to maintain the cementing material that holds the body cells together.

Citrus fruits are the best source of Vitamin C and green vegetables, potatoes, tomatoes, peppers, cantaloupe and strawberries also provide helpful amounts.

**Vitamin D**

Although few foods contain vitamin D, it is readily available in milk fortified with it. Sunlight enables the body to produce vitamin D if it has a chance to shine directly on the skin. Vitamin D is important in building strong bones and teeth. It enables the body to absorb calcium supplied by food.

**Vitamin E**

Vitamin E is essential but its exact role in the body is not fully understood. Vitamin E is abundant in vegetable oils and margarine and contained in such foods as wheat germ and lettuce.

**Vitamin K**

Vitamin K is necessary for the manufacturing of a substance that helps blood to clot. Vitamin K is widely distributed in a variety of foods such as the green and leafy vegetables, tomatoes, cauliflower, egg yolks, soy bean oil and any kind of liver.

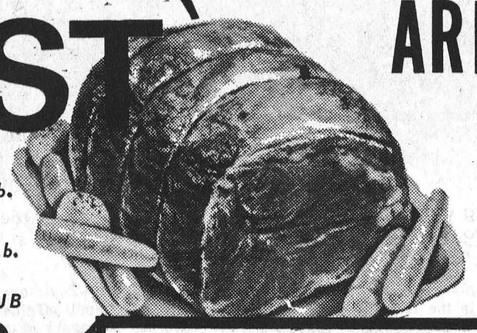

RED BRAND BEEF

ROAST

SHORT RIB 89¢ Lb.

CROSS RIB 99¢ Lb.

COUNTRY CLUB $1.09 Lb.



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McCain Frozen 10 Oz. Chopped BROCCLI 31¢

McCain Frozen Mixed 2 Lb. Bag VEGETABLES 79¢

McCain Frozen 4x5 Oz. Reg. $1.79 DELUXE PIZZA $1.59

McCain Strawberry Reg. $1.87 SHORTCAKE $1.69

BAKERY DEPT.

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Betty's Fresh Baked APPLE TURNOVERS 59¢

NEW - Christie's Twin Pak BROWN & SERVE LOAVES 59¢ Save 10c

MAZOLA 100% PURE 32 Oz. CORN OIL $1.33

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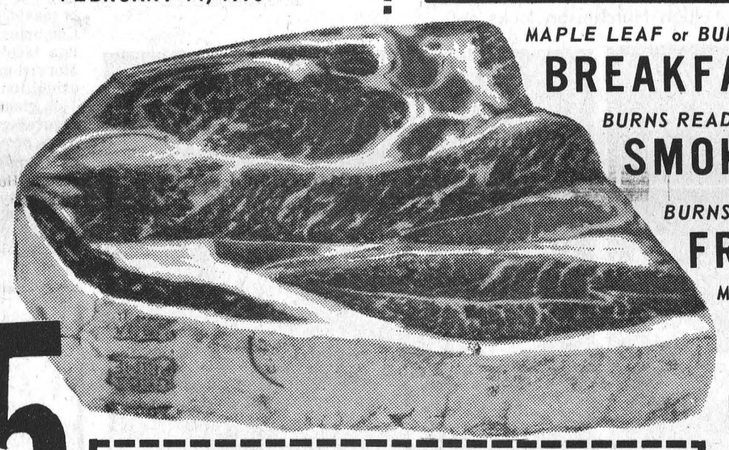
BLADE STEAK 95



FRESH LEG OF PORK End Cut lb $1.25 | Centre Cut lb $1.45

MAPLE LEAF or BURNS BREAKFAST SAUSAGE lb 85¢

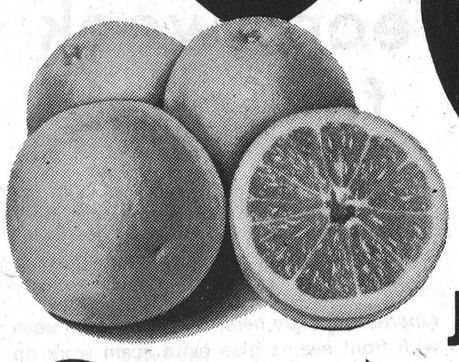
BURNS READY TO EAT SMOKED PICNICS lb $1.09

BURNS MINUTE FRY STRIPS lb $1.35

MAPLE LEAF JUBILEE BACON lb $1.49

FRESH PORK RIBLETS lb 59¢

BURNS S.P. CRYOVAC COTTAGE ROLLS lb $1.45



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HEINZ CANADA FANCY 19 Oz. TOMATO JUICE 25¢

FRESH CHICKEN WINGS lb 59¢



MAPLE LEAF 12 Oz. SALAMI CHUBS lb $1.09

RESDAN 6 Oz. Container $1.27

TIP TOP 13 Oz. Vacuum Packed TIN MIXED NUTS 98¢

CUCUMBERS 2 FOR 49¢



CELERY 24s 49¢



DUNCAN HINES DELUXE 2- Devils Food or White 18.5 Oz. CAKE MIX 69¢

SNYDER CHOICE 14 Oz. GREEN PEAS 22¢

Lemon Fresh DETERGENT 5 Lb. Box $1.87

BICK'S 32 Oz. Tasty- Tangy Jar DILL CHUNKS 58¢

| | |
|---|---|
| York 14 oz. Tin CUT WAX BEANS | 29c |
| McLaren's 48 oz. Jar DILLS WITH GARLIC | $1.13 |
| Aylmer 48 oz. Tin TOMATO JUICE | 59c |
| Donald Duck 48 oz. Tin Unsweetened GRAPEFRUIT JUICE | 59c |
| Maple Leaf 1 lb. TENDERFLAKE LARD | 58c |
| Lucky Whip 4 oz. Box DESSERT TOPPING | 59c |
| Bundt CHOCOLATE CROWN WITH NUTS CAKE MIX | $1.55 |
| Ideal 10 Oz. Tin PEAS OR CREAM CORN | tin 25c |
| Sno 'Flake — 1 lb. PURE SHORTENING | 65c |
| Country Good 10 Oz. Box CORNFLAKES 10 oz. box | 49c |
| Kam 12 Oz. Tin LUNCHEON MEAT | 89c |
| Provigo 32 oz. jar PURE ORANGE JUICE | 43c |
| York 1 lb. Smooth PEANUT BUTTER | 1 lb. 88c |
| Aylmer 10 Oz. Tin CUT WAX BEANS, CUT GREEN BEANS OR PEAS | 27c |
| Stafford 19 oz. Tin CHERRY PIE FILLING | 77c |
| Chase & Sanborn 1 lb. Bag ALL PURPOSE GRIND COFFEE | $1.49 |

## SUNDAY IN THE CHURCHES

**UNITED CHURCH OF CANADA**
**Matilda Pastoral Charge**
**Rev. L.D. Joyce, M.A., Ph.D., Th.D**

9:45 a.m. Brinston
11:00 a.m. Hainsville
8:00 p.m. Hulbert

**THE PENTECOSTAL ASSEMBLIES OF CANADA**
**Dundas Street, Cardinal**
**Rev. Lorne Trimble, Pastor**

Sunday - 9:45 a.m. — Christian Education Hour
11:00 a.m. - Worship
7:00 p.m. - Evangelism
Wednesday - 7:30 p.m. - Bible Study, Discussion and Prayer. In the church hall.
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**ST. ANDREW'S CHURCH**
**South Mountain**
**Mrs. Arnold Shaver, Organist**
**SUNDAY**
9:30 a.m. ..... Service of Worship
(Adult Bible Class Following)

**YOU ARE MOST WELCOME!**

**THE PRESBYTERIAN CHURCH IN CANADA**
**KNOX CHURCH, IROQUOIS**
**The Rev. L. J. Cowper, B.Th.**
**Interim Moderator**
**Mrs. M. Casselman, Organist**
**MINISTRY OF WORSHIP, EDUCATION AND OUTREACH**
Midweek Youth-Adult Program
**SUNDAY**
Church School ..... 9:45 a.m.
(Kindergarten thro. Grade 12)
Worship Service ..... 11 a.m.
(Adult Nursery Supervision for Children 4 years and under)
VISITORS AND NEW CHURCH FAMILIES WELCOME!

**CHRISTIAN REFORMED CHURCH**
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Rev. L.T. Schalkwyk, B.A., B.D.
Telephone 535-2598
9:30 a.m. Morning Worship
2:30 p.m. Afternoon Worship

**Anglican Church of Canada**
**Parish of Iroquois and Morrisburg**

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

3rd SUNDAY BEFORE LENT
FEBRUARY 15th

ST. JOHN'S, IROQUOIS -
8:00 a.m. HOLY EUCHARIST
11:00 a.m. MORNING PRAYER
Instruction Classes meet at time of later service.

ST. JAMES', MORRISBURG -
SATURDAY, FEBRUARY 14th
7:00 p.m. HOLY EUCHARIST

SUNDAY, FEBRUARY 15th
11:00 a.m. SUNG EUCHARIST

HOLY TRINITY, RIVERSIDE -
9:30 a.m. HOLY EUCHARIST

Visitors Always Welcome

**ST. CECILIA'S CHURCH**
**Rev. F.M. O'Connor,**
**Parish Priest**

Sunday ..... 9:30 a.m.
Confessions .. Wed., 7-7:45 p.m.
**St. Mary's, Morrisburg**
Saturday ..... 7:30 p.m.
Sunday ..... 11:00 a.m.
Confessions .. Wed. 8 - 9 p.m.

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

11:00 a.m. - Worship and Sunday School.
Meeting of Church Board, Sunday evening at 7:30 p.m.

## OBITUARY

### Rachel Foster

Rachel Roberta Foster, wife of the late Merrill Foster died in Kingston on Thursday February 5th. She leaves to mourn her loss, two sons - Gerald of Sudbury and Robert of Odessa. Also left to mourn are a brother and sister Mr. Robert MacMillan and Mrs. H. Bigelow (Margaret) both of Brockville, 13 grandchildren and two great-grandchildren.

Her remains rested at the James Reid Funeral Home in Kingston with services being held in the chapel on Saturday, February 7th. Interment was in the South Gower Cemetery.

### Verna Hess

Verna Hess passed away in the Hepburn Hospital, Ogdensburg N.Y., February 6th. She was the beloved wife of the late William Hess.

Born in Iroquois 1897, youngest daughter of the late Johiel Wert and Ellen Kelly, she was predeceased by one son, two sisters and two brothers.

She is survived by three sons, Allan, Carl and George; fourteen grandchildren; eleven great-grandchildren; two sisters, Jessie Keeler, Iroquois, Helen Van Horn, Carlsbad New Mexico; one brother George Wert Prescott, and a number of nieces and nephews.

She rested in the Nichols Funeral Home till Sunday. Service was held in the First Congregational Church, with interment in the Ogdensburg Cemetery.

## Care Unit Plans Coffee Party

The Iroquois "Care" unit met in the Council Chamber on January 22 at 8 p.m. Miss Dacy MacKenzie chaired the meeting in the absence of Mrs. M. Shearer.

Several interested citizens of the village were in attendance as well as Rev. Gooch of the village of Morrisburg. Dacy MacKenzie reported that the financial status of "Meals on Wheels" would permit that organization to carry on until the end of February or early March.

Mr. Stel of the Winchester Hospital had been contacted and informed the meeting that meals could be supplied from the hospital kitchen. The present number of twenty-eight volunteer drivers and visitors would have to be increased to at least fifty in order to make it possible to operate from Winchester. A proposal from the group to hold a coffee party on Sunday February 15th in the civic centre was endorsed and all local organizations will be asked to participate.

Rev. Gooch suggested that co-operation between the village might be possible and might utilize the cars to the advantage if we start to pick up meals in Winchester.

It was moved by Mrs. Corbett and seconded by Mrs. Chartrand that the meeting be adjourned.

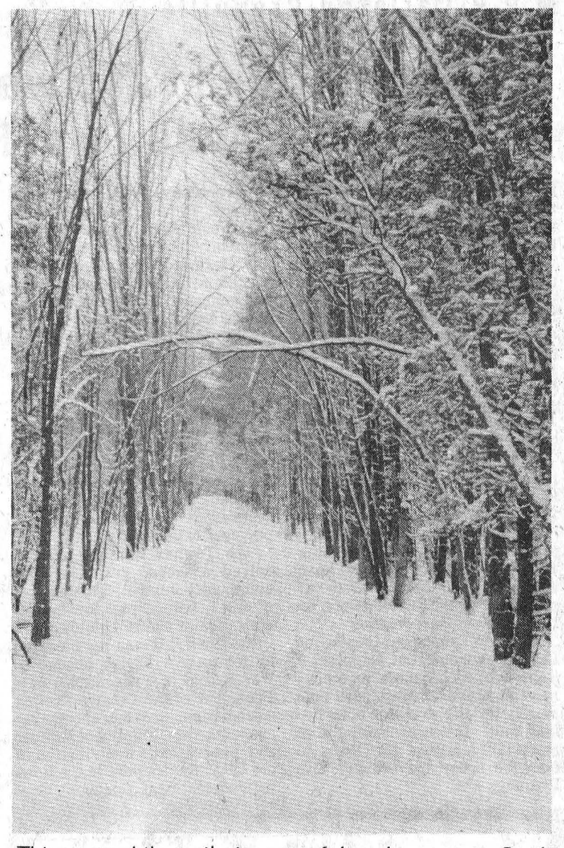
## Helping Hands Donate Clock

The Senior Citizen group Helping Hands held their first meeting of 1976 on February 4 in the Brinston Memorial Hall. The attendance was very good and several visitors from the Finch Senior Citizen Group entertained with a few beautiful songs.

The President Mrs. D. Lieverdink presented, on behalf of the Helping Hands, an electric clock to the new Senior Citizen apartments in Iroquois.

Several reports were read and discussed. A little choir sang different songs and then lunch was served and a social hour enjoyed. At 1:30 Mr. and Mrs. Ter Mair prepared their equipment to show slides about their bee business which accompanied his talk. The meeting was brought to an abrupt close when the weather took a turn for the worse.

## Winter Wonderland



This snowmobile trail sits peaceful and serene at Crysler Park following Sunday's heavy snow. Post Staff Photo




A sunny day sandwiched between clouds and flurries seems to be the most we can hope for, as February moves along. It takes Ol Sol to bring out the true colour of any work of Nature, so these few bright spots can be well-spent in enjoying the brilliance of birds like the Bluejay, and the Evening Grosbeak, both of which are here in good numbers this year. Even the Chickadee's white cheeks seem to take on a new brightness as he flashes back and forth to feed. Anyone who needs to do eye-exercises for strenghthening the muscles, should try watching four chickadees and three Jays contending for sunflower seeds!)

The only winter birds that have not yet checked in are the Purple Finches. According to last year's notes they came about the middle of February, so if they intend to visit us, they should be arriving soon. They often feed with House Sparrows, and can sometimes be overlooked. However, a close "inspection" of the Sparrows will pay off these days, as the brownish and greyish birds are not always of the same species.

Someone was asking what a Redpoll looks like - there are plenty of them here now, so lest any new bird-watcher assume that he "only Sparrows" at his feeder, here are the "specifications" for a Redpoll: tiny, greyish backs with white wing bars, light grey, almost white underparts with dark streaks at sides, small crimson cap set well forward, a black spot under chin, a yellow beak, and in the male a splash of rose colour on the breast. When the sun shines on these little birds, the red colouring is really beautiful, as seen against the snowy background. Redpolls have short legs, and as they move about, they look like tiny wind-up toys, skimming along the surface of the snow.

## Forfar Dairy Receives A.R.D.A. Grant

An established eastern Ontario dairy has qualified for an ARDA grant to expand and modernize its premises. Announcement of this assistance has been made jointly by Ontario's minister of agriculture and food, the Hon. William G. Newman, and Canada's minister of regional economic expansion, the Hon. Marcel Lessard.

Forfar Dairy Ltd., in the Township of Bastard, County of Leeds, was recently awarded a grant of $18,000 to assist in the expansion of a cold storage room, dry storage area, cutting area and addition to sanitary facilities.

While the expansion of the dairy is expected to provide maintenance of employment and the establishment of four new jobs, a major concern to the two governments is that the expansion will result in an increase in output for both the domestic and export markets, with appropriate stimulus to the total economy.

The project was reviewed and approved by the provincial Milk Industry Branch as being complementary to the present Industrial Milk Production Incentive Program, and providing stimulus to milk production in Ontario. The grant is shared equally by both governments under the terms of the Federal-Provincial Rural Development Agreement.

## Births

January 27/76 Mr. and Mrs. Richard Sypes, R.R.#1, Morrisburg. A Daughter.
January 27/76 Mr. and Mrs. John Hutt, South Mountain. A Daughter.
January 27/76 Mr. and Mrs. Elwood Craig, R.R.#2, Finch. A Daughter.
January 28/76 Mr. and Mrs. Cleland Sloan, Winchester. A Son.
January 28/76 Mr. and Mrs. Lyle Runions, R.R.#2, Iroquois. A Son.
February 1/76 Mr. and Mrs. Joseph Hunter, Williamsburg. A Daughter.
February 2/76 Mr. and Mrs. Robert Kearns, R.R.#3, Prescott. A Son.

## See Slides of New Zealand

The Iroquois Women's Institute held their regular monthly meeting in the Civic Centre at 8 p.m. January 15. Meeting was opened by the Institute Ode and repeating the Mary Stewart Collect. Business was conducted.

Our president, Mrs. Donald Hare read a poem on "Things to be Thankful For".

We were priveleged to have Mrs. Batchelor with us as our guest, and she showed us her slides on her trip to New Zealand, assisted by Miss Janet Davis. We enjoyed her trip very much, as she related her many experiences. She also had a few momentoes of her visit on display.

Mrs. Helen Smith presented Mrs. Batchelor with a token of our appreciation and thanked her and the hostesses of the evening for a lovely lunch. Meeting closed by singing God Save The Queen.

Mr. and Mrs. Albert Dewit of Iroquois announce the forthcoming marriage of their daughter Margaret to Mr. Tony Patey, son of Mr. and Mrs. M. Kenneth Patey of Toronto. Wedding to take place on Saturday February 14 at 4 p.m. in Knox Presbyterian Church, Iroquois. 3-1p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Do you know anyone here in Ontario who—through selflessness, humanity and kindness without expecting anything in return—has made this a better province in which to live?

That's the kind of person for whom the Ontario Medal for Good Citizenship was established.

Recipients are selected by an independent Advisory Council of Ontario citizens whose honorary chairman is the Lieutenant-Governor of the Province.

Anyone may nominate a person for the Ontario Medal, and nomination forms are available by writing:

Executive Secretary
Advisory Council
Ontario Medal for Good Citizenship
Queen's Park
Toronto, Ontario M7A 1P4

Making a nomination is itself an act of appreciation for good citizenship. All nominations should be received by April 15, 1976.




ONTARIO MEDAL FOR GOOD CITIZENSHIP

**PROCLAMATION**
**BADEN-POWEL WEEK**
BOY SCOUTS OF CANADA — GIRL GUIDES OF CANADA

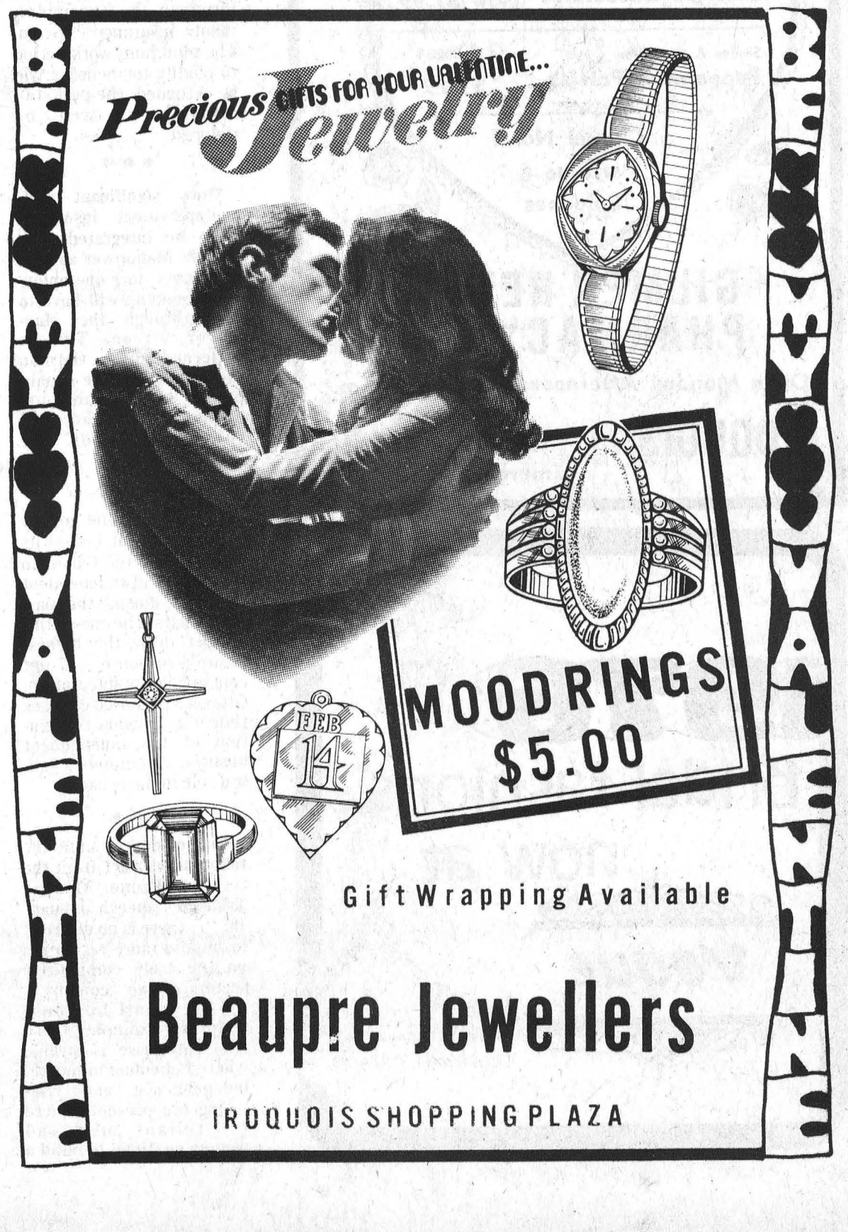
WHEREAS the Boy Scouts and the Girl Guides will be joining with Scouts and Guides across the World to celebrate Scout-Guide Week February 22nd, and

WHEREAS the Cornwall and District Council of the Boy Scouts and the Eastern Division Girl Guides of Canada wish to honour Lord and Lady Baden-Powell, the founders of the two movements, as well as all those active in these movements in this community.

By Virtue of our Office, we, Gerald J. Parisien and W. J. Cumming, hereby proclaim the week of February 15th to February 22nd as BADEN-POWELL WEEK.

We urge all citizens to lend their interest, their support and their co-operation to the Boy Scouts and Girl Guides to make the work of these two movements a success.

Gerald J. Parisien,
Mayor, City of Cornwall
W. J. Cumming, Warden
United Counties of Stormont, Dundas and Glengarry



# Report From Queen's Park

**by the Honourable Donald R. Irvine**

**M.P.P. Carleton-Grenville**

## Incentive Loan Awarded to Osgoode Twp. Firm

I wish to remind all my constituents that I may be reached by writing to Room 180, Legislative Building, Queen's Park, Toronti, M7A 1A2, or by telephoning my home (925-2451) or my office (416-965-0190). During the week, a telephone answering device attached to my home telephone will record your message and relay it to Queen's Park, so that I may respond to you as quickly as possible.

A new manufacturing operation is getting under way in Osgoode Township. I was very pleased recently to be able to announce substantial financial support for it from the Ontario Government.

Osgoode Valley Drainage Enterprises Inc. has been awarded a $159,000 business incentive loan and a $41,000 industrial mortgage loan by the Eastern Ontario Development Corporation.

The new company, located on Lot 37, Broken Front, Osgoode Township, will manufacture corrugated plastic tubing, used primarily for tile drainage of farmland It is worth noting that material qualifies for loans to farmers under the Ontario Tile Drainage Act.

Eventually, the company will provide 20 new jobs in the area.

I would like to take this opportunity to welcome Ottawa Valley Drainage Enterprises Inc. to Carleton-Grenville and to wish the company all the very best for the future.

The Ministry of Culture and Recreation has awarded three grants to Carleton-Grenville recently, two in support of community centres and one for international rowing activities.

Rideau Township has been awarded $131,250 to help pay for the new Rideau Township Arena and Hall in Manotick. The funds reimburse the Township for 25 per cent of the new facility's cost.

The Town of Prescott has received a second grant for its community centre. This award, of $842, helped pay for the installation of safety shields.

And finally, it was my pleasure to forward a $2,416 cheque to Wes Kuran of Prescott. Wes is President of the Ontario Rowing Association, and the cheque represents the Ministry of Culture and Recreation's contribution to the ORA, for its part in the Rowing International Coaches' Conference in Switzerland last year.

In recent months, much has been made of the supposed reluctance of the Ontario Government to proceed with its own farm income stabilization (F.I.S.) program, which many feel would help remobe the "boom and bust" cycle from farming.

Ontario's position was clearly stated by Agriculture and Food Minister William Newman at the annual Ontario Federation of Agriculture and Food Minister William Newman at the annual Ontario Federation of Agriculture convention in Hamilton. Ontario, he said, favours a national F.I.S. program rather that the development of fragmented and costly provincial plans.

"The days are gone when we can live in econimic isolation," Mr. Newman said. "Food production is no longer a regional provincial or national concern. In fact, to a hungry world, it is an international matter of the highest priority."

Unfortunately, the Federal Government has not yet developed a plan in which Ontario can participate. Present Federal proposals, in Ontario's view, give the Federal Agriculture Minister far too much power. For example, the Minister would have legislative power to raise support levels at his discretion.

Ontario would like to see a national program financed jointly by the Federal Government, the Provincial Government and farmers on a voluntary basis.

The Ontario proposals would bring real prospects of income stability to farming without introducing a whole series of production controls and without remobing the enterprising spirit so characteristic of farming. Ontario does not favour a scheme which would merely encourage inefficient production and become in effect, a guaranteed farm income plan.

Many of you were present at a speech by Premier William Davis in Kemptville last fall. You will recall the very strong backing given to farm income stabilization and the pledge to provide adequate funding for a workable plan. Those commitments are still being pursued today.

**Did You Know...?** The Ontario Ministry of Agriculture and Food has almost 700 booklets and pamphlets in print. These deal with subjects of interest not only to farmers, but also to home vegetable gardeners and indoor plant enthusiasts. A free list of titles is available by writing to: The Information Branch, Ministry of Agriculture and Food, Parliament Buildings, Queen's Park, Toronto, M7A 1A2.

## Centre To Discuss Conciliation

The Annual Meeting of Family Counselling Centre of Cornwall and United Counties will be held on Tuesday, February 17, 1976, at 8:00 p.m. at Trinity Church Hall.

The Theme of the meeting is Conciliation Counselling: Co-operation or Conflict Between Social Work and Legal Professions?

Members of the panel are: Miss Pauline Van Lammers; Mr. Gerald V. Gaughan, and Mr. Barrie Wilson.

Miss Van Lammers has a B.A. Degree from Ottawa University and a Masters in Social Work from St. Pat's College School of Social Work (now Carleton). She worked for two years at Rehabilitation Institute in Ottawa, and from 1960 to the present has been at Catholic Family Service in Ottawa. She is a senior social worker, doing marriage and family counselling and also supervising students in training.

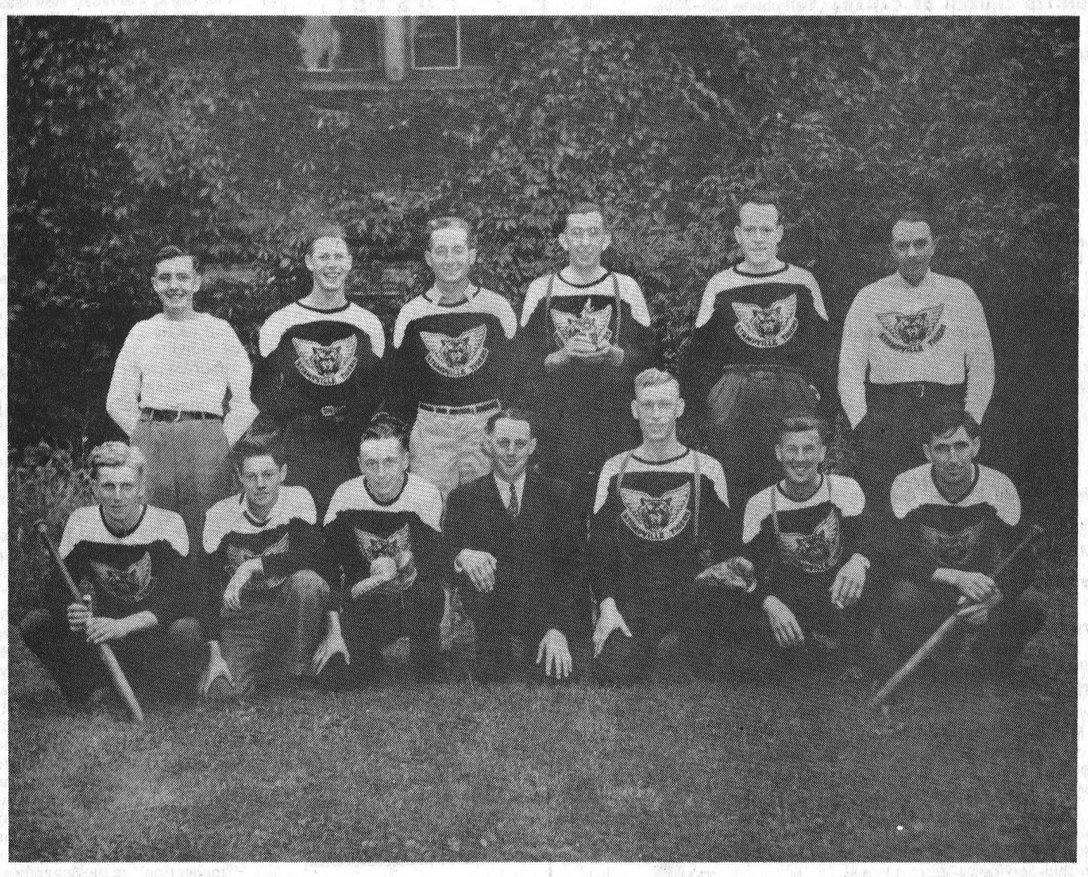
She is a past president of the Ottawa branch of the Ontario Association of Professional Social Workers and has been on the local board and Provincial Board at various times.

Mr. Gerard Gaughan is Principal Program Officer, Divorce Counselling. and Family Affairs, Ministry of Health and Welfare Canada. Mr. Gaughan has a Masters in Social Work, and was previously employed in a family service agency in Ontario.

Mr. Barrie Wilson received a B.A. degree from the University of New Brunswick, and was graduated from Dalhousie University in 1958. He is presently with the firm of Fennell, Rudden, Campbell, and Wilson, with an active family court practice. He is past President of the Board of the Family Counselling Centre and a former director of the local branch of the John Howard Society.

The public is cordially invited to attend.

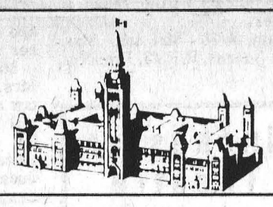
## Stampville Tigers- 1946



This picture of the Stampville Tigers ball team was taken around 1946 by Keith Fisher of Iroquois and perhaps will bring back some memories of summers past. Team members included (back row—left to right) Gordon Barkley, John Janack, Tom Hagarty, Andy Major (Coach), Bill Strader, Roscoe McCaslin (Coach); Front row—Ford McCaslin, Lee Shaver, Bill Gibbons, Charles Shaver (Sponsor), Garnet Ault, John Skelton, Wilf Hagarty.

Photo courtesy of the Craft House.

## OTTAWA and Small Business



### *Selling self-reliance*

By KENNETH McDONALD

The democratic process may be protracted but it's still working. In response to widespread criticism, Ottawa is reforming the unemployment insurance system. The minimum work period to qualify for benefits will be extended. the period of entitlement will be reduced.

• • •

**More significant still, unemployment insurance is to be integrated with Canada Manpower so that applicants for unemployment benefits will have to pass through the Manpower screen. This is patterned after German experience where manpower services and unemployment insurance are the function of one administration.**

• • •

More than 100 policy issues were put before its members by the Canadian Federation of Independent Business during the past three years. The one on this subject drew the highest positive response -- 87 per cent in favor of integration. Ottawa's proposed changes reflect a growing recognition of the independent business community's central role in the economy.

• • •

**For evidence, note the following extract from the text of Prime Minister Trudeau's speech January 19: "... there is no desire ... to impose more regulation on the truly competitive sectors of the economy -- on the small business sector, for example, where free enterprise is strong, where individual initiative, independence and risk-taking are present, where self-reliant men and women continue to build a better life for themselves and their communities..."**

• • •

The way those statements are translated into policy is crucial to Canada's future. Cutting back on handouts must be compensated for by strengthening the small business sector which keeps communities going. Heavy industry and big business can never provide the variety in number and location of jobs needed to hold Canada's social fabric together.

• • •

**The corporate welfare state is obsolete. Reorienting Canadians towards a self-reliant society, in which individual enterprise and personal success are accepted as worthy social goals, is more than a matter of changing attitudes or habits.**

• • •

Except in wartime or under authoritarian regimes, people's behavior alters very little. But it is influenced by structural changes -- the size and number of economic units in society.

• • •

**Sub-contracting government services, curbing monopoly powers in business and in unions, stiffening competition laws, amending taxes so as to discourage mergers and acquisitions, reducing taxes -- many means are available for building a society of strong, small economic units.**

• • •

Implementing these and other structural changes calls for the exercise of political will. for contraction of the state and the expansion of opportunities for Canadian-owned and managed enterprises.

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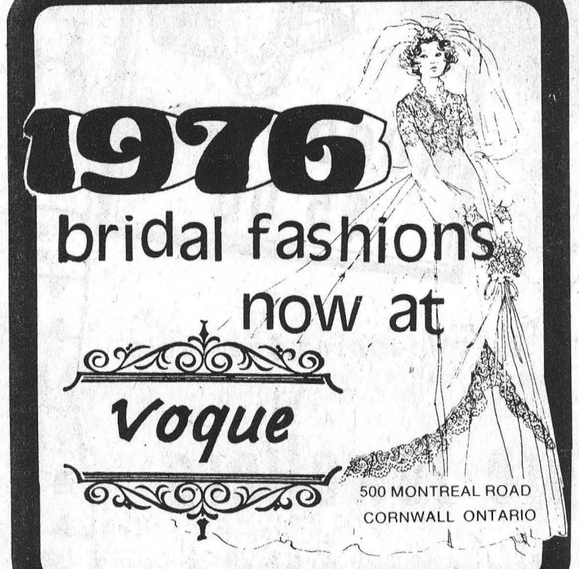

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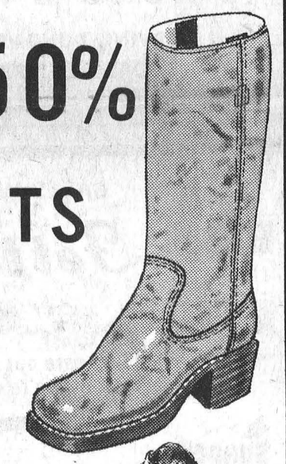

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