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The Iroquois Post

VOLUME LII—No. 30 SECOND CLASS REGISTRATION 1361 Wednesday, January 15th, 1975

St. Andrew's Church -95th annual meeting

The 95th Annual Meeting of the Congregation of St. Andrew's Presbyterian Church, South Mountain, was held in the Fellowship Hall on Saturday evening, January 11th, with a pot-luck supper preceding the business events. The Rev. John Hibbs, pastor, offered prayer-blessing, read from the Scriptures of James 1:17-25, and officially opened the Meeting, the congregation naming the Minister as Chairman and Miss Lou Hunter as Secretary for the proceedings. The delicious dinner was supervised most capably by the St. Andrew's Guild members who were duly thanked by all in attendance. A hymn-sing was enjoyed following the dinner, and then the business agenda engaged upon, Miss Hunter reading the minutes of last year's meeting.

The Kirk Session report was given by Ted Robinson, Clerk, followed by the Session Fund report by Mr. Hibbs, and the General Assembly Budget report by Miss Lou Hunter, the latter showing that the congregation had met its mission outreach to the wider Church in 1974. Gordon Cumming presented the Session's In-Memoriam Fund report and the Kirk Session recommendations, all of which were duly approved. Mrs. Mabel Shaver presented the Presbyterian Record report showing 85% of the congregation subscribing to this national magazine.

The Auditor's report preceded the reports of the Board of Managers, and was given by G.A. Cumming. Mrs. Beatrice Shaver, Chairman of the Board, gave the Board's secretarial report, followed by the Treasurer's report, with Miss Lou Hunter noting an excellent year of financial commitment on the part of all church families. The Reserve and Maintenance Fund report concluded the Manager's statements. The Estimated Expenditures for 1975 were read by the Committee appointed, and following discussion on various items, was unamimously approved as a goal for the coming year.

Donnie Scott presented the Church Trustees report, noting that all properties and insurance were in order. The W.M.S., Glad Tidings, Ladie's Guild and Church School reports were adopted, followed by a blackboard presentation by the Rev. Hibbs of the total scope of congregational support in the past year. It was noted that St. Andrew's contributed 30% of its revenue in 1974 to mission work in the community, nationally, and globally. The hymn, "To God be the Glory" was fittingly sung at the conclusion of all reports.

Mr. Arnold Shaver was elected to fill a 2 year vacancy on the Board of Managers, and retiring members T.W. Robinson and Mrs. Muriel Scott re-elected for 3 years. Miss Lou Hunter received a round of applause on acceptance of the Treasurer's position for another year. G. Cumming and Ted Robinson, Auditors, and Church Attendants will be A. Shaver, D. Scott and G. Cumming, who all received a warm thanks from the congregation for the upkeep and presentability of the church premises the past year. A recommendation to amalgamate the Board and Session, relative to holding only one meeting a month, was duly passed, the business of the respective offices to be done consecutively on the same evening.

The Rev. Hibbs commended all the congregation and leaders for their spirit leadership in the past year, and extended votes of appreciation to the organists, Mrs. Arnold Shaver and Mrs. Mabel Shaver, and to Mr. G. A. Cumming for "extra-mile" efforts which were appreciated by the whole congregation. A vote of appreciation was also extended to the Iroquois Post and Winchester Press for congregational writeups in the past year. And Mr. Arnold Shaver extended a vote of thanks to the Minister on behalf of the whole congregation, and which was duly responded to. An excellent meeting of good food, good fellowship, and completed in good time, was then closed with prayer by the Rev. Hibbs.

Outlook Bright for New Electronics Firm

Ross Broadcast Products - a name that is becoming more and more familiar not only in Iroquois but in the highly competitive world of television electronics.

Originally operating from Montreal, the company established itself in Iroquois only three short months ago and looks forward to a long and prosperous stay.

The company is involved in the manufacture of program production switching equipment for television and has quickly become a leader in its field. "The equipment is the most advanced in North America", says its president Mr. John Ross who points to the third of a million dollars in back orders from the CBC for use initially in the '76 Olympics.

The company has shipped three systems since coming to Iroquois each with a price tag in the $20,000 range. All three units are reported to be functioning well.

The second of these sales was to a CBC affiliate in Timmons and the sale is representative of the forward looking attitude of Mr. Ross and his associates. Not content with conventional techniques, both Mr. Ross's salesmen fly Comanchee 180 single-engine aircraft and are able to deliver equipment for demonstration in a matter of hours where a competitor can only forward descriptive literature.

In the case of the Timmins sale, the station was able to hook-up the equipment alongside their own and see the results before the actual purchase was completed. A bonus for the station was the landing of an advertising contract with a major mining company which may not have been possible without the new system.

"Another advantage", states Mr. Ross, "is the standardization of production which allows delivery within a month or two where competitive products can take up to a year."

The choice of a rural setting such as Iroquois may seem unusual for a business like Ross Broadcast Products. Fast delivery is required from many specialized services such as precision machine shops which are not available locally but Mr. Ross does not see it that way. "The advantages far outweigh the disadvantages", he says. "Iroquois is a unique community, unlike any other in Ontario".

The area meets all prerequisites - a stable labour market, easy access to transportation such as highway 401 and the municipal airport, close proximity to

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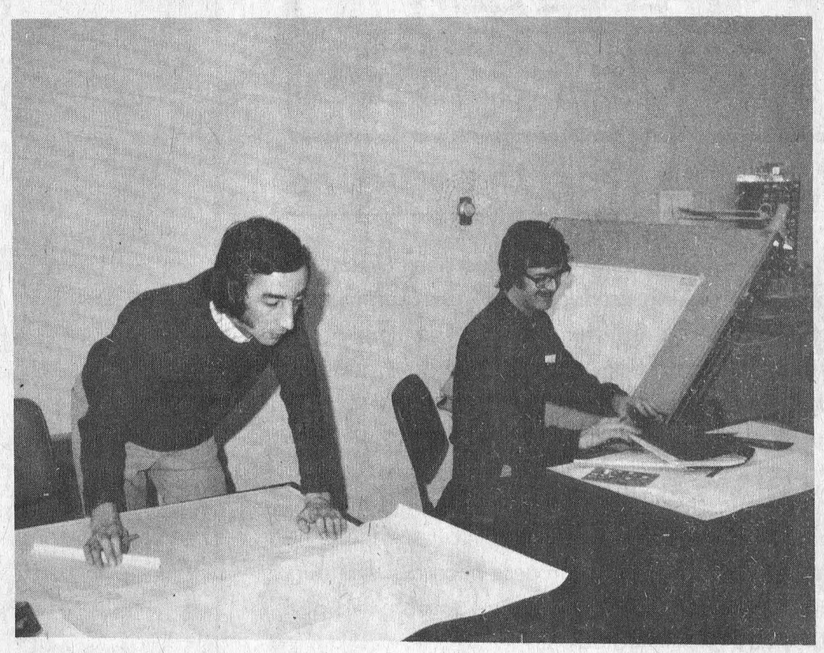

MIKE NOAKES (foreground) traces problem on wiring diagram. Mike is General Manager of Ross Broadcasting Poducts and hails from Montreal. He has recently purchased a house on Elizabeth Dr. and hopes to have his family here next month. JOHN ROSS (background) looks for data before continuing design work.

Snowmobile Rally Postponed for 2nd Year

The second annual snowmobile rally planned by Haddo-Sno-Drifters was to be held on January 11th and for the second year in succession there was no snow to run the trail.

The Supper and Dance was well attended in the Morrisburg Civic Centre as planned. Mr. and Mrs. Cartner catered a tremendous meal of turkey and ham with all the trimmings and Rodger Molson and the Black Muck Diggers provided the entertainment. No one wanted the evening to come to an end.

The donations made by the various business people and individuals, with the exception of the trophies, were all given out and well received. As winter is far from being over the trail portion of the rally was rescheduled to a Sunday afternoon in the near future when the weatherman co-operates. So drivers watch for the notices in the press.

The members of the club take this opportunity to relay their thanks for the success of this venture to the Morrisburg Town Council who never doubted us and to the participants as well as the following:
Styles and McIntosh, Clint Stewart's Esso, English Dry Goods, Gilmer's Pharmacy, S.A. Thompson and Sons, Hermans Texaco, Vals Barber Shop, Parmeter Shoes, Ernie's Hardware, Prunner's Esso, Fetterly's Garage, Fitzsimmon's and Fader Furniture, J.J.P. Moto-Ski, Arlie English, Charles Shaver Sales, Van Allens Garage, S&F Market, Seaway Gas Bar, Beaupre Jewellers, Johnny's Spot, Joyce and Joan Beauty Salon, Strader's Trading Post, Iroquois Enterprize, Jeno's Barber Shop, Rooney's Feed, Strader's Auto Wreckers, Edmond McCrea, Ken Baldwin, Ernest Cassel, Joe Crites, Percy Gilmer, John Francis, James Foulton, Brinston Co-op, C & L Feeds, Darlene's Beauty Salon, Tibbens Machinery, Codes General Store, Watson's Cycle and Gas Bar, Dodge Fuel and Supply, Jim Arthurs Hardware, Cecil Dugan Furniture and Carpets, G.W. Forrester Building Supply, McLaughlin Hardware, Greer's Gas Bar, Bubs Repair, Cecil Abrams, Mac Strader, Clare Van Allen's Westinghouse, Stewart Hope and Sons, Lakeland Auto Parts, Upper Canada Motor Sales, Bakers Texaco, Eddies House of Fashion, McGillis Hardware, Smith's Exion, Pinkus Auto Parts, Lyall Kehoes, Canadian Fire Store Williamsburg, Casselman's Shoe Store, Whittekers Meat Market, Steinburg's Motor Sales and R.J. Brinston, Montreal.

Loyal Orange Lodge Holds Annual Meeting

The Annual Meeting of Grenville - Dundas County Loyal Orange Lodge No. C203 was held in the Orange Hall at Prescott on Saturday January 11th.

The Session was called to order at 10:00 a.m. with adjournment at noon for dinner and afternoon Session at 1:30 p.m. A large attendance was on hand to assist in the business of the session and make the plans for the coming year.

The several Committee were in a position to present encouraging reports of the several departments of the Association.

The Sessions were graced by the attendance of the Provincial Grand Master R.W. Rev. Brother J.A. McGowan of Kingston and several of his Grand Lodge officers Rt. Wor. Brothers, Jackson Wildman, Manotick, P.G.M. Rt. Wor. Bro. James Book, Ottawa, Grand Secretary,; Rt. Wor. Bro. Eldon Brownlee, Manotick, Grand Lecturer, R. Wor. James Langabeer, Morrisburg, Grand Marshal, along with officials from County of Carleton Orange Lodge.

It was an extreem pleasure to have visiting, the County Meeting, a Member of the Association from Australia in the person of Worshipful Brother Maxwell Castles, who at the present time is visiting Canada for the first time. Brother Castles comes from the Provincial Grand Lodge of Victoria, Australia. His address was most interesting when the difference between his native country and ours both in the working of the Order and outside activities.

All visitors spoke briefly during the sessions and the following were elected to hold office for the coming year:

Im. Past County Master - Wor. Bro. Victor Thoms, Morrisburg.
County Master - Wor. Bro. Percy Markle, Morrisburg.
County Deputy Master - Wor. Bro. Merrill McDonald, Burritts Rapids.
County Assoc. D. Master - Wor. Bro. Eldon Pitchers, Burritts Rapids.
County Chaplain - Wor. Bro. Carl Coville, Prescott
County Recording Sec'y - Wor. Bro. Herbert Wallace, Pleasant Valley.
County Financial Sec'y - Wor. Bro. Hillias Suddaby, Oxford Mills.
County Treasurer - Wor. Bro.

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OPP REPORT

Snowmobilers have a responsibility

The Snowmobiler has certain responsibilities which he must adhere to while operating a snowmobile. Firstly, he has a responsibility to himself and his machine. Despite the simplicity of controls and handling, basic training is required for the safe operation of snowmobiles. It is important to study your Owner's Manual carefully learning as much as possible about the mechanical operation of your snowmobile. A knowledge of some minor repairs and adjustments is a necessity and a convenience at any time.

The second responsibility the snowmobiler has is to other people and their property. He should obtain the consent of property owners before snowmobiling on their private lands. He must not damage landscaping such as shrubs, trees, fences and gates. He should check with park officials before using public lands and conform to all rules and regulations. Respect the privacy of others. A snowmobile creates sufficient noise to disturb people who want peace and quietness.

Certain conditions can make snowmobiling difficult and hazardous. Rough terrain and uneven snow surfaces can result in overturned machines. In wooded areas snow-covered stumps, fallen trees and overhanging branches all constitute hazards of which the snowmobiler should be aware. Collision with motor vehicles on public thoroughfares has caused the greatest number of snowmobile fatalities in recent years. It is very difficult to steer or brake a snowmobile on hard-packed snow or ice-covered surfaces.

Night operation is responsible for many snowmobile accidents. One of the main problems is inadequate headlights for the speed of the machine. The hazards are intensified when operating in unfamiliar areas. For safe operation at night, speed must be adjusted to visible stopping distances.

Unfortunately, many people think of a snowmobile as a magic carpet or toy. A snowmobile is a mechanical means of transportation designed to travel over snow and ice-covered areas. It should be treated with the respect and care due to any power-driven vehicle. It has certain limitations of which the driver should be aware.

Just as the snowmobile has its limitations so, too, has the driver. The operator should know his limitations and drive accordingly. As experience and knowledge are acquired he can increase his snowmobiling activities enabling him to enjoy this sport to its fullest.

Matilda's New Pumper Finds Home in Iroquois



Matilda Township's new tanker/pumper truck is now located in Iroquois and manned by the Iroquois Fire Dept. Matilda pays for the truck and the extension to the station to house it while the Iroquois Fire Dept., who also serve Matilda, have the use of the new vehicle.

Ladies' Auxiliary to Host Bowling Tournament

The regular meeting of the Ladie's Auxiliary to Branch 370 was called to order by the President, Norma Delegarde, at 8.15 p.m. Thursday January 9th, 1975.

Sixteen members were present Out of a membership of 31, the ladies would like to see the attendance better. There is only one meeting each month which is always the second Thursday p.m. The 1975 fees are now due which are $3.00 for the year.

The minutes of the December meeting were read by the recording secretary. One application for a new member was given out.

One letter of appreciation was from Mr. Emmett Brisson, Rideau Veteran's Home, Ottawa, for the Christmas gifts sent him from the Auxiliary. The other from Mrs. Mildred Gilmour, Mariatown, on behalf of herself and four girls from the Rideau Regional School, who reside with Mrs. Gilmour. The members decided to donate a box of gifts for each of the girls to share at Christmas. For two of the girls it was their first Christmas in a family setting and to the members that donated it will be very satisfying to know that this little thought was greatly appreciated. The six ladies who took the gifts down really enjoyed their visit.

January 18th is the Zone bowling tournament being held at Ingleside and hosted by Iroquois ladies. There are 78 players and the Branch are catering to a six o'clock dinner in the Legion Hall. There will be a dance afterwards and the members that do not bowl along with their husbands are quite welcome to attend this entertainment.

January and February are both busy months with a Lion's dinner, catering to a snowmobile rally and a wedding. Due to so much illness the euchre attendance was down.

The monthly draw was won by Cora Coulter. Our Zone Commander, if weather permitting, will make her official visit at the regular meeting Thursday, February 13th, so please be present.

After the adjournment a social hour was enjoyed.



Walter Baker, M.P. Reports To Grenville Carleton

"What Kind of Country Do We Want"

A pretty fundamental question, would you not agree? Canadians everywhere are beginning to ask themselves this question and many others. Do we want a Country that keeps on growing so that we become more dynamic, more varied, more exciting, more wealthy, because there will be more of us to take in each other's washing, and more powerful in the world's scale?

Or, do we want a Country that ceases to grow, so that we can same farm land at the edge of cities from being chewed into ashphalt and brick, so that we can conserve our resources like oil, so that we can halt the overcrowding of our urban areas and in our parks, so that we can preserve a sense of the quality of life.

One of the main documents in the study of this program will be the Trudeau Government's "Green Paper" on population and immigration to be released shortly. The debate on our future will begin in the public sense when it is released - a few years ago such a debate would have been pointless because everybody believed that growth was good and the more the better. I suspect we are not so sure now. Witness the dramatic shift of opinion that has taken place among ordinary Canadians. In 1945, it is reported that the Gallop Poll found that 65% of Canadians interviewed believed our population should be larger. In a comparable poll in 1973, only 30% still held that view.

I believe this should suggest to us that the contest between city and country will become more balanced - until now, the urban bright lights and jobs gave the city the edge. An incredible 32% of Canadians, according to Gallop, would like to live on the farm or in the country although only 7% in fact do so. Look around you - is it not a fact that the urbanite is starting to change the smaller towns and centres of our area - and if this is the case surely our policies and program ought to reflect this phenomenon. Does this not reflect a desire of Canadians to stop the process of packing more and more people into fewer areas, does it not reflect the fact that the single family home is the ambition of most Canadians and that the Government ought not to abandon its support of this ambition - and yet that is not what has happened. The Trudeau Government's Home Ownership Savings Program is a case in point.



Walter Baker

Under this program if you don't already own a house and if you're not going to buy a house in the near future, you can put aside $1,000 a year in a Registered Home Ownership Savings Program and deduct it from your gross income for income tax purposes.

Now, under a program like this, for example, if you earn $12,000 a year, you would save approximately $340 in income tax. To get a raise that would increase your income by $340 a year, you'd have to get a raise of about $500 a year. And if you earn more (for example, if you earn $20,000 a year), you will save much, much more. As a matter of fact, you'll save about $455 if you earn $20,000 a year. And to get a raise equivalent to that savings, you'd have to get a raise of about $850.

So there's a great incentive to put $1,000 in savings away each year for the income tax savings. But this incentive is only effective, is only in force, if you don't own a house or if you don't buy a house. In other words, you have to be a renter. Now this program, in effect saves money for renters. If you buy a house, you will have to add into the cost of the house the extra income taxes you have to pay as opposed to renting and putting $1,000 away a year in savings. What this will do is stimulate the construction of apartment buildings, rather than houses; the opposite effect of what the government says it wants.

This program, the Home Ownership Savings Plan, that's proposed now in Parliament, discriminates very much against the home owner. In effect, the home owner has to pay a higher cost because he doesn't get the tax savings that a renter will for owning the home.

Now, if the government really wants to stimulate house construction, single-family house construction, and effect a lowering of price in the bargain, what it should do is introduce a program of tax savings for buying a home. People are not buying homes because the costs are too high these days. In other words, if you could deduct 1,000 from your interest payment on your mortgage from your income, just as the renter will be able to deduct $1,000 in savings from his income, the home owner will not be penalized for owning a home.

The program, as it's presently presented under the new budget, will surely lead to Canada becoming a nation of apartment dwellers, rather than a nation of home owners. Unless such a program is introduced also for home owners, the construction of new houses in the coming years will continue to decline, the construction of apartment buildings will flourish and we will be changing the face of our nation.

THE EDITORIALS

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Promise for the Future

The establishment of industries, such as Ross Broadcasting Products, in a rural community holds a promise for the future. The spin-off is like a chain reaction. Jobs are created and the additional money helps the merchants prosper — the industry does business with other local firms and as they fare so does the community as a whole—the more business done the more taxes paid and the better our municipal services. As the industries grow the process becomes self perpetuating as support services are established and still more jobs created.

It is important that municipal government and service organizations take an active roll in encouraging this kind of development — not the uncontrolled sprawl all too often seen in other towns but an orderly and controlled growth for the benefit of all.

Free Advertising

Mr. Wageman's "letter to the editor" in this issue refers to Prime Minister Trudeau's New Year's Message which appeared in the January 1st issue of the Post.

Without commenting on the content of the message, we would like to say something about the column itself—had we known then, what we know now, the item would never have appeared in print. It wasn't written by Mr. Trudeau at all but by officials of the Liberal Party of Canada. It is one of a series of "messages" to appear under the by-line of various federal cabinet ministers. This form of free advertising is being mailed to all the Canadian weeklies every two weeks or so under the guise of an authored column and is part of a new promotional campaign to spread praise for the good deeds of the present Government.

There is a place in the press, in fact, the newspaper has a duty to carry reports and messages from politicians to their constituents but in no way can this cheap attempt at free advertising be construed as a genuine message of importance from the authors. We cannot, however, promise not to subject our readers to further such columns. It all depends upon whether the Liberal party pays the bill we are sending them for the 1st column. Any further columns however will be clearly marked "Advertisement".



Outlook Bright

cont'd. from page 1

the U.S. where the major market is, and although intangible, an equally important factor is the quality of life which cannot be found in the cities.

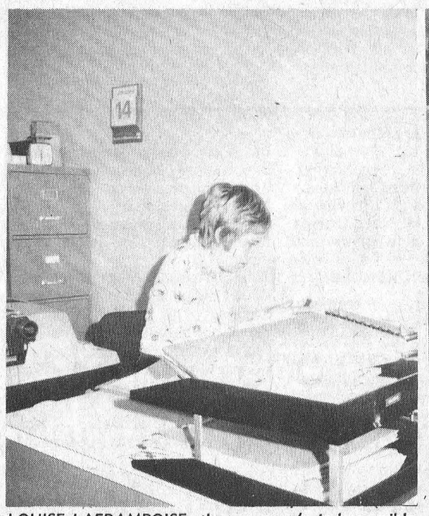
The only disadvantage to the location is the distance to these specialized services and the company plans to solve the problem with the purchase of a Maule, four-seater, single-engine plane. With an air speed of 165 m.p.h., Dorval Airport will be within a half-hour's flying time of Iroquois and most of the services are ten minutes from Dorval.

The company presently has six employees and anticipates expansion to double or triple that number within the year. A policy of hiring locally, rather than advertising for help in the urban centres, has paid off handsomely for both the company and the employees. On the job training in both drafting and assembly are being provided with excellent results.

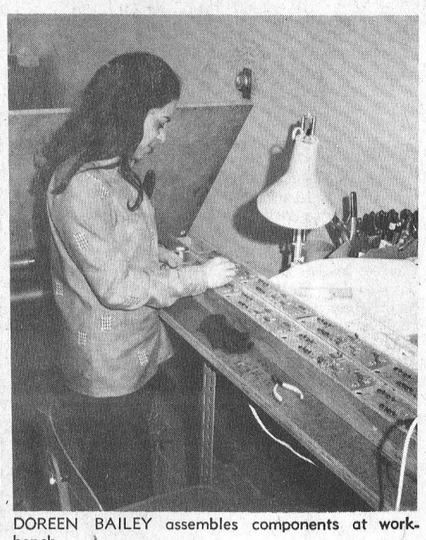
This young company is in the vanguard of the slowly developing shift to rural areas. The combination of a quality product assembled by trained personnel and an aggressive sales philosophy appears to be spelling success for Ross Broadcast Products.



The equipment manufactured by Ross Broadcast Products is composed of two basic modules: 1) a control panel; 2) an electronic package. In actual operation the control panel is located in the control room with the program's producer while the electronic package may be located several hundred feet away in the studio. The units are connected to all types of picture source; cameras, video recorders, slow motion recorders, networks and film playback equipment. The producer may select any picture source he requires by simply pushing on the control panel. The equipment is capable of producing special effects such as split screen images and fading out a scene as another slowly replaces it. The units are also used to superimpose titles over the picture.



LOUISE LAFRAMBOISE, the company's indespensible girl Friday.



DOREEN BAILEY assembles components at workbench.

Experimental Procedure

Patients Should Not Have to Pay

The Ontario Medical Association says physicians should not be allowed to charge for acupuncture treatment, and the public ought to be educated to beware of non-medical acupuncturists.

In its first definitive statement on acupuncture, the OMA said experimental exploration of acupuncture in clinical practice by physicians "is proper and desirable", but no fee should be charged.

As for non-medical acupuncturists, the OMA "believes the public can best be protected from (them) by public education". The Association "deplores" referral of patients by physicians to non-medical acupuncturists.

The statement on acupuncture as a therapeutic modality was adopted by the Board of Directors at its December meeting and will be submitted for approval of the governing council at its mid-winter meeting, February 3-4th.

President Dr. M.L. Mador of Scarborough said the statement has been supported substantially by a report on acupuncture from the Ontario Council of Healh, released last week. The report recommended establishment of an acupuncture committee with representatives from the government and the five health sciences centres to provide selected services, research and clinical trials. The OMA statement made six points:

1. Since acupuncture lacks an anatomical and physiological rationale, it warrants particularly careful and rigorous scrutiny before it is accepted as a part of medical practice.
2. There is at this time no substantial body of evidence that acupuncture has other than placebo or psychological effects.
3. It follows from (2) that there can be no rational basis on which to appraise either the skill of the individual acupuncturist or his educational qualifications.
4. Hazards of acupuncture in lay hands do exist but they seem remote. This Association believes that the public can best be protected from lay acupuncturists by public education.
5. This Association deplores referral of patients by physicians to lay acupuncturists.
6. The experimental exploration of acupuncture in clinical practice by physicians (who by their training are equipped to evaluate it) is proper and desirable - provided that no unfounded claims are made for it, that it does not displace treatment of proven efficacy, and that no procedural fees are charged for it.

Bill Smiley
A Personal Column



Next week's column is going to be a real smasher, but in the meantime, I'm going to clear up a lot of Christmas things, most of them personal. If you don't like personal stuff, turn to another page.

First of all, thanks to my Uncle Ivan for a cheery note. He is now the patriarch of the clan, on my mother's side. I am supposed to look like him, and act like him. I hope it's true, and that I do. I'd like to be a patriarch of something. When you are a patriarch, you are old and wise and everybody pays attention to you. I am old and stupid and nobody pays attention to me. Except my wife and gradbabby and students.

Bless you, Ursula Brady of Vancouver. Remember how we kissed behind the car while Bob White and Pappy Warren and Dinny McManus tried to get it out of the snow bank. Don't blush. It was beautiful.

Thanks, Norm Lightford of Ottawa. You always remember. Do you remember the room we shared at college, with the bay window and the fireplace? Cannel coal on Sunday afternoons, stripped to the shorts, talking about life and women and stuff. And do you remember that I left in the middle of the year, and left you as sports editor of Torontonensis, and you flunked your year?

George and Elda Cadogan. Do you remember the night you had a party for all the sharp young editors and their wives whom you had met at the newspaper convention? And it was the night of Hurricane Hazel? And only about four of us made it?

Hello out there to a couple of characters. First, my "TV REPAIRMAN." Six times a year I get a pungent comment from him, but there is no identification beyond that. He lives in Westport, Ont. It is always signed the same way. "Your TV repair man."

Here's his Christmas card, in part. "Merry Christmas, Smiley, and the biggest surprise of all, I like you column. You, I'm not so sure about. Are you trying to make us think you are old, with that grandpa bit? My kids are in their 50s and I'm not old." And more of the same. How do you deal with that old reprobate?

And hello to another nut: Lt. Col. John McEwing, who sends an annual picture of his pipe band in, of all places, Spokane, Washington. This year's card is a splendid think with four brillantly colored quarters. I wish I could include the description of the coat of arms, but space forbids.

Here's a sample: "The parti-colored shield Azure (Blue) and Gules (Red) is quartered saltire-wise by a St. Andrew's Cross, Argent (Silver), taken from the old Flag of Scotland."

That's the essence. By some wild reach of logic and probability, the remainder of the coat of arms drags in such disparities as the United States Air Force, the Cairn of the MacCrimmons, and Canada, "the home of many fine pipers."

The Colonel winds up his message with: "I continue to greatly enjoy your writing. I have been told that whiskey improved with age." Thank you sir, and if you are correct in translating the Gaelic motto "Suas Leis A'Phiob Mhoir" as "Up with the Great Highland Bagpipe," I couldn't agree with you more.

You might be interested, sir, in knowing that our local pipe band, including our favorite paper-hanger, Alastair Milligan, who sounds Irish but doggedly avers he is a Scot, is off to Miami with a pipe band, to play at some football Bowl or other. Perhaps the last Bowel of the Scots. Or the last Bowel of the Smileys, if he reads this.

But I wander. I wanted to say that I am pretty disappointed in some people. Not a word from Dutch Kleimeyer. He usually asks me to the Last Reunion of the Last Fighter Pilots. Not a word this year. Maybe I'm the last, and they're all gone. I wouldn't be surprised. Last time I went to one, I returned on my last legs.

I'm a little piqued that I haven't heard from Gene MacDonald, the man from Glengarry, last of the big-time spenders; and Pete Hvidsten of Uxbridge, last of the vital virile Vikings. These are old newspaper friends. Probably they both think I'm dead. Maybe I am, and I'm typing this in heaven, God forbid.

Finally, thanks to Mary and Alan, George and Win, John and Helen, Bill and Joan, Karl and Michelle, and a host of others.

By the way, the Acton Free Press is about to be a hundred years old. A hearty to Kay, Dave and Kathy Dills.

And to everyone, fight a good fight in 1975. It's the only fight in town.

Letter to the Editor

All Letters to the Editor must be signed but anomimity will be respected upon request.

New Years Message Dangerous

Dear Editor:

The Prime Minister's New Year's message printed in your paper, is, in my opinion, dangerous.

Dangerous because the reasoning is based on a misunderstanding of nature. Dangerous also in that it promises to force us to give more of our, fairly, earned wealth to others.

The balance of nature is not based on sharing, it is based on competition. The snow shoe rabbit that does not run fast enough gets caught by the wolf; the wolf that does not hunt well enough starves to death. The best and hardest working farmer produces the largest crop.

Canadians have, by firtue of hard work, produced great abundance and no one has a right to force us to share it.

If we are to help the needy we better make sure that such help will result in the needy being able to help themselves. If that does not happen we will merely enlarge the problem and eventually become needy ourselves.

Yours very truly,
Victor Wagemans.

Whipper Watson's Snowarama for Timmy

The largest snowmobile rally ever held will be this winter's Whipper Watson Snowerama for Timmy which organizers hope will raise $250,000 for Ontario's crippled children.

On Sunday, February 2nd, as many as 30,000 machines from various snowmobile associations, clubs and individuals will embark on a 100-mile rally over any one of a dozen official courses planned in twelve different areas throughout the province.

Courses are planned in the Bruce Peninsula, Kitchener, Newmarket, Smiths Falls, Haliburton, Cornwall, Eganville, Port Carling, Sudbury, Timmins, Thunder Bay and Sault Ste Marie.

The Snowerama will be held in much the same fashion as a Walk-a-thon where donations or pledges are taken and check points are set up along the route.

Fifty per cent of the proceeds will go to meet the needs of crippled children at the community level. The remainder will be used to support regional and provincial rehabilitation services beyond the scope of individual communities.

This unique event is sponsored by the Ontario Society for Crippled Children and affiliated Easter Seal service clubs in the 12 areas. The Ontario Snowmobile Distributors Association and the Ontario Federation of Snowmobile Clubs are also strong supporters of the Snowerama.

Among those individuals who have indicated their desire to participate are John Rhodes, Minister of Transport; Leo Bernier, Minister of Natural Resources; Claude Bennett, Minister of Industry and Tourism; and newsman Harvey Kirck.

Whipper Watson, who tirelessly tours the country at his own expense on behalf of the nation's handicapped youngsters, hopes that the Snowerama will become an annual event if enough interest and support is generated.

JANUARY SALE

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Natural Resources Officials Worried Over Fishing Fever

Ontario natural resources ministry officials are worried public fishing fever could turn a short term salmon stocking program in Lake Ontario into a long term headache.

Kenneth H. Loftus, director of the sports fisheries branch, said the itch to have salmon runs like the ones that occurred last fall on the Credit and Humber Rivers could spread through communities all along the Great Lakes.

The runs excited hundreds of anglers but, along with past experience, showed there were several social and biological drawbacks to the program. In the past two years 640,000 coho and chinook salmon smolts have been planted in Lake Ontario.

"But we could be forced by public pressure into continuing to plant these salmon," he said. "This is the kind of thing that can snowball."

To prevent that, the ministry is presently reviewing the future of the coho and chinook program and will issue a statement early this year. Natural resources has also restricted coho plantings to rivers lying west of Toronto to ensure that healthy trout streams are not endangered by the salmon.

Ministry fish specialists have also scheduled a meeting January 30-31st, with experts from the Federal Government, the United States Bureau of Sports Fisheries, New York State biologists and representatives from Maine, Michigan and the Great Lakes Fishery Commission) at the Glenora Fisheries Research Station near Picton.

"We're going to sit down and pool all our information, opinions and experience to date. From this information we should be able to plan the future of Pacific salmon in the Great Lakes," he said.

Ontario natural resources is leery about a long term Pacific salmon program for several good reasons:

Pacific salmon lose their ability to produce fertile eggs when their life cycle is restricted to fresh water. This makes the Great Lakes Pacific salmon fishery completely artificial. Because eggs do not hatch, the fish must be stocked year after year.

Andrew Lawrie, supervisor of the fisheries research section, put it this way: "After a couple of generations you have to "go back to the well" or your program is dead. And buying eggs from British Columbia can be relatively expensive. If B.C. has a poor year and can only meet their commitments for salmon eggs, that's it. You have to start from scratch."

Expensive? Mr. Lawrie and Michigan reportedly spent $20,000,000 just to get their salmon planting program set up.

Ontario's coho and chinook plantings were a mixture of international good will, experiment and an attempt to provide anglers with some recreation while final rehabilitation of Lake Ontario with other species such as splake, and possibly Atlantic salmon, goes forward more slowly.

The province felt obligated to plant soon after huge plants by Michigan resulted in an explosion of public interest. Ontario anglers were also harvesting thousands of stray Michigan salmon. Natural resources also used the salmon to monitor sea lamprey control programs. Salmon were examined for lamprey scars, an indicator of the level of lamprey activity in the lake after treatment.

Besides infertility, the salmon are just not that available to anglers, except a couple of weeks a year. Most of the time they are somewhere deep down in the lake, accessible - if they can be located - by only those who have larger more expensive boats

This still doesn't stop some anglers. Michigan officials become frantic in 1966 when salmon fever tempted thousands of anglers in boats as small as canoes more than two miles off shore during the stormy season. It could have been a catastrophe.

Another important drawback overlooked in the flurry of publicity during the Credit and Humber runs last year was the natural fate of spawning Pacific salmon.

The fish go off food, stop feeding, lose their silvery color which is replaced by a dark green or blackish coloration, and their flesh becomes increasingly pulpy and inedible as they fight up the spawning streams. Not only that, they die after spawning.

This natural occurrence creates chaos along the feeder streams. The fish were there, but anglers couldn't induce them to bite. The temptation to snag was overpowering. Legal lures with the biggest gang hooks possible were dragged through the schools of salmon hooking in the tail, fins, body or head.

Conservation officers faced with mass illegal fishing practices couldn't cope. By November 6th more than 60 snagging charges had been laid along the Credit and Humber, but the snagging continued, with slightly more discretion.

To be fair, many anglers were victims of poor fishing practices. It is not easy to tell if that tug on the line is a snag or a bite. Generally, news reports damned the snaggers. Ironically they were hooking mostly discolored, pulpy fish whose eggs would never hatch and who would die soon anyway, leaving only reeking carcasses.

Some anglers may have had sporting sessions with coho often weighing more than 25 pounds, but many others crowded the shore, argued, snarled lines and hooked each other's clothing.

The fishing fever along the Humber and Credit also resulted in hundreds of cases of trespassing, a real annoyance to anyone with residences along the rivers.

In Michigan, the scene was even more chaotic, complicated by money being paid to anglers by salmon egg processors who were paying up to $1.20 per pound. In one district conservation officers made more than 1,000 arrests, and had to travel in teams of up to 18 men for their own safety. In one spot tempers flared over who had a fishing position first and one man was shot in the stomach.

The regional law chief for the Michigan department of natural resources said letting the salmon in the rivers was "the biggest mistake we ever made".

Coho and chinook are not Ontario's only salmon. Pink salmon introduced into Lake Superior show signs of reproducing themselves naturally. Also, between 1964-70 approximately 9,000,000 eggs and fry of kokanee salmon were planted on suitable sites in Georgian Bay. The fish are now on the own their own, but natural resources says it's still too early to predict success, or failure.

The salmon's enemy, the sea lamprey, has now been reduced 90-95 per cent in the Upper Great Lakes where lamprey control was first used. Lake Ontario was the last to receive initial lamprey treatment in 1973.



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Steve is a pleasant, polite, well-groomed lad waiting for an adoption home which he hopes will be in the country.

He is small for his 16 years, and his interests are similar to those of a 13 year old. English in descent, Steve has red hair, hazel eyes and fair, freckled skin. He is in good health but has epilepsy which is well controlled by medication.

Steve has considerable mechanical aptitude and enjoys working with his hands. He is in Grade nine of a vocational course and wants to be a sheetmetal worker. His hobby is building model planes. Steve is industrious and conscientious about everything he undertakes to do. He likes animals and small children.

A family with children either older or younger will be ideal for Steve. To inquire about adopting Steve, please write to Today's Child, Ministry of Community and Social Services, Box 888, Station K, Toronto M4P 2H2. For general adoption information, consult your local Children's Aid Society.



HE LIKES THE COUNTRY

Regular Meeting Of Knox P.Y.P.S. Held Monday

Over 40 young people met in the church hall of Knox Presbyterian Church, Monday evening, January 9th for the regular meeting of the Knox P.Y.P.S. Guests for the evening, swelling the ranks, were the young people of Brinston United Church and their Minister, the Rev. Lester Joyce, and adult leaders. All were welcomed by the Knox President, Joan Ladouceur, who also led in the opening worship. The responsive Scripture was Matthew 5:1-14, and prayer was also responsively led by Rose Marie lavallie. The Spirit Songs, "Pass It On" and "The Sleeping Christian" were sung as part of the worship session. The Offering was received by Gwen Smollett and dedicated by group prayer.

The study was conducted by the Rev. Hibbs and Joan Ladouceur, entitled "The Church of the Future". A blackboard chalk-talk introduced the study, and then members were divided into 5 groups to do diagram-sketches of "What the 21st Century Church needs to look like", reporting back at the conclusion of the exercise. The Rev. Hibbs closed the study with a challenge to the young people "as the future leaders of the Church".

The business meeting was conducted by the President, with Roll Call by Melvin Yee, the reading of the minutes, and the treasurer's report by Gwen Smollett, showing a sustantial balance at the year end. Annual Reports for 1975 were presented to the Church Secretary for the Annual Meeting, January 19th. Melvin Yee, Kevin Smith, Mary Lyn Waddell and Jane Barnhartd will be official representatives of the P.Y.P.S. at the Annual Meeting, and Gwen Smollett, Joyce Smollett appointed to supervise the care-structure for children at the Annual. Consideration of a Winter Outing will be left with the executive before the next meeting.

Youth representatives to the Presbyterian Congress '75 to be held in McMaster University, June 27-29th, will be considered before March. Plans for Shrove Tuesday "Pancake Supper" were tentatively made and committees appointed, to be held this year on February 11th. Rose Marie Lavallie gave a report on the '75 Canendar Sales which was successful.

Officers for the ensuing year were re-elected: President, Joan Ladouceur; Vice-President, Norman Ladouceur; Secretary, Melvin Yee; Treasurer, Gwen Smollett; Youth Leaders: Mr. and Mrs. Harry Norton, Mr. Bill Barnhartd, Miss Rose Marie Lavallie, Miss Anne Yee, the Rev. J.J. Hibbs.

A recreation time was enjoyed with the Brinston young people, followed by a delicious luncheon served by the host society. Talk of another getogether with the Brinston young people was considered, and the meeting closed with the Mizpah Benediction.

Child's behavior may not be "just adolescence"

by David Woods

The Jesuits used to say, and perhaps still do, that if they could get a child before the age of seven they would have him for life.

Much the same may hold true for emotional salvation — although the age limits may be slightly less rigid.

Fortunately, the era of Oliver Twist, the workhouse and the orphanage is behind us. But a recent survey (the *CELDIC* Report, 1970) showed that about one million Canadian children are in need of some kind of attention, treatment and care for emotional disturbance, learning disorders, behavioral and social problems.

Today, the emphasis is on treating these problems within the community — ideally, without taking the child out of his home environment — rather than in special long-term residential programs.

The aim is for children to develop new skills in living and learning; a continuing process a Toronto psychiatrist describes as "putting them back on the right track before they've gone too far on the wrong one."

In Ontario, there are more than 50 centres dotted around the province, so the child needing special help can usually get it reasonably close to home.

Moreover, there's evidence that the approach to treatment is becoming less fragmented than it used to be. Ontario's child-help associations are forming an alliance, and studies are under way in one three-county region of the province to see how they can better co-ordinate their efforts on behalf of children.

In the Borough of Etobicoke there is already a program of planned co-operation between the school board, public health units, and four mental health clinics.

Health ministry psychiatrist Dr. Naomi Rae-Grant points out that parents should be able to recognize behavioral problems. They should watch for a sudden and sustained change in attitudes to school or friends. And they shouldn't dismiss the child who constantly says he's bored or unhappy. Above all, she says, avoid the temptation to dismiss all behavior changes as "just part of going through adolescence." There may be more to it than that.

Many of the emotional problems children suffer from are rooted in society's changes — disruptions caused by increasing mobility; family breakups through divorce or separation; pressures to succeed academically or in sports — or in career choice; and the rapidity of social change itself.

With knowledge expanding (and becoming obsolete) so much faster, age has become separated from wisdom. Children can no longer rely on the presumed infallibility of parents and elders; in fact, children are often more knowledgeable.

Perhaps the most effective form of preventing emotional disturbance, says Dr. Rae-Grant, is creating a home environment for children that combines love and learning with leadership.

David Woods is a former editor of Canadian Family Physician magazine. He has served on the staff of four medical publications, and written for several others in Canada and internationally.

Dollars & Good Sense

by William J. Martin

Special Consultant to AVCO FINANCIAL SERVICES

With memories of last winter's fuel shortages still fresh in our minds, we should all be concerned with how efficiently our homes are heated this year.

The first step is obvious. Set your thermostat to the lowest setting comfortable. You can set it even lower if you are willing to wear warmer clothes around the house.

Don't heat rooms that aren't occupied. If every room has a thermostat, set each according to need. And close off all rooms that are not frequently in use. At night, close all bedroom doors and have the heat on only in those rooms.

One of the most expensive rooms to heat is your garage. While it may be pleasant to get into a nice warm car in the morning, it can waste a lot of fuel. Instead, think about investing in one of a variety of engine warming devices. These range in price from about $4 to $15, use very little energy and insure an easy start in the morning. They pay for themselves quickly in terms of fuel saved.

Be sure to plug up all leaky door and window jams. They not only let cold air in but allow that expensive freshly heated air to escape. And make sure your fireplace flue is closed when not in use.

And be sure to open all your draperies on sunny days and let the heat in.

sunday services in the churches

CHRISTIAN REFORMED CHURCH WILLIAMSBURG, ONT.

Sunday, January 19
Celebration of the Lord's supper today.
9:30 a.m. Text: Philatians 3—verse 7; Theme: "Christian Can You Count?"
2:30 p.m. Text: Collosians 1; Verses 11-14; Theme: "Living in the Light".

Anglican Church of Canada

Parish of Iroquois and Morrisburg

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

ST. JOHN'S - IROQUOIS

Epiphany 2 - January 19th

8 a.m. ..... Holy Eucharist
11 a.m. ..... Morning Prayer

Other Services Next Sunday
Holy Trinity ..... 9:30 a.m.
St. James' ..... 11 a.m.
The Annual Meeting of the Vestry St. John's is on Wed., Jan. 22nd at 7:30 p.m.

IROQUOIS PASTORAL CHARGE UNITED CHURCH OF CANADA

Rev. W. Brian Gee, B.A., B.D., ThM.
Organist: Mrs. George Fowler

Worship at 11 a.m.
Sunday School 11 a.m.

THE PRESBYTERIAN CHURCH IN CANADA KNOX CHURCH, IROQUOIS

The Rev. John J. Hibbs, B.A., B.D., M.Th., Pastor
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!

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!

UNITED CHURCH OF CANADA
Matilda Pastoral Charge

Rev. L.D. Joyce, M.A., Ph.D., Th.D

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

ST. MARY'S CHURCH
Rev. F.M. O'Connor, P.P.
Saturday ..... 7:30 p.m.
Sunday ..... 11 a.m.
Confessions Friday 8 to 9

ST. CECILIA'S CHURCH
Sunday ..... 9:30 a.m.
Confessions Friday 7 to 7:45

In Memoriam

BRINSTON - In loving memory of our dear mother, Dorothy Brinston who passed away December 26, 1967 and our dear father Ralph Brinston who passed away January 30, 1971.
Always wonderful memories
Often silent tears,
Always a secret longing
Wishing you were here.
Forever remembered by the Brinston and Stone families.
30-1p

CARKNER - In loving memory of our dear dad, grandfather, and brother R.J.W. Carkner who passed away January 5th, 1972.
Beside your grave we often stand
With hearts both crushed and sore
Silent tell the sweet words come
Not last but gone before
God knows how much we miss you
He counts the tears we shed
And whispers he sleeps
Your loved one is not dead
So we'll be brave dear Dad
And pray to God each day
And when He calls us home to you
Your smile will guide our way.
Sadly missed and always remembered, Muriel and Arlie English, David, Joanne and Frank Carkner.
30-1p

Closed Monday - Open all day Wednesday

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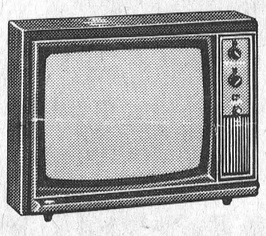

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1¢ SALE

On all "Strictly Winter" goods

The Barn is $20,000 overstocked and we must make room for spring stock now beginning to arrive

Sale includes LADIES' coats, gowns, dresses, sweaters and jackets.

MEN'S leather, suede, rawhide and wool plaid jackets.

Turtle neck pullovers, cardigans, sport style shirts

by B.V.D. and G.W.G., wool jac shirts

HOW IT WORKS
buy any strictly winter goods at regular price - have your choice of any other strictly winter goods, to the same value for one cent. Mix or match either men's or women's

Sale Days continue to February 1st, 1975

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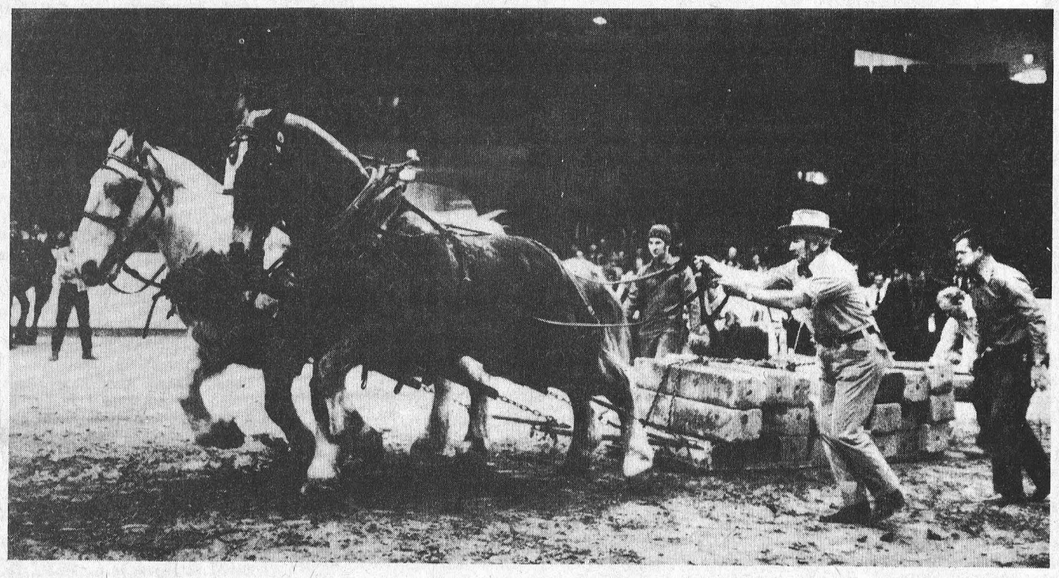
Tuesday, Wednesday, Thursday .....9 to 8
Friday .....9 to 9
Saturday .....9 to 6
Sunday .....10 to 4

THE CLOTHING Barn

Tel. 543-2744 Hwy. 31, 2 mi. North of Morrisburg

Canada Farm Show features Draft Horse Pull and Sale



Toronto -- The Ontario Belgian Horse Association will hold a Championship Draft Horse Pull and Sale in conjunction with the 1975 Canada Farm Show in Toronto, S.G. Nesbitt, of Minden, association president has announced.

The draft horse events will be held on Wednesday and Thursday, January 29 and 30, midway through the annual farm equipment show which will take over the Coliseum complex of buildings at Exhibition Park, January 28 to 31.

Competitors from across Ontario and from Quebec, Michigan, Ohio, Pennsylvania and New York are expected to take part in the horse pull events for purses totalling $2,000. Light and heavy horse pulls will each award $1,000 in total prize money, with $200 to the winner in each class.

Schedule of events for the two-day program calls for the light horse pull in the Coliseum Arena at 10:00 a.m., Wednesday, January 29, followed by a showing of the sale animals at 2:00 p.m. that afternoon in the Horse Palace and an association dinner at 7:30 that evening in the CNE Queen Elizabeth Building.

On Thursday, January 30, the heavy horse pull will be held at 10:00 a.m. in the Coliseum Arena and the horse sale will take place at 1:00 p.m. in the Horse Palace. The sale will include about 100 head of Registered and Grade Belgian, Clydesdale, Percheron and Commercial horses as well as a variety of horse equipment.

Further information and entry forms for the draft horse events are available from Jack Wood, secretary-treasurer, Ontario Belgian Horse Association, 285 Yonge St. S., Aurora.

Also participating in plans for the events are Ken McNeely, R.R. #3, Winchester, secretary of the Otawa Valley Pullers Association, and Roger Larocque, Box 877, Haileybury, secretary of the Northern Draft Horse Club.

The horse draw competitors will share the same specially prepared clay track that will be used for Canada's only indoor Tractor-Pull, a feature of the 1974 show which is being repeated with more competitors and more classes. Farm tractor drivers from Canada and the United States will compete in 14 tractor-pull events for purses totalling $18,800.

Live entertainment every afternoon, daily attendance prizes and a Farm Film Festival are among other features of the 1975 show which will bring together displays of latest farm equipment by more than 200 exhibitors representing over 400 companies. Exhibits by major tractor manufacturers are a highlight of the show which is sponsored by the Ontario Retail Farm Equipment Dealers Association.

9% Of Ontario Motorists Have Purchased 1975 Licence

TORONTO -- Only 9% of Ontario's motorists have purchased their licence plate renewal stickers since they went on sale December 2nd, according to the Ministry of Transportation and Communications.

If you are one of those who have not yet purchased their renewal stickers, there is every prospect of finding yourself standing in one of the last minute line-ups that occur during the last week of February.

Applicants must present a completed insurance declaration form, along with their ownership permit and fee, to the issuing agent. This year, the insurance forms can be obtained in advance at L.C.B.O. retail outlets. They are also available at all licence issuing offices. If you have this form completed in advance, your renewal will take less time.

The validation stickers -- green for cars, black for trailers -- are issued with complete instructions on how to apply them.

Fees for 1975 remain at $23 for a 4-cylinder car; $32 for 6-cylinders; $40 for an 8-cylinder vehicle; and $5 for trailers.

The deadline for having 1975 stickers on automobile plates is Febriary 28th, on trailer plates, March 31st.

Knox Ladies Aid hold meeting

Knox Ladies Aid held their January meeting at the Presidents home on January 13th at 2 o'clock.

The President opened the meeting with the Call to Worship followed by hymn 697 Standing at the Portal" and prayer.

The Scripture lesson, Psalm 105 was read in unison. Roll call with payment of dues. A thank you card sent by Mrs. Everett to the secretary.

The minutes of December 1974 meeting were given by Mrs. H. B. Bradley and approved. The Treasurer's Report was also given by Mrs. H.B. Bradley in the absence of Mrs. J.B. Fenton. These reports were moved and seconded.

A number of items of business were discussed. The planning of the luncheon after the morning service January 19th was fully discussed.

Meeting closed with Hymn 766 and Lord's Prayer.

SHANLY

Mr. and Mrs. Robert Bass, Pittston visited Mrs. Ernest Pitt, Sunday afternoon.

Sunday guests with their aunt and uncle and family were Mr. and Mrs. Craig McDonald and son, Valleyfield Auebec and Mr. and Mrs. Malcolm McDougall and son of Huntington Quebec.

Mr. and Mrs. Charlie Kearns of Hyndman with Mrs. Lyle Pitt and Shelly and Mrs. Ernest Pitt spent Saturday with Mr. and Mrs. Robert Kearns and infant daughter Kylie Rachelle in Pierrefonds, Quebec. Mrs. Kearns remained with them for a short time.

Sunday guests of Mr. and Mrs. Earl Pitt and Marilyn were cousins and Mr. and Mrs. Alex Hume of Prescott.

Mrs. Percy Ault has returned from a few days in Brockville General Hospital, but sorry to report Mrs. Gerald Fleming is a patient in St. Vincent Hospital suffering from a broken hip she received in a fall while at work in Prescott Thrusday afternoon.

Mr. and Mrs. Elmer Cross of Syrucuse N.Y. spent part of the week with Mr. and Mrs. Ab Cross and family.

The family of the late Mr. G. Dennis was again bereaved in the passing of their mother Mrs. G. Dennis in Kemptville District Hospital on January 5th just five days after the death of her husband who had passed away January 1. The community wish to express sincere sympathy to the family.

A toboggan party sponsored by the W.C.I.U. was held on Saturday evening January 4 at Shanly with 50 young people in attendance. A fellowship hour followed in Shanly U.C. Hall. A special thanks to those who participated and made the evening possible.

PLEASANT VALLEY

Mr. Hilliard Gilmer spent Friday and Saturday supper at Mr. and Mrs. Sammy Cowan's.

Mr. and Mrs. Dwight Gilmer spent a few days this week in Toronto.

Mr. Hilliard Gilmer was a Sunday supper guest of Mr. and Mrs. Rae Merkley.

We wish Keith Flegg a complete recovery as he is undergoing surgery at the Civic Hospital.

101st Annual Meeting Of Knox Church

The 101st Annual Meeting of the Congregation of Knox Presbyterian Church, Iroquois, has been called for this Sunday, January 19th, beginning with the Worship Service at 11 a.m., and during which time three speakers will be heard from community care groups, namely, Vikings Home, Seaway Community Services, and Meals on Wheels, the congregation then adjourning to the church-hall for sandwiches, cheese, relishes, and pies noon-hour luncheon, and the continuation of the annual business.

The Knox Ladies Aid will arrange the noon-hour luncheon, assisted by the Presbyterian Women's group, and all members have been asked to bring their contribution of sandwiches and pies to the church-hall, prior to morning worship next Sunday.

Having just completed its Centenary Year of founding as a congregation, the Knox fellowship will now be participating in the 100th year of the founding of the Presbyterian Church in Canada, being celebrated throughout the nation this year of 1975, and in conjunction with a sister church, the United Church of Canada, celebrating its 50th year also in 1975.

Presbyterian Centenary Year events are being planned in June of this year with the 101st General Assembly in Montreal, the place where the Church was constituted in Canada, June 22, 1875, and a Presbyterian Congress for 1200 youth and adults in Mc Master University, June 26-29th, then a large Rally of the Synod of Quebec and Eastern Ontario in the Montreal Forum in early September.

DOLLARS & GOOD SENSE

by WILLIAM J. MARTIN
Special Consultant to Avco Financial Services

Houses are increasing in value day by day, it seems, but a home's worth varies. You can still save a lot of money if you know how to shop.

Although you can often reduce the price of brand new homes, the greatest opportunity for savings lies in the resale house. As with any major purchase, the more homework you do, the better bargain you might obtain.

Find out how long the house has been on the market. The longer it's been available, the more likely it is that the owner will be willing to take a lower than asking price.



Find out something about reason for the sale. Is the owner being transferred and needs to sell in a hurry? Is the sale part of a divorce or estate settlement?

The more you find out about the sale, the better equipped you will be to make the best possible bid. Don't be afraid to go to 20% or more lower on a bid.

Bidding low will sometimes be disappointing when you lose out to a higher bidder, but you'll be surprised at how well you might be able to do with a low bid. Learn to haggle a little. Be a shrewd shopper, or if you can't be, then have someone represent you that is. The savings could be substantial.

Small Attendance at Meeting

Five units represented a small attendance at the January Meeting of the Hospital Ausiliary. Mrs. E. Macartney opened the meeting with a challenging reading for "The Volunteer".

The president reported that Mrs. F. Cass had returned home from hospital, and read a letter from the past president.

It was announced the Provincial President will be speaker at the Spring District Conference, April 24th.

Mr. Stel and Miss Legris gave routine reports still showing an increase in out-patient department. Appreciation was expressed to Volunteers and Auxiliary Members for all Christmas festivities in the Hospital, especially the Party in First East. Mr. Stel expressed appreciation for the good public relations shown by individuals and organizations.

Knitted Sets were requested for the Show Case. Yarn will be provided for people willing to knit. Some new business, and the Dessert Farty were discussed, but tabled till the next meeting, which will be February 13th.

O.P.P. Report

Ontario Provincial Police Commissioner H.H. Graham warns: "Strict laws alone can not reduce snowmobile mishaps."

"A light dusting of snow, a little nip in the air and out comes power on skis. Too often little concern is given to the fact that the lake is not adequately frozen, patches of bare earth still exist, or that the machine has not been serviced.

Suddenly, a mature, sensible man is reduced to the level of an irresponsible person. The result can be broken machines, broken bodies and broken hearts.

Since the 1974-75 snowmobile season began OPP members have investigated ten fatal snowmobile mishaps in which four persons drowned and seven died after their snow machine collided with a fixed object.

Commissioner Graham reminds snowmobilers, "The only sure way to avoid needless suffering and tragedy is for each snowmobile operator to become aware of his moral responsibility towards himself, his family and his neighbour.

"Common sense and good habits are infectious. They will contribute to the reduction of serious injury and death that are now too often associated with ths sport of snowmobiling."

How To Break The Price Spiral

At the recent federal-provincial Finance minister's meetings, Finance Minister John Turner made a start by urging a consensus on how the national economic pie should be shared. But it was nebulour stuff, and cynicism about government intentions is already evident, especially among labor spokes men. To recover its credibility, the federal government, via Turner, should put into hard-hitting language how it expects every Canadian to treat the tax reductions in store for 1975. If the cuts and the indexing are worth 1% or 2% or 3% of most people's wages or salaries, Turner should say that this is to be taken into consideration in forming wage demands and be subtracted from the inflation rate when attempting to maintain purchasing power.

At the same time, Ottawa should scrap its intention to raise the pay to inflation, with an increase now to catch up since the 1971 raise and then annual cost-of-living increases. Such moves would be in keeping with Ottawa's search for consensus. Then it could get down to hard of convincing labor, business, and agriculture of the urgency of stopping the spiral.

Although almost all forecasts of business activity in 1975 are bravely predicated on growth, many of them are now so heavily qualified that they allow room for anything from a reasonably good advance to a major downturn. The only prevailing certainty is that whatever the rest of the industrial world may suffer, Canada will suffer less, says a front-page editorial in The Financial Post.

For a look at how bets are being hedged and sentiment is deteriorating, note this from the usually optimistic Royal Bank of Canada's economics people: In November, the Royal said that although its new Trendicator - an index of leading indicators - had declined for three quarters, this did "not imply the Canadian economy is headed into a 'recession'." The second edition of the Trendicator was released recently based on data little changed from that in the first, but accompanied by sharply different words: "The behavior of Trendicator so far this year does not indicate Canada is headed for a major depression." Through all this uncertainty, it is clear that Ottawa is right in trying to foster economic growth in 1975 by running a hefty deficit. By rejecting any intentional slowing of the economy, Canada, is moreover, not adding to the balance-of-payments problems of other countries. When it comes to inflation, however, Ottawa's approach can only be described as watery.

Prospects for reducing the rate of inflation are bleaker here than in the U.S. - where they are bad enough - if only because we will be moving at a faster pace through 1975 than the U.S. And, as the C.D. Howe Research Institute's Judith Maxwell argues forcefully in a review of Canadian economic policy, "the top priority must be a policy that will break into the wage-price spiral."

YOUR CHANCE TO HELP PLAN THE DEVELOPMENT OF EASTERN ONTARIO'S RESOURCES

The Ontario Government is interested in your views on what direction it should be taking in conservation, agriculture, tourism, industrial development, labour, transportation, energy and the environment in Eastern Ontario.

These areas of government policy are the concern of the nine Ministers in the Ontario Cabinet Committee on Resources Development. They have been holding a series of public meetings in the various regions of Ontario to encourage open discussion of future government policies.

The Ministers are planning to hold the next public meeting in the Park Room, the Four Seasons Hotel, Belleville, throughout Monday, February 17, and Tuesday, February 18.

You are invited to make a written submission to the Ministers and to talk with them personally.

Briefs should be addressed to:

The Hon. Allan Grossman
Provincial Secretary for
Resources Development
Parliament Buildings
Toronto M7A 1A2

Ontario

PUBLIC MEETING FEBRUARY 17 & 18 IN BELLEVILLE

FUNERAL SERVICE
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SNOWMOBILE TUNE-UP SPECIAL

(We're gonna keep you movin'.)

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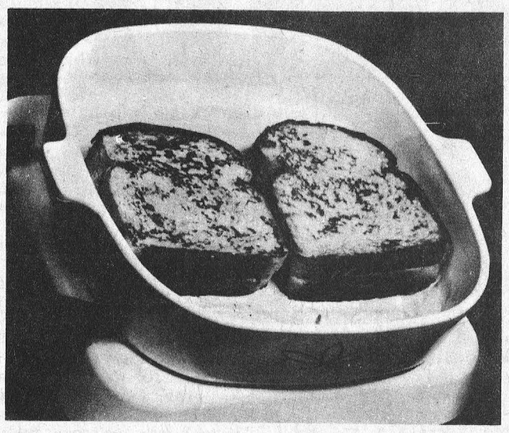
BRINSTON 652-4216

Food Sense in Canada– NUTRITION PLAINTALK



BRAIN FOOD IN SALMON SANDWICHES

Although the waters off the British Columbia coast have been fished by Russians for centuries, that province's fishing from a commercial point of view was ignored by the rest of Canada until about 1890.

Wrote Stephen Leacock: "This magnificent province of 366,000 square miles in extent, with its happy climate, immense resources, and its Pacific outlook, is an empire in itself. Yet for centuries it lay all unknown to the world while Europe struggles for America."

Of course today, British Columbia's beauty is equalled only by its economic importance; one reason being that B.C. represents 90% of Canada's salmon catch each year.

Salmon is one of Canada's favourites and naturally there are as many ways to eat it as there are cookbooks. By far the largest volume of salmon reaching the consumer is canned.

When choosing among the varieties available, keep in mind what the canned fish will be used for. Cohoe and pink salmon are great in casseroles where colour isn't too important. Sockeye is the brightest red and is most effective in salads and sandwiches.

For a new twist on the salmon salad sandwich try this lunch-time pleaser. The enriched white bread, with its 3 "B" vitamins and iron, together with the "brain food" salmon with its high protein content are a nutritious way to send the youngsters back to school or for a family suppertime dish. It's simply called a fried salmon sandwich, or if you prefer "B.C. coast special," no matter the region of Canada where it is eaten.

Fried Salmon Sandwich

1 7¾-ounce can salmon
2 well-beaten eggs
⅓ cup milk
Dash ground nutmeg
¼ cup finely chopped celery
¼ cup dairy sour cream
1 teaspoon prepared horseradish
1 teaspoon prepared mustard
½ teaspoon chives
¼ teaspoon dried tarragon, crushed
¼ teaspoon salt
8 slices enriched white bread
Sesame seed
1 tbs. shortening

Drain salmon, reserving liquid. Remove bones and skin from salmon; flake into bowl. In shallow dish, combine salmon liquid, eggs, milk, and nutmeg. Blend together salmon, celery, sour cream, horseradish, mustard, onion, tarragon, salt, and dash pepper. Spread mixture evenly on 4 slices enriched white bread; top with remaining 4 slices. Dip each sandwich into egg mixture; sprinkle with sesame seed. Fry in shortening till brown on both sides. Makes 4 sandwiches.

. . . or if a heartier meal is in order, try a salmon loaf. It's easy and economical to make.

Salmon Loaf

1 lb. can pink or cohoe salmon
milk
1 cup enriched white bread, diced
2 eggs
1 onion, minced
1 teaspoon salt
¼ teaspoon pepper
Grated rind ½ lemon, juice of 1 lemon
1 tbs. butter

Drain the salmon juice in a 1-cup measuring cup. Fill with milk. Place all the ingredients except the butter in bowl, add the salmon and the milk. Stir until well blended. Melt the butter in an 8-inch loaf pan. Pour in the salmon mixture. Bake in a 375°F. oven for 45 minutes.

Special Note

Remember bread keeps frozen without loosing its freshness provided that it is wrapped in moistureproof freezer wrap. But it will only be as fresh when it comes out of the freezer as it was when it went in. Keep a loaf of bread on hand. It is a most useful food for sprucing up, adding flavour and stretching meals.

Combine New Roses With Time Tested Varieties

Go ahead. Plant a few of the new rose varieties available this spring. "But remember," warns Ontario Ministry of Agriculture and Food horticulturist D.B. McNeill, "while these new roses have been tested several years, climate and soil conditions in your garden may affect their performance. They simply have not been tested by the test of time."

Tried-and-true varieties, such as Peace, Tropicana and Sutter's Gold, should form the foundation of every new rose garden. Because they need little care and produce many good blooms year after year, they prevent a garden from looking bare if one of the new varieties nearby fails.

"Remember, the good varieties sell quickly," advises Mr. McNeill. "To avoid disappointment, order both new and well-known roses soon from garden centres and catalogues."

HEARING AID SERVICE CENTRE

The regular monthly Beltone Service Centre will be held at

RON GILMER'S PHARMACY

Thursday, 23 January 1975

FROM 2 TO 4 P.M.

Free Service For All Makes of Hearing Aids.

Mr. H.F. Fisher, Hearing Aid Specialist,
Beltone Hearing Aid Centre,
683 Churchill Ave., Suite 3, Ottawa, Ont.
K1Z 5G4

Have your hearing tested once a year, it's FREE at Beltone.

The snow, white on plain and dam agleam
o'er living things surviving
while, rising mists that hides the stream
bespeaks of cold and frost arriving.

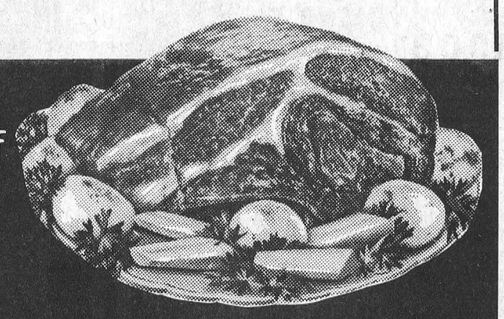
Its winter now, the birds all come
to feeders placed alluring
the sparrows, jays, and all we welcome
for food their lives enduring.

Soon spring will come to cheer us
we'll welcome our song birds again
the larks, the wrens, the thrushes
and our friendly pair of robins

Allen McIntosh



COUNTRY CLUB BONELESS
ROAST
lb $1.29

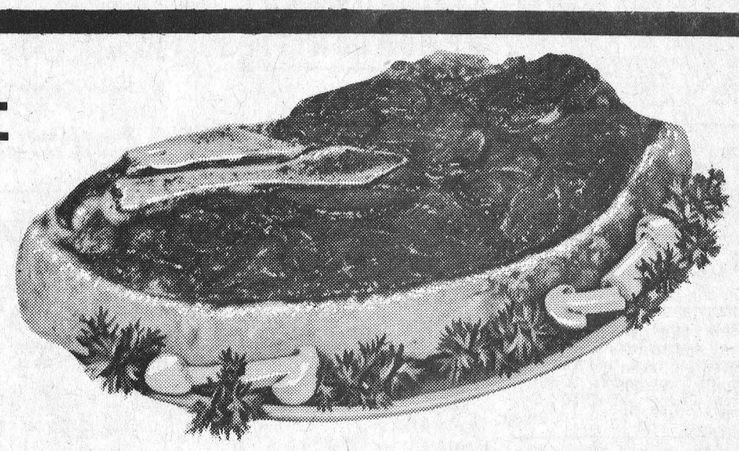


BRANDED BEEF
Redor Blue

SHORT RIB ROAST lb 99¢

CROSS RIB ROAST lb $1.19

BLADE
STEAK OR ROAST
$1.09 LB



MAPLE LEAF
CELLO WIENERS lb 79¢

BURNS
POLISH COIL lb 89¢

BURNS (NO GARLIC)
HAM COIL lb 89¢

BURNS TRIPLE PACK 1 LB.
COLD MEAT 99¢

BURNS S.P. ½ CRYOVAC
COTTAGE ROLLS lb 95¢

Kraft Spaghetti
MEAT SAUCE 24oz Jar 89¢
LIQUID DETERGENT Mir 24oz 89¢
SARDINES Jutland 3½ oz 27¢
E. D. Smith 28oz Garden
COCKTAIL JUICE 55¢
Shirriff 12oz
MASHED POTATOES 79¢
Habitant Pea Or
VEGETABLE SOUP 28oz 50¢
Bicks Sweet 32oz
MIXED PICKLES 89¢
Seacliff 19oz
WHOLE POTATOES 35¢
Contadina 28oz
CHOICE TOMATOES 59¢
Magic Instant 3lb
POWDERED MILK $2.19



Snyder Pieces And Stems 10oz
MUSHROOMS 48¢
Cascade 50oz Dishwasher
DETERGENT $1.49
York Fancy 12oz Kernel
CORN 35¢
Natures Best 19oz PEAS 36¢

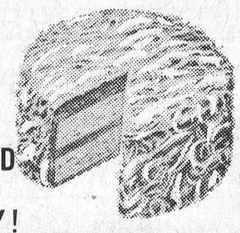
FROZEN FOODS

Frazervale 2lb Bag
RHUBARB 49¢
Swanson 11½ oz Beef Or Turkey
T.V. DINNERS 89¢
Seabrook 2 lb Bag
FANCY PEAS 69¢
Old South 12oz
ORANGE JUICE 48¢
Frazervale 24oz Each
FISH&CHIPS 99¢

January BAKERY Specials

Bettys
WHOLE WHEAT BREAD 3/1.00
Christies Fresh
JELLY ROLLS 79¢

Celebrating A Special Occasion?
ORDER A DECORATED CAKE FOR YOUR PARTICULAR PARTY!





Florida 125s
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6 for 39¢

COOKING ONIONS
10 lb Bag
89¢

MARY LOU PARCHMENT
MARGARINE lb. 49¢

HEINZ PREPARED
MUSTARD 29¢

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CREAMER 99¢

SALADA PRIOR PARK 100's
TEA BAGS 79¢

CRISCO OIL $1.95 38 oz.

HEINZ 19 oz. TOMATO JUICE 26¢



KRAFT 16 oz.
CHEESE WHIZ
92¢

½ GAL. FRONTENAC
ICE CREAM
Assorted Flavors
$1.35

SILVERDALE STANDARD CUT
WAX BEANS
19 oz.
29¢

ZIP 15 oz.
DOG FOOD
17¢

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FOR SALE

BOYS and Girls Sweaters — size 2 to 14 — Reg. up to $4.50— Sale $2.00 to $2.50 Each — D.& K. Fabrics, Morrisburg Mall 29-2c

APPLES for sale. Smyth Orchard, Dundela Phone 652-4089 7-tfc

1 New Lazy Susan (corner cupboard) 652-2230 25-6p

VACUUM CLEANERS and FLOOR POLISHERS; also Rug Conditioners for sale. Apply Ralph Coulthart Morrisburg.
Will demonstrate in your home. 44-tfc.

HEAVY duty separating zippers. All sizes. For jackets, snow suits, etc. — D&K. Fabrics, Morrisburg Mall 29-2c

ADDRESS LABELS - 1,000 Address Labels, Name, Address, Postal Code, any 4 lines $3.50 Remit to J.D. Enterprise, 15-A Easton St., Cambridge, Ontario NIR 1G3 29-8c

Kenmore Automatic Washer and Dryer $100.00. Phone 652-4793 30-2p

SALE — Snow Suits size 8 to 14 — Broken Zippers $3.99 each. D.&K. Fabrics, Morrisburg Mall 29-2c

NEARLY new clothing, winter coats all sizes, second-hand dishes, Antiques, New and Used furniture at Stephenson's Furniture, Brinston. Phone 652-4710. Open until 9. 29-3p

SALE — Nylon Winter Jackets— Size 8 to 14 — Some "Down" Filled — 30% to 50% off — D.&K. Fabrics, Morrisburg Mall. 29-2c

One Water Softener. Paid $650.00 for it, will take $250.00. Phone 652-4250. 30-2p

6½ ft. Snow Bucket,good as new. Will fit most front end loaders. Price $125.00. Tel. 652-4139 1p

SALE — Children's and Misses' Mitts — Knitted and Nylon — Reg. to $3.98 — Now 99c to $1.99 pair — D.&K. Fabrics — Morrisburg Mall 29-2c

SKIIS — Volkl Super Sapporo's 190 CM. - Bindings - Nevada Grand Prix; Boots - Lang Pro's, Size 8; Poles - Scott U.S.A. Outfit new $480.00, asking $300.00 Used twice Phone 652-4851 1p

SALE — Warm Up Pants. Size 8 to 14 — Reg. $7.00—$2.99 Pair — D.&K. Fabrics, Morrisburg Mall 29-2c

1972 Alouette 440 Eliminator Snowmobile $450.; 1971 250 Boa-Ski $125. Both in good condition. Horace Roskell 652-4236. 30-2c

FUN fur trim for coats, ski jackets, etc — $2.25 yard. D.&K. Fabrics, Morrisburg Mall 29-2c

20% OFF all Flannelette — While stock lasts — D&K. Fabrics — Morrisburg Mall 29-2c



NOTICES

ATTENTION
Residents of Matilda Township
Anyone wishing a weekly garbage collection — $4.00 per month Please call 652-4984 or 652-4260 after 5 p.m. 29-2p

NOTICE

Pursuant to By-law No. 3625, the January Session of Council of the Corporation of the United Counties of Stormont, Dundas and Glengarry will be held in the Council Chambers, County Buildings, Cornwall, on Monday, the 20th day of January, 1975, at ten o'clock a.m.

County Buildings,
Cornwall, Ontario.

R. J. Lapointe,
Administrator, Clerk-Treasurer

EMPLOYMENT OPPORTUNITIES

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education

requires

TEMPORARY FULL-TIME CLERK-TYPIST

(January 20, 1975 to August 31, 1975)

at

AREA OFFICE No. 1 MORRISBURG

Salary: $4,900 - $6,500

Written applications will be received by:

Mr. M. N. Hutchison,
Superintendent of Education
Box 700, Morrisburg, Ontario
Tel: 613-543-2927

K. Fraser Campbell,
Chairman of the board.

T. Rosaire Léger,
Director of Education.

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education

requires immediately

PRINCIPAL'S RELIEF

1/5th of Full-Time

(2 half days per week - Wed. & Thurs. a.m.)

at

SEAWAY VALLEY SCHOOL FOR TRAINABLE RETARDED

Written applications will be received by:

Mrs. Carol Rumble,
Principal,
R.R. 1,
South Mountain, Ontario.
K6H 5R5.
Tel: (613) 989-5575

K. Fraser Campbell,
Chairman of the board.

T. Rosaire Léger,
Director of Education. 30-1c

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education

requires

TEMPORARY FULL-TIME TEACHER

for period commencing February 1, 1975 to June 15, 1975 approximately

—to teach Senior Classes

at

SEAWAY VALLEY SCHOOL FOR TRAINABLE RETARDED

Written applications will be received by:

Mrs. Carol Rumble,
Principal,
R.R. 1,
South Mountain, Ontario.
K6H 5R5.
Tel: (613) 989-5575

K. Fraser Campbell,
Chairman of the board.

T. Rosaire Léger,
Director of Education. 30-1c

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education

requires immediately

IN-SCHOOL ASSISTANT LEARNING MATERIALS

at

SEAWAY DISTRICT HIGH SCHOOL

Main duties will be:

—scheduling use of audio-visual equipment
—setting up and operating audio-visual equipment
—taping from air
—photography
—making transparencies
—other similar tasks

Salary range: $120 to $160 per week

Written applications will be received by:

Mr. Archibald Bray,
Principal,
Box 100,
Iroquois, Ontario
K0E 1K0
Tel. (613) 652-4344

K. Fraser Campbell,
Chairman of the board.

T. Rosaire Léger,
Director of Education.

WORK WANTED

MAN with chain saw for custom wood-cutting. Reasonable.— 535-2737 28-4p

SERVICES

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

ART SANGER'S UPHOLSTERY SHOP
Corner of Duncan & Hwy. 2
20% off on all fabrics. Free samples available. Free estimates Phone 543-3266 28-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. 29-4c

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REAL ESTATE

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Real Estate Brokers
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40 ACRES LIGHT BUSH, sandy loam, on County Road, Twp. of Matilda. Surveyed and severed. 10 miles from Iroquois. Excellent building sites.

IN IROQUOIS — 3 bedroom new bungalow on large lot. Features fireplace, open concept living-dining-kitchen, built-in stove, fridge. Owner must sell. Must be seen to be appreciated.

BRICK COUNTRY HOME and store, with or without stock. 8 miles from Iroquois on paved country road. A beautifully finished home.—Terms.

WE HAVE OTHER PROPERTIES IN THIS AREA and would be pleased to show them to you.

FOR FAST RESULTS CALL TO LIST YOUR PROPERTY
Sales Representative
KEN KIRKBY
Phone 652-4395

Floyd Fisher
REAL ESTATE BROKER
MORRISBURG, ONTARIO
Bus. 543-2044 - Res. 543-2355

MORRISBURG — Good location, double home - income property with extra lot and a one car garage. Mortgage available at 10 percent.

WILLIAMSBURG — Two storey home with 1½ car garage on 70' x 332' lot. Three large bedrooms, 3 piece bathroom. Priced to sell with mortgage available.

MORRISBURG — Bungalow, well maintained, has newly carpeted floors. Three bedrooms, recreation and utility rooms. Located on a well treed lot with fence and large patio. Immediate possession.

MOBILE HOME — 12' x 65' almost new, purchased last fall— owner moving. Has 3 bedrooms, 4 piece bathroom, O.F.A. furnace —Located on serviced lot. Priced to sell.

SALESMEN

J. Allison	543-2989
A. Bolton	543-2002
H. Fisher	543-2213
W. Marshall	543-3200

WANTED

WANTED TO RENT
LOCAL businessman requires house to rent in or near Iroquois. Phone 652-4806 28-tfc

ENTERTAINMENT

WINCHESTER THEATRE

Thurs., Fri., Sat. Jan. 16-17-18
"BUTCH CASSIDY AND THE SUNDANCE KID"
Starring Paul Newman, Robert Redford
ADULT ENTERTAINMENT

Mon., Tues., Wed. Jan. 20-21-22
'THE HOUSE NEAR THE PRADO'
A revolution and assassination show.
"A HARD MAN IS GOOD TO FIND"
Three women and a man in the sexiest comedy of the year. Restricted to 18 years and over

Ontario Hydro

PROPERTY FOR SALE
TOWNSHIP OF MATILDA

Ontario Hydro is offering for sale all of Lot 2 and Part of Lot 3, Registered Plan 54, in the Township of Matilda, County of Dundas, containing approximately 250 acres.

This property is located between the C.N.R. main line and 401 Highway and immediately west of the Flagg Road

The purchaser at his own expense will be required to obtain consent to the separation of the property from abutting property of the Corporation pursuant to the provisions of the Planning Act, and also must furnish survey plans and descriptions suitable for inclusion in the deed of conveyance.

The sale will be subject to Ontario Hydro reserving easement rights for a 44,000 volt distribution line across this property.

Further information may be obtained by writing to Ontario Hydro, 420 Dundas Street East, Belleville, Ontario attention of Mr. C. N. Davis, telephone 968-6721.

Offers to purchase must be submitted in a sealed envelope addressed as follows:

W.E. Raney, Secretary
Ontario Hydro
620 University Avenue
TORONTO, Ontario
M5G 1X6

and marked:

Tender for Matilda Property

And must be received by the Secretary no later than 4:00 p.m. Eastern Standard Time on January 28, 1975.

Offers to purchase must also be accompanied by a certified cheque payable to Ontario Hydro for at least 3% of the amount of the offer. Cheques will be returned to the unsuccessful bidders.

Offers submitted must allow until February 18, 1975, for acceptance or rejection and must not be withdrawn until after that date.

The highest or any offer not necessarily accepted. 29-2c

CARS FOR SALE

1964 CHEV. Custom half-ton truck in running condition. Best offer accepted. Phone 543-2897. 30-2p

1965 CHEVROLET STATION WAGON, power steering, automatic. Selling as is $225.00. See Cecil Fader. Telephone 652-4415.

use the WANT ADS
Phone 652-4806

NOTICE

PRUNNER'S ESSO
will not be open
This Sunday
HOPE WE HAVEN'T INCONVENIENCED YOU
Open Weekly
8-8
21-tfc

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Satisfaction Guaranteed
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Williamsburg, Ontario
Phone 535-2683

FOR INFORMATION ON—
LIFE INSURANCE
INCOME PROTECTION
RETIREMENT PLANS
— CONTACT —
ROGER COULTER
43B Beach Ave., Iroquois
Phone 652-4535
Representing The Prudential Insurance Co.

DIANA'S FLOWER SHOP
SAY IT BEST WITH *Flowers*
MORRISBURG 543-2566

Edward Beckstead
BUILDING CONTRACTOR, GENERAL REPAIR WORK
PHONE 652-4726
R.R. 2 BRINSTON, ONT.
26-tfc

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BRINSTON ONTARIO


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M & J COLE PHOTOGRAPHY
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ORGANS and PIANOS
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ROY FAWCETT
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Plannin' A New Home
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Plannin' See LANNIN
H. S. LANNIN LTD.
GENERAL CONTRACTORS
Phone 774-2830 - Winchester

EASTER AT Nashville, Tenn.
MARCH 27th - 31st
Leaves Ottawa Bus Depot 3:45 p.m.
Iroquois ..... 5:45 p.m.
TOUR INCLUDES—
—2 nights Nashville (Holiday Inn)
—Tickets and transportation to Grand Ole Opry
—Sight seeing trip of Nashville.
—Ticket and transportation to Opryland
—Sightseeing trip to Johnny Cash's
—Transportation to Nightclub
For Information Contact:
FRANK MULLEN
WILLIAMSBURG, ONT.
535-2888
30-1c

CARDS OF THANKS

I would like to thank my neighbours, relatives and friends for their cards and visits while I was a patient in the Winchester District Memorial Hospital.
Special thanks to the Ministers who called and offered prayers on my behalf. Also to Dr. Marston and the nurses and orderlys on the second floor for their wonderful care.
Gordon Casselman 30-1p

I wish to extend "A Sincere Thank You" to everyone for the cards and letters, flowers, and gifts I received during my stay in the Winchester Memorial Hospital, and since my return home.
Finding just the proper words are somewhat hard to do, but I assure you it was thoughtful and very much appreciated and will never be forgotten.
Once Again - "Thank You"
Donald Ault 30-1p

To Ken and Shirley Kirkby, the Ladie's Auxiliary would like to thank you for the publicity you have given our meetings and events during the past years. We wish you the very best in the years to come. We welcome the new owners, Mr. and Mrs. Morrison, to Iroquois and wish them every success in their new endeavor.
Edna Hagarty (Ladie's Auxiliary Secretary) 30-1c

I would like to thank Flo Shepheard and Veronica and Everett Empey for their kindness while I was a patient in Winchester Hospital.
Pat Whittier 30-1c

To all who remembered me in any way during my stay in Brockville General Hospital and since I came home a sincere Thank You. 30-1p
Allan Bell

Information Available For Helping The Handicapped

As traffic accidents, strokes, age diabetes and arthritis increase the number of phsically disabled adults annually, more and more people are finding they have to lend a helping hand to a handicapped relative, friend or neighbour.

For those who find themselves in this position, the March of Dimes has just published a handy booklet entitled "What You've Wanted to Know About Helping the Handicapped - But Were Afraid to Ask".

This pocket-and-purse-sized guide provides the answers to such questions as what to do when coping with dressing, toiletry and feeding, the best and easiest method for getting a wheelchair into a car, even "how to overcome your embarrassment".

The purpose of the booklet, according to James Good, Community Development Director for the new March of Dimes organization, is to help people, especially volunteers, overcome their fear and apprehension so that they will work with, rather than for, the handicapped.

"Although more and more opportunities for participation in community activities are becoming available for physically disabled adults," he said, "paradoxically, the adult with a handicap depends more and more on volunteer assistance in order to take advantage of these new possibilities. Often the lack of family, for example, can put someone into an institution whereas with a little outside help, the individual could live at home."

This assistance might be as simple as preparing meals or helping with personal care or transportation, which would be too expensive if done professionally.

CALENDAR OF EVENTS

HADDO SNOWMOBILE CLUB
Haddo Snowmobile Club - Meeting will be held at 8 o'clock Sunday night at Haddo Snowmobile Club. Rally report given and election of officers. Please make an effort to attend. 30-1c

IROQUOIS WOMEN'S INSTITUTE
Iroquois Women's Institute will hold their regular meeting on Thursday, January 16 in the Iroquois Civic Centre at 8:00 p.m. Program to be arranged by Life Members. Everyone welcome. 30-1c

L.O.L. No. 3127
ANNUAL OYSTER SUPPER
St. James Anglican Hall, High St. January 25, 1975 — 5 p.m.
Adults $3.00 Children $1.00 29-2p

ODMHA - Hockey Coaches Level II Clinic Winchester Community Centre, January 18th, Saturday, 8:30 a.m. - 4:30 p.m. Cost $8.00 per person. All coaches, parents players invited. 29-2c

CASH BINGO
To be held every Wednesday night, starting October 9, at Williamsburg Legion Branch 538 (Boucks Hill). Everyone Welcome. Admission $1.00 tfc

FOURTH ANNUAL STAMPVILLE SNOWMOBILE RALLY
Fourth Annual Stampville Snowmobile Rally will be held on January 18 1975. Will leave Brinston Hall at 1 o'clock. Tickets $9.00 per couple. Tickets includes supper and dance. Tickets can be picked up at Johnnys Spot and call 652-2132.
Music by Kenny Wise.
Get tickets early 28-3p

Winchester Hospital Births

December 31/74 Mr. and Mrs. Merle Reany, R.R.#3, Winchester Ontario. A Daughter.
January 1/75 Mr. and Mrs. Marcel Masse, Crysler, Ontario. A Son.
January 3/75 Mr. and Mrs. Ken McNalty, Winchester, Ontario. a son.

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ST. LAWRENCE COLLEGE SAINT-LAURENT
OF APPLIED ARTS AND TECHNOLOGY

Basic Communication Skills

WOULD YOU LIKE TO LEARN TO READ, WRITE AND SPEAK ENGLISH BETTER? OR DO YOU KNOW SOMEONE WHO WOULD LIKE TO?

The Continuing Education Department is considering offering a course in Basic Communication Skills in the Morrisburg-Iroquois area starting in January.

If you are interested, send your name, address and telephone number to:

Tom Butkovich
St. Lawrence College
Cornwall

or telephone:

Riek Pepers
543-2375

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.

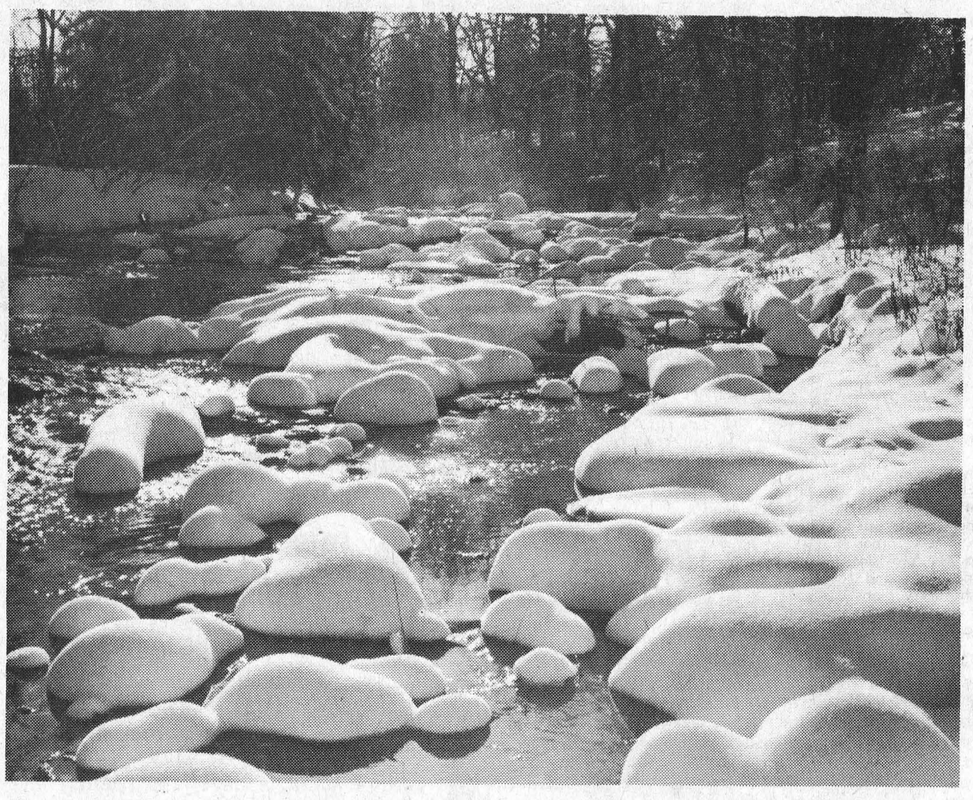
In Memoriams $1.50 minimum (includes 4-line verse) plus 50c per 4-line verse thereafter.

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.

PROTECT YOUR CAMERA

UNDER HARSH WINTER CONDITIONS



Familiar summertime hideaways don an inspiring aura in the winter months. Preserve their snowbound splendor in photographs this year.

Beauty lurks in all of winter's multitudinous phases. For the amateur picture-taker every change of atmosphere, every vagary of form and monochromatic scene becomes a delightful subject.

For those camera enthusiasts who will venture into the pictoral world of winter, it is advisable to dress for the occasion. You'll take better pictures when you are comfortable. Your handgear is most important. If you wear thin cotton, silk or synthetic gloves inside your mittens, you'll be able to handle your camera for short periods without chilling your fingers and lessening your dexterity.

Generally speaking, it's a good idea to keep your camera warm. for it is a precision instrument designed to work best in the range of 45 to 85 degrees F. You'll want your front-opening parka to be big enough to zip over the camera when the wind starts whipping around.

When you keep your camera warm, the batteries, if you have batteries, can supply their normal flow of energy to the exposure meter, flash or film advance. Use alkaline batteries when possible, and if temperatures are expected to drop out of sight, keep some spare batteries in an inside pocket.

To combat static fogging and possible breakage of chilled, brittle film, advance and rewind your film slowly and with a steady motion.

When the snow blows into your camera, brush it off, for as the snow melts, harmful moisture will collect.

No matter how sophisticated or simple your photo equipment may be, successful wintry shots depend on your perceptive eye. Therefore, educate yourself to see and you will discover the beauties inherent in the simplest snowbound scenes.

For further tips on wintertime picture-taking, write today to the Editorial Service Bureau, Kodak Canada Ltd., 3500 Eglinton Avenue West, Toronto, Ontario M6M 1V3. Single copies o. publication AC-65, "Winter Photography - Better Pictures In The Snow," are available at no charge.



Embrace the good times of Winter '75 in family photographs. Take along your camera to record the precious memories.

Meats With Approval

The difference between meat inspection and meat grading is often preplexing to consumers. While grading is done only to inspected meat, the fact that not all inspected meat is graded adds greatly to the confusion.

Inspection and approval of the meat begins while the animal is alive, continues through the packing process and concludes only when the meat leaves the packing plant, according to Dr. G. C. Fleming, a veterinarian with the Veterinary Services branch of the Ontario Ministry of Agriculture and Food.

The Ministry licenses 255 meat packing plants in Ontario, many of them small compared to the large well-known plants. The Ontario approved plants processed more than 450,000 red meat carcasses last year. They serve the needs of the local community by providing custom-kill services for farmers and urban customers, and cutting, wrapping, and fast-freezingfor the home freezer trade. Some have retail outlets as well.

Provincial approval of the meat, indicated by a stamp "Ontario Approved" have been processed in one of the plants under federal inspection and can be exported.

Both the "Ontario Approved" and the "Canada Approved" indicate that the meat has been inspected for wholesomeness under veterinary supervision. On the other hand, meat grading is a federal program that deals with carcass quality. According to Dr. Fleming, the grade level (such as Grade A1 or Grade B2 given a red meat carcass) depends on age, carcass conformation, finish, fat-to-lean ratios, weight and several other measureable indicators.

Ice Operations Centre

TORONTO - An ice operations centre to aid winter navigation in the Great Lakes has been established in Toronto, Transport Minister Jean Marchand announced today.

Services provided by the centre, Ice Toronto, include the assembly and distribution of reports on ice conditions and forecasts. Advice on routes through light ice conditions also are provided on request of shipping interests and the general public The Toronto centre may be reached by telephone at 369-3917; by telex at 06-23317.

Icebreaker activities in support of shipping are coordinated and directed through the centre, which has a mutual agreement with the U.S. Coast Guard to cooperate in providing services whenever necessary.

Ship masters and agents are urged to keep the centre informed of ship movements to facilitate efficient use of limited icebreaker resources.

Responsibility for winter shipping in the Great Lakes was formerly held by ministry headquarters in Ottawa.

Established twenty-three years ago to care for polio victims, the March of Dimes expansion of concern now includes all adults with a physical disability. To carry on its vital services, the Ability Fund of the March of Dimes depends on volunteers.

New dimension added to Ability Fund Campaign

The Ability Fund of the new March of Dimes takes another step forward. As Marching Mothers conduct their door-to-door canvass for funds in many communities this year, they will also be taking a census of the disabled.

"If you rarely see a handicapped person in your community, it dosn't mean they don't exist", says Doug Harley, Assistant Executive Director of the new March of Dimes. "It probably indicates that the transportation facilities are inadequate and expensive, that architectural barriers prevent access to public buildings and shopping centres, or that the handicapped have no relatives or friends to help them get around."

One of the major aims of the new March of Dimes is to provide equal opportunity for disabled adults and to make it possible for them to live in our community with dignity.

In order to accomplish this, what is needed is more volunteer involvement and additional dollar support. "Once having raised the funds", Mr. Harley points out, "we can then direct ourselves to better serving the handicapped."

"If experience has taught us anything, it is that a combined fund-raising and public awareness campaign should bring to our attention many handicapped persons in need of help as well as an insight into the most pressing needs facing them."

The funds raised in each community will be used to provide direct help for the disabled adult, such as the provision of wheelchairs, prosthetic appliances and other aids to daily living, and to establish recreational and social programs through local committees made up of both disabled and nondisabled members.

So when the volunteer canvasser calls on you, please give generously to the new March of Dimes Ability Fund to help those adults who are physically disabled in our community.

LOYAL GRANGE LODGE

From Page 1

Russell Baker, Morrisburg.
County Marshal - Wor. Bro. Horace Lavery, Prescott.
County 1st. Lecturer - Wor. Bro. Clarence Barkley, Shanly.
County 2nd. Lecturer - Wor. Bro. William Campbell, Cardinal.
County Tyler - Wor. Bro. Reg. Weedmark, Burritts Rapids.
County Sentinel - Wor. Bro. Archie Aitkin, Morrisburg.
County Auditors: - Wor. Bro. W.J.L. Boyd, Winchester and Wor. Bro. Stanly Sanderson, Groveton.

It was decided to hold the 1975 Annual County Church Service in Prescott at the Free Methodist Church, and the next Annual Meeting to be held in Cardinal during January 1976.



Ann Landers

Dear Ann Landers: How do I answer people who don't mean to be cruel--they are just friends and neighbors who ask me (right over the counter where I work) if my husband's surgery was successful or has the malignancy gone too far?

I have small children and we are all praying for a miracle although the news we received from the doctors last week was not very encouraging. My husband underwent two cancer operations in 1973 and the word has gotten around that he just had a third. This has started the tongues wagging again and I just wish people would not mention it.

The minister asked our 12-year old son on the street yesterday, "Did the doctor get all the cancer out of your dad?" The poor little kid came home and asked me what he should say when people ask questions like that. My advice was to reply, "We hope so."

Please, Ann, is there any way to educate such ignorant people? They don't realize what such questions do to the family. Thank-you. Reader In Michigan

Dear Reader: Unfortunately, the clods will always be among us. In my opinion, your advice to your son was excellent. I am printing your letter in the hope that it might give well-meaning friends and relatives pause to think before they ask such questions.

Dear Ann Landers: Remember that old joke--two guys were undressing in the country club locker room and one asked the other, in a tone of complete astonishment, "Jim, how long have you been wearing a girdle and pantyhose?" Jim replied, "Ever since my wife found them in the glove compartment of my car."

Now it appears that men who wear girdles might live longer. Several heart specialists are telling their male patients that a girdle helps take the load off the heart--especially if the problem is angina.

A friend of mine informed me that since her husband began wearing her girdle, he had had a great deal less pain. Next week he's going to buy a girdle of his own.

Will you please spread the word, Ann? You could help a great many people.
Barney's Wife

Dear Wife: Consider it passed. Girdle--maybe. But pantyhose--no.

Dear Ann Landers: I'm a lifeguard at a public swimming pool during the summer and I teach swimming at a club from November through March. When I read that letter from the women who said the best way to teach small children to swim is to "throw them into the water," I nearly flipped.

That's the worst thing a person can do. I was glad you didn't agree with her. I've had to jump in after at least a dozen kids and bring them up from the bottom of pools because their parents made that same dumb mistake. One little guy, less than five years of age almost drowned.

That mother who was mad because she had spent $60 on swimming lessons and all her child could do was float, made a pretty good investment. If a person can float he has a chance of keeping himself alive until help comes. And very often a child who can float becomes comfortable in water and will eventually learn to swim--if his mother will get off his back.
Coach

Dear Coach: Thanks for your professional opinion. It makes sense to me.

Planning a wedding? What's right? What's wrong? Ann Landers's completely new "The Bride's Guide" will relieve your anxiety. To receive a copy, send a dollar bill, plus a long, self-addressed, stamped envelope (20 cents postage) to Ann Landers, P.O. Box 1400, Elgin, Illinois 60120.

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Trade Services Booklet Aid To Ontario Business

A new trade services booklet outlining aids for Ontario businesses in marketing their products and services successfully, both in Canada and internationally, has been prepared by the Ministry of Industry and Tourism, Division of Trade.

For maximum effectiveness, the division consists of three general categories -- domestic marketing, international marketing, and trade research--staffed by consultants and economists with practical business experience as well as having professional and academic qualifications, the minister, Claude Bennett, points out.

All division services are detailed in the booklet, which is available on request. The domestic marketing branch assists Ontario businesses in obtaining maximum sales in the domestic market place; the international marketing branch assists and guides Ontario companies in exporting their products and services; the trade research branch provides analysis and information on commodities and markets for the Ontario business person.

In addition, small business operations acts as a network of contact points between business people and the specialized services of the ministry.

Included also in the publication are directories of the ministry's Ontario and international field offices and the financial services of the development corporations in the province.

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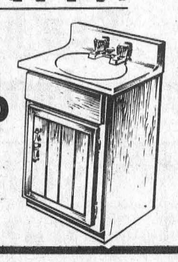

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COMMUNITY SCOREBOARD



HOCKEY REPORTS IN THE NEWS

UPPER ST. LAWRENCE LEAGUE

IROQUOIS ATOM "A" TEAM

Jan. 3: Were "A" finalists at Chesterville tournament. After 5-4 and 8-2 wins over Metcalfe & Winchester respectively. Iroquois went down 6-2 to Long Sault in the "A" Final.

January 7

Iroquois 4 Cardinal 0
Iroquois goals scored by:
Kevin McEwen 2
(Assisted by F. Lee and T. Waddell; A. Burgess)
S. Adams 1
(Assisted by T. Patterson and M. Nesbitt)
T. Patterson 1
(Assisted by S. Adams and M. Nesbitt)

January 8

Iroquois 6 Chesterville 0
Iroquois goals scored by:
Kevin McEwen 3
(Assisted by: S. Adams and D. Cherry; S. Adams and R. Shaw; T. Patterson and S. Adams)
T. Waddell 1
(Assisted by A. Burgess)
M. Nesbitt 2
(Assisted by S. Adams and T. Waddell; A. Burgess)

January 13

Iroquois 3 Cardinal 0
Iroquois goals scored by:
F. Lee 1
(Assisted by K. McEwen)
K. McEwen 2
(Assisted by T. Waddell; C. McDonnell)
Brian Froats was in goal for all three shutouts.

SMITHS FALLS TOURNAMENT

Iroquois Atom "A" team came home with "A" Division Championship on January 12 in Lanark.

Game 1

Iroquois 4 Smiths Falls 0
Brian Froats in goal, earned shutout.
Iroquois goals scored by:
K. McEwen 1
(Assisted by A. Burgess)
David Cherry 3
(Assisted by M. Nesbitt and S. Adams)

Game 2

Iroquois 3 Pte. Gatineau 2
Iroquois goals scored by:
M. Nesbitt 1
(Assisted by T. Patterson and R. Shaw)
A. Burgess 1
(Assisted by T. Waddell)
T. Patterson 1

Final Game

Iroquois 4 Rockcliffe 1
Iroquois goals scored by:
M. Nesbitt 4
(Assisted by T. Patterson and R. Shaw; T. Patterson and S. Adams —T. Patterson and S. Adams; T. Patterson and K. McEwen.
Captain T. Patterson was presented with the Associates Trophy for "A" Div. Champs and each player received a crest at the end of the game.

UPPER CANADA LEAGUE PEE WEE "B"

Saturday, Jan. 11—Finch

Iroquois 1 Osnabruck 2
Iroquois goal scored by
Allen Renwick 1
(Assisted by Dale McMartin)

January 12 — Cardinal

Morrisburg 1 Iroquois 1
Iroquois goal scored by
Kevin Palmer 1
(Assisted by Allen Renwick)
FUTURE GAMES:
Friday, Jan. 17 at Chesterville 6 p.m.
Sunday, Jan. 19, Cardinal 6 p.m.

IROQUOIS TYKES

Saturday, Jan. 11—Cardinal

Prescott 1 Iroquois 6
Iroquois goals scored by:
Steven Horner 2
Jeff Veltkamp 2
Steven Picotte 1
Tim Cassidy 1
Our Tykes have played four games to date, losing two and winning two.
FUTURE GAMES—
January 18 - Cardinal vs Iroquois at Cardinal from 5 - 6 p.m.
January 19 - Iroquois vs Cardinal at Cardinal from 1 - 2 p.m.

IROQUOIS OLD TIMERS

January 10

Fort Covington 4 Iroquois 3
Iroquois goals scored by:
Gary Banford 2
Dean McCurdy 1

January 12

Iroquois 10 Fort Covington 4
Iroquois goals scored by:
Ted Styles 2
Gary Banford 2
Casey Veltkamp 1
Ron Whittiker 1
Terry McCurdy 1
Brent Lapier 2
Jim Brennan 1

ST. LAWRENCE DIVISION JUNIOR "B" HOCKEY

Weekend Scores

January 10th

Alexandria 9 Morrisburg 3
Prescott 4 Metcalfe 0

January 11th

Cardinal 9 Alexandria 5

January 12th

Cardinal 4 Morrisburg 3
Long Sault 5 Prescott 4
Cornwall 6 Metcalfe 1
Alexandria 8 Winchester 5

Standings	Pts.
Cornwall	43
Cardinal	40
Alexandria	38½
Metcalfe	28
Prescott	23
Long Sault	16
Morrisburg	12½
Winchester	11

Future Games

Jan. 17—Metcalfe at Long Sault 8 p.m.; Morrisburg at Winchester 8:30 p.m.; Cornwall at Prescott 8:30 p.m.
Jan. 18—Prescott at Cardinal 7:30 p.m.; Morrisburg at Cornwall 8 p.m.
Jan. 19—Cornwall at Morrisburg 2 p.m.; Cardinal at Metcalfe 2:15 p.m.; Alexandria at Prescott 8 p.m.; Winchester at Long Sault 8 p.m.

Top 5 Scorers	G.	A.	Pts
Dick Byers, Cardinal	36	35	71
Mike Kelly, Cornwall	27	26	53
Chuck Lawlor, Mor.	23	30	53
Don Adams, Cardinal	24	21	45
Rod Shepard, Alex.	22	21	54

IROQUOIS PEE WEE'S

January 11

Iroquois 2 Prescott 1
Iroquois goals scored by:
Steven Kirker 1
(Assisted by Kevin Whittiker)
Earl Nesbitt 1
(Assisted by Patrick Moran)

January 12

Prescott 2 Iroquois 2
Iroquois goals scored by:
Patrick Moran 1
(Assisted by R. Casselman)
Randy Casselman 1
(Assisted by P. Moran, B. Renwick)
FUTURE GAMES:
Jan. 17 - Iroquois travels to Edwardsburg 7-8
Jan. 19 — Cardinal plays at Iroquois 7-8
Jan. 23 - Iroquois travels to Athens 6-7
Jan. 26 - Chesterville travels to Iroquois 7-8
Jan. 27 - Iroquois travels to Cardinal 6:30-7:30



DOWN THE ALLEY

MATILDA BOWLING LEAGUE

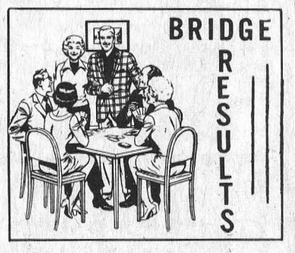
Doves	31732
Robins	31372
Cuckoos	31299
Owls	31281
Larks	31042
Wrens	30383
High Singles—	
Rita Cooper	262
Willis Douglas	279
High Triples—	
Rita Cooper	631
Clarence Code	709

Branch 370 Bowling League

Team Standing Jan. 10th

	Pts.
Hush Puppies (H. Easter)	60
Sandals (G. Kirker)	60
Grasshoppers (J. Helmer)	55
Jolly Hoppers (C. Easter)	52

HIGH SINGLE—
Joyce Easter 270
Mac Anderson 272
HIGH TRIPLE—
Doreen Bailey 683
Mac Anderson 676



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LADIES:
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GENTS:
Harold Lapier John Dixon

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A Viewing Must

"Encounter with Cancer"

Cancer, that dreaded disease so challenging to medical science today, is the subject of a CBC television special documentary by Larry Gosnell on Sunday, January 19th at 9 p.m.

Title of the documentary is "Encounter With Cancer". It is an account of the latest developments in the scientific and medical fight to find a cure, and also of the fight by some men and women afflicted with cancer to survive.

Award-winning CBC-TV producer Larry Gosnell worked for months to make Encounter With Cancer. The result is a powerful program of interviews with cancer patients in Canada and the U.S., some of whom have already died, and with leading medical doctors and researchers in the cancer field. Progress has been made in treatment of some forms of cancer, but in other forms, the prognosis is bleak.

On the whole, cancer remains a mysterious disorder in the process of life, a plague that shatters the lives of its victims and those close to them.

One of the world's leading countries in cancer research is Canada. Some of the leaders in our country appearing on the program include Dr. Harold Johns, of Princess Margaret Hospital in Toronto, inventor of the cobalt bomb; Dr. Ray Lawson, of Westmount Brest Cancer Clinic in Montreal, inventor of a thermodetection device which helps find brest tumors; Dr. H. Shibata of Royal Victoria Hospital in Montreal, and his colleague, Dr. Martin Lewis of McGill University, who use a technique called immunotherapy, in which they derive a vaccine from a patient's tumor; Dr. Phil Gold of McGill University, who has led his group in their discovery, in the human embryo, of a material they call CEA, an antigen not found in adult life, except in the presence of a disorder, especially cancer; Dr. J.E. Till of the Ontario Cancer Institute, whose group is working on a new discovery of "stem Cells", which may cause leukemia, when the stem cells are defective; and Dr. W.D. Rider of Princess Margaret Hospital, a leading authority on radiation treatment of cancers.

Research and public information in Canada is mainly ministered by the National Cancer Institute, founded in 1947. Its executive director, Dr. R.M. Taylor, says: "We recognize that fear of cancer is something that was there long before we entered the story and that the 'fear approach' to the control of cancer has nothing to offer it. We're trying to persuade the public that there are things that can be done to protect themselves against cancer without using fear as the big stick."

"We're advising them on the importance of reporting changes in their normal health. We're talking to them about the risk of smoking cigarettes and advising them about self-examination of the breast, and the pap smear which can be used to cut down risk."

But fear still exists. Many women especially fear the mutilation of radical breast surgery, to remove tumors. Dr. George Crile, consultant emeritus of the Cleveland Clinic in Ohio, is a leading authority on breast cancer who does not believe in radical mastectomies (removal of the breast, lymph glands and underlying chest muscles).

Dr. Crile says recent studies show that there is no advantage gained by performing radical mastectomies over other methods. He himslef has not performed radical mastectomies for about 20 years and none have been done at the Cleveland Clinic for 10 years. A case in point is his wife, author Helga Sandburg Crile.

Mrs. Crile, in her mid-50s, dropped into the clinic one day while her husband was working and had a mammogram (an x-ray technique designed to detect breast tumors). A small tumor was found. Since the tumor was too small and deep to know where exactly to aspirate and drain it with a needle, it was decided to operate the next morning.

A biopsy showed the tumor was malignant. Mrs. Crile went home that same afternoon, her most important wish granted -- she kept her breast, something very important to her.

Of all the drugs available today to treat cancer, there is one which some claim to be successful in treating certain forms of cancer, but which is illegal in Canada and the United States. This has not stopped hundreds of North Americans each year from going to Germany and Mexico to be treated with this drug.

Encounter With Cancer has interviews with several people who took, or now are taking the drug and who claim that their cancer has been controlled. Also interviewed is a doctor in San Francisco, who has been arrested three times for treating cancer patients with the drug.

Encounter With Cancer was produced and directed by Larry Gosnell and written by George Salverson.

Local health units watch for health hazards

by David Woods

The medical officer of health (the "MOH") heads a sort of advance patrol for Ontario's army of health care workers. This team seeks out the enemy — disease — assesses its strength and weaponry, and prepares the troops for defense or attack.

The medical officer of health is truly the watchdog of his community's health and physician to his community.

In Ontario, there are 43 local official health agencies, each headed by a medical officer of health. Many agencies employ associate medical officers of health as well. Approximately, there is one full-time public health physician for every 100,000 of population. In addition, there are more than 2,000 public health nurses, 500 public health inspectors and other health professionals, employed by Ontario health units and local health departments.

Most of the protection provided by this advance guard of physicians, nurses and public health inspectors is done without fanfare. But you'd soon notice if it stopped.

For example in environmental health, they're the people who make sure that proper standards of hygiene are maintained in food processing plants and restaurants; they're involved in pest control; in checking the purity or otherwise of water used for public swimming or drinking, in improving sewage disposal facilities and, generally, in looking out for environmental risks to health such as substandard housing, or pollution.

They're really in the business of preventive medicine for the communities they serve.

The medical officer of health who leads this team is a licensed physician with at least one year of postgraduate training in public health.

Employed by a health board made up of local municipal council members and private citizens, in most cases the MOH gets three-quarters of his health department's budget from the provincial government, with the remainder from local government. These operating funds work out to somewhere between $5 and $9 per person per year for each community.

Other than keeping things clean around town, what else does the MOH do? Well, he's involved in personal health protection, too. Working to prevent the spread of disease, the health department members spread the word, instead. They do this by talking with teachers, schoolchildren, service clubs and other groups. About VD. About proper immunization. About exercise and diet.

Which is not to say that the MOH and his team are all talk. Nurses in the health unit visit homes to provide pre- and post-natal supportive care, geriatric care and other direct health services. And the department serves as a source of health statistics — such as the incidence of certain diseases, and the population at risk of contracting them — for both the public, and for local physicians and dentists who can translate that information into appropriate action.

So, although the local medical officer of health is not your personal doctor — the one you go to see if you've got a particular health problem — he does provide the first line of defense against disease, for you, your family and the rest of your community.

Food Sense NO NONSENSE

No Mid-Morning Drag!

Breakfast habits of many Canadians are changing back to better breakfasts! Too often this first meal no longer qualifies as one of the good old fashioned "Three square a day". Those who skip breakfast or eat a skimpy one are apt to drag by 11 a.m. according to Bakery Foods Foundation of Canada Nutrition Consultant, **Joan Fielden.**

These are the people who may say "I'm not hungry early in the morning". Perhaps they are not, but are they alert all morning long or does it take a good lunch to get them into action?

Those who lack an early morning appetite might start the breakfast habit by eating small portions of a balanced breakfast and gradually stepping up the quantities.

The cost of mid-morning hunger has been checked out by knowing nutritionists. During late morning hours, college students who eat a good breakfast turn out more work, are quicker in their reactions — both mental and physical — and tire less easily than those who eat no breakfast or have only "black" coffee.

Joan Fielden says that those who skip the first meal, or eat a slim one, often fail to get enough of the day's necessary nutrients at luncheon or dinner.

What is a good breakfast? Authorities say that breakfast should supply about one-third of the daily food needs. Plenty of fatigue-chasing protein should be included if that mid-morning, letdown feeling is to disappear.

A good breakfast follows a basic pattern — citrus or fresh fruit or juice; a main dish of eggs or meat; wholewheat or enriched white bread or toast; and milk. Each of these foods, except fruit, is a top source of protein. In combination they provide necessary nutrients and a steady supply of energy. Whole wheat and enriched bread or toast supply not only protein, but the essential B vitamins, thiamine, riboflavin and niacin, and plenty of iron.

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