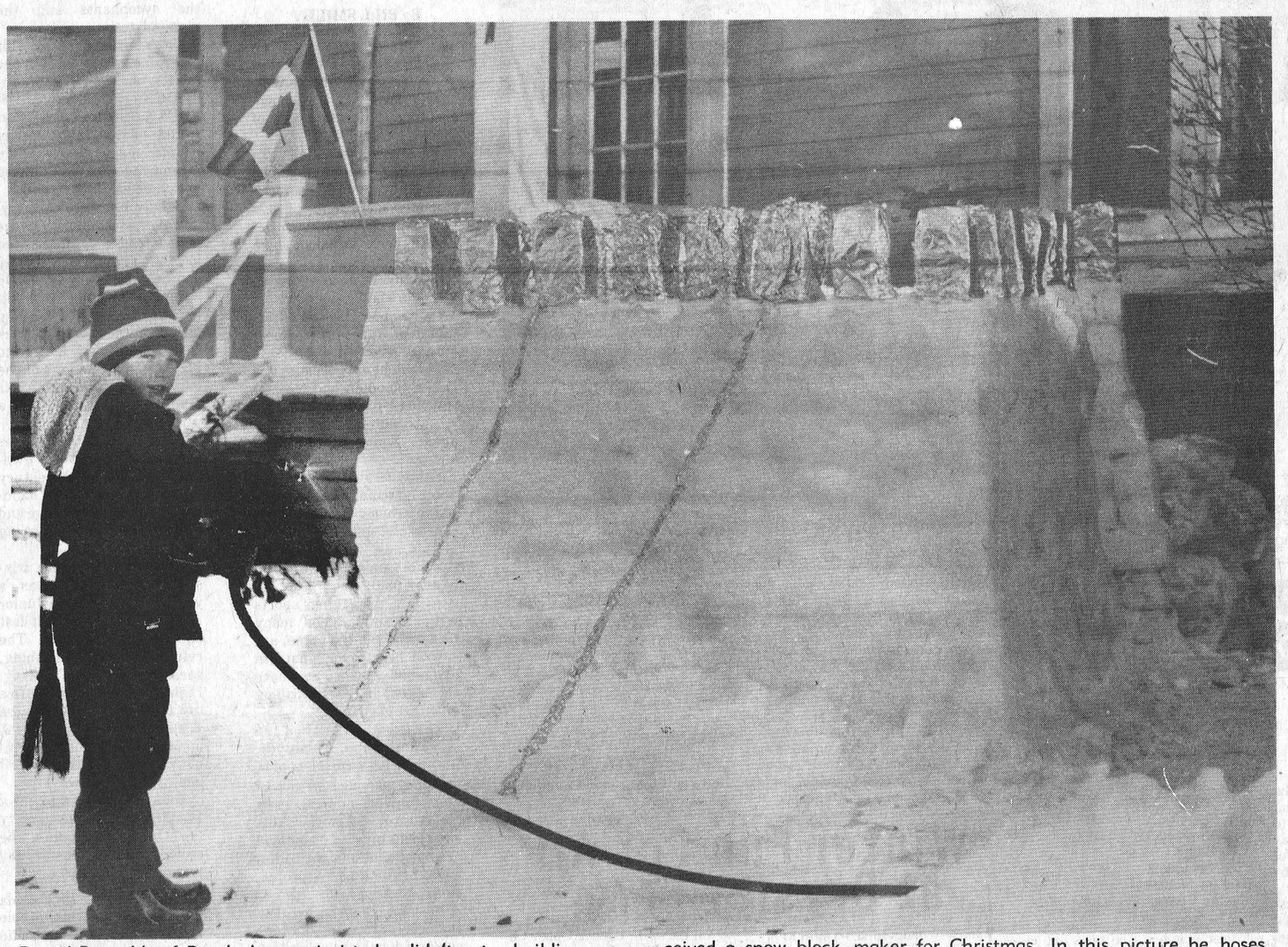
Price 15c

The Iroquois Post

VOLUME LIII—No. 29 SECOND CLASS REGISTRATION 1361 Wednesday, January 7, 1976



Darryl Reynolds of Beach Avenue insists he didn't get a building permit for this snow fort, but he is thinking of putting it up for rent. It is the result of a father and son effort that began when Darryl received a snow block maker for Christmas. In this picture he hoses down the fort so it will last a little longer.

Post Staff Photo

Hospital Board Discusses Bed Re-distribution, Incinerator

The new incinerator project at Winchester District Memorial Hospital is now 80% complete. At the December 23rd meeting of the Hospital Board, it was noted that two false fire alarms have been incurred due to problems in the electrical system in the new incinerator room The problems are being corrected by the contractor, but the board expressed praise for both the hospital staff and the Winchester Volunteer Fire Department.

The cost of the new incinerator stands at just over $108,000 of which $71 000 will be recovered from a grant from the Ministry of Health and $1800 will be recovered in Federal Sales tax. This leaves a balance of only $35,000 to be carried by the hospital. The hospital's capital fund position is such that this amount can be paid without a decrease in the hospital's investment fund of $225 000.

Roof repairs to the 1960 wing are scheduled to be completed by the end of the year. There were some initial problems with leakage on the second floor, caused by the fact that a roof of this size can only be repaired in stages resulting in leakage problems at the temporary seams

The Board granted a request through the Medical Advisory Committee by Dr. Michiel for a one year leave of absence.

A letter was received from the Ontario Hospital Association indicating the need for development of sound liaison between the board and their elected representatives for the purpose of discussing matters pertaining to hospital problems and health care legislation.

Another letter received was from Miss Louise Jamieson in which she reported on the results of her recent visit to the hospital. Most of her recommendations fall in line with those made by the Canadian Council on Hospital Acreditation in August of this year.

Reports were received from the Chief of Staff, the Women's Hospital Auxiliary, the Business Manager and the Administrator. These reports were accepted as presented and dealt with items such as statistical information, financial and budgetary performance to date and other matters pertaining to the day to day operation of the hospital.

The Public Relations Committee reported that it will meet in January or early February at which time a proposed system of employee recognition for long time service is to be considered for implementation at an early date.

The Joint Conference Committee held a meeting on December 11 making a recommendation that the Board attach its approval to a revised re-location and renovation program, the details of which were already briefly discussed by the Board an its November meeting.

The Board accepted this recommendation and implementation of this plan will provide additional space for the laboratory and the X-ray department and for the redistribution of beds in the various nursing departments, including the addition of a 6 bed day-surgery unit The bed capacity of various nursing units will be adjusted to allow for the establishment of such a unit. It was also decided that this proposal not be forwarded to the Ministry of Health until after it becomes known whether or not our hospital bed capacity will be affected by the 1976 financial constraint measures

Information received to date would seem to indicate that the Ministry of Health will cause the hospital to follow the Federal Anti-Inflation regulations with reference to 1976 salary increases, while other supplies and expenses will have to be held to within a 10% overall increase.

As far as bed reduction is concerned, details of this part of the provincial government's constraint program will be more fully known by the middle of February, but it would seem that the effect of this part of the program may be affecting this hospital to a minor extent only

It was reported that a painting in honour of the late Miss B. Legris has been purchased. Official presentation of this painting by the Board will take place sometime in January. This action was taken as the result of the Board's decision that such a painting be purchased in honour of Miss Legris and for her longtime and devoted service to the hospital

Recommendations contained in the Report of the Special Program Review (as established by the Ministry of Health) were discussed briefly and refereed to the Management Committee for further study.

An equipment list totalling $934. 50 including such items as toasters blood pressure units, a centrifuge and a copy magnifier was approved for purchase.

It was also decided to accept a recommendation from the pathologists that a Micromedia System MSII analyser be purchased at a cost of approximately $12 000 to allow for a greater degree of automation for chemical analyses. These are made necessary by the increasing volume of work, limitations of space and personal and ever rising expectations for accuracy and precision under the provincial laboratory testing program. It was reported that the purchase for this equipment would bring the total capital expenditures to approximately $32,500 which is 50% of the total capital budget for 1975.

The average length of stay to the end of November 1975 for active treatment patients stands at 8 3 days.

About 15 applications for the position of Director of Nursing have been received to date The board will be asked to make a decision concerning this appointment in January 1976.

The financial statement to the end of November 1975 shows a deficit of $4i 500 of which at least $35,000 should be recoverable from the Ministry of Health in the year end settlement. The amount of the resulting deficit, $6 500 wil have to be taken out of the hospital's own funds. The amount of the deficit is also close to the 2% budget reduction imposed on the hospital for the year 1975 In view of the fact that the hospital has always operated on a fairly frugal basis (as indicated by operational statistics) there should be no problems in recovering most of this deficit from the Ministry of Health.

It was explained that the completion of the 1976 budget is to be postponed until further direction is received from the Ministry of Health

Carnival This Weekend

The Winter Carnival season gets underway this weekend with Matilda Township holding the first slate of events in the area. The organizers, the Matilda Recreation Committee have arranged something for all age groups with activities centered in and around Brinston

The program begins on Friday night with skating races for the children a senior broomball game a dance for senior citizens and at 8 p.m. the crowning of the carnival queen and a dance at 11 p.m.

The big event on Saturday will be the snowmobile drag races with registration beginning at 10 a.m. and races beginning at 1 p.m. The races which are the 1st leg of the Labatt's Triple Crown will be held on a drag strip just off the county road between Dixons Corners and Brinston.

Saturday will also see such events as junior and senior broomball, a snowmobile obstacle course for children and an evening dance with music by George Barkley and The Country Cousins.

OPP Answer Common Questions About Belts

Buckle Up! It's The Law

January 1st ushered in several new laws in Ontario including new seat belt legislation and speed limit changes. It is now required by law for all occupants of a vehicle to buckle up whatever belts are installed in the vehicle This includes trucks, and vans as well as automobiles. The speed limit in Ontario is due to be lowered but, in this area at least the old limits are still in force.

This is due to several factors, according to Sergeant Harold Boyd of the Morrisburg detachment of the Ontario Provincial Police. It is impossible to enforce a new speed limit until the necessary signs are installed, said Sergeant Boyd. As well he pointed out, it takes time for such businesses as bus lines to draw up new schedules to accomodate the new speed limits. Ministry of Transport crews are working to prepare and install the new signs, but it is difficult to determine when they will be finished the job, with winter road maintenance as their main consideration at this time of the year.

So, for the time being, we can continue to drive at the speeds we are accustomed to but as soon as the signs are in place the new laws will be enforced.

The seat belt legislation is now in force and states that seat belts must be worn by everyone. While some motorists are having trouble getting used to the belts Corporal Ralph O'Brian, Community Liaison Officer with the OPP at Morrisburg suggests that it's a good habit to get into. He points out that the belts are the only possible prevention against what is called Human Collision. This occurs a fraction of a second after the initial impact of an accident and is the collision that can kill or maim people in a moving vehicle. The human collision occurs when passengers thrown around by the force of the impact hit the windshield part of the car, or even each other. Constable O'Brian pointed out that although many people feel it is unnecessary to wear seat belts when in the back seat this is also a dangerous misconception since the back seat passengers can be thrown forward striking their heads against the heads of front seat passengers. It is for this reason that the C.P.P. suggest that all passengers in a vehicle wear belts.

The Morrisburg detachment of the O.P.P. has prepared the following list of questions and answers regarding the wearing of belts and made it available to the Post to try and simplify the new law for our readers

QUESTION: My car (or truck) does not have seat belts. Must I install them?
ANSWER: No If, however, they had been originally part of the car's equipment and removed - even by a previous owner - they must be re-installed.

QUESTION: If I have two passengers in the front seat and there is only one extra set of seat belts what do I do?
ANSWER: The driver must belt up plus one passenger. The third person need not, because there is not a belt available. However, some new cars do have three sets of belts. In that case, all three people must belt up.

QUESTION: If an adult (mother, father what-have-you) drives five or six children to school or hockey practice etc and there are not enough seat belts for all of them, what do I do?
ANSWER: All seat belts available must be used; other children do not have to be belted, they are termed 'floaters'.

QUESTION: My car has lap belts only; must I install a shoulder harness?
ANSWER: No A lap belt will do if it was the only original equipment.

QUESTION: I suffer from claustrophobia must I buckle up?
ANSWER: If for any medical of psychological reason you feel you cannot buckle up see your doctor. If your doctor will provide you with a medical or psychological certificate stating you do not have to buckle up, you are exempt from the law.

QUESTION: Must I wear both the lap belt and shoulder harness?
ANSWER: If both are installed, yes.

QUESTION: I am a cab driver. Must I or my passengers buckle up?
ANSWER: Yes. But you are not responsible for your adult passengers. If they choose not to, they can be fined.

QUESTION: What is the fine?
ANSWER: From $20 to $100, plus costs.

QUESTION: Am I responsible for my passengers buckling up?
ANSWER: If they are adults over the age of sixteen, you are not. However drivers are responsible for all children between the ages of two and up to sixteen.

QUESTION: What about under two-year-olds? Must they buckle up?
ANSWER: No Experts feel little children under two are not strong enough to resist sudden jolts they could slide out from the harness. However, there are four Federal Government (MOT) approved child restraints available. It's a good idea to buy one.

QUESTION: I drive a pickup truck on a delivery route. Must I buckle up?
ANSWER: On the run to your drop-off area, you must buckle up. However in your drop zone, where you are getting frequently in and out of your vehicle, you are then exempt.

QUESTION: Must policemen buckle up?
ANSWER: No, they are exempt.

QUESTION: The seat belts in my car are not working. Must I have them repaired?
ANSWER: Yes.



Pledge Now For Feb. 8 Snowerama

Pledge sheets are now available for area snowmobilers who plan to take part in Whipper Watsons Snowerama for Timmy on Sunday February 8th. The rally is held annually in an attempt to raise funds for the Ontario Society for Crippled Children.

Operating much like a walkathon the snowerama recruits drivers who are willing to find sponsors who will support them for a set amount of money for each mile they complete. Drivers collect their pledges after the rally and turn the money over to the Crippled Children.

In Iroquois the rally is being coordinated by the Iroquois Lions Club and the Haddo Sno-Drifters Snowmobile Club. Pledge sheets are available from Jacques Asselin and Sandy Gibson.

The rally consists of trails from Iroquois to Brockville and back Snowmobilers in Prescott and Brockville will also start in their own home towns and do the full circle. Those who feel the route is too much for them to tackle can complete only a one-way run or can go from Iroquois to

see SNOWERAMA P. 5

Burned Church Due To Reopen Friday

Historic old St. Andrew's Presbyterian Church in Spencerville will be reopened and dedicated this coming Friday evening at 8 p.m Fire struck the old landmark on Thanksgiving Sunday, October 13, 1974, leaving only the stone walls and the belfry standing.

Now 15 months later this beautiful landmark has been rebuilt and is ready to be opened. The exterior of the building is the same except that the 40ft. steeple has not been replaced due to the cost. The interior has been completely redesigned and should be much more functional.

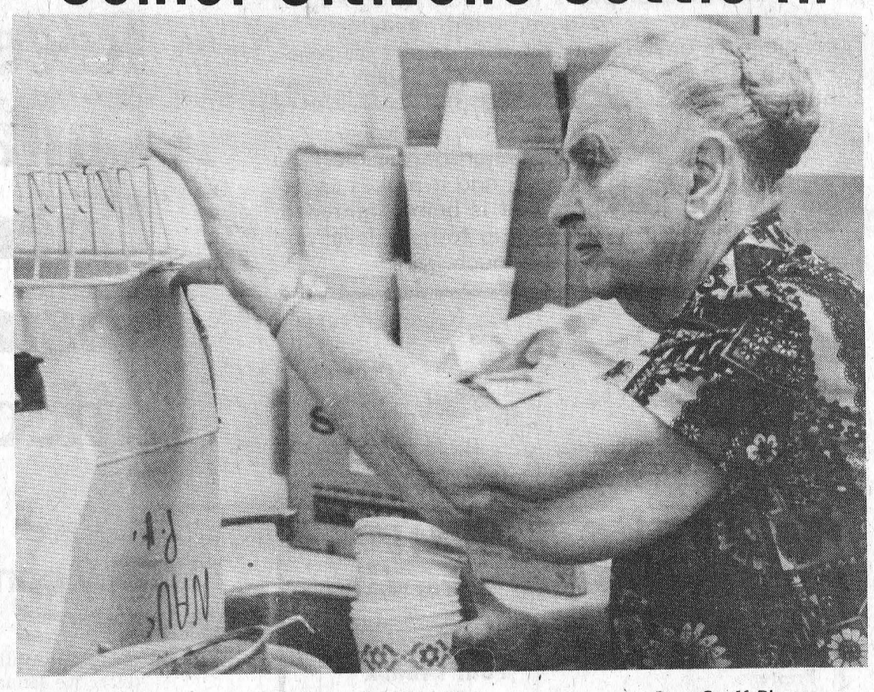
The congregation of about fifty families have much to be thankful for because the rebuilding has only been made possible by the financial assistance received from the community former members, families of former members, Christian congregations of all denominations and so many friends.

In conjunction with the Dedication Service on Friday, January 9th at the first regular Service at 1 :00 a.m on January 11th, ma-

see CHURCH p. 10

Opening Set For Feb. 13

Senior Citizens Settle In



Post Staff Photo

The senior citizens apartment complex on Dundas Street in Iroquois has been transformed from a construction site to a home in the last couple of weeks as over half of the 42 units have been occupied. Pausing only briefly for Christmas, residents have been moving in steadily since mid December.

In the accompanying picture, Mrs. Batchelor makes a start at one of the many boxes to be unpacked before she is really settled in.

With curtains going up and plants appearing in windows, the building is already beginning to look lived in In the evening lights burning brightly give the building a whole new personality.

Those residents we spoke with on a recent visit were very impressed with the building, praising the ample storage space, cleanliness and design. The building is electrically heated giving residents room by room control of temperature. Bathrooms have been designed with senior citizens in mind, having ample handrails for getting in and out of the bath. Each unit is equipped with a new stove and refrigerator and there is a master TV antenna to assure good reception for all units.

As well the building has laundry facilities for tenants, and there are lounges, common rooms and games rooms where residents can get together for a change of scene. Each apartment on the ground floor has a veranda with a small flower bed while the units on the second floor have a balcony for summer use.

An official opening of the building is scheduled for February 13 at 4 p.m. It is expected that many area dignitaries will be in attendance for the ribbon cutting ceremony which will be the culmination of a long struggle for senior citizens' accomodation in Iroquois.

the EDITORIALS

The Iroquois Post
AND MATILDA ADVOCATE
Published Every Wednesday at Iroquois, Ontario
Member of CWNA Member of OWNA
Subscription Rates: $7.00 Year in Canada; $8.00 in U.S.
JIM MILLARD, EDITOR
J. W. MORRISON, PUBLISHER
Published by:
IROQUOIS PRINTING LIMITED

SEE YOU IN BRINSTON

This coming weekend will see the Matilda Township Winter Carnival being held in Brinston. It promises to be better than ever, offering something for all age groups with both indoor and outdoor activities. Running from Friday night through Sunday, the Carnival has been planned as one of the biggest events of the year in Matilda. The members of the Matilda Recreation Committee and all those involved in the planning have spent many hours putting together a program that offers events for everyone. It's up to the people of Matilda and area to come out and take part in the weekend's activities because it is people who will make the Carnival a success. All the planning in the world won't make a good Winter Carnival if it doesn't have the support of the people it was planned for.

The timing of both the Iroquois and Matilda Carnivals has been well planned. Falling almost a month apart, they will both provide a break in the winter routine, spaced far enough apart to be welcome. It will be an asset to both Carnivals if residents from the surrounding areas also participate in the festivities.

The Post will be on hand in Brinston all weekend to cover the fun and we hope to have plenty of company.

DO AS I SAY

Sometimes we get the impression that there are two sets of rules in this country—one for all those nice folks in Ottawa who play the music and one for the rest of us who dance. A recent issue of Macleans magazine devoted a few pages to an interesting list of what might be considered as frivolous expense. In these times of inflation, wage and price controls and general belt tightening, one might expect that government would set the example for the rest of us.

A couple of the examples that we found most interesting are worth passing along. One concerns those poor misunderstood souls in the Canada Post Office. A sum of close to half a million dollars was paid to present TV commercials with the message that "Your mail is vital". You remember those commercials with the kindly old country doctor who shipped blood samples off to the lab. Why a government department with no opposition needs to advertise its services is beyond us, but in any case, the commercials were pulled off the air when the mail strike started. Makes you wonder just how vital our mail really is.

Another example is the free French lessons available to wives of government ministers and officials. If anybody else's wife wants to learn French, she pays for it, but these ladies whose husbands make $50 thousand plus, are able to become bilingual at our expense.

It seems like a new version of the old "Do as I say, not as I do" theory, and it makes us begin to wonder just whose belt is being tightened. Perhaps that belt is slipping up to neck level and is being tightened a bit too much.



The afternoon sun casts its shadows on the hard, crisp snow in this cemetery along the St. Lawrence east of Cardinal. Post Staff Photo

Letters TO THE EDITOR

INTEREST CLARIFIED

Dear Sir

Perhaps I can clarify some of the questions raised in your editorial of December 3rd, with respect to interest charges on Master Charge cards issued by the Bank of Montreal which were affected by the mail strike.

For two months prior to the strike, we at Master Charge included instructions in our billings advising cardholders that they could maintain their payments at any branch of the Bank of Montreal Indeed, most of the cardholders who make regular payments did so. As well, we accepted local and collect long distance calls from anyone wishing to know the balance of their account so they could make the correct payment. Advertisements were placed in major daily newspapers across Canada explaining how cardholders could keep their accounts current. The costs involved were substantial.

With respect to cardholders who experienced difficulties in payments because of the strike, we offered and are considering reversal of applicable charges with each case being dealt with on an individual basis.

Your suggestion of sending invoices by courier to our Bank Branches is a good one, if it were possible to do. Unfortunately with the frequent movement of Canadians we do not always know which branch a cardholder deals with, and then there are many who do not have accounts with the Bank of Montreal. So it was physically impossible for us to do this.

I agree with you, everyone suffered in some way as a result of the strike. All in all, I don't feel the policy we are following in all our dealings with our customers is unreasonable in view of the circumstances and we are receptive to any enquiries that are made.

Yours sincerely,
A.E. Bates
Vice President
Bank of Montreal
Master Charge Division

Editor's note: The bills are coming through with interest charges added on, and we are now engaged in an exchange of correspondence with a computer.

VICTORIA HIGH CENTENNIAL

Dear Editor

May I through the letters column of your publication, make an appeal to all former students and staff of Victoria High School in Victoria, B.C.

In 1976, Victoria High School, the oldest Canadian public high school west of the Great Lakes, will celebrate the 100th anniversary of its establishment. A Committee has been formed to plan suitable centennial celebrations and we are now attempting to locate all who attended V.H.S., either as a student or a member of the staff.

Celebrations will begin early in the New Year and continue through to the end of the school term.

Many events are being planned for the Homecoming Weekend, May 7, 8 and 9. A registration fee of $3.00 is to be charged for this weekend, entitling those who register to attend events at the school on May 8, and a garden party on May 9. They wil also receive full information on other celebrations, although an additional admission fee may have to be charged for some of these.

Anyone eligible to register should write to P.O. Box 1976, Victoria, B.C. for further information, or send their registration fee now, along with their name, maiden name if applicable, address, and dates of attendance at Vic. High.

Former students and staff who read this are urged to register now and help the Committee by passing on news of the celebrations to others they know who are eligible to take part.

Thank you for your assistance.

Yours very truly
L. J. Wallace
General Chairman
Victoria High School Centennial Celebrations committee

Winter Fun For All at Crysler Farm

Winter Wonderland - Ontario Style! That's Crysler Farm Battlefield Park, a snow covered family recreational region with all the trimmings. And it's nearby! Well within short driving distance from your home, located only 7 miles east of Morrisburg, Ontario adjacent to Upper Canada Village.

Here you wil discover nature in a way in which it is meant to be appreciated. Four groomed patrolled and marked cross country ski trials will take you through a peaceful snowy forest which is also the location of the Crysler Park Maple Sugar Bush. It is not uncommon to see numerous animal tracks in this region for it is within the boundaries of the Wildlife Sanctuary. Skiers and snowshoers may also venture throughout 3,500 acres of unmarked picturesque parkland. For the snowmobile enthusiasts miles of groomed and marked trails are available. Another option which will interest the more adventurous is the thrill and excitement of a toboggan run on the Memorial Mound.

The sleigh rides will operate weekends only from 1:00 p.m. to 3:00 p.m. Each ride lasts approximately 1/2 hour. Enjoy skating on the Mill Pond at Upper Canada Village.

After a full day of activities, a good hot meal awaits you at the Upper Canada Restaurant. Tickets for the sleigh rides and skating are available at the Village Store, open daily after November 3 where a fine selection of souvenirs, handicrafts, and other gifts are displayed. Parking facilities are available at the entrance to the trails via Upper Canada Road and also adjacent to the restaurant and Village Store. A well balanced recreational program in an atmosphere of friendliness is "not so far away".

All winter activities are subject to favourable weather conditions. Additional information is available by dialing The St. Lawrence Parks Commission at 1-613-543-2951 (Monday through Friday) 1-613-543-2912 (Weekends).

A descriptive brochure on Winter Recreation is available at The St. Lawrence Parks Commission Morrisburg.

Beautify your neighbourhood.
Get out on the street.
Take a walk.
communaction
Walk a block Today.

Bill Smiley



Hockey madness

By BILL SMILEY

WE ARE well into another season of what passes these days for that once-thrilling Canadian sport of hockey.

Far more interesting than being a spectator at games will be watching from the sidelines some renewed and determined attempts to decrease the potential mayhem in the former sport.

As any intelligent eight-year-old knows, hockey is no longer a sport, it is an entertainment, superior to professional wrestling in this department only because it is faster, bloodier, and most of the participants, though not all, are not fat and middle-aged. Some are fat and young.

Some are also middleaged. Some are old enough to be grandfathers. And 80 per cent of the so-called athletes in this new form of Grand Guignol vaudeville are grossly over-paid.

A few discerning sports writers, and a good many former fans of the game, are sick at heart over what has happened to what was once the fastest and most thrilling game on earth.

The great majority of the so-called fans, however, along with most sports writers and nearly all of management, deride any attempt to restore the skills and thrills of what used to be the most skillful and thrillful sport of them all — professional hockey.

Perhaps that is because the current crop of fans consists of yahoos looking for blood, the sports writers are sycophants looking for an angle, and the owners are stupid, as they have always been, looking only for a buck.

At any rate, Ontario has a new Attorney-General, Roy McMurtry, a former athlete of some ability, and he is determined to stamp out the viciousness that has turned pro hockey into a Roman circus.

He had the appalling audacity to declare publicly that assault and battery on the ice would be treated the same as it is on the streets, with a criminal charge.

He took the unparalleled step of putting cops in the arenas and laying charges against the goons who try to decapitate an opponent with a stick, or emerge from a spearing duel with the enemy's guts wrapped around the point of their sticks.

McMurtry is making political hay out of it, but I, and a host of others, don't care, and say: "Go to it, boy."

As expected, his edicts have been greeted with hoots of scorn by the yahoos, the sycophants and the manipulators.

Or as *Variety*, the showbiz magazine, might put it in one of its succinct headlines: "HOCK JOCKS MOCK SOCKS." Translated, that would mean that hockey people make fun of any attempt to stop the fighting and violence in the game.

Solidly behind McMurtry, however, is a majority of the people remotely interested in the game: the better sports writers, who have seen it go steadily downhill; kids who want to play hockey for fun, without being terrorized; parents of kids who play hockey; real fans of the game, who have seen their favorite sport turned into a carnage of clowns.

Surely even the robber barons of hockey, the owners, with their 19th century mentality, can see the handwriting on the wall, large and clear. The game is going down the drain.

Let me give some frinstances. When I was a youth, our town had a Junior A team. They played it fast and tough and clean. The referees jumped on slashing, spearing, boarding, kneeing. Fights were infrequent. In a town of 4,000, there were 1,500 at every game. A hundred cars would accompany the fans to play-off games 50 miles away.

Today, I live in a town of 11,000, which boasts a pretty fair Junior B team. The crowds at games run around two or three hundred.

Hockey Night In Canada used to bind this whole nation together, from radio days well into television. Its ratings have dropped disastrously.

What's happened? A lot of things. First, the quality has gone down and the price has gone up. That's a no-no in any business.

Sixty per cent of the pros today couldn't have made a fair-to-middling senior amateur team 25 years ago.

Arena owners, egged on by greedy players and those parasites, their agents, have hoisted the cost of tickets to the point where ticket scalpers are committing suicide.

But most important of all, the sheer viciousness of today's game, with its Nazi storm-trooper techniques, its open support of "intimidation," its appalling message for young players that violence beats skill and speed, has made a great segment of real fans turn their backs on it in disgust.

When the players are all millionaires, and the arenas are half empty, maybe the morons who control the sport will get the message.

©The Argyle Syndicate Ltd.

FOR YOUR AUTOMOTIVE CARE COME TO



Paul's Repair
LOCATED JUST 2 MILES NORTH OF IROQUOIS R.R. 2
Major & Minor Repairs
Complete Tune-Up
Prestone
Inspection Station
Mac Casselman
Paul Lennox
652-4691

APPLIANCES & HOME ENTERTAINMENT
W.L. Peters Appliance
SALES AND SERVICE
Dealers for Zenith - Electrohome - G.E.
Panasonic - Inglis - Gibson
152 King St. E., Prescott, Ont.
Tel. 925-2257

Recent changes to Canada's Unemployment Insurance Act may affect YOU.

They concern such things as:

- voluntarily quitting your job (effective January 4, 1976)
- flexibility in sickness benefits (effective July 1, 1976)
- coverage for persons aged 65 and over (effective January 1, 1976)
- the dependency rate of benefit (effective January 4, 1976)
- flexibility in maternity benefits (effective February 1, 1976)

If you would like more information about these and other changes, pick up the brochure "What happens now..." at your local UIC office.

Unemployment Insurance Canada
Assurance-chômage Canada
Robert Andras, Minister, Manpower and Immigration

MATILDA TOWNSHIP
WINTER CARNIVAL
IN BRINSTON



Featuring 1st Leg of Labatt's Triple Crown of Snomobile Racing in Eastern Ontario
JANUARY 9-10-11

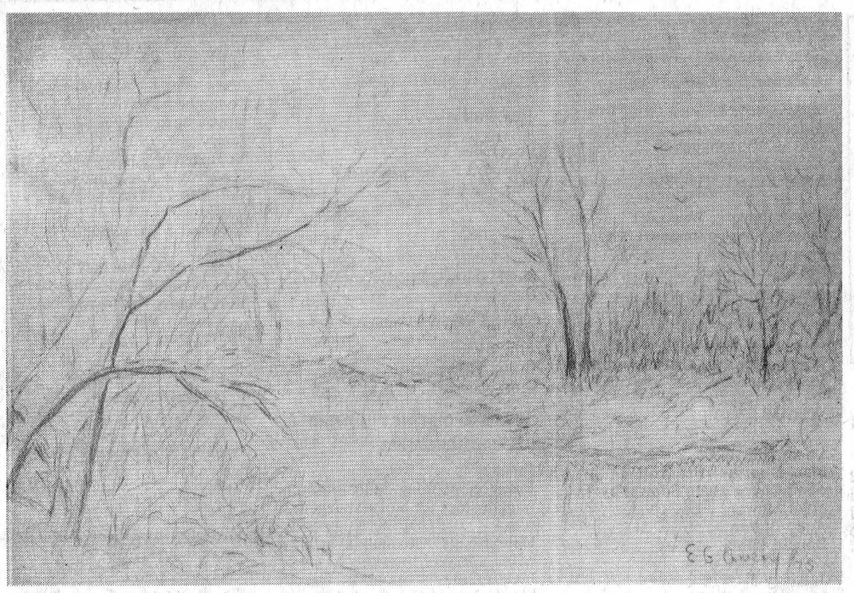
FRIDAY NIGHT
CHILDREN'S SKATING RACES
7:00 p.m.
SENIOR CITIZEN DANCE
8:00 p.m.
SENIOR BROOMBALL
9 p.m.
CROWNING OF CARNIVAL QUEEN
At Dance—11 p.m.

SATURDAY
JUNIOR BROOMBALL
12:00 p.m.
CHILDREN OBSTACLE SNOWMOBILE COURSE
2:30 p.m.
SENIOR BROOMBALL
3:30 p.m.

SATURDAY NIGHT
Open Dance
featuring George Barkley's Orchestra

SATURDAY Snowmobile Drag Races
1st Leg of Labatt's Triple Crown
Registration starts at 10 a.m.
Closes 12:30 Sharp

CARNIVAL QUEEN REGISTRATION
Contact Bob Bennett 652-4676



The Post's bird columnist, Mrs. E. Avery did this pencil sketch for the cover of a Christmas card. It was done from a picture in the Post after the first snowfall.

BOMBARDIER ski-doo snowmobiles
world's no.1 selling snowmobile
COMPLETE SALES & SERVICE
Check our full line of Bombardier Ski-doo Parts and Specialty parts
Grenville Snowmobile & Garden Equipment
3rd Conc. at Maynard 925-4477

PETER MACK mens wear
On The Mall, Morrisburg 543-2320
CLEARANCE & SALE
Men's DRESS SLACKS $10.95
Store Wide Clearance 10% Off Everything
Top Coats $49.95
Sports Shirts $6.95
Regular price $75. and $80.

2 piece SUITS $89.95
Ski Jackets $19.95
Regular to $130.
Winter Jackets $34.95
Sport Jackets $59.95
Regular $69.95
STORE HOURS:
Open 9:00 a.m. until 5:30 p.m. daily Friday until 9:00 p.m.

TV RADIO NEWS

by Ross Mutton

This shoud be the final column on mid season replacements and casualties Then we can look forward to the end-of-season casualties.

This has not been one of television's better seasons and that could be my first understatement for 1976. The folks at CTV must be wondering where they went wrong since, of the six new series they picked up from the States this year, four have bitten the dust. They are The Invisible Man, The Montefuscos Fay and When Things Were Rotten. The last of these has an appropriate title for I have not seen such a piece of trash since Gilligan's Island.

CTV has also lost Petrocelli and That's My Mama due to American cancellation The network is also dropping the evening version of Celebrity Dominoes retaining the afternoon version. The replacements: One Day at a Time, a situation comedy featuring a 34 year old divorced woman with two children; Grady a Sanford and Son spinoff; Viva Valdez, a Plouffe Family spinoff; Bionic Woman a Six Million Dollar Man spinoff; The Practice a Danny Thomas situation comedy; The Rich Little Show, a new variety show; and Superstar, a Streets of San Francisco spinoff.

CBC fared much better since they only picked up three American shows and only one Doctors Hospital has been dropped. It is to be replaced by City of Angels which I mentioned last week.

Did you notice all the reruns during the Christmas-New Year's holiday period? A series used to consist of around 30 programs so that it ran for over half the year. A series now consists of 26 weeks at the most often less The season is lengthened by pre-emptions for specials and reruns around Christmas. The networks now rerun every single show. The practice in the sixties was to return the better shows, somewhere in the neighbourhood of 20 episodes. This is all in aid of more profits because the series are paid for in the first run; the reruns are just gravy.

This year, The Bugs Bunny-Roadrunner Show was cut down to a half hour on CBC on Saturdays at 5 p.m This probably stemmed from the controversy about violence in children's programming. Now, the CBC has dropped the cartoon series completely In its place, they are offering Lost Islands an Australian adventure series about five young people marooned on a South Seas Island.

CBC is making plans for a national late night talk show with Peter Gzowski as host. They will be trying the format out in Halifax and Winnipeg this season with plans for the show to debut next fall.

WHAT'S COMING

This Land returns on Ch. 4 at 8 p.m. tonight with a look at the influences Canada's vast territory had on the native peoples, coureurs de bois and early settlers. TV Ontario started a two week series on labour this past Monday. This week's programs dramatize the labour movement in Britain. Next week's programs will be discussions during which viewers may phone in and participate. That's all on Ch. 24 at 8 p.m. Monday through Friday winding up on the 16th

At 8:30 Wednesday night Channel 13 presents the '73 movie Godspell.

At 9 p.m. NBC reruns The Count of Monte Cristo starring Richard Chamberlain, Louis Jourdan and Trevor Howard. It's an excellent program and is on Ch. 5.

If you've already seen that and have a penchant for opera, Ch. 18 is presenting The Barber of Seville also at 9:00

On Thursday night at 7:30, the game between the Boston Bruins and the Central Red Army team is carried on Ch. 4.

Note the new time for the Wintario draw on Global. It has been moved to 9 p.m. starting this Thursday night. Pop Goes the Country debuts on Global at 9:30 Marty Robbins, Conny Van Dyke and Don Gibson join host Ralph Emery.

At 10 p.m. Thursday there is a special featuring country-style blues on Ch. 4. It stars Lynn Jones, Dick Damron and Louise Rockwood.

If you missed the Peanuts special on Ch. 4 on Tuesday, it is on Ch. 7 on Friday night at 8 p.m. Dean Martin has a special on Ch. 13 at 10 p.m. Guests include Peter Graves and Jack Cassidy.

Midnight Special at 1 a.m. presents the top selling tunes of '75 That's on Ch. 5, Friday night.

And on Sunday afternoon at 1 p.m., the Soviet hockey series winds up on television with the game between the Philadelphia Flyers and the Central Red Army team. Who will have the bigger smile? Bobby Clarke or Valeri Kharlamov?

Enrolment Increases

Ontario universities report a 5.4 per cent increase in full-time student enrolment for 1975-76 and the Province's 22 colleges of applied arts and technology have an increase of 5.8 per cent in full-time post-secondary enrolment in the current year. The preliminary figures were announced today by the Hon. Harry C. Parrott D.D.S., Minister of Colleges and Universities.

Enrolment of part-time undergraduate students in the regular session (not including summer dession participants) is expected to increase by 5.6 per cent to the equivalent of 17,939 full-time students. The university figures include estimates of enrolment at Ryerson Polytechnical Institute and the Ontario College of Art.

At Ontario's 22 community colleges a total of 58 236 full-time students have enrolled in technology, business applied arts and health programs, up 5.8 per cent from 55,038 in 1974-75. Figures for part-time enrolment at community colleges are not yet available.

College figures are compiled by a simple head count as of October 15, 1975, whereas university figures are based on a head count modified by an estimate of expected changes up to December 1 1975. Actual enrolment figures usually differ slightly from preliminary estimates.

Travel Competition Heating Up

The competition for inter-city passenger business is heating up reports Michael Van Dusen in The Financial Post. Executives of train plane and bus companies are going after a bigger share of the market - and they-re also going after freedom from government regulations that hinder their ability to upgrade capacities.

The rising cost of fuel is the spur. Since 85% of all passenger miles are traveled by private car, a 15% decline in that field would double the volume of public carriers With the cost of gas soon expected to top $1 a gallon, the commercial carriers think they can siphon off economy-conscious travelers.

The fiercest competition is for the trip between 50 and 350 miles where trains, Stol (short take-off and landing) aircraft and buses all calim particular advantages. Paul Martin, president of Canada Steamship Lines Ltd., which owns the Voyageur group of bus lines and thus carried roughly one quarter of all bus traffic in Canada last year, sees trains as a great fare robbery. He quotes a recent federal transporation policy paper to the effect that it would be cheaper to present free bus tickets to every train passenger rather than continue the present level of subsidization.

Garth Campbell, Canadian National's vice-president of passenger marketing, naturally disagrees. He sayd the report made no mention of the cost of borrowed money to build the roadways the buses use. Voyageur could not afford to borrow even its share of the money to build the road wear increases with the weight of vehicles, but that various licensing costs decline. If buses paid a proportionate share of the costs in terms of raod wear, he says they would pay 10 times their current levies.

Interest payments are major expense for chartered banks

Payment of interest on deposit accounts continues to be the chartered banks' largest single item of operating expense, the Canadian Bankers' Association (CBA) says.

During the 10 years since 1964, this cost jumped 10 – fold to $5.27 billion, due to increases in the volume of deposits and in the interest rates paid on those deposits.

The second largest expense item was salaries and pension fund contributions for employees, now topping $1.15 billion. The total number of bank staff nearly doubled in the period, now numbering about 126,000 of whom more than 90,000 are women.

These and other data covering the banks' operations for the past 10 years are contained in the latest edition of the CBA's annual publication Factbook.

Among other things, Factbook records latest-available figures showing the Canadian banks:

Had 6,959 domestic bank branches or one for every 3,294 Canadians, against one for every 3,486 a year earlier.

Were owned by 185,050 shareholders, more than 94 per cent of them resident in Canada against 87 per cent 10 years earlier.

Had mortgage loans exceeding $6 billion outstanding with new approvals during 1974 alone topping $1.9 billion compared with $229 million in 1967.

Factbook also shows that Canadian banks are becoming increasingly active in the international scene, with total foreign currency assets showing a five-fold increase during the decade, reaching $29 billion or 29 per cent of total assets.

This year's Factbook contains for the first time comprehensive banking data for each province, most of which was not available prior to 1975.

For example savings deposits at March 31, 1975, were as follows: Nfld. $409 million; P.E.I. $119 million; N.S. $787 million; N.B. $587 million; Que. $5,924 million; Ont. $13,120 million; Man. $1,564 million; Sask. $1,765 million; Alta. $2,793 million; and B.C. $4,217 million.

Factbook is a useful reference source for teachers, students, reference libraries and others. It is available free of charge in reasonable quantities, in English or French, from the Canadian Bankers' Association, P.O. Box 282, Toronto Dominion Centre, Toronto M5K 1K2.

Ontario
RENT REVIEW
These are the facts:

Ontario's new Residential Premises Rent Review Act affects most landlords and tenants in the province. The act allows for a review of the amount of rent a landlord may charge.

Landlords and tenants should be aware of their rights and responsibilities under this legislation.

The Ontario Government is in the process of establishing rent review offices in major centres across the province. Review officers will hear disputes on rent increases by both landlords and tenants.

A rent review board is being established to hear appeals by tenants and landlords against the decisions of rent review officers.

What does the act cover?

- apartments • houses • townhouses • duplexes
- triplexes • rooming houses • mobile-home sites
- rent-geared-to-income units

What are the exceptions?

- certain non-profit housing or non-profit co-operatives
- units in a hotel, motel or vacation home which are rented for a seasonal or temporary period not exceeding four months
- buildings that were first occupied as residential premises on or after Jan. 1, 1976.
- commercial premises

How does it work?

If you have entered into or renewed a tenancy agreement which became effective between July 30, and Dec. 31, 1975, inclusive, you should be aware that:

The maximum rent increase for such agreements cannot exceed eight per cent of the rent charged during the last full month prior to Aug. 1, 1975, unless:

(a) the tenant and landlord agree on a higher rate of rent, or

(b) the landlord obtains the necessary approval from a rent review officer.

A landlord may apply to a rent review officer for permission to increase rent more than eight per cent. A tenant may file an application with the landlord requiring him to justify any increase. These applications must be made by Jan. 31, 1976.

Should a landlord and tenant agree on an increase in rent above the eight per cent guideline, they must complete and sign a rent increase agreement no later than Jan. 17, 1976. Copies of these agreements should be kept by both parties. Forms may be obtained by writing Rent Review, Box 580, Postal Station F, Toronto, M4Y 2L8. Or you may wish to use the form published recently in this newspaper.

However, a tenant may cancel such an agreement by completing a statement of revocation within 30 days of the signing of the agreement.

By signing a rent increase agreement the tenant waives the right to appeal the increase during the period July 30, to Dec. 31, 1975. The tenant also waives the right to collect a rebate of rent as provided for in this act, other than the amount of rebate, if any, stated in the rent increase agreement.

Rent increase agreements do not apply for any period after Dec. 31, 1975, and do not constitute a waiver of the tenant's right to appeal the amount of rent charged on or after Jan. 1, 1976.

The rent increase agreements do not relieve the landlord from his obligation to obtain approval from a rent review officer for any rent increase charged on or after Jan. 1, 1976 that is more than eight per cent of the July, 1975 rent.

Where the landlord and tenant do not agree on a rent increase above the eight per cent, the tenant is entitled to a rebate of any rent paid in excess of eight per cent by Feb. 16, 1976. If the landlord fails to make such a rebate the tenant may apply to a rent review officer.

If a tenancy agreement becomes effective or is renewed between Jan. 1, and July 31, 1976, inclusive, you should know:

A landlord who wishes an increase of more than eight per cent must file an application with his rent review office and notify the tenant at least 60 days before the increase is scheduled to become effective. In respect to those rental increases taking effect between Jan. 1, and Feb. 29, 1976, the application must be made by Jan. 31, 1976.

A tenant who wishes to appeal an increase has 60 days in which to file an application with his landlord requiring him to justify the increase.

In case of a hearing, a date will be set by the rent review officer and both landlord and tenant will be notified.

After the hearing the rent review officer will establish the rent, and may order retroactive adjustments.

What is a tenancy agreement?

A tenancy agreement gives a tenant the right to occupy a particular dwelling, or to renew the right to rent a particular dwelling.

The agreement can be written, verbal or implied. In other words, even if you don't have a written lease you are covered by the legislation.

For written agreements, the important date is the date the agreement comes into effect, not the date on which the agreement is signed.

Rent review legislation is tied to the dwelling on an annual basis with the July, 1975, rent taken as the base rent.

Who attends hearings?

Tenants, landlords or their representatives should attend rent review hearings. Failure to appear or be represented removes the right to appeal the rent review officer's decision.

The hearings will be informal, and every effort will be made to keep the procedures simple so that individuals may conduct their own cases.

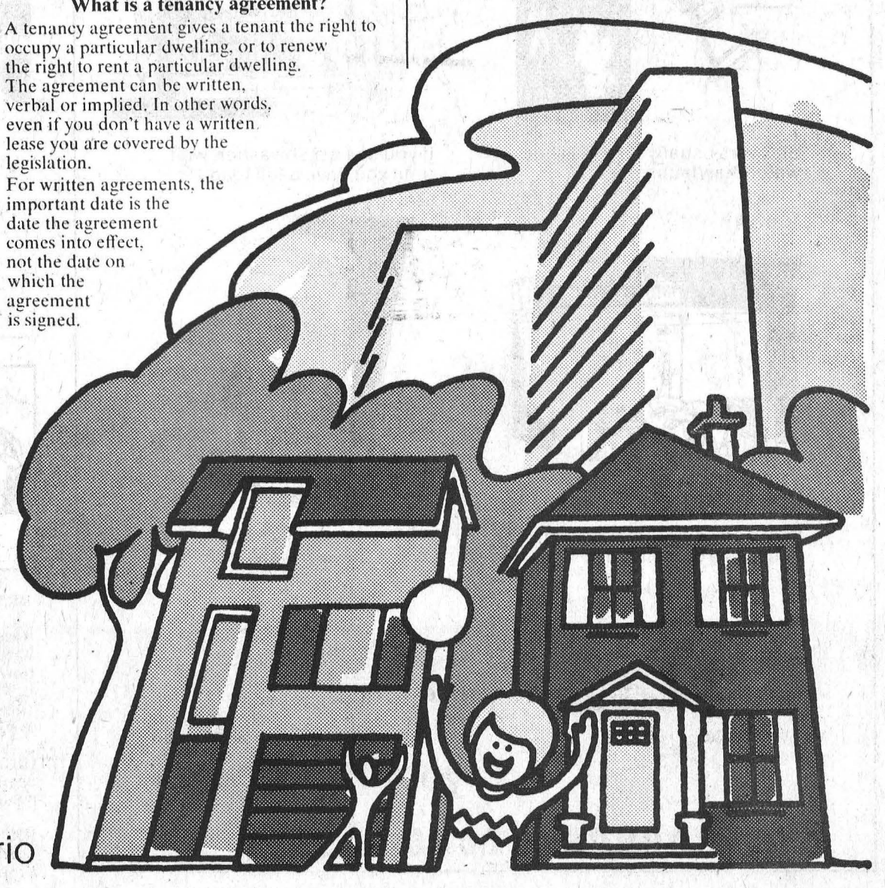
A rent review officer has the power to call witnesses and to order the production of the necessary documents.

Tenants should be aware that, should they appeal their rent increase to a rent review officer, the officer could permit the landlord a greater increase than the one originally demanded.

Where a landlord has been required to justify an existing or proposed rent increase, the rent review officer may adjust the rent to an amount below the original rent level.

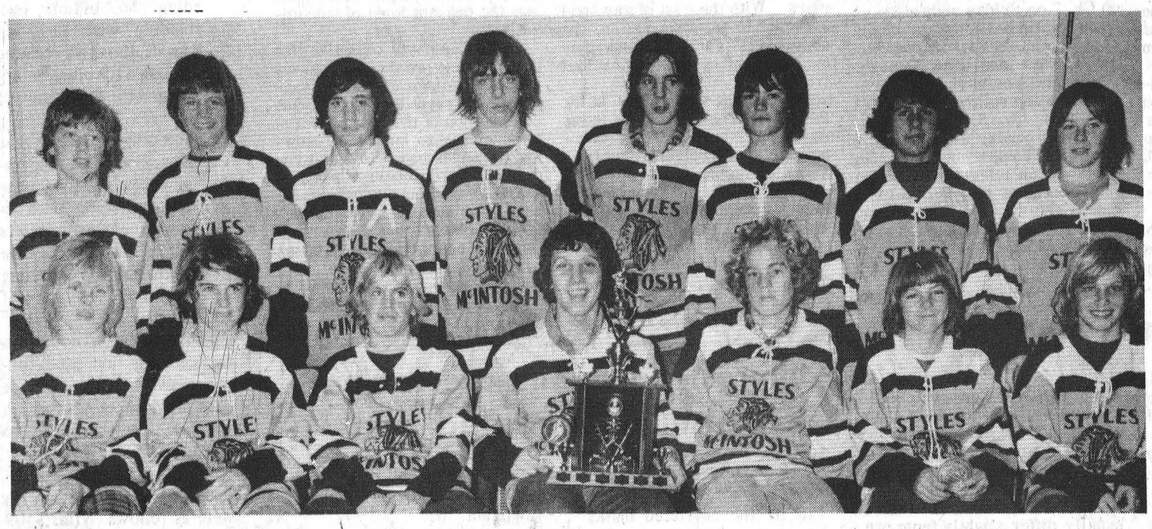
Until the rent review mechanism is in place, please do not telephone. You can obtain further information on the Residential Premises Rent Review Act by writing:

Rent Review,
Box 580,
Postal Station F,
Toronto, M4Y 2L8



Province of Ontario

Local Hockey Teams Win Tournaments



The Iroquois Bantam 'A' Hockey team were the champions at the Dec. 27 tournament at Chesterville defeating Chesterville Colts 6-2. Front Row (left to right) K. Adams, N. Cherry, R. Casselman, B. Armstrong, K. Brown, E. Nesbitt, K. Smith. Back row (left to right) K. Prentiss, W. Styles, M. Hamilton, B. Renwick, M. Moran, R. Adair, K. Holder, P. Moran.
Photo courtesy of the Chesterville Record



The Novice team from Iroquois came home from their tournament in Chesterville with the trophy and Chris McDermid (below) won the trophy for the Most Valuable Player. The Novice champs are: Front row (left to right) Shawn Best, Steven Horner, Jeff Veltkamp, Jeff Whittaker, Steven Picotte, Gary McInnis. Back row (from left to right) Eldon Horner, David LaPierre, Steven Prunner, Chris McDermid, Jimmy Aspin, Mike Veltkamp. Coaches at back are Casey Veltcamp, Kent McDermid, Bill Horner. Missing from picture—Tim Cassidy, Steven Byers.

Post Staff Photos



Junior HOCKEY Scores

IROQUOIS NOVICE

Tuesday December 30 at Cardinal
Iroquois 4, Cardinal 0
Iroquois goals scored by:
Chris McDermid 2
Mike Veltkamp 1
Steven Prunner. 1
Jeff Whittaker was in goal to pick up his 4th shutout of the season.

Friday January 2 at Cardinal
Iroquois 3, Kemptville 1
Iroquois goals scored by:
Jeff Veltkamp 1
Eldon Horner 1
Mike Veltkamp 1

Saturday January 3 at Cardinal
Iroquois 3, Morrisburg 1
Iroquois goals scored by:
Chris McDermid 1
Mike Veltkamp 1
Jimmy Aspin 1

GRENVILLE-DUNDAS TYKES

LEAGUE STANDINGS

	W	L	PTS
Prescott	5	0	10
Iroquois	2	3	4
Morrisburg	2	3	4
Spencerville	0	5	0

MORRISBURG

PEE WEE

December 28
Morrisburg 3, Ogdensburg 0
A hat trick by Tom Hodgson

December 30
Morrisburg 4, Potsdam 2
Morrisburg goals scored by:
Kevin Casselman 2
Brian Howald 1
Daryl Fowler 1

MIDGETS

January 3
won the Athens Tournament
Morrisburg 10, Prescott 0
Morrisburg goals scored by:
Barry Casselman 3
Billy Morrow 2
Pete McIntosh 2
Robbie Reynolds 1
Fred Osler 1
Kevin Mackler 1
a shutout for Gerald Scully

Morrisburg 3, Long Sault 2
Morrisburg goals scored by:
Wayne Dickenson 1
Kevin Mackler 1
Fred Osler 1

Morrisburg 6, Westport 1
Morrisburg goals scored by:
Pete McIntosh 2
Dave Tait 1
Kevin Mackler 1
Leo Lafortune 1
Billy Morrow 1

Team received crests & championship trophy.

ATOMS

December 30
Morrisburg 4, Prescott 3
Morrisburg goals scored by:
Mike Stewart 2
Andy Brown 1
Donald Black 1

January 2
Morrisburg 7 Chesterville 1
Morrisburg goals scored by:
Andy Brown 3
Mike Stewart 1
Dean Cassell 1
Sean McAllister 1
Donald Black 1

Morrisburg 5, Cardinal 3
Morrisburg goals scored by:
Mike Stewart 3
Andy Brown 1
Donald Black 1

Morrisburg 3, Cornwall Twp. 2
Morrisburg goals scored by:
Mike Stewart 2
Sean McAllister 1

Morrisburg won 'A' championship at Chesterville Tournament to receive trophy and crests - they have won all 3 tournaments they have entered.

January 3
Morrisburg 5, Iroquois 2
Morrisburg goals scored by:
Andy Brown 1
Donald Black 1
Carl Black 1
Sean McAllister 1
Dean Cassell 1
The team is getting excellent goal tending by John VanAllen & David Black.

BANTAM

December 23
Morrisburg 10, Tritown 1
Morrisburg goals scored by:
Gary Jarvis 4
Jim Whelan 3
Scott Corden 2
Jim Jarvis 1
Frank Hummell 1
Morrisburg 5, North Franklin 1
Morrisburg goals scored by:
Jim Whelan 2
Frank Hummell 1
Bob Duvall 1
Jim Jarvis 1

December 28
Potsdam 5 Morrisburg 3
Jim Jarvis 2
Jim Whelan 1

January 2
Morrisburg 9, Kemptville 2
Morrisburg goals scored by:
Gary Jarvis 2
Jim Jarvis 2
Bob Duvall 2
Tim Smith 1
Frank Hummell 1
Scott Corden 1

OTTAWA DISTRICT JUNIOR B

UPCOMING GAMES

January 9
Prescott at Long Sault 8:00 p.m.
Winchester at Morrisburg 8:30 p.m.
Metcalfe vs Alexandria at Maxville
January 10
Alexandria at Cardinal 7:30 p.m.
January 11
Alexandria at Metcalfe 2:30 p.m.
Morrisburg at Prescott 7:30 p.m.
Cardinal at Winchester 7:30 p.m.

TOP DIVISION SCORERS

	T	G	A	PTS
Kevin Duvall	MO	24	39	63
Don Adams	C	25	29	54
Bill Mullen	C	22	32	54
Doug McNairn	MO	28	23	51
Chuck Lawlor	MO	21	24	45
Sam Moss	LS	15	25	40
Armand Roy	C	14	26	40
Mike Rochon	ME	18	15	33
Rick Pilon	C	14	19	33
Hugh Gillard	MO	17	15	32

Don McNairn leads the division with the best goal tending average, 3.13 in 17 games, 50 goals against.

ST. LAWRENCE JUNIOR "B"

HOLIDAY SCORES:
December 26
Long Sault 6 Morrisburg 4
December 28
Morrisburg 14, Prescott 2
January 2
Morrisburg 5, Alexandria 4
Prescott 8 Long Sault 8
Metcalfe 7, Winchester 3
January 3
Cardinal 8 Winchester 5
January 4
Cardinal 10, Prescott 7
Long Sault 10 Metcalfe 8
Morrisburg 7, Alexandria 7

UP TO DATE STANDINGS

	W	L	T	PTS
Morrisburg	18	2	2	38
Cardinal	15	6	1	31
Long Sault	10	9	2	22
Alexandria	6	10	4	16
Winchester	7	12	1	15
Prescott	5	11	4	14
Metcalfe	4	15	2	10

Old Timers To Battle Combines

While watching the Russian-Canadian hockey game New Year's Eve it brought to mind a game on December 31st, 1967 when the Morrisburg Combines met the Moscow Selects in Brockville. The Selects edged the Combines 3-2, despite being outshot 34-27. Mel Tomalty and Weiner Brown scored for the Combines, but were unable to beat Tolmachev in the Selects net for the third time.

These same Combines will be together again for one game only. They will meet the Morrisburg Old Timers in Morrisburg on Saturday, February 14th. Weiner Brown and Mel Tomalty will be here, along with Ron Quenneville, Jack Duncan, Roy Pyke, Lyle Ellis and others of the team.

Lions Maintain Slim Lead

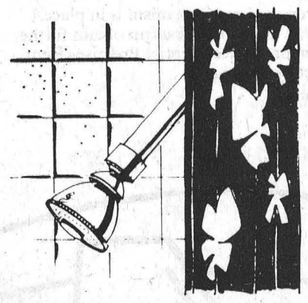
The New Year hasn't proved too profitable point wise for the Lions as they edged Alexandria Glens 5 4 and then tied them 7-7 two days later

January 2nd - Lions 5 Glens 4. Lions led 2-0 after the first period and 4-2 after two periods of play. Kevin Duvall led the attack with a hat trick singles going to Doug McNairn and Chuck Lawlor. Scoring for the Glens were: Brian Main, John Charlebois, Robert Lajoie, Brian Reasbeck. Lions received 11 minors and a 10 munute misconduct. Glens were assessed 10 minors, a major and a game misconduct

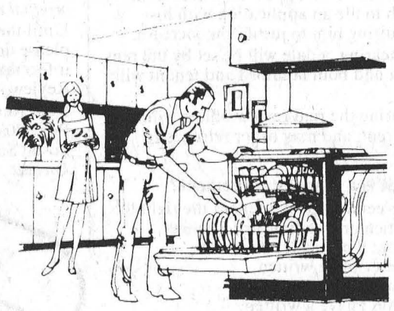
January 4th - Lions 7 Glens 7. The Glens led 3-2 after the first period and the Lions led 5-4 after the second period. Doug McNairn led the way with a hat trick Hugh Gillard added a pair with singles by Brian Moran and Ernie Duval. Ernie also assisted on 3 goals. Luc Poirier scored a pair of goals for the Glens, including the power play goal at 18.01 to tie the game. Singles by Robert Boisvenue, Robert Lajoie, Norm Laliberte, Paul Seguin and Yvon Desautels. Referee Gord McMillan assessed the Lions 4 of 5 minors handed out.

Jodi Robson won $40 with ticket no 298281 in the 1/2 and 1/2 draw.

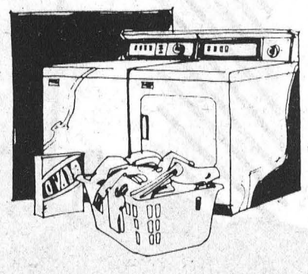
4 ways to conserve energy by conserving hot water



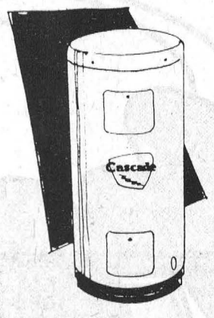
Showers usually take less hot water than baths.



If you use a dishwasher, wait until you have a full load.



Match the amount of hot water to the size of the load.



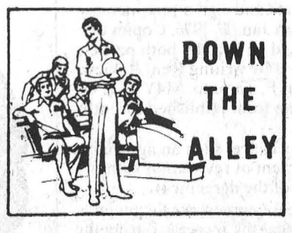
When you go on vacation, switch off your water heater.

Cascade

The Cascade water heater will give you a dependable supply of hot water, but it's up to you to use it wisely.

your hydro

IROQUOIS HYDRO SYSTEM



BRANCH 370 BOWLING

Road Runners (R. Lanthier)	76
Wranglers (A. Holmes)	63
Howicks (D. Helmer)	57
G.W.G. (G. Kirker)	52
Lees (R. Coulter)	45
Levies (D. Kirker)	43

HIGH SINGLES -
Sheila Holmes - 305
Alian Bailey 288

HIGH TRIFLES -
Sheila Holmes - 761
Clair Easter 733

Here's a nice clean story with a good punch line.

For years, the basic ingredients of some of Canada's finest cleansers have been made at the Chemical Division of Canada Packers. So, when Shur-Gain decided to provide its customers with quality cleansers and sanitizing products, it began with years of experience. With such a start, you can see why our growing Shur-Gain sanitation line has developed so fast. Now, your Shur-Gain dealer offers one stop service with every product required in good dairy sanitation. Superior, proven, hard working products that carry a punch—"our punch line".

Chlorinated Cleaner.
Excellent for removing fat and protein residue and especially suited for cleaning dairy utensils and bulk tanks.

Germ Kill for Dairying.
An iodine base germicide for udder washing, manual cleaning, inflation sanitizing and storage, premise disinfecting.

Milkstone Remover and Acid Cleaner.
Non-foaming. For removal of milkstone and mineral film from pipelines and milking equipment.

Pipeline Cleaner and Sanitizer.
A non-foaming, chlorinated cleaner and sanitizer for C.I.P. systems. Built in sequestrant. If used regularly, an acid post rinse after each milking is not required.

Teat Dip.
An iodine base germicide for prevention and control of mastitis. Effective, fast acting and non-irritating.

Udder Towels.
High quality Kraft with maximum wet strength and absorbency. Individual disposable towels help control mastitis.

Shur-Gain...for the modern farmer animal health products

ROONEY FEEDS
IROQUOIS ONT.

Universities Research Energy Consumption

Eight Ontario post-secondary educational institutions will participate this year in a $531,000 project to reduce energy consumption and to research methods of conserving energy in campus buildings.

The project is co-ordinated by the Ministry of Colleges and Universities and forms part of the Ontario Government's Energy Management Program. Seven universities (Carleton, Guelph Laurentian, Trent, Waterloo, Western and York) and one community college (Fanshawe) will conserve an estimated $164,000 worth of energy every year.

The project involves the monitoring of savings achieved through the use of highly specialized controls being installed in campus buildings. The results will be made available to physical-plant personnel at post-secondary institutions throughout Ontario. The project is a natural continuation of "first line" conservation measures, such as reduced lighting, which involve little or no capital cost.

As part of the project the Ministry of Colleges and Universities is also compiling an energy conservation check-list and bibliography for distribution to college and university personnel.

The Ministry of Colleges and Universities is one of 14 Ontario ministries participating in the Energy Management Program which is designed to reduce by one-third Ontario's growth in demand for energy over the next decade. The overall Energy Management Program is co-ordinated and funded by the Ministry of Energy. The objective of the program is, by 1980, to have shaved $1 billion annually from Ontario's ever-increasing energy bill.

The Ministry of Energy plans to reach this goal through a co-ordinated program of research and the provision of practical information to all sectors of Ontario's economy.



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Wayne is 11, a good-looking boy with beautiful dark eyes, brown hair and olive skin. He is French, Scottish and English in descent with some remote Indian ancestry.

He is in good general health but has a moderate hearing loss which has resulted in his being slow in speech. He is wearing a hearing aid and having speech therapy and is now able to communicate much better than he did.

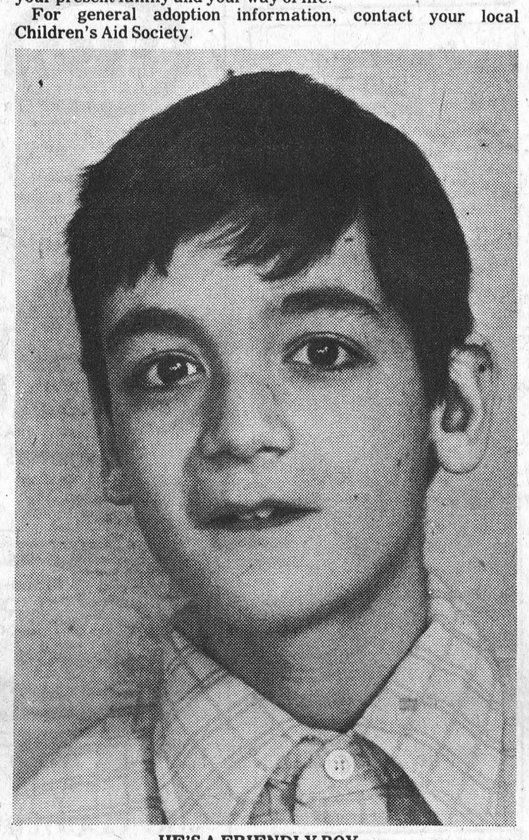
Wayne is small for his age — and shy. He is in a special class and tests indicate he is probably low average in ability.

A friendly youngster, he is always eager to please and be helpful. He is inquisitive, especially about mechanical things, and wants to know how everything works and why.

Wayne is a loveable youngster, very much needing a family where he will be warmly and lovingly welcomed and where the mother and father will have plenty of time for him. He will enjoy having brothers and sisters.

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

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



HE'S A FRIENDLY BOY

Expect good Crowd For Snowerama Feb. 8th

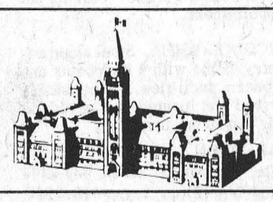
cont'd from P. 1

Prescott and back. The route will be well supervised with people stationed at each road crossing and at various checkpoints. Hot snacks drinks and free gas will be available at several locations and a meal will be served to those who complete the rally.

The Iroquois end of the Snowerama will start and end from the Matilda Township garage on the third concession east of Haddo.

The day, February 8th promises to be an exciting one for area snowmobilers and sponsors alike With several hundred snowmobilers expected to take part, there will be no shortage of activity along the trails and local residents are encouraged to sponsor a driver and then go to a checkpoint or starting point and encourage him to cover as many miles as possible. It's an ideal way to enjoy some outdoor activity and help a worthy cause in the process

OTTAWA and Small Business



Danger of controls

By KENNETH McDONALD

Canada's economic ship is leaking badly and the instinct of the small business community is to support the Prime Minister's call to man the pumps. But there is no doubt that Ottawa has taken a big step towards a centrally controlled economy. As the U.S. found, as the British know too well, it is easier to get into controls than out of them.

• • •

Yet in business a majority supports controls as a means of restraining unrealistic wage demands from labour unions. The government, too, looks on controls as a way to contain the extravagant wage settlements of monopoly public service unions. The public in turn looks to some relief from escalating prices at the retail level.

• • •

Convinced that in the long run public opinion is power in a democracy, the Canadian Federation of Independent Business entered the debate in October by launching its own publicity campaign. Interrupted by Canada's longest mail strike, the Little Red Rooster advertisements will resume in January and Fedruary -- "Wake up Canada--there's no free lunch."

• • •

The message -- that the major cause of inflation is the rate at which governments are transferring resources from producers to non-producers -- is getting across. Ottawa is showing a tougher stance on wage demands and on government spending cuts.

• • •

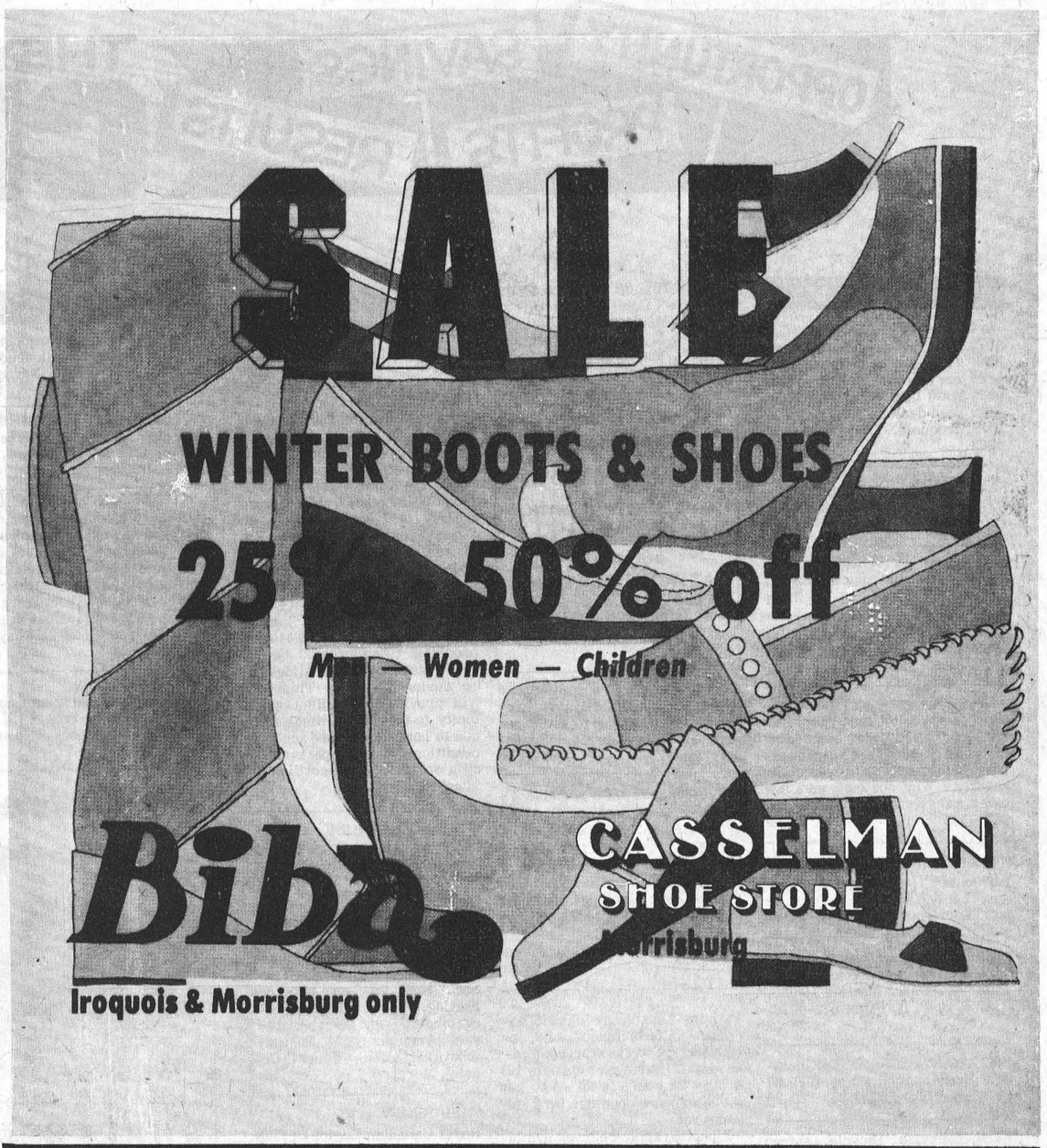
The power groups in business and labour use their market strength to protect themselves. The real burden falls on unorganized workers and small business. The control program is aimed at those power groups and at the rigid, non-competitive sector they dominate.

• • •

The danger is that it merely strengthens and adds to the already long list of boards and commissions and agencies through which Ottawa and the provinces attempt to regulate abuses of power. The irony is that these devices have failed to regulate the abuse of power by labour unions or by governments themselves. Is one more device -- the Anti-Inflation Board -- likely to do any better? It will certainly try, but the temptation to make it permanent will be hard to resist.

• • •

The best safeguard is to encourage and strengthen the competitive market sector so that by its natural expansion it will eat into the rigid sector that is the control program's target. Competitive forces, and not artificial controls, are the best form of social control over business and labour. The small business community, which preserves the philosophy of free competitive enterprise, points the way to national recovery.



☆76 a good year for HITACHI
WHERE QUALITY ALWAYS COMES FIRST

20" Solid-State Color TV

CT 935

Fully transistorised, IC's-incorporated circuitry. LUMA-1 full beam color picture tube. Brighter and clearer picture. ELECTRO Automatic Picture Setting. Memory fine tuning for VHF. 70-position UHF tuner. With earphone. Decorative walnut veneer cabinet. VHF 2~13, UHF 14~83 channels, 20" picture tube, 34 diodes, 34 transistors, 2 IC's, Oval 4-3/4" and 3" speaker, power supply 120V, 60Hz. 25-7/16"(W) x 16-55/64"(H) x 18-1/32"(D). 54.1 lbs.



STYLES & McINTOSH
IROQUOIS SHOPPING PLAZA

JANUARY FOOD SPECIALS

STOCK TAKING SALE
SAVE TO 50%
ON STYLE CLOTHING & FOOTWEAR





Budget Beef
Grade C Beef Rib 1st 5 Ribs Beef
RIB STEAKS LB. 99¢

Budget Beef Grade C Beef Chuck Cross
RIB ROAST LB. 99¢

Mary Miles 1 lb Pkg Skinless
WIENERS LB. 78¢

Mary Miles — By The Piece Only
BOLOGNA LB. 49¢

Nabob Ground Coffee 1 lb Bag
COFFEE $1.29

Del Monte Peaches Or
FRUIT COCKTAIL
19 Fl Oz Tin 49¢

Ideal Assorted Varieties
VEGETABLES
10 fl Oz Tins
5/$1.00

Produce of Costa Rica
Ecuador Chiquita Brand
BANANAS
2 LBS 29¢

Produce Of U S A 10 oz Cup
BRUSSEL SPROUTS 49¢ Each

Florida Marsh Red or White Size 48s
GRAPEFRUIT
8/89¢

MARCHES M/M FOODMARKETS

SAYERS'
IROQUOIS SHOPPING PLAZA
SEE OUR HANDBILL FOR MUCH MORE FOR YOUR DOLLAR VALUES

OPPORTUNITY SAVINGS PROFITS RESULTS THEY'RE ALL IN CLASSIFIED

FOR SALE

We can supply bulk Shur-Gain 4070 dairy sila supplement and bulk 44% soya bean meal delivered or you can pick up in your own grain box. Call your Shur-Gain feed dealer. ROONEY FEEDS, Iroquois. Telephone 652-4382. 27-3c

New clothes dryer. Regular price $284.95, Discount price $233.00. Phone 652-4070. 29-1c

26" colour TV. Regular price 899.95, Discount price $715.00. Phone 652-4070. 29-1c

New mini washer dryer. Regular price $319.95 Discount price $245 00. Phone 652-4070. 29-1c

NEW - Rooney Feeds, your Shur-Gain feed dealer, can now offer shredded baled paper as bedding for your livestock. This paper is very absorbent and breaks down readily. Why not pick up a few bales and give it a try? Telephone 652-4382 29-4c

SALE - 10 to 25% off all jackets, parkas and 1 & 2 piece snowsuits.
D & K FABRICS,
Morrisburg Mall 29-3c

1972 Chev Sedan, licence number EUT 298 with Inspection certificate. $1790.00. Mileage 45 000. A.R. P. S. P. B. Phone 652-4070. 29-1c

1969 Alouette Snowmobile, including license, good shape. $175.00 or best offer. 535-2103 29-2p

CCM exercise Bicycle, stereo component set. Phone 652-2368. 29-1c

SALE - Plain and Jacquard polyester Double Knits polyester Mohair, Flannellette, etc. 20 to 50% off.
D & K FABRICS
Morrisburg Mall 29-3c

RUBBER STAMPS made to your specifications. Reasonably priced. The Iroquois Post. 652-4806.

New square wringer washer. Regular price $249.95, Discount price $219.00. Phone 652-4070. 29-1c

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

20 Beatty water bowls, used. H. Byker, Brinston. 652-4722. 27-2p

SALE - 20% off all yard goods. Interlock Denim, Flannellette Fun fur, Men's knits, quilted, etc. including $1.00 per yard specials. Ruston's 458 Hyde St., Prescott near shirt factory. 28 4c

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

SALE Children's knitted and Nylon Mitts and Ski Mitts. Broken sizes - $1.00 to $1.98 per pair. D & K Fabrics, Morrisburg Mall. 29 3c

20" black and white portable TV Regular price $189.95 Discount price $169.95. Phone 652-4070. 29-1c

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

Painting Lessons by John McDiarmid - knife technique, oils, landscape - 4 weeks starting Wednesday & Thursday, February 4th & 5th - 24 hours in all - 1 to 4 in the afternoon, openings for 2 students yet.

2 photographic courses available at Craft House - starting the week of January 11th. 4 week course in darkroom technique, 4 week course in fundamentals of photography esp. 35 mm. techniques. Darkroom course limited to 6 persons.

Looking for economical reading? Try our previously read paperbacks - 25¢ each or 5/$1.00. Harlequins, mysteries, westerns, science fiction etc. inc $1.50 to $2.00 books. Why pay more.

Need a National Geographic to complete a year or looking for back issues? We have most back to 1940 and many back to 1914. Reasonable priced according to age.

In the gallery this week at Craft House - paintings, sculptures and ceramic tiles by Marjorie Winslow photographs by M. Cole K. Fisher, J. Daly and R. Martin.

In the lobby - paintings by Otto Rapp, Lethbridge, Alberta. Mr. Rapp is having his first one man show at Calgary later this month.

Drop in at Craft House on Sunday afternoons always a special exhibit or demonstration on Sunday afternoon from 1 to 6 p.m.

Out of print books on hand at Craft House include 10 assorted titles by Ralph Connor & Up the Front, a Story of Morrisburg. 29-1c

COMMUNITY CALENDAR

Hulbert United Church

The Congregation of Hulbert United Church invites everyone to the Hulbert Church on Tuesday evening, January 13th, at 8:00 p.m. to hear Dr. Rodney Gilmer describe his experiences during a recent round the world tour. Over a period of 4 months, Dr. Gilmer, formerly of Pleasant Valley, and now a veterinary in Milner, B.C. visited 22 countries in Europe and Asia; his interests in veterinary science and general agriculture led him to visit many areas not usually on the itinerary of the average tourist, and to meet many people in these areas. He will illustrate his talk with slides taken during his trip. This event will provide an excellent opportunity to meet Dr. Gilmer again, and to hear a firsthand account of conditions in many parts of today's world. You are cordially invited to attend. 29-1p

GOOD COMPANIONS
The good companions will hold their regular meeting on Tuesday January 13 at 11 a.m. in the Iroquois Civic Centre.

Iroquois Winter Carnival: February 3rd to 8th. Snow Sculptures Films, Snowmobile Rally, Dances, Sock Hop, Hockey, Broomball, Skating, Highland Dancing, Toboganing at Point, Torch Light Parade, Amateur Night, Poster Competition & Inter-Council Contest & More. 26-7c

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

CARNIVAL QUEEN CONTEST, Matilda Township girls register now for Winter Carnival Queen Contest on January 9th. Call 652-4676 after 6 p.m. 26-4c

WANTED

Wanted ride as passenger with anyone driving to Ottawa, Monday to Friday. I will be taking a course and am willing to pay a reasonable amount for transportation. Would also try to meet you at your home. If interested please phone 652-4968, Philip Thompson, Brinston, Ontario. 29-1p

EMPLOYMENT OPPORTUNITIES

WANTED
School Bus Driver (Part-time). School Bus license required or willing to train, Apply Ron Whitteker, R.R.#1, Iroquois or phone 652-4656. 28 2p

Would you like to earn extra money working at home stuffing envelopes? For details, send a stamped self addressed envelope to: Gill Dodier, Mitchell, Ontario, NOK 1NO. 29 2p

Presently in Canada, the supply for used paper for recycling exceeds demand.

SERVICES

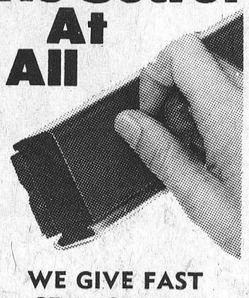
We sharpen animal clipper blades. Your Shur-Gain feed dealer ROONEY FEEDS, Iroquois. 652-4382. 26-3c

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

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

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

No Secret At All



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

REAL ESTATE

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

UPPER CANADA village area - 2 storey, renovations complete, 4 bedrooms, with attached garage. All aluminum siding and windows. An attractive home. Call for further information.

MORRISBURG - Good building lot in pleasant location Has mature trees. Open for offers.

WILLIAMSBURG AREA - Country home with all modern conviences. Large lot with room for garden. Also double garage. Call for an appointment.

IROQUOIS AREA Steel sided country home with 4 bedrooms and modern facilities. Reasonably priced and located on a paved road. Inquiries invited.

SALESMEN
Dale Beckstead 535-2103
Leon Marcellus 448-2444

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

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

RANCHSTYLE HOME - for spacious living on Church St., Iroquois. A fine home with three large bedrooms, 2 1/2 bathrooms, family room, large living room and dining room. Extra space for small apt. or extra living space. Attached and a separate garage large paved driveway. A beautiful home with many extras.

WATCH THE SHIPS GO BY - from this two storey home just east of Iroquois on Lakeshore Drive. Aluminum clad home in fine condition, tood basement large lot and priced to sell. Make an offer!

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

LOTS in Mariatown; 125 acres on No. 2 Highway just west of Morrisburg; acreage in Matilda Township

THINKING OF SELLING your farm or home? Let us give you an estimate without obligation whether you are ready to list now or in the Spring.

Sales Representative
KEN KIRKBY
Phone 652-4395

LEGION BRANCH 370
LADIES NIGHT
Jan. 10th
LEGION HALL
Music Supplied by Rythm Incorporates
Couples Only

WINCHESTER THEATRE
Thursday, Friday, Saturday
January 8-9-10
"TOMMY"
Ann Margaret - Oliver Reed
An All Family Show

Monday, Tuesday, Wednesday
January 12-13-14
"THE GAMES GIRLS PLAY"
"THE GAMES GUYS PLAY"
This pair make a real surprise package.
RESTRICTED

MORTGAGE LOANS
How much do you need?
$5,000 - $15,000
$25,000 or more?
—No amount too large or too small
—1st and 2nd Mortgages
—Prime rates available
—Debt Consolidation
—Home Improvement
—$ $ $ for any Purpose
—No Hidden Charges
—Past Credit Rating—No Problem
Call (Collect) Ken Allen
345-1090 any time
Tri-State Investments Co. Limited
P.O. Box 1300 Brockville

Public Notices

NOTICE
RESIDENTS TOWNSHIP OF MATILDA

Next regular meeting of the Council of the Township of Matilda will be held Friday, January 9, 1976 at Matilda Memorial Hall, Brinston, at 1 p.m.

W. E. HORNER,
Clerk-Treasurer.

Ministry of Housing
Ontario Housing Corporation
is accepting applications for Senior Citizens Apartments in Iroquois, Ontario

Residents of Iroquois and Matilda Twp. have first preference. However as there are insufficient applicants Ontario residents outside these areas may apply.

Rents are geared to income. If you:—

—Are 60 years of age or over
—Your present income does not permit you to pay current market prices
—Have not previously submitted an application

Please write to: ... applicMr. Donald C. Turner
Housing Manager
P.O. Box 640,
Cardinal, Ont. K0E 1E0
or Phone 1-657-3501
For an application form.

Ontario

MINISTRY OF REVENUE
REGIONAL ASSESSMENT OFFICE

PUBLIC NOTICE

TO OWNERS AND TENANTS:

Take notice that pursuant to Section 40 of The Assessment Act, Chapter 32 (as amended) R.S.O. 1970, I have on the 6th day of January, 1976 delivered, or caused to be delivered, assessment notices to all known owners or tenants in this Region which includes all municipalities in the Counties of Stormont, Dundas, Glengarry and Prescott and Russell.

The last date for appealing the assessment is February 11, 1976 and the Assessment Roll may be examined at the Municipal Office during regular business hours commencing January 21, 1976.

M. FAY, M.I.M.A.,
Regional Assessment Commissioner.

MINISTRY OF HOUSING
Ontario Housing Corporation

Supply, deliver & set up seven 8 H.P. Snowblowers with tire chains.

Kemptville O.H. 1
Merrickville O.H. 1
Spencerville O.H. 1
Iroquois O.H. 1
Alexandria O.H. 2
Hawkesbury O.H. 5
Gananoque O.H. 1

Reference Q. 381

Tenders will be received for the above until 12:00 noon E.S.T. January 22, 1976 by the Ontario Housing Corporation, 101 Bloor Street, West, Toronto, Ontario, M5S 1P8, details and specifications may c/o the Chief Purchasing Officer, 11th floor, from whom be obtained or telephone 965-9749, quoting reference number as above. The lowest or any tender not necessarily accepted.

An Agency of the Province of Ontario

BUSINESS DIRECTORY

SEAWAY DRY CLEANERS
Morrisburg Shopping Centre
543-3359
HOURS

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

ALL WORK DONE ON PREMISES
CASH AND CARRY

Stephenson's Furniture
ANTIQUES
NEW & USED FURNITURE
Brinston, Ontario
Phone 652-4710

TRUCK & BACKHOE RENTAL
SAND - STONE - TOPSOIL
ALSO GROUND FILL
G. STRADER
652-4649
47-25c

ALFRED LINK
SAND - GRAVEL - STONE
TOP SOIL - SAND - FILL
BACKHOE - TRUCK RENTAL
COMPLETE WEEPING BEDS INSTALLED
BULLDOZER RENTAL
R.R. 2, BRINSTON, ONT.
Phone 652-4127

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

PLAZA BEAUTY SALON



Hair Styling for Women and Men
Iroquois Shopping Plaza
Prop. - Liz Holmes
652-4466

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

MOHAWK TRADING POST ANTIQUES and BARGAINS



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

ROBERT BOYD
SEPTIC TANK SERVICE
Pumping, Cleaning and Repairs
24 Hrs. Emergency Service
R.R. 3 PRESCOTT, ONT.
925-5341

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

DAVE'S PAINTING
INTERIOR & EXTERIOR
FREE ESTIMATES
PHONE WINCHESTER
774-5302

IROQUOIS
ESSO
652-2323
CLIP OUT AND KEEP NEAR PHONE

CRAFT HOUSE
IROQUOIS SHOPPING PLAZA
ANTIQUES — BOOKS
CANADIAN CRAFTS
Open Daily 9-6 Sun. 1-6

CONTACT US FOR RATES ON
Farm Fire Insurance—
Dwelling, Contents, Outbuildings, Cattle & Machinery.
LORNE MELLAN
BRINSTON ONTARIO

WEAVING, POTTERY AND PAINTING
the country studio
MARION GLEESON
652-4594
NEW LOCATION
LAKESHORE DRIVE
5 miles West of Morrisburg

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



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

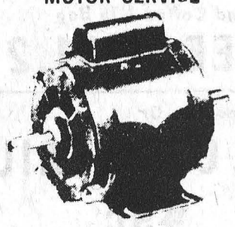
WHEN Plannin' A New Home
Plannin' A New Cottage
Plannin' A Renovation
Plannin' See LANNIN
H. S. LANNIN LTD.
GENERAL CONTRACTORS
Phone 774-2830 - Winchester

For Your Next Dance
"Funk 'N Rock Boogie Woogie Band"
Specialist In
Old Rock and Roll
Phone 989-2899

FAIRBAIRN FUNERAL HOME LTD.
Morrisburg
Phone 543—2271
SERVING DUNDAS COUNTY SOUTH
GORDON FAIRBAIRN, President
H. C. FAIRBAIRN, Associate

Closed Monday - Open all day Wednesday
LLOYD C. DAVIS
COMPLETE LINE OF GENERAL INSURANCE
Automomobile Fire - Theft - Liability and Life Insurance
Representing: Sun Alliance & London Assurance
652-4567 PHONES 652-4503
IROQUOIS Shopping Plaza ONTARIO

MODERN ELECTRIC MOTOR SERVICE



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

Classified Advertising Rates

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

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

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

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

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

The Iroquois Post
Wednesday, January 7, 1976
2
Published Every Wednesday by Iroquois Printing Ltd., Box 400, Iroquois, Ont.

Iroquois Badminton Club Hosts Teams From Massena

Badminton is Catching on in this area with all age groups. It's good exercise and a pleasant way to spend an evening

The Iroquois Badminton Club played host to the club from Massena, New York on Monday night. Although the local team lost by a score of 8 to 4, they played well and the scores in the individual matches were close.

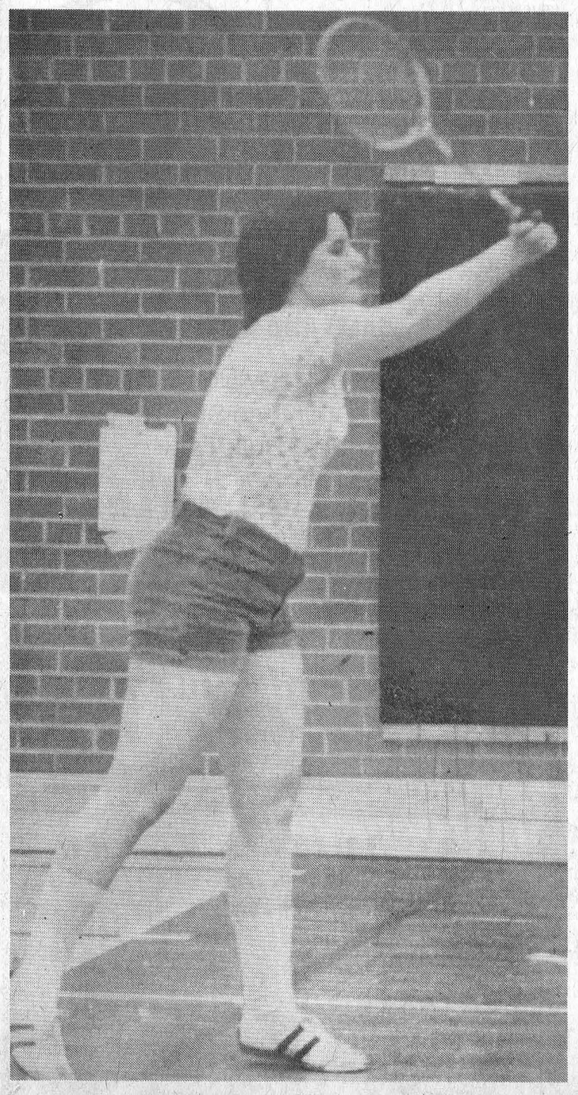
Iroquois team members were: Ladies - Doreen Thompson, Wilma Groenoyk, Sue Jones and Jennine McCourt. Men- Pat McCourt Jeff Beaupre, Robin McIntosh and Steve Montpetit.

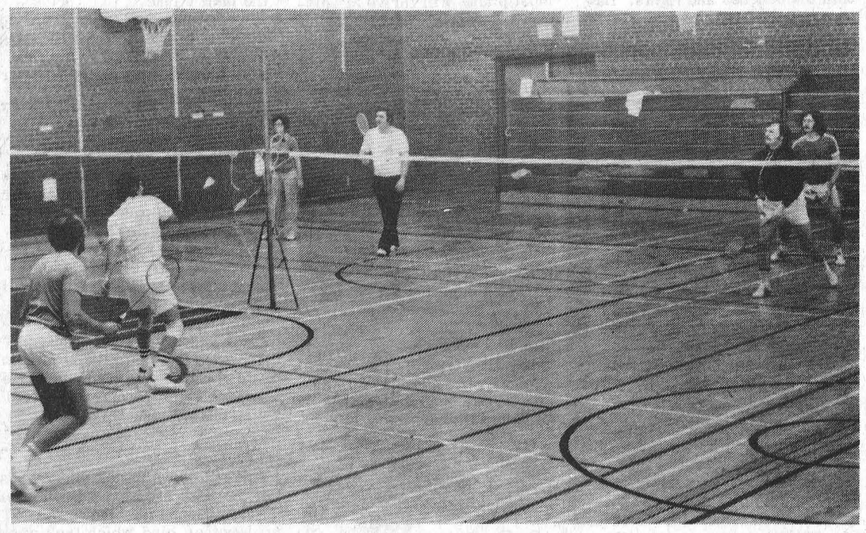
The Iroquois team won 1 point when Pat McCourt and Jeff Beaupre won over Massenas team #2 by scores of 15/12 and 15/3.

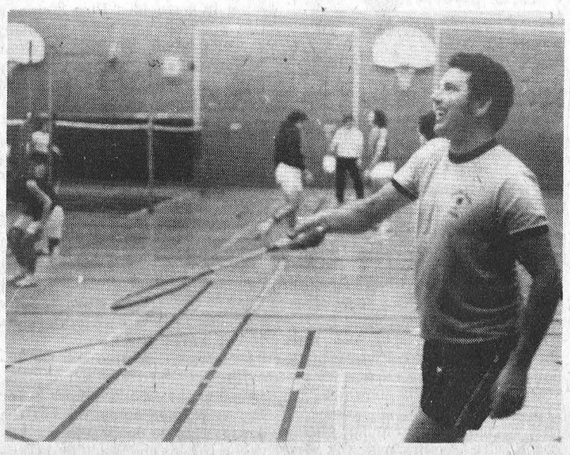
Two more points for Iroquois were won by Steve Montpetit and Robin McIntosh who beat Massena's team #2 in their first match and set up Massena's team #1 in two straight games with scores of 15/2 and 15/11.

The final point for Iroquois was won in mixed doubles by Pat and Jennine McCourt over the Massena team with scores of 15/10 and 15/4.

This was the first loss of the season for Iroquois but the season is still young and there is more league play yet to come.







Iroquois badminton players were in fine form Monday night as they put up a good struggle against the team from Massena, N.Y. Nancy Couglan (left) and Dale Roberts get in some practice while play continues in centre court (top picture).

Post Staff Photos

Safety Urged

With the advent of early winter snow making conditions ideal for winter sports snowmobile operators across the province have taken advantage of the situation and have made an early start on the season's death and injury rate attributed directly to snow vehicles.

New snow vehicle legislation has recently been passed by the Ontario Government in an effort to prevent some of the needless slaughter caused by snowmobilers annually.

To acquaint the public with some of the important points of the new legislation, the OPP request all snowmobilers to become aquainted with the following:

All snowmobiles will have to be registered at the nearest licence issuing office, regardless of whether they have been registered before, unless the owner has already registered the vehicle for 1976. All snow vehicles must be registered within 6 days of purchase or sale. In addition to registration you must have a permit to drive a motorized snow vehicle, unless you are driving it only on property owned or occupied by yourself.

Generally, you may not drive on the serviced portion (from shoulder to shoulder) of a King's Highway or Secondary Highway, except to cross, and this you must do only at a 90 degree angle. You must not operate a motorized snow vehicle on a freeway. You must be 16 years of age or older to drive a motorized snow vehicle along a highway, and you must hold a valid Ontario driver's licence.

No faster than 15 miles per hour on a highway where speed limit for cars is 30 miles per hour, in parks, conservation areas or exhibition grounds. No faster than 30 miles per hour on highways with limits over 30 miles per hour.

Report to Police all collisions on or off the highway that result in injury or damage apparently exceeding $100.00.

You must show your driver's licence to Police or Conservation Officer, or provide your correct name and address if not carrying your licence. When on someone elses property with your snow vehicle, you must identify yourself to the property owner when asked to do so. Failure to do so to an Officer or Owner can result in arrest.

Trespassing on land without written permission of the owner can result in a fine up to $500.00.

The owner of a snowmobile is jointly liable for someone else using his machine, in the event of damages or penalties for breach of provincial or municipal laws, arising out of operation of the vehicle.

You must be insured under a motor vehicle liability policy before driving a snow vehicle on a highway or public trail.

A safety helmet must be worn by driver and all passengers while on machine or towed conveyance, while on a serviced roadway or public trail.

During the remainder of this winter season the Ontario Provincial Police Snow Vehicle Patrol Officers, will be concentrating on offenders committing snow vehicle violations of excessive speed, careless operation of snow vehicles and driving while under the influence of alcohol.

You can help. If you are planning to become a snow vehicle operator the Ontario Provincial Police suggest that you join a snowmobile club in your area, preferably one which is a member of the Ontario Federation of Snowmobile Clubs.

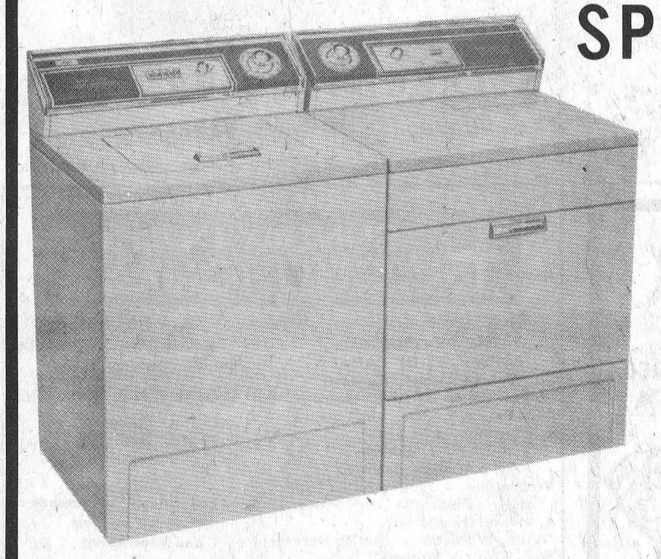
These clubs are safety minded organizations with excellent training programs for all ages of snowmobilers. They can be contracted through the local chamber of commerce or clerk of your municipality.

Remember - a motorized snow vehicle is not a toy, it is a powerful machine that can kill and requires respect.



Under new government regulations, all snowmobiles operated in Ontario must carry a registration number. In addition, all snowmobiles operated off the owner's land require a permit. In the above photograph, a snowmobiler attaches the registration number to the cowling of his machine. The permit sticker is shown between the registration number and rear of the cowling.

Inglis
Top of the line Washer and Dryer



SPECIAL ROYAL LAUNDRY PAIR
SPECIAL!
$699

WASHER FEATURES EO 48500	Washer EO 48500	DRYER FEATURES EO 88500
FLUORESCENT LIT CONSOLE WHITE TUB WITH INCANDESCENT LIGHT 2 WASH, 2 SPIN SPEEDS 5 CYCLES NORMAL (WITH 9 RINSES) SUPER WASH - NORMAL PERMANENT PRESS (WITH DOUBLE COOLDOWN) SUPER PERMANENT PRESS GENTLE PORCELAIN TUB, TOP AND LID 1/2 H.P. MOTOR: PUMP GUARD 5 WATER TEMP. SELECTIONS (PUSH BUTTON) VARIABLE WATER LEVEL (WITH EXTRA LOW) SELF CLEANING LINT FILTER ELECTRIC BLEACH DISPENSER ELECTRIC FABRIC SOFTENER DISPENSER END OF CYCLE SIGNAL SELF LEVELING REAR LEGS DIMENSIONS: 43" X 29" X 25½"	DRYER EO 88500 NOT AVAILABLE IN AVOCADO	FLUORESCENT LIT CONSOLE PORCELAIN TOP 3 CYCLES CUSTOM DRY - REGULAR CUSTOM DRY - PERMANENT PRESS TIMED - REGULAR 5 TEMPERATURE SELECTIONS DRUM LIGHT OZONE LAMP LARGE DRY RACK END CYCLE SIGNAL (ADJUSTABLE) DROP DOOR - 2 POSITIONS FINISH GUARD CONTROL 1/3 H.P. MOTOR FRONT AND REAR SUSPENSION 5200 WATT ELEMENT 5.9 CUBIC FT. DRUM CONVENIENT TOP MOUNTED LINT SCREEN DIMENSIONS: 43" X 29" X 25½"

Inglis Everything you'd expect...and then some.

W.L. PETERS APPLIANCE
Sales & Service
152 King St. E. Prescott, Ont. 925-2257

STOCK TAKING Sale

THE CLOTHING Barn
FREE TICKET
You could win your whole order Free!! Each day you will receive one ticket in the amount of your whole purchase and each night there will be **one** ticket drawn for the amount of your whole purchase written on the back of your ticket. The box will be emptied each night.

ONE WEEK ONLY - ENDS JAN. 15th
20 to 50% OFF STORE WIDE
Sorry 10% off Denim and Cords

for the Ladies
All Dresses 1/3 OFF
All Skirts 1/3 OFF

Extra Specials for the Men
All Cardigans
All Turtlenecks 1/3 OFF

G.W.G. Denim Parkas
with head and western styled Sherpa lined jackets 1/3 OFF



All mens raw hide - suede Sherpa lined jackets 1/3 OFF
All mens leather Sherpa lined jackets 1/2 PRICE

All mens body fit Real tapered shirts by Revival 1/3 OFF



All Ladies Coats
long - pant length - Suede, Leather & Cloth
1/3 OFF

one rack of Ladies Slacks size 5 - 15 1/3 OFF

All Pullovers & Blouses 20 to 50% OFF

All ladies Nylon & Plaid Jackets 1/3 OFF

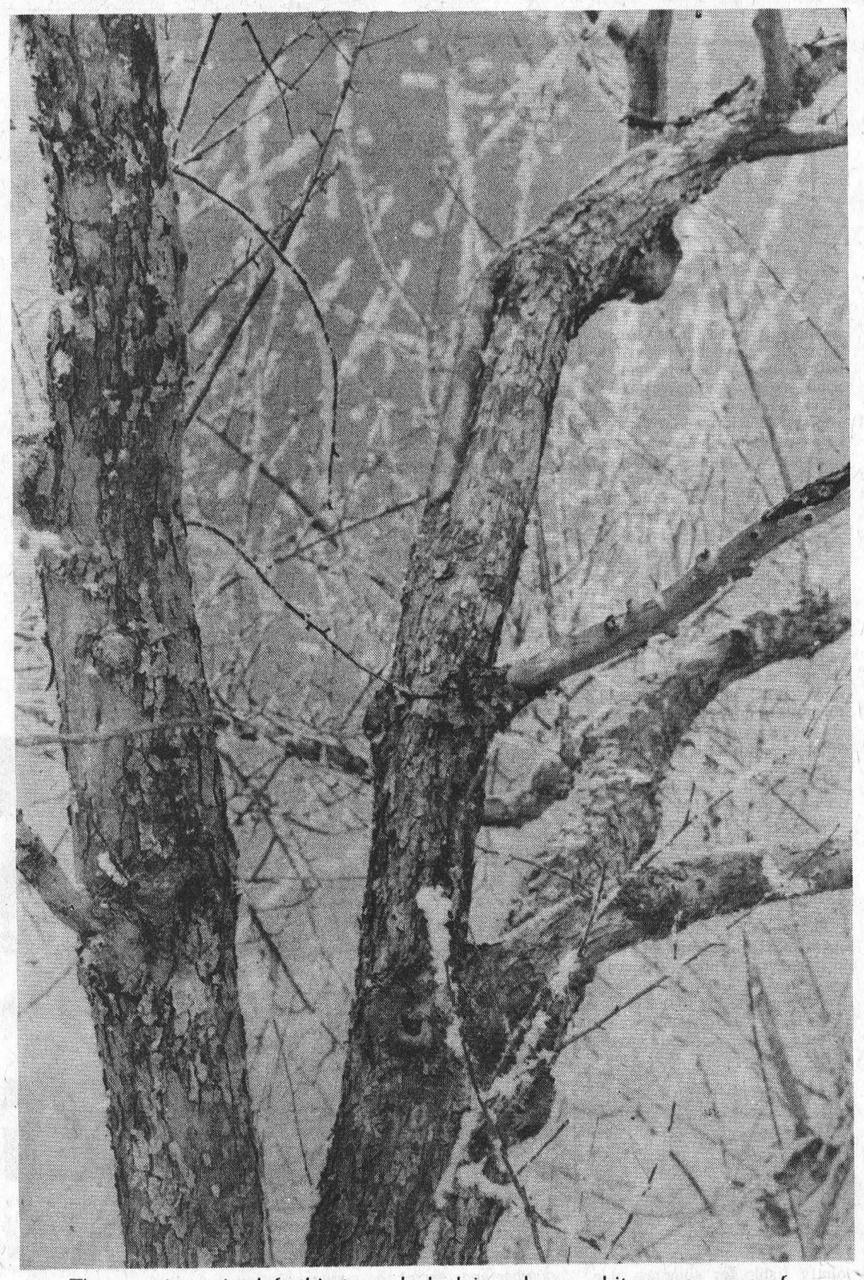
All Ladies Gowns 1/3 OFF

MEN!
A special rack of Dress Pants Winter weight Reg. priced to $20.00 Clearing at $10.00
40 pair to choose from

Going South? Check our Men's and Ladies Leisure Suits— All at 20% off

CHARGEX OR MASTER CHARGE

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



The morning mist left this tree cloaked in a heavy white cover—one of the beauties of winter. Post Staff Photo

Garden All Year With Artificial Light

Growing favorite houseplants under artificial lights means that you can grow a wide range of indoor plants for year-round disp lay. Aritificial lights are valuable for propagating new plants and, quite possibly for producing annual seedlings.

Horticulturists R.F. Gomme and R.A. Fleming of the Ontario Ministry of Agriculture and Food say that growing plants under artificial lights can provide a great deal of satisfaction to a home gardener.

"The first step is to choose a location for your plants such as an area of your basement which will provide plenty of room for both the benches and lights. Basements usually provide nearly ideal temperatures between 16 and 21 C - and somewhat higher humidity than other rooms of the house," says Mr. Gomme.

He suggests that the basic materials to start out with are a two- to four-foot lighting unit with two fluorescent tubes, a shallow, waterproof tray about 52 by 18 inches (to place on a table to hold the plants), an electric timer to control the lights and two chains on the light fixture to adjust its height above the plants.

"Even under lights, the best plants to choose are those that will grow moderately well in a bright east window. This will include most foliage plants and some flowering plants, such as begonias, African violets and gloxinias," says Mr. Fleming. "Most plants will thrive at a distance of eight to 12 inches below the light source if they're exposed to the light for 14 to 16 hours each day."

As indoor gardeners become more accustomed to gardening under lights, the horticulturists suggest that they might try producing their annual seedlings for next spring's flower beds or possibly some of the smaller woody shrubs.

Mr. Fleming states that good ventilation is essential to prevent excessive heat buildup from the lamps and the ballasts of the fluorescent fixtures. Light reflec tion can be increased by hanging foil wrap around the unit. For tropical plants that thrive on higher humidity levels, the entire unit can be surrounded with a plastic curtain to maintain the moisture level within the garden area.

Still Time to Donate to Christmas Seal Fund

Only 24 days left in the Christmas Seal Campaign which ends January 31st 1976.

Eastern Counties Lung Association (Christmas Seal) is pleased at the response from the community to their Campaign which stthe mail strike.

Christmas Seal funds are used all year round to fight the lung cripplers Emphysema, Asthma, TB, Chronic Bronchitis, and Air Pollution. Resources are also used in the field of research and education.

On Monday January 12th 1976 at 3:30 p.m. at the Hotel Dieu Hospital the Better Breathing Club will hold their first meeting of the year.

This group originated one year ago to aid through the use of physiotherapy patients with obstructive lung disease.

This program is held weekly and is free It is a service of yo ur Christmas Seal Association. A Doctor's consent is necessary.

For information and consent form regarding this program pl ease cal 932-4999 or write Box 1521 Cornwall, Ont.

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

IROQUOIS
Esso
652-2323
CLIP OUT AND KEEP NEAR PHONE

Minimum Wage Rates to Rise March 15th

The Honourable Bette Stephenson, M.D., Minister of Labour, has announced new minimum wage rates for Ontario, which will come into effect on March 15th, 1976. On that date, the general minimum rate will become $2.65 per hour and in the construction industry the minimum will be $2.90 per hour.

A major reason for the increase is to protect minimum wage earners against increases in living costs. The new rate will give these workers greater purchasing power than either the $2.40 or the $2.25 minimum rates did at the time they were established. At the same time, the $2.25 minimum rates did at the time they were established. At the same time, the $2 65 rate should slightly improve the position of minimum wage earners relative to other workers.

To ensure that these relationships are not seriously eroded during 1976 the Ministry will keep the level of the minimum wage under continual review and make appropriate recommendations as they become necessary.

In determining the minimum the Government took into account the rates paid in other jurisdictions. The rates in some provinces that have a substantially different industrial base will be higher than the rate for Ontario. However, in 1976 the minimum wage in neighbouring jurisdicti ons in the United States will vary from 35¢ to approximately a dollar per hour lower than the new Ontario rate.

In addition a tip differential will be introduced on March 15th for some employees in the hospitality industry. The new minimum to apply where tips are received, and the categories of tipped employees it will cover will be announced prior to the introduction of the $2.65 minimum Similar announcements will be made with respect to the minimum rate applicable to students and to harvest workers in the seasonal agricultural industry.

UNIVERSAL
SALES AND SERVICE
Full Line of Dairy Equipment
Pipe Lines - Stainless Steel or Glass
Mueller Bulk Tank
HERVE PLANTE
Phone 652-4168 Brinston, Ont.

Bird Notes

by E. G. Avery

As a new year begins, we hope that it will be a happy one for all of our readers, and trust that "bird wise" it will carry on in the tradition of 1975 one of the best.

When a flock of Sparrows, happily feeding, suddenly take off in all directions one expects to see (a) a cat, or (b) a snowmobile - but this time, it was neither; it turned out to be a Shrike, sitting on a wire, looking over the yard with a speculative eye. Shrikes are attractive-looking birds, mostly white and pale grey, with a black streak from the sharp curved beak, through the eye, and black on wings and tail. It feeds on grasshoppers, beetles and mice in the summer, and in winter it is not above eating small birds if the mice are scarce; hence the flurry among the Sparrows.

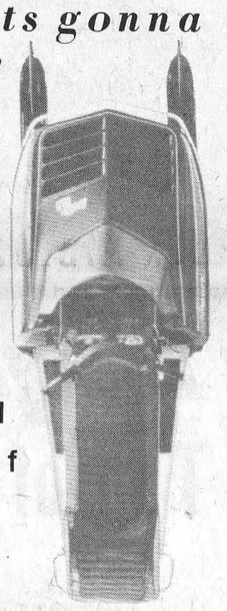
Another bird which isn't often seen in town is a Pine Siskin, a tiny sparrow-like bird with many streaks on its breast, and clear yellow on sides and tail. It was gaily swinging from a branch of a small cedar.

Purple Finches have been reported at feeders in the East end of town, and this is good news; the Snowy Owl has also been seen along the beach area.

Evening Grosbeaks are interesting birds to watch and all kinds of stories are told about their activities at the feeders. One neighbour was telling us that "her" Grosbeaks were fond of extracting the seeds from crabapples in her garden!

We notice that Bluejays and Starlings seem to have a feud going although they don't compete for the same food; something like the battles that go on in summer between Robins and Blackbirds - they just can't stand the sight of each other!

Tree Sparrows are increasing in numbers, favourites among the winter visitors. The Chickadees are also at the top of the list, so cheerful and friendly in all kinds of weather.

GOOD TIMES ARE COMIN' ON THE Cat
The Spirits gonna move you!
PANTARA
EL TIGRE
PANTHER
CHEETAH
JAG
LYNX
We have them all
plus a full line of snowmobile clothing and accessories

Strader Trading Post
¼ MILE NORTH OF 401 ON CARMAN ROAD

Windmill Point
Cornwall, Ontario
K6H 4Z1
(613) 933-6080
Cornwall Campus
WINTER '76
Continuing Education Program
IROQUOIS MORRISBURG WILLIAMSBURG UPPER CANADA VILLAGE

IROQUOIS
REGISTRATION: Tuesday, January 13, 7:00 p.m. Seaway District High School
Classes start January 20, 21, or 22 and continue for ten (10) weeks.
TYPING — Basic to advanced. Instructor, Joan Morrell. Tuesdays, 7-10 p.m. Fee, $10.
SHORTHAND — Fifteen-week course, two nights per week. Instructor, Joan Morrell. Tuesdays and Thursdays, 7-10 p.m. Fee, $30.
WOODWORKING — Learn to do-it-yourself. Instructor, Lionel Chartrand. Tuesdays, 7-10 p.m. Fee, $10.
PAINTING — With oils and acrylics. Instructor, Bruce Kelly. Tuesdays, 7-10 p.m. Fee, $10.
SEW WITH KNITS — Beginners to advanced. Instructor, Bernie Sisty. Tuesdays, 7-10 p.m. Fee, $10.
CONVERSATIONAL FRENCH — Continuation of fall course. Instructor, André Charlebois. Thursdays, 7-10 p.m. Fee, $10.
WELDING — Beginners and intermediates. Two classes if necessary. Instructor, Ed Upson. Tuesdays, 7-10 p.m. Fee, $10. Materials, $10.
FITNESS — Keep fit and have fun. Instructor, Don Fairweather. Tuesdays, 7-9 p.m. Fee, $10.
CREATIVE CRAFTS — Embroidery, hooking, crochet, etc. Instructor Bernie Sisty. Thursday, 7-10 p.m. Fee, $10.
FURNITURE REFINISHING — First time offered. Instructor, Jim Brownell. Tuesdays, 7-10 p.m. Fee, $10.
MACRAME — Afternoon classes at the Civic Centre. A five-week course in creative knot-tying. Instructor, Willy Heuvel. Wednesdays, 1-4 p.m. Fee, $5. Materials, $2.
ARCHERY — For beginners. Instructor, Owen Alguire. Thursdays, 7-9 p.m. Fee, $10.
SQUARE DANCING — Learn modern square dancing. Instructor, Doug McConnell. Thursdays, 7-10 p.m. Fee, $10.
CLIFF, HART, Principal Seaway District High School

MORRISBURG
REGISTRATION: Wednesday, January 14, 7:00 p.m. Morrisburg Public School
Classes start week of January 19 and continue for ten (10) weeks.
STRETCH AND SEW — Learn the short cuts to sewing with knits. Instructor, Bonnie Jarvis. Mondays, 7-10 p.m. Fee, $10.
PAINTING — With oils. Instructor, Audrey Bain. Tuesdays, 7-10 p.m., at the former high school. Fee, $10.
SEWING — Basic to advanced. Instructor, Bonnie Jarvis. Wednesdays, 7-10 p.m. Fee, $10.
CREATIVE CRAFTS — Needlepoint, crochet, macrame, crewel etc. Instructor, Bonnie Jarvis. Thursdays, 7-10 p.m. Fee, $10.

WILLIAMSBURG
REGISTRATION: Wednesday, January 21, 7:30 p.m. Williamsburg Public School
BASIC COMMUNICATIONS — For adults who lack an elementary school education or whose first language is not English. Learn to read, write and speak English better. Instructor, Marg Maxted. Fee, $5.

UPPER CANADA VILLAGE
TRADITIONAL CRAFTS
Classes in TRADITIONAL WEAVING and QUILTING have been filled. There are vacancies in the SPINNING course only.
The SPINNING course will be conducted—Wednesdays, 7:00 to 10:00 p.m., January 21 to March 24 at Upper Canada Restaurant. Students will learn to spin on a treadle wheel, walking wheel and a drop spindle.
To register (for SPINNING only) send your name, address and telephone number along with a cheque or money order for $20 to cover registration and materials fees to: Continuing Education Office, St. Lawrence College, Cornwall (Make cheques payable to St. Lawrence College.)

PROGRAM NOTES
1. A material fee is payable at the time of registration, in courses where all or most of the necessary supplies are made available for students. In other courses, students may have to purchase their own materials or textbooks.
2. This Continuing Education program is offered by St. Lawrence College in co-operation with the Stormont, Dundas and Glengarry Board of Education and other local organizations and agencies.

Tom Butkovich, Co-ordinator
Continuing Education Department
Cornwall Campus
Tel.: 933-6080, Ext. 207

ST. LAWRENCE COLLEGE SAINT-LAURENT

FUNERAL SERVICE
W.E.FITZSIMMONS
Established 1924
"SERVICE IS OUR MOTTO"
Iroquois
652-4452 652-4577

There Are A Good Many Reasons For Choosing
Dodge CHRYSLER Dodge Trucks
Fetterly Service
SUNOCO
On Highway No. 2 at Carman Road
(Exit 118 from 401)
Dial AC 613-652-4841

Dependability
Modern Equipment
● Heavy Duty Wrecker Service
● Full Time Parts Department
● Portable Gas and Electric Welders
Service
● Company Tractor To Move Customers Trailers.
● TOTAL REPAIR SERVICE to Electrical Systems, Alternators, Generators, Controls.
● COMPLETE REBUILDING SERVICE — Transmissions, Engines and Differentials
EFFECTIVE OCTOBER 15, 1975 AND UNTIL FURTHER NOTICE OUR SERVICE STATION WILL BE OPEN FROM 7:30 A.M. TO 7:30 P.M. MONDAY TO SATURDAY.
CLOSED SUNDAY.

SUNDAY IN THE CHURCHES

THE PENTECOSTAL ASSEMBLIES OF CANADA
Dundas Street, Cardinal
Rev. Lorne Trimble, Pastor
Sunday - 9:45 a.m. — Christian Education Hour
11:00 a.m. - Worship
7:00 p.m. - Evangelism
Wednesday - 7:30 p.m. - Bible Study, Discussion and Prayer. In the church hall.
"Visit With Us - You'll Never Feel Like a Stranger"

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA
Rev. W. Brian Gee, B.A., B.D., ThM.
11:00 a.m. Worship and Sunday School

ST. ANDREW'S CHURCH
South Mountain
Mrs. Arnold Shaver, Organist
SUNDAY
9:30 a.m. ..... Service of Worship
(Adult Bible Class Following)

YOU ARE MOST WELCOME!

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

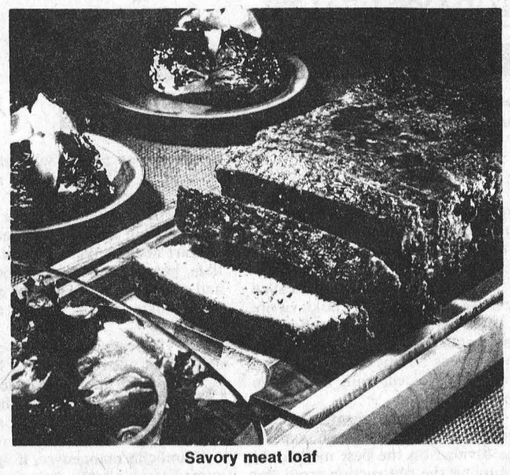
UNITED CHURCH OF CANADA
Matilda Pastoral Charge
Rev. L.D. Joyce, M.A., Ph.D., Th.D
9:45 a.m. Hulbert
11:00 a.m. Brinston
2:30 p.m. Hainsville

Anglican Church of Canada
Parish of Iroquois and Morrisburg
Rev. Francis N. Gooch, B.A.
Telephone 543-2867
1st SUNDAY AFTER EPIPHANY
JANUARY 11
ST. JOHN'S, IROQUOIS - 11:00 a.m. HOLY EUCHARIST and SERMON
Instruction Classes meet at same time as for the Service.
ST. JAMES', MORRISBURG - 8:00 a.m. HOLY EUCHARIST
11:00 a.m. MORNING PRAYER with a presentation of "CHRISTMAS IN MANY LANDS" by the Sunday Classes

ST. CECILIA'S CHURCH
Rev. F.M. O'Connor,
Parish Priest
Sunday ..... 9:30 a.m.
Confessions . . Wed., 7-7:45 p.m.

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

CHRISTIAN REFORMED CHURCH
WILLIAMSBURG, ONT.
9:30 a.m. 2:30 p.m.



Savory meat loaf

Meat loaf – A main dish for the budget-minded

Good cooks always cherish recipes that are tasty and economical, especially today with high food costs. Here to add to your own collection is Savory Meat Loaf. Money-saving meat loaf receives new flavor interest in this version made with crushed corn flakes, dry mustard, Worcestershire sauce and chopped onion.

Round out the menu with good nutrition in mind by serving cooked spinach, a salad of leafy greens and crisp raw vegetables, baked potatoes and a fresh fruit dessert.

SAVORY MEAT LOAF

- **2⅔ cups corn flakes or ⅔ cup packaged corn flake crumbs**
- **1 egg**
- **¾ cup milk**
- **1 teaspoon salt**
- **⅛ teaspoon pepper**
- **1 tablespoon dry mustard**
- **1 tablespoon Worcestershire sauce**
- **⅓ cup finely chopped onion**
- **1½ lb. ground beef**

If using corn flakes, measure first then crush into fine crumbs. Place crumbs in large mixing bowl. Add egg, milk, salt, pepper, mustard, Worcestershire sauce and onion. Beat well. Add ground beef. Mix only until combined. Press meat mixture evenly into 9 x 5 x 3-inch loaf pan.

Bake in oven at 350°F. about 1 hour or until well browned and thoroughly done.

Yield: 8 servings.

County Correspondence

PITTSTON

Mr. and Mrs. Lambert Hendrick and Adam, Kingston, spent the holiday season with his parents, Mr. and Mrs. Morris Hendrik and family

Mr. and Mrs. Reg Conners and family had dinner Sunday with Mr. and Mrs. Delbert Fawcett and family, South Mountain.

Mr. and Mrs. Edwin Cooper had as dinner guests on Sunday Mrs. Lila Gardner Mr. and Mrs. David Gardner Kevin and Cheryl, Toronto and Mrs. Wilfrid Morrison Kemptville.

Visitors on Sunday at the home of Mr. and Mrs. Clarence Marlatt were Mr. and Mrs Art Sloan Iroquois, Mr. and Mrs. Bert Bickerton and daughter, Mrs. A. Liezert and George Marlatt Kemptville.

Mr and Mrs. John Mathieu entertained their fami ies during the holiday season

Mr. and Mrs Reg Conners and family spent Christmas with Mr. and Mrs Ferne Conners, Spencerville.

Mr and Mrs. Donald Dean and David Welland Ontario spent a few days with their daughter Mr. and Mrs. Gary Cooper.

Mr. and Mrs Willis Montgomery entertained during Christmas week, John Wilkins, Brockville and Miss Myrtle Wilkins North Augusta, Mr. and Mrs. George Montgomery.

Mr. and Mrs. John Richardson Judy and friend had dinner Sunday with Mr. and Mrs J.P. Gravelin and Denise Sunday

Mr. and Mrs. Bill Newman and family, Montreal, spent Christmas season with their Uncle Addie Montgomery Mr. and Mrs. Dale Montgomery and family also spent Christmas Day with them.

Mr. and Mrs. Albert Jakielaszek visited Mr. and Mrs. Clarence Marlatt and Earl on Sunday evening.

Christmas Day visitors at Mr. and Mrs. Edwin Cooper and Jameswere Mrs. Lila Gardner Mr and Mrs. Ralph Cooper, Mr. and Mrs. Charlie Dolan, Morrisburg

IROQUOIS

Mrs. Francis Carey of Toronto spent the holidays visiting many friends in the area, her aunt Mrs. Jessie Keefer and family and was the house guest of Mr. and Mrs David Keefer.

Mrs Annie Millard of Ottawa was a Christmas guest of her daughter and son-in-law Elsie and Jack Shaver.

PLEASANT VALLEY

The many friends of Rodney Gilmer are pleased to have him calling around again.

Mr. and Mrs. Dwight Gilmer and family were Saturday supper guests of Mr. and Mrs. Harry Gilmer Iroquois.

Congratulations to Mr and Mrs. Carl Sears on the birth of a son.

Some from here enjoyed the party in Grodeton Hall on Wednesday evening.

SHANLY

Mr and Mrs. Wm. Hooper, Mr. Bill Hooper, Susan and Jimmie spent New Year and weekend with relatives at Cowansville Que

Milford McCormick of Oshawa spent the holiday week with his brother here.

New Year's supper guests with Mr. and Mrs. Walter Pitt were Mr. and Mrs. Arnold Pitt, Mr and Mrs. Earl Pitt of Shanly Mr. and Mrs. Ian Carley Merrickville Mr. and Mrs. Ted Moore. Prescott.

Mr. and Mrs. Fred Stubbs held a family gathering of Ottawa relatives on December 28. Their granddaughter Mary Jo spent the holiday week

New Years Day with Mr. and New Years Day guests with Mr. and Mrs. Walter Froom and family were Mrs. I. Taylor of Ormstown Que . Mr. and Mrs. Alister Froom and children, Kingston and Mr. and Mrs. Ronnie Froom of Ottawa.

On December 20th friends and relatives joined on wishing Mr and Mrs. Stanley Wallace many happy returns at an "At Home" celebration, celebrating the couples Golden Wedding Anniversary.

Holiday visitors with Mrs. J. de Wit and Albert were Dr. and Mrs. J. Shah of Ottawa, Marcel de Wit of Manotic and Mr. and Mrs. J. de Wit and Elisha of Brockville.

Mr. and Mrs. Barry Cinnamon of Winchester spent Tuesday with her parents Mr and Mrs. J. York.

Mr. and Mrs. A. Cross held a family gathering at their home on New Year's Day.

Mr. and Mrs. Charlie Gilmer and Bonnie spent a week with Mr. and Mrs. Guy Miller of Ingersoll and Dr. and Mrs. J. Hanes of Woodstock.

Saturday evening Mr. and Mrs. Gilmer, Bonnie and Dr. and Mrs. Hanes were dinner guests of Mr. and Mrs. Dale Gilmer and daughters Manotick.

Supper guests of Mr. and Mrs. Arnold Pitt and Wayne on Tuesday were Miss Marilyn Pitt, Ottawa, Mr. and Mrs Ted Moore Prescott and Mr. and Mrs. Ian Carley Merrickville.

Mr and Mrs. Stephen Miller and Jason of Belleville. Mr. Mitchel. Rannie Tweed. Miss Marilyn Pitt Ottawa joined Mr. and Mrs Earl Pitt and Mrs. Rannie for dinner on Wednesday.

Mr. and Mrs. Charlie Thorpe entertained at a family gathering of Twenty one on New Year's Eve.

IN HOSPITAL

Floyd Miller is a patient in Winchester Hospital

CARDS OF THANKS

I wish to take this opportunity to thank all my customers for their generous tips at Christmas, and during the past three years I was your paper carrier for the Recorder and Times.

Starting January 12/76 Scott Brennan will be your new Carrier

Thank you

Randy Thompson, Iroquois Ont.

Thanks to everyone who remembered me, during my stay in hospital. Also those who were so good to my family.

Special thanks to Dr. Marston, Dr. Chande, Rev. Gee, nurses and staff on 1st floor.

Chester McMillan 29-1p

Births

December 25/75 Mr. and Mrs. Frederick Sherman, Morrisburg Ontario. A Daughter

December 26/75 Mr. and Mrs. Garnet Carbino, Ingleside. Ontario A Daughter

December 26/75 Mr. and Mrs Donald Cook, R.R.#2, Brinston, Ontario. A Son

December 28/75 Mr. and Mrs. Ronald Waldrif. Winchester Springs, Ontario A Daughter

December 29 75 Mr. and Mrs. Gary Whitford, R.R.#2. Ingleside Ontario. A Son

In Memoriam

CARKNER - In loving memory of our dear Father and Grandfather Mr. R. J. W. Carkner who departed from this life January 5th, 1972 and Mr. Elmer English, January 5th, 1974.

Someone remembers, someone cares

Your name is whispered in our prayers

A smile a tear a thought sincere

How often we wish you both were here

Sadly missed and fondly remembered.

Arlie and Muriel English, David and Joanne Hodgson. 29-1p

LEWIS - In loving memory of a well loved wife mother grandmother and great grandmother Alice Lewis who passed away one year ago, January 2nd 1975.

One sad and lonely year has passed

Since our great sorrow fell

The shock that we received that morn

No one could ever tell.

God gave us strength to meet it

And the courage to bear the blow

But what it meant to lose you

No one could ever know.

you bade no one a last farewell

Or even said goodbye

You were gone before we knew it

And only God knows why.

It broke our hearts to lose you,

But you did not go alone

For part of us went with you

The day God called you Home.

Sadly missed and lovingly remembered by Husband Donald daughters, sons, daughter-in-law sons-in-law grandchildren and great granddaughter. 29-2c

We reserve the right to limit quantities

Prices effective till closing, Sat., Jan. 10, 1976

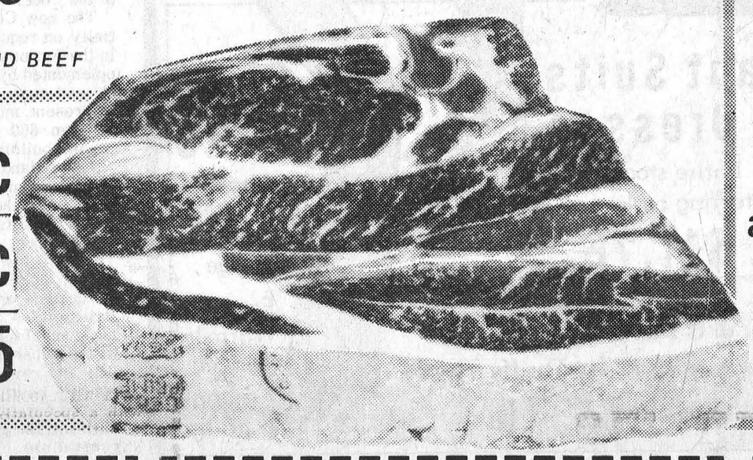
We've taken a bite out of high food prices

RED BRAND BEEF

SHORT RIB ROAST ____ LB. 89¢

CROSS RIB ROAST ____ LB. 95¢

COUNTRY CLUB ROAST ____ LB. $1.15



FRESH Produce

Specials delayed by mail but we will have them plus a full stand of Garden Fresh Merchandise to choose from

Blade Steak ____ lb 89¢

FRESH Pork Riblets ____ lb 59¢

PRIDE OF CANADA Bacon ____ lb $1.69

SHOULDER Lamb Chops ____ lb 89¢

MAPLE LEAF Cello Weiners ____ lb 85¢

BURNS Polish Coil ____ lb $1.09

BURNS (NO GARLIC) Ham Coil ____ lb $1.09

HOMEMADE Sausage Meat ____ lb 65¢

NABOB 1 LB. BAG COFFEE ALL PURPOSE GRIND $1.25

COFFEE CREAMER NABOB 16 OZ. JAR 89¢ COFFEE TEAM

TIDE DETERGENT KING SIZE 5 LB. BOX $2.19

IROQUOIS SHOPPING PLAZA S&F MARKET LTD.

ARMOUR BRAND BEEF STEW 24 OZ. TIN 79¢

BAKERY DEPT.

Weston's Jam Filled Buns pk. 59c

Weston's Raspberry Swiss Rolls 59c

FROZEN FOOD

Highliner 1 lb. pkg. Ocean Perch 89c

Holiday Farm—2 lbs. Beef Patties $1.79

York 8 oz. Beef, Turkey & Chicken Meat Pies 3 for $1.00

Pepperidge Farm 13 oz. Cakes 89c

1. LOWER PRICES GIVE INFLATION THE OLD ONE-TWO 2. HIGHER QUALITY

Aylmer 14 oz. FRUIT COCKTAIL	45c
Regular or Super TAMPAX (40's)	$1.88
York 16 oz. Jar SMOOTH PEANUT BUTTER	88c
Libby's 19 oz. Tin DEEP BROWNED PORK & BEANS	53c
Allen's 48 oz. Pure Vitaminized APPLE JUICE	59c
Jergen's Floating CARBOLIC SOAP	3 bars 49c
Aylmer 24 oz. Jar BABY DILL PICKLES	78c
Stafford 19 oz. Tin CHERRY PIE FILLING	77c
Chase and Sanborn 1 lb. Bag ALL PURPOSE GRIND COFFEE	$1.49
Provigo 14 oz. AIR FRESHNER BOMB	93c
Nabob 18 oz. Jar INSTANT COFFEE	$2.29
Aylmer 48 oz. Tin TOMATO JUICE	59c
Provigo 32 oz. Bottle PURE ORANGE JUICE	43c
Shirriff 24 oz. Jar GOOD MORNING MARMALADE	$1.29
Kadana Pak of 100 TEA BAGS	99c
Aylmer 12 oz. Jar RED MARACHINO CHERRIES	$1.09

CUT WAX BEANS AYLMER 19 OZ. TIN 29¢

PURE SHORTENING CRISCO 3 LB. TIN $1.99

CHOCOLATE CHIP COOKIES WALKER'S 1 LB. BAG 69¢

AYLMER 19 OZ. TIN TOMATO JUICE 22¢

Report From Queen's Park

by the Honourable Donald R. Irvine

M.P.P. Carleton-Grenville

The return of a minority Progressive Conservative Government in the September 18 General Election has created a novel situation for all of us at Queen's Park. However, the Government of Premier William Davis has continued to deal with the problems facing this Province and has gained the approval of the Opposition Parties for its legislative program.

A major concern during the recently concluded first Session of the Legislature was the fight against inflation. The Federal Government finally produced an anti-inflation program many months after Ontario called for national action. The Ontario Government welcomes the Federal initiative and is moving forward with its own strategy to combat inflation.

The Government has, for example, reduced the level of Ontario Hydro borrowing next year, frozen all senior public service salaries through 1976 held government spending in 1976-77 to a 10 per cent increase and asked local governments to reassess their financial needs in light of the need for fiscal restraint.

A Cabinet Committee on Inflation, chaired by Treasurer Darcy McKeough will monitor the success of our fight against inflation. The Cabinet has also appointed Dr. James Fleck to the post of Provincial Anti-Inflation Co ordinator He will be the chief administrator of our program and will serve as the main contact between the Government and organized labour and business interests.

The fight against inflation is one which will involve us all I will discuss the Provincial initiatives more fully in a future column.

One thing has not changed at Queen's Park: my determination to serve the residents of Carleton Grenville in the best possible way Remember, I represent each and every one of you and I look forward to hearing from you if there is any way I may be of assistance.



Donald R. Irvine

This is the first in a series of reports I will be writing to my constituents in Carleton-Grenville Riding. I would like to thank the owners, publishers and editors of this newspaper for their kind co-operation in making Queen's Park Report available to as many Carleton Grenville residents as possible.

I intend to use this column, which will appear every other week to report on both the general activities of your Provincial Government and specific items of interest to this Riding. I hope you will write to me at Room 180, Legislative Building, Queen's Park, Toronto, M7A 1A2, if there is a topic you wish me to discuss in a future Queen's Park Report.

The establishment of constituency offices was discussed in the Legislature during the past Session, but details of this proposal have not yet been worked out. Since I must be at Queen's Park from Sunday evening to Friday afternoon each week, I have arranged to have a telephone answering device attached to my home telephone.

If you wish to reach me, just call 925-2451 in Prescott and leave a message on the tape recorder. My office in Toronto will receive these messages each day and your call will be returned as quickly as possible

For more urgent matters, of course, you may still call my Queen's Park office at (416) 965-0190.

I am very pleased to report that three Action Age Grants have been approved by the Ministry of Community and Social Services for senior citizen groups in Carleton-Grenville. Klub 67 in Kemptville and the Gay Nineties Club and Osgoode Township Historical Society, both in Vernon, will each receive $400 to help support their programs.

TODAY'S HEALTH

The "café coronary" can be easily avoided

by David Woods

Choking on food is one of the commonest — and also one of the most easily preventable — causes of accidental death in North America.

The café coronary — so-called because the collapsing choke victim is often assumed to have suffered a heart attack — claims some 4,000 lives a year on this continent. Most could be avoided, with knowledge and quick action.

While there's agreement about the importance of speed, experts are divided on the best method of removing the obstruction from the windpipe. The traditional way has been to slap the victim's back, then place a finger in the person's throat to try to dislodge the food.

A newer and quicker method is Heimlich's manoeuvre — a technique developed by a Cincinnati surgeon, Dr. Henry J. Heimlich. Stand behind the victim and wrap your arms around his waist: make a fist with one hand and grab it with the other. Then place your fist above the victim's navel and below his rib cage, and press it forcefully into his abdomen with a quick upward thrust. This can be repeated several times, if necessary.

What Heimlich's manoeuvre does is to push air under pressure out of the lungs, and this forces the piece of food to be ejected, in the words of one person who has witnessed the technique, "like a cork from a champagne bottle."

How do you know whether someone's having a "café coronary" or a heart attack? Well, it's not infallible, but, if the person is conscious and can't speak, it's almost certain he's choking than having a real coronary.

The important thing is not to delay, and above all not to let the person out of your sight. He must be given immediate, on-the-spot help followed by medical advice from a doctor.

Heimlich's manoeuvre, if applied immediately, offers a unique opportunity to reverse a fairly common, and potentially fatal, problem. The technique is an easy one to master, and everyone should be aware of it — just in case.

Of course, we've all, at one time or another, eaten something that's "gone down the wrong way," and the problem is usually solved by drinking water . . . or by coughing. The "café coronary" is caused by food being swallowed too fast, and in amounts that are too big, so that a piece becomes lodged in the windpipe.

The solution is simple. Don't bite off more than you can chew. Then chew thoroughly.

The "café coronary" is just about the most avoidable health problem around.

New Building Code Now in Effect for Ont.

The new Ontario Building Code became law on December 31. After that date all new construction in the Province as well as major repairs and alterations to existing buildings will have to conform to the Code.

The new Code relies substantially on requirements contained in the National Building Code, supplemented by extensive research and consultation in Ontario. At present, most of Ontario's more than 800 municipalities has its own building Code.

Sidney Handleman, Minister of Consumer and Commercial Relations, said there are five major public benefits to be realized from the Code.

"First it will facilitate introduction of new building materials, designs and methods of construction. A single Commission made up of highly skilled people will be charged with responsibility for reviewing and evaluating new building materials, design and construction methods and enabling the good ones to go into general use. This procedure should help speed up needed innovation in the construction industry.

"Secondly, the single Code for materials will create a larger, uniform market which, in turn, should encourage economies of scale for manufacturers. There appears to be significant potential for cost savings which may help lessen the impact of inflation on new housing.

"Third, this Code will help the handicapped by establishing standards of access to most new public and commercial buildings.

"Fourth, the Code contains new insulation requirements for housing, to help conserve energy. These requirements are an interim measure pending more detailed energy conservation measures which will apply to all new buildings.

"And finally, this single Code will make it much easier for contractors, engineers architects, tradesmen and building officials to develop a common understanding of building requirements. For the first time, province-wide educational programs can be developed on the various aspects of building requirements in Ontario. A co-ordinated approach is now being prepared."

Plumbing installations will continue to be governed by Regulation 647 of the Ontario Water Resources Act Mr Handleman said his officials are reviewing this regulation as well as the Canadian Plumbing Code published earlier this year, with the aim of integrating plumbing requirements into the Building Code. The same course will be followed with the new National Fire Code which is expected to be released shortly

Mr. Handleman emphasized that the Code will not transfer power from municipalities to the province.

"I think it is important to note that the day-to day administration of the Code will continue to be a local resposibility. The general quality of building inspection by municipal officials in high and they have accumulated a great deal of valuable experience as well as a working knowledge of the builders in their area

"The provincial government will provide advice to municipalities but decisions will remain at the local level. We believe the Code will strengthen local autonomy by contributing added confidence and depth to the judgements of municipal building officials."

Mr. Handleman said there are many people to be thanked for "Their public-spirited contribution" to the new Code including Chairman Clare Curruthers and his Committee on Uniform Building Standards the Administration and Code Review Committees and hundreds of other individuals, companies, trade and professional associations and municipalities.

"Most of the people donated their time and expertise freely in the interest of a better more workable system for all of us To all of them, my sincere appreciation."

Copies of the Building Code regulations are being mailed to all Ontario Municipalities building officials as well as the design professions and associations of the building construction industry.

Church to Reopen

cont'd from P. 1

ny memorials which have been placed will be dedicated and in the evening at 8:00 p.m. there will be an Organ Recital with Mr. Michael Malley of Ottawa as guest organist and Mr. Hugh Johnson of Perth as soloist.

An invitation is extended to all our friends to join with us on these occasions. For Friday Evening in anticipation of a larger crowd than the Sanctuary will hold, arrangements have been made to have closed circuit T.V. coverage live into our Sunday School Hall. A social hour will follow both the Friday and Sunday evening Services.

JACK'S OF CARDINAL CARDINAL, ONTARIO

GIANT JANUARY STOCK REDUCTION SALE

Check our "Disputor Prices"— They spell doom to the "Guideline Gloom".

1976 is the Year of the Dragon so we're draggin' prices down.



Ladies Coats & Pant Coats by Poslun From $27.76

Pant Suits & Dresses Entire stock Starting as low as $11.76

Girls Slacks Washable in 4 to 6X & 7 to 14 range Fanny-Warmer priced from $1.76 pr. up

Ladies Slacks Disputor priced for Thrifty Thoras from $6.76

Our entire stock of Men's, Ladies, Boys and Girls Warm Winter Footwear (Including Snomobile boots) at "Pay check pleaser prices."

MEN'S SHIRTS Full fit & tapered Reg. to $19.00 Zipped and clipped to as low as $5.76 Celsius.

Men's Cardigans, Pullovers & Vests by Shelby & Terry Williams Reg. prices ranged from $8.95 to $35.00 —Now Tearfully but cheerfully from $5.76 up.

JANUARY SALE FREE DRAW

Win a valuable $15.00 Gift Certificate. Every dollar of purchase or payment on account will enter your name. Be sure to get your name in often.

Men's Suits & Sport Jackets

Our stock is limited—Suits were reg. values to $119.50 Sport Jackets to $75.00

—Fasten your seat belt— they're going down to start as low as $29.76

Get your Wintario & Olympic Lottery Tickets at JACK'S We guarantee you will be a winner if your name is drawn.

MEN'S DOWN FILLED Hunting Vests

Light as a feather and as warm as a pot bellied stove burning cedar in July— Med. Large & XL $24.76

Other styles & fabrics at lower prices

Charge It—Shop now—pay later with your convenient Master Charge or Chargex card.

LADIE'S SHOES

Entire stock except duty shoes—Large selection of Tender Tootsies & more. Bring your own feet — They start as low as $6.76 A bunion buster bargain from Jack's

ALL SALES ARE FINAL No refunds or exchanges on sale goods. Alterations Extra Lay away goods requires a non-refundable deposit.

Our disputor is kicking out 1876 prices for 1976 top quality, latest style clothing and footwear for all the family. We're not going to make much money but we're going to make a lot of people happy if they shop early while the sizes and selection is at it's best.

Shop at Jack's and super save in "76"— Be sure to get your name in our JANUARY SALE FREE DRAW— We're just a short pleasant drive from higher prices.

Made-To-Measure Suits

by Bond Tailors

We have an excellent selection of quality fabrics and patterns to choose from. Take your choice of the latest styles and we will do the rest. As our contribution to the fight against inflation

we offer you a whopping big 20% off Reg. Price

(Offer expires at noon Jan. 31st)

Sport Jackets & Pants included in the 20% off offer

General Warehouse Space Available

IN IROQUOIS, ONT.

COOL & HEATED STORAGE AREA

COMPETITIVE RATES

401 Access - CN Main-Line & Seaway

Can Accomodate Foodstufs, Vegetables & Meats

TELEPHONE 652-2333

or write St. Lawrence Valley Warehouse P.O. Box 500, Iroquois, Ont.



Men's 4 Buckle O'Shoes ..... $7.95 Insulated Boots Leather or Rubber Ice Creepers - Laces - Silicone Insoles sheepskin or felt Snomobile Felt Liners Work Socks - Gloves

"Shoes You Can Depend On"

PARMETERS' SHOES IROQUOIS SHOPPING PLAZA

IROQUOIS WINTER CARNIVAL FEB. 3 TO 8

AMATEUR NIGHT

IROQUOIS CIVIC CENTRE - WED., FEB. 4th - 7:30 P.M.

Can you sing? Dance? Perform Gymnastics? Tell Stories? Play an Instrument? Perform Magic? Recite Poetry? Etc.

If so, you are cordially invited to submit your name as a contestant in Iroquois' Second Amateur Night.

As the number of acts may have to be limited, you are requested to contact either JOHN McALLISTER (652-4337) or RON FADER (652-4373) by no later than January 21st.

Thank You
Iroquois Recreation Committee

Save $5.00

Rexall SUPER PLENAMIN

Vitamin Special

'The One A Day Vitamin' plus B12, Iron & Liver

365 Tablets

Regular $17.95 NOW $12.95



150 Mil. plus 25 Mil. FREE

$2.49 Value for $1.59

GILMER PHARMACY LTD.

IROQUOIS 652-4379

Open Monday Afternoon 2 p.m. - 6 p.m.

Emergency 652-4358