PRICE 15c

The Iroquois Post

VOLUME LII—No. 29 SECOND CLASS REGISTRATION 1361 Wednesday, January 8th, 1975





Vandalism Mars New Year's Season

New Year came to Iroquois accompanied by something more than the traditional good cheer this year. Acts of vandalism occurred in the area over the holiday period.

Most obvious to local residents was the almost total destruction of the Bell Canada phone booth in the Shopping Plaza. The pictures on the left illustrate the damage and broken glass scattered about. Strangly enough, the phone inside was not touched. The opposite occurred at the phone booth located at Fetterly's Garage on Route 2 where the phone was damaged but the booth was left intact.

The Post contacted Bell Canada officials in Brockville about the situation and were advised that the damage was estimated at $340.

Mr. Mason, Manager for Bell Canada warns that the high cost of maintenance could mean the removal of pay booths in Iroquois if vandalism continues.

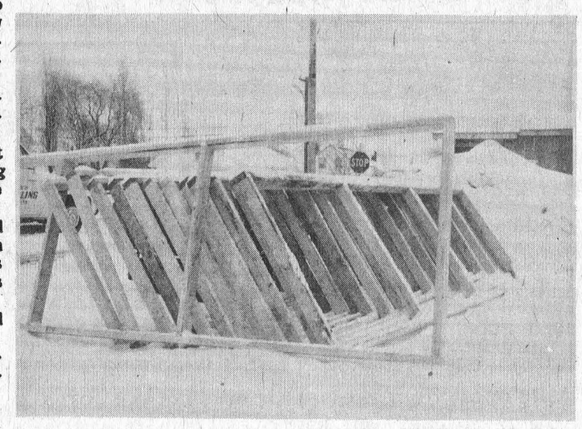
Mr. Mason urges anyone seeing this type of act committed to phone the Bell office immediatly - collect - 345-1553.

Rooney Feeds was broken into not once, but twice over the New Year's holidays. The first occasion was on the night of January 1st when the intruders, believed by the O.P.P. to be children, broke in through a basement window and stole approximatly $20 from the till. It is theorized that upon leaving the culprits unlatched a garage door and returned via this route the following night. The second theft involved only nickles which had left behind on the previous escapade. No other damage was reported.

Considerable havoc was created on Sunday afernoon, at the construction site of the senior citizens home adjacent to the medical centre.

The damage is known by the O.P.P. to have been caused by a group of children about eight years of age. They managed, in a relatively short span of time, to ruin every frame in three piles of protective covering for the foundation. The loss is estimated by the site superintendant at $250.

All in all an expensive holiday for the victimized businesses.



FEBRUARY 17TH. & 18TH. IN BELLVILLE

Ontario Ministers To Hold Two-Day Public Meeting

Nine Ontario Cabinet Ministers are planning two days of public meetings in Eastern Ontario during February, it was announced this week.

The Ministers, all members of the Government's Resources Development Policy Field, will be available to hear submissions from Eastern Ontario individuals and groups on Monday, February 17th and Tuesday, February 18th, at the Park Room, Four Seasons Hotel, Bay Ridge Road, Belleville.

The Honourable Allan Grossman, Provincial Secretary for Resources Development, Chairman of the Policy Field Group, said the meetings will enable the people of the region "to bring us up-to-date on what they see as the priorities for the development of Eastern Ontario's physical and natural resources."

"We are particularly interested in hearing from those who have something to tell us about such matters as transportation, labour, agriculture, energy, mining, conservation and the environment, tourism and industrial development," Mr. Grossman said.

The Resources Development Ministers have already held public meetings in various regions of Ontario during the past two years. "We find this direct contact most useful to us in better understanding what the people in a particular region think Queen's Park should be doing for them," Mr. Grossman explained.

Ministers attending the public meeting with Mr. Grossman will be:
William Stewart, Minister of Agriculture and Food
Leo Bernier, Minister of Natural Resources
Jack McNie, Minister without Portfolio, and Chairman of the Ontario Manpower Co-ordinating Committee
Claude Bennett, Minister of Industry & Tourism
Darcy McKeough, Minister of Energy
William Newman, Minister of the Environment
John Rhodes, Minister of Transportation and Communications
John MacBeth, Minister of Labour

Individuals, groups and organizations wishing to make written submissions and to appear before the Committee are invited to write to:

The Honourable Allan Grossman, Provincial Secretary for Resources Development, Parliament Buildings, Queen's Park, Toronto, Ontario, by January 24th, so that presentations can be scheduled and the Ministers can study the briefs in advance.

New Employment Standards Act Effective January 1st.

The new Employment Standards Act received third reading and approval in the Ontario Legislature, December 17th, 1974.

In addition to the existing standards: minimum wage, vacation pay, overtime pay, equal pay, termination pay and collection of wages the Act now provides for seven paid statutory holidays: New Year's Day, Good Friday, Victoria Day, Dominion Day, Labour Day, Thanksgiving and Christmas Day.

The overtime pay provision has been amended to provide time and one-half for overtime for hours in excess of forty-four in a week.

The Pregnancy Leave provision has been extended to seventeen weeks for employees with one year's service or more and covers all employers having one or more employees.

Employers will no longer have to provide transportation for female employees finishing or starting work between the hours of midnight and six o'clock in the morning. Female employees under 18 may now work after midnight.

The penalty for contravention of the Act has been increased from $1,000 to $10,000 and/or six months in jail and responsibility is extended to officers, directors or agents of the employer.

Many of the amendments provide clarification of the legislation to assist employers in application of the standards.

A bulletin explaining the changes in the new Act, exceptions to the legislation, exemptions and methods of application will be sent to all employers early in the New Year.

New Chairman Appointed

Robert B. Taylor assumes the post of Chairman of Ontario Hydro, Wednesday, January 1. He succeeds George E. Gathercole who retired.

Mr. Taylor joined the Hydro Board of Directors last March as Vice-Chairman from the Steel Company of Canada where he had been Vice-President and Treasurer since 1959 and employed by that company since 1949. Prior to that he was on the faculty of the School of Business Administration at the University of Western Ontario, London.

Mr. Taylor was born in St. Thomas and was graduated from Western with a B.A. degree in Business Administration in 1941.

After wartime service, he returned to Western where he taught for several years.

He was a member of the Steering Committee of the government appointed Task Force Hydro during its 2 1/2-year review of Ontario Hydro. He took up full time duties as Vice-Chairman of Hydro in July.

A past member of the Council of the Ontario Institute of Chartered Accountants, he was elected a Fellow in April, 1959. He is also a member of the Ontario Economic Council.

Mr. Taylor succeeds Mr. Gathercole, appointed Hydro Vice Chairman in 1961 and Chairman in 1966. He is 65.

"Viking House" Opens Doors In Iroquois

An unique program for the readjustment of society of juveniles from training school has opened its doors in Iroquois. Called Viking House the home has been in operation for a month and a half and is located at 229 Victoria Street.

Vicking House is a limited company under contract to the Ontario Ministry of Correctional Services. The company operates twenty-three houses throught Ontario. Viking -2, to which the Iroquois house belongs, is a house oriented program whose concept is to help the individual readjust in a family atmosphere rather than the sterile environment of a correctional institution. Viking-1 is a separate phase of the company's program consisting of nine houses and providing a one to one ratio of child care workers to emotionally disturbed adolescents.

The Viking-2 program is designed for juveniles, male and female from the ages of thirteen to sixteen.

The Iroquois house is managed by Mr. Bruce Faul and his wife Marjorie. Both are well qualified for their profession, Mr. Faul having twenty years experience working with juveniles and his wife as a school teacher. They are ably assisted by a local child-care worker, Linda Drennan.

To enter the program an applicant, after an appearance in Family or Juvenile Court, is sent to the Oakville Assessment Centre where after a stay of four to six weeks duration is transferred to the training school recommended by the authorities at the Centre. With an average term of six months in training school, a transfer to one of the Viking Houses may be arranged on recommendation of the Superintendant of the school, who at this point has become the individual's legal guardian. A juvenile may also be recommended to Vicking House at the Family Court hearing and thereby bypass the training school.

Several factors are taken into consideration when placing an individual, among them behavior and attitude, but the final decision rests with the House Head of the particular home.

"The aim of the program,"

see VIKING HOUSE OPENS - page 2

Many Dairy Questions To Be Answered In January

Two MUST days for Eastern Ontario dairymen to attend are to take place in the middle of January 1975 - a French and an English Dairy Day.

The French Diry Day will be held on Thursday, January 16th commencing at 10:00 a.m. in St. Isidore de Prescott.

Dr. Leo Kennedy, Health of Animals Branch, Agriculture Canada, Cornwall, will be talking on Brucellosis and answering questions concerning this disease. Some of the points he will be covering are; what is Brucellosis?, what are the symptoms?, how is the disease spread?, how do we avoid Brucellosis?, to what extent is it present in Eastern Ontario Herds?, what is meant by a guarantined herd?, how many total reactors are in each county at the present time?, and, should you vaccinate your dairy claves for Brucellosis or not?

Dr. George Fisher, Veterinary Services Branch, O.M.A.F., Kemptville will discuss the present mastitis situation in our herds; how many dollars is Mastitis robbing from us each year?, the different types of mastitis, what can be done about it and what steps can we change in our milking procedures to decrease this high incidence of mastitis?

Do preventative herd health programs pay?, What is or can be included in a herd health program and should the dairyman, enroll his herd on a Herd Health Plan, with a practicing veterinarian? These are some of the questions that Dr. Gilles Gratton of Embrun will be discussing.

Mr. Robert Chicoine, Sire Analyst with the Quebec Artificial Insemination Unit in St. Hyacinthe, Quebec will discuss sire selection procedures, the many advantages of Artificial Insemination, methods and aids to help us in heat detection in our dairy herds, and steps that can assist dairymen in higher conception rates for cows bred artificially.

Mr. Pierre Leonard, secretary of the Quebec Branch of the Holstein Association of Canada, will give a presentation on programs that can assist dairymen in the improvement of their herd. This presentation on programs that can assist dairymen in the improvement of their herd. This presentation will, no doubt, include a discussion of milk recording systems, herd classification, N.I.P. (National Identification Program for grades) etc.

Two prominent dairymen will discuss their dairy operations and how these programs have assisted them in developing their outstanding dairy herds.

Mr. Gaston Hupe, highest producing D. H. I. farmer in Russell County in 1973, will tell of his dairy operation and Mrs. Roger Clairoux, will discuss the operation of the Ferme Roody. Mr. and Mrs. Clairoux's farm is located just east of Lefaivre, along the banks of the Ottawa River. The Clairoux's herd is one of the top R.O.P. herds in Prescott County.

The English Dairy Day will be held on Thursday, January 23rd starting at 10:00 a.m. sharp, at the Nepean Sportsplex in Ottawa.

If you have questions on fermented (or sour) colostrum such as: what is it?, how do you handle it?, how do you feed it?, and possible savings from feeding it, then Mr. Graham Hooper's presentation will be of great interest. Graham is Head of Kemptville College of Agriculture Technology's Live Stock Production Section. Dr. Fisher will be giving much the same presentation as he is at the French Dairy Day. His topic will be entitled "Maximize Udder Dollars."

Dr. Gordon MacLeod, University of Guelph and Mr. Lumir Drevjany of K.C.A.T. will be discussing Liquid Protein Supplements (L.P.S.)

These Supplements are becoming very popular and yet many dairymen do not know how and where to feed them properly.

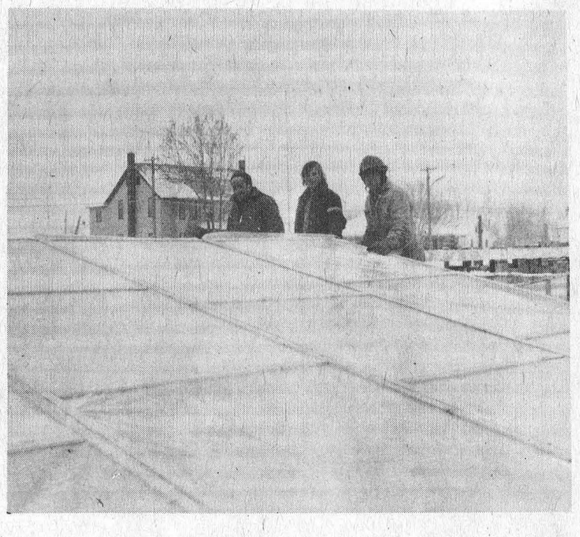
see DAIRY QUESTIONS - page 7

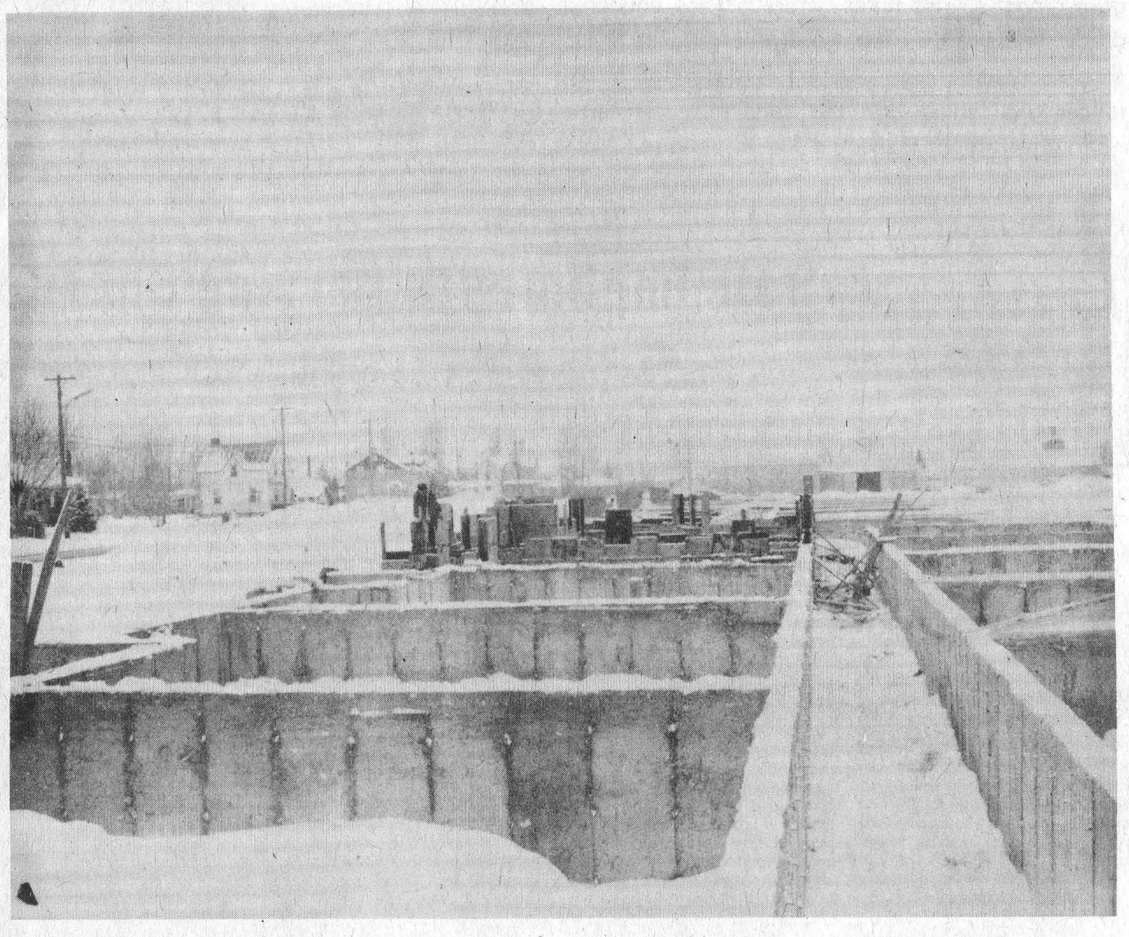
A Progress Report

Senior Citizen Home - Construction on Schedule

Construction of the Senior Citizens home is right on schedule with the foundations poured and the protective frame work being assembled. Shown below is Dick Jong with transum (far left). In centre picture Mac Ellis (left), Gerald Scharfe (centre) and Stewart Markell (right) erect plastic sheeting covers.







THE EDITORIALS

The Iroquois Post

AND MATILDA ADVOCATE
Published by:
IROQUOIS PRINTING LIMITED

James Morrison, President
Published Every Wednesday at Iroquois, Ontario
Member of CWNA Member of OWNA
Subscription Rates: $6.00 Year In Canada; $7.00 In U.S.

It's Your Money

The recent vandalism of the telephone booths in the shopping plaza and on Route 2 (see story on page 1) serves little purpose other than to demonstrate the rather low intelligence level of the vandals. There seems to be a prevalent attitude these days that there is nothing wrong with damaging public property, whether it be the defacing of a door or wall with four-letter words or the outright destruction such as the telephone booths. Quite apart from the moral implications of this kind of attitude, there is a dollars and cents tag attached. We all have to pay—in higher costs for our services and products—in insurance rates —in rents and all the other items which inflation has already made difficult enough to afford.

There is a price to pay in inconvenience too. If vandalism continues in the area Bell Canada will do the only thing it can to cut the loss—remove the public pay booths from Iroquois.

If you see vandalism occurring, report it immediately to the O.P.P.—it's a punishable offence resulting in a prison sentence. Don't be afraid to get involved—it's your own money.

Tax Time

Yes, that time of year is fast approaching. The time of year when our governments collect what they believe is due them. We have no objection to taxes, at least not in principal, but we do take exception to the general application. There seems to be little being done to ease the pinch of inflation, with the possible exception of the government's 50% pay raise to Federal MP's. We didn't know times were that good. Big business seems to fare reasonably well with several major industries showing record profits—but what about the little guy? The working man with a family to feed, clothe and house. Housing costs have soared out of proportion to incomes and houses are now virtually unobtainable to the average family. There's little relief for the small businessman either. He's the guy who pays the government's sales taxes before he has collected them. We believe that government is in for a shock come the next election. Traditional allegiances are fading and the time may yet come when government is elected for its policies.



LOOKS LIKE FULL ATTENDANCE TODAY — MUST BE PAYDAY

Viking House opens cont'd. from page 1

says Mr. Faul, "is to remove the individual from the environment which caused a problem in the first place, usually a poor family life, and establish a home atmosphere to which he can relate." The alternatives are a longer stay in the regimented training school or for some, a foster home.

The residents of Viking House are drawn from all over Ontario from urban centres and rural areas and from affluent as well as deprived neighbourhoods. There is no common background other than, perhaps, an unacceptable family life.

To remain at Viking House the juvenile must attend school regularly and keep out of trouble. Breaking one of these basic rules could mean being returned to the training school. Each home has a minimum of five and a maximum of seven residents and an individual may remain as part of the house until such time as he completes school or is ready to assume the responsibilities of a normal life in the community.

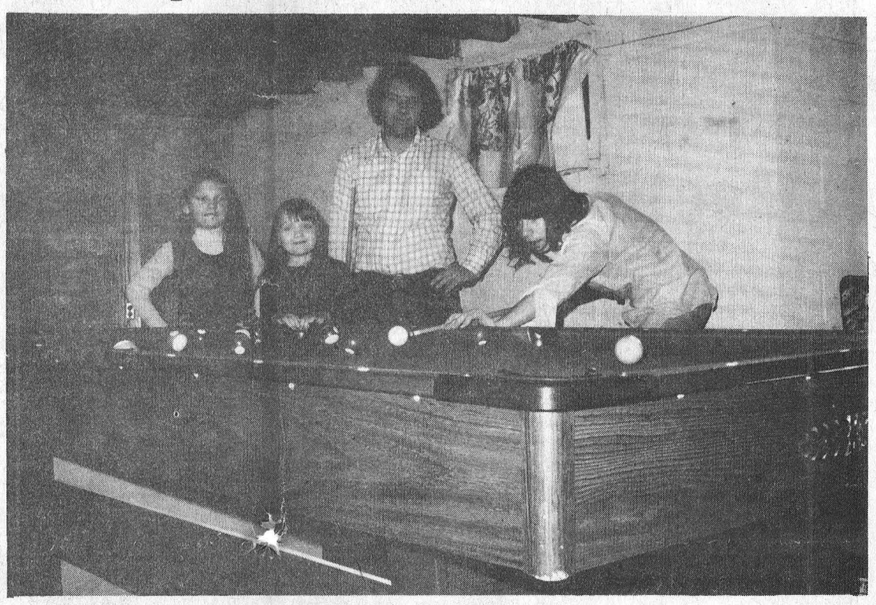
Mr. Faul quotes a 90% success rate during the two and a half years the program has been in operation. One indication of its progress, he suggests, is the growth since its inception and interest being shown by Correctional Services Departments of other provinces and states.

Admission to the Viking House does not mean a complete break with the juvenile's natural family if it can be avoided. Staff members of the house work with the family and visits home are permitted as often as the situation will allow.

Communal training facilities such as Viking House are, in Mr. Faul's opinion, decidedly preferable to the more prevalent institutional confinement with its regimented routine and impersonal approach. The personalized involvement taken by such house-oriented programs allow a chance for individual growth and an opportunity, for most, for their first glimpse of a warm family life.

"Viking House would like to become involved in the community", states Mr. Faul. "The House is anxious to participate and we will be pleased to assist any project we can."

Iroquois residents are cordially invited to drop in for a talk at any time.



Bruce Faul and daughters watch pool shot with a critical eye.



Residents of Viking House relax with the stereo in the games room which the boys are finishing themselves.

Bill Smiley



My Merry Christmas

By BILL SMILEY

THIS is being written in that pre-New Year hiatus. And I am writing it in the pre-natal position, the hiatus between being happy and being alive.

It's rather awkward, as my elbows keep hitting my knees, and vice versa.

However, I'm alone, with the lights out and the doors locked, so it's worth it.

My wife has been away for three days, so that life has been rather peaceful in the domestic confrontation field. On the other hand, we are plagued with that infernal, eternal thing invented by Alexander Graham Bell, and at any moment I expect to leap with nerves at its shrill, and hear the beloved but expected voice on the other end, pleading, "The house is an absolute mess, isn't it?"

As a matter of fact, the house looks as though a ship-load of Vikings had spent the weekend, before going on to loot and rape somewhere else, but I am equal to these occasions and reply firmly, "I've just finished the dishes, dear."

Brunhilda, at the other end of the phone line, doesn't know that this means I've just dropped and smashed a huge trayful of Beleek, Spode, Worcestershire and fine old Woolworth's Japanese.

But she senses something. Some people have a great sense of smell, or taste. My wife has a great sense of sensing. "You sound funny," she'll say. "What are you up to?"

"Well," I chuckle, "it depends on what you mean, dear. At the moment, I'm up to the phone. In the fairly recent past, I've been up to the bathroom, and up to the dairy to get some milk."

This goes over like a ton of feathers. "Just as I thought," she'll say. "The house is an absolute mess." She seems to get some strange, vicarious satisfaction out of this idea. If the house is a mess, our marriage is good and solid and I am to be trusted.

"You are quite right," I retort, knowing the formula. "Your daughter and your son-in-law and your grandchild have just left and your son has just arrived, and he is going to Paraguay to pioneer the faith and Paraguay is full of snakes and tortillas and enchiladas and Mennonites and the Green Hell and he wants money."

"Don't give him a cent, until I get home," she commands.

This is what is known as intercourse, between married people. Both parties know what the next move is, and there is no confusion, clumsiness, or frustration. I shudder to think what it must be between single people.

Well, that was an imaginary, if verisimilitudinous, conversation with my wife. The rest of this column is cold fact.

My daughter *was* home with Pokey and that other fellow she hangs around with. I changed his diapers six times (Pokey's), while his father slept and his mother played contemporary music (slabs and cords) on the piano.

The kid and I had our usual super time. I must be getting old and sick and stupid and queer because he's the only person I have any fun with any more. We wink solemnly, smile gravely, crawl under the dining room table and bump our heads, and hold out our arms to each other when everything else palls. He likes whisker-rubs and I like satin cheeks.

According to his grandmother, he and I have the two sets of most beautiful eyes in the world. His are like two huge, dark grapes with a devilish light in them. Mine are blue, blood-shot, fallen-angel type. We also share an affinity for doing things other people think we should not do. He rubs the cat the wrong way. I ruffle my wife's feathers.

I'd like to have had him for Christmas but his other grandfather was apparently pacing the floor, hitting his head against things, and threatening to call out the Mounties if he didn't see his grandson, so I had to let him go.

However, I was not to be left alone and lonely loitering, as I had so much looked forward to, during the holidays. My son Hugh arrived. My son is a bird of paradise or a bedraggled sparrow, depending on how you feel.

I was a bit in the sparrow mood, following the receipt, a few days before, of his bag and baggage, to the tune of $46.60, express, c*ollect*.

Yes, he is going to Paraguay to spread the faith. Yes, last year he went to the Holy Land. The Arabs didn't get him. Neither did the Jews. Yes, he is broke.

Yes, there are enchiladas and Mennonites in Paraguay. The enchilada is a corpulent scorpion. If you step on one while he is resting in your shoe, and squash him, you must eat him, and this results in a disease called enchiladitis, which calls for the roof of your mouth to cave in.

And, of course, if you step on a Mennonite in the course of spreading the faith, you get Mennonitis. This does not cause the roof of your mouth to fall in, but the front, including teeth.

There are shots for the former, but not for the latter.

At any rate, Hugh and I dined in lonely state on Christmas Day, from a capon. We weren't lonely, but he was. He was the only castrated rooster in the joint.

The Argyle Syndicate Ltd.

Letter to the Editor

Water Addict Shy

Let us not be complascent. Water addict is so shy, he forgot to sign his name.

The water that passes through the dam here is the drainage of millions of acres of heavily populated countries, and thousands of cities and towns, the effulent of which 18%, is not even primary and treated...no river in the world could purify that mess. We add poison to it which makes it safe to drink but adds nothing to the taste.

Allen McIntosh
Iroquois

Bell Impliments Service Charge

IROQUOIS - Beginning January 12th, 1975, a charge of 25 cents will be made for unnecessary calls to Directory Assistance, Barry Mason, Bell Canada Manager today reminded customers in Iroquois.

"However", said Mr. Mason, "there is no need for any customer ever to pay Directory Assistance charges. Charges will be made only when a customer requests a number that is already listed in the telephone directory. Residence customers will not be charged for the first three numbers requested in a month from a residence service but business customers will be charged for all calls.

Special care has been taken to ensure that upon application, persons whose physical handicap prevents use of a directory and those who are 65 years of age and over will be exempt from charges. In meetings with federal and provincial agencies and with organizations for the handicapped prior to preparing the application to charge for Directory Assistance calls, Bell explored the best methods of providing assistance at no charge to those handicapped customers who require it.

Most organizations which assist the handicapped and the elderly have a supply of the special exemption application forms for their members. They may be obtained from any Bell Canada business office. Any customer, who because of a physical handicap cannot use a directory, and those 65 or over, need only give us a call and we will mail the exemption application form, or, if a customer prefers to drop into our business office at 31 Apple Street in Brockville we can complete the form then and there, Mr. Mason said.

Other calls to Directory Assistance that will be exempt from charges are those placed from pay phones, from hospital , or hotel or motel rooms or for emergency calls. There is no charge for long distance numbers that are not listed in the customer's directory.

Introduction of the charge was requested only after Bell Canada had made a concerted effort over the past few years to persuade customers to call DA only when numbers were not in the directory. However, all such efforts failed to convince the heavy users of this service, which was originally designed to provide numbers not listed in the directories that are supplied to customers. More than 70 percent of numbers requested are for numbers already listed in the directory.

With Directory Assistance charging, those who make unnecessary use of the service will bear the cost of supplying this personalized service. In addition Bell Canada will be better able to provide a quality Directory Assistance service to callers requesting numbers not yet listed in the telephone book as well as to those customers who prefer to use the service to looking up numbers in the directory.

Bankers' head sees no major economic problems for 1975

The Canadian economy is relatively strong when compared to those of other industrialized countries but still faces the prospect of continuing slow growth through much of 1975, the president of the Canadian Bankers' Association says.



J. A. Boyle

J. Allan Boyle, executive vice-president and chief general manager of Toronto Dominion Bank, predicts in a year-end forecast that real output will advance by only 3.5 to four per cent during 1975, slightly lower than the gain of more than four per cent during 1974.

And he says inflation "will ease only marginally" with prices likely rising by nearly 11 per cent.

"At a time when many nations face the prospect of declining output, substantially higher rates of unemployment, and critical balance of payments problems brought on by soaring energy costs, Canadians can take some comfort in the fact that our nation is unlikely to face such serious economic problems," Mr. Boyle says.

"While difficulties, including limited growth and rising unemployment remain in the first half of 1975, Canadians can be confident that the underlying strength of our economy will see us through until the resumption of growth in the latter half of the year."

"Canada's relatively favorable prospects are based upon the continuation of rapid growth in business investment, a major source of strength in recent years," Mr. Boyle says.

"In addition, the recent expansionary federal budget has sought to supplement earlier indexing of tax brackets in order to sustain a reasonable level of consumer demand and at the same time to offset some of the erosion of purchasing power caused by inflation. It has also provided some incentives to increase savings and to encourage continuing expansion and modernization of industrial capacity."

Mr. Boyle says the housing industry should benefit from anticipated general easing in interest rates and from the recent lowering of federal taxes on building materials.

"Canada's banks are continuing their efforts to sustain housebuilding activity."

COMMUNITY SCOREBOARD



ST. LAWRENCE JUNIOR B HOCKEY LEAGUE

WEEKEND SCORES

FRIDAY, JANUARY 3rd

Metcalfe 4	Alexandria 4
Cardinal 9	Winchester 3
Cardinal 6	Morrisburg 6
Long Sault 5	Prescott 3

SATURDAY, 4th

Cornwall 9	Metcalfe 4
Cardinal 10	Long Sault 6

SUNDAY, JAN. 5

Alexandria 10	Morrisburg 7
Prescott 10	Metcalfe 2
Cornwall 15	Winchester 2

POINT STANDINGS

Cornwall	41
Cardinal	35
Alexandria	33½
Prescott	20
Long Sault	14
Morrisburg	12½
Winchester	11

THIS COMING WEEK

FRIDAY, JANUARY 10th

Mrsbg. at Alexandria 8:30 p.m.
Metcalfe at Prescott 8:30 p.m.
Long Sault vs Cornwall at Williamstown 8:00 p.m.

SATURDAY, JAN. 11th

Alexandria at Cardinal 7:30 p.m.

SUNDAY, JAN. 12th

Cardinal at Morrisburg 2:00 p.m.
Cornwall at Metcalfe 2:15 p.m.
Alexandria at Winchester 2:30
Prescott at Long Sault 2:00 p.m.

UPPER ST. LAWRENCE PEE-WEE LEAGUE

WEEKEND SCORES

SATURDAY, JAN. 4th

ATHENS 2	IROQUOIS 2

Iroquois goals scored by
Graham McMartin ..... 1 (unassisted)
Peter Van Bauvin ..... 1 (assisted by Kent Holder)

SUNDAY, JAN. 5th

Morrisburg 1	Iroquois 0

OLD TIMERS LEAGUE

SUNDAY, JAN. 5th

Spencerville 7	Iroquois 8

Iroquois goals scored by:
Clarence Warren 1
Terry McCurdy 1
Brent LaPier 1
Jim Brennan 1
Wayne Patterson 1
Ted Styles 3

UPCOMING GAMES

FRIDAY, JAN. 10th
Fort Covington vs Iroquois at Fort Covington Arena 10 p.m.

SUNDAY, JAN. 12th
For Covington vs Iroquois at Cardinal Arena 10 p.m.

TYKES DIVISION

SATURDAY, DEC.28th

Iroquois 2	Prescott 5

Iroquois goals scored by:
Jeff Vettkamp 2

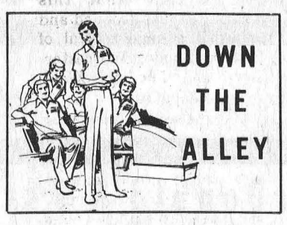
FRIDAY, JAN. 3rd

Iroquois 4	Morrisburg 1

Iroquois Goals scored by:
Tim Cassidy 1
Harvey Kalff 1
Jeff Vettkamp 2

UPCOMING GAMES

Iroquois Tykes vs Prescott at Cardinal Arena, — 5 p.m. on Saturday, Jan. 11th.



Br. 370 Bowling League
Team Standing Jan. 3

	Points
Sandals (G. Kirker)	55
Hush Puppies (H. Easter)	55
Grasshoppers (J. Helmer)	53
Jolly Hoppers (C. Easter	50

HIGH SINGLE—
Bonnie Lanthier 276
Clair Easter 277

HIGH TRIPLE—
Mac Anderson 676
Tina Dewit 691

Iroquois Old Timers Defeat Spencerville

The Iroquois Old Timers defeated Spencerville at the Cardinal Arena on Sunday night in a closely fought game in which Iroquois maintained the lead all the way to a close finish.



Brent LaPier, left, scores with Casey Veltcamp (No. 2) looking for a rebound that never materialized.



Pliny McKee (No. 14) swings at a rebound but was unable to put it over top of a sprawled Spencerville goalie.



And now a look at the local news.

When it comes to local reporting of the news, eight out of ten people turn to their local newspaper for a complete report.

People turn to local newspapers for a full report on **all** local news. Where's the fire? Who got married? Who won last week's football game? All this, and a complete report on your City Council, school board meeting, or a possible bond issue, is news in your community. And, your local newspaper reports it.

People believe strongly in newspapers for several reasons: newspaper reading is a habit with most people; it's part of the daily routine; people regard their newspaper as a friend they can't do without.

With over 80% of all adults, and 70% of all teen-agers reading a newspaper every week, no other news medium can match local newspapers for speedy, thorough saturation of your town.

Newspapers deliver the local story.

CANADIAN COMMUNITY NEWSPAPERS ASSOCIATION
REPRESENTING THE COMMUNITY PRESS OF CANADA



It only looks like a Spencerville player shooting on his own net. The drive came from Ted Styles and over the goalie's stick side.

Scouts hold Bowlarama

Instead of camping, hiking, lifesaving, first aid, trailing, knot-tying or any of the other customary Scout-crafts, members of Boy Scout troops in the St. Lawrence District enjoyed a post-Christmas Bowlarama at the Ingleside Lanes. Some seventy Scouts and their leaders participated. High scores were rolled by Roebuck, 21.6, and Iroquois, 21.4. Others scores were Chesterville, 20.34, Spencerville, 18.03 Morrisburg, 16.23, and Cardinal 15.29. The highest individual score was rolled by Mike Beckstead of Chesterville. District officers present and participating included Bill Sheldrick of Morrisburg, president; Allan Thom of Prescott, commissioner; George Lewis of Morrisburg, assistant commissioner; Ron McLean and Steve Brown, district scoutmasters. Indoor and outdoor winter sports days, "Klondike" derby, and, for leaders, annual dinner-dance remain as winter activities for the district, along with Father-and-Son banquets and scout church services in February, in observance of the Baden Powell anniversary.

Free booklet details youth club banking

How to organize and handle the financial affairs of a youth club is clearly and simply detailed in a new booklet published by the Canadian Bankers' Association.

Banking for Your Club is designed to familiarize the young reader with the range of financial services offered by the chartered banks. It tells clearly and simply the types of accounts available, how to invest the club's money, how to write cheques and how to set up a simple form of ledger.

"For your club, as indeed for you personally, a banking connection is very important. Choose yours carefully and then find out all the ways it can be helpful to you. You will find the manager and staff anxious to help you and give you useful advice at all times.

"Whatever the purpose of young people's groups, money is always involved — money which belongs to the group as a whole, not to the individuals concerned. So the people who look after the financial affairs of the club want to do so in the best interests of the whole group today and for those who will belong in the future.

"Handling money for a club needn't be a problem. In fact, the treasurer and others concerned can derive real satisfaction from handling the club money effectively and gain experience which will be useful in later life. But like any other group activity, there are a few rules and procedures to follow. Your bank will help make it easy."

Copies of the booklet in English or French are available free, either singly or in reasonable quantity for clubs or groups, from: The Canadian Bankers' Association, P.O. Box 282, Toronto Dominion Centre, Toronto, Ontario M5K 1K2.

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Hypochondria — a disease that needs medical help

by David Woods

One 19th century physician defined the hypochondriac as "a healthy man out of health."

He was probably ahead of his time, for until quite recently, hypochondria was generally dismissed as purely exaggeration of minor symptoms — or outright invention of non-existent ones.

Today, however, physicians are beginning to recognize that hypochondria can be a disease in itself, and one that needs to be treated, rather than ignored — or at least that its underlying cause needs to be discovered and corrected with medical help.

For example, some people find relief from severe anxiety by adopting certain physical symptoms. Worrying over their health gives them a chance to shift the focus away from whatever is really making them anxious or nervous.

Underlying much hypochondria is fear. The man who has urinary frequency, and whose father died of cancer of the prostate, may imagine that he's headed for the same fate if he recalls that his father had the same symptoms.

The man with chest pains, and a family history of coronary disease, is much more likely to think in terms of heart attack than heartburn — and understandably so.

Often the only therapy is knowledge based on medical explanation and reassurance. For example, people who develop cankers in the mouth — viral ulcers rather like cold sores — may think they may have cancer and could add to a minor problem by imagining it's a major one. Such people should seek medical help and not be afraid to discuss their fears with a physician.

As one GP told me: "Looking for the root cause is like peeling an onion. You have to look under each layer of imagined problems until you find the real one."

This is not to suggest that the old-fashioned kind of hypochondria doesn't still exist. There are plenty of people around who will retire to bed at the slightest hint of a cough or sniffle, or who believe that every headache is a brain tumor. There are many more who swallow endless, needless, medication for ailments they imagine they have — or think they're about to get.

So sorting out the common or garden "hypo" from the complex treatable one can be a real headache for the family doctor. For that reason, he's unlikely to dismiss the patient with complaints but no apparent symptoms.

Somewhere, presumably, there lies a middle way between under and over-reacting to our health status. Unless we find it, a true definition of hypochondria will continue to elude us.

It's far safer, though, to seek reassurance that you're okay than to ignore the body's warning signals or delay medical help.

Officers Elected By Knox Presbyterian Women

The year-end meeting of the Knox Presbyterian Women was held in the Church Hall, December 30th, 6:30 p.m. and the meeting was preceeded by a pot luck supper.

The Rev. J.J. Hibbs led the table devotions. The Scripture lesson was taken from Luke 2: verses one to eleven. A story about the meaning of Epiphany was read and prayer was offered by Anne Yee. The group participated in the responsive "Declaration of Centennial Year."

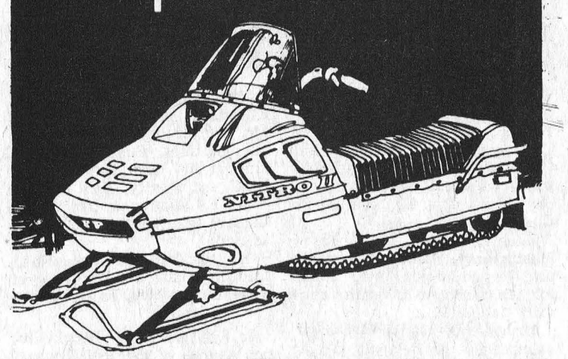
The annual year-end reports were given followed by an election of officers for the ensuing two years as follows:

President: Mrs. Marlene Shearer
Vice-President: Mrs. Geraldine Millar
Secretary: Mrs. Judy Barnhartd
Treasurer: Ms. Dacie MacKenzie
Dinner Convenor: Mrs. Lynda Barkley
Press Secretary: Ms. Anne Yee

The past president, Mrs. Marian Smollett expressed her appreciation for the group's support during her two years in office.

The meeting was closed with The Lord's Prayer.

RUPP NITRO II
pack leader



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• **Magnesium chain case,** lightweight and strong.
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Nitro II is the machine your friends will be trading up to in '74. So don't watch the pack go by. Lead it. Stop in today and see at '74 Nitro II at

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Notice:

Employers and Employees New Employment Standards Act

Effective January 1, 1975 the new Employment Standards Act covers the existing standards: minimum wage, vacation pay, overtime pay, termination pay, collection of wages and provides for:

Public Holidays

Employees are entitled to seven paid statutory holidays; New Year's Day, Good Friday, Victoria Day, Dominion Day, Labour Day, Thanksgiving and Christmas Day. (Conditions and exceptions apply in certain situations.)

Overtime Pay

Overtime pay at time and one-half the regular rate for hours in excess of forty-four in a week.

Equal Benefits

The Equal Benefits provision will be brought into force at a later date.

Pregnancy Leave

Pregnancy leave is extended to seventeen weeks for employees with one year's service or more and covers all employers having one or more employees.

Transportation

The Act no longer requires an employer to provide transportation for female employees finishing or starting work between the hours of midnight and six o'clock in the forenoon or prohibits females under 18 working after midnight.

These are the principal amendments and changes to the Act.

For detailed information regarding exemptions and application of the standards contact your nearest Ministry of Labour office.

Hamilton—1 West Ave. So.	527-4501
Kenora—808 Robertson St.	468-3128
Kingston—1055 Princess St.	542-2853
Kitchener—824 King St. W.	744-5211
London—560 Wellington St.	438-7291
Ottawa—2197 Riverside Dr.	731-7200
Sault Ste. Marie—125 Brock St.	949-3331
Sudbury—1538 LaSalle Blvd.	566-3071
Thunder Bay—435 James St. So.	345-2101
Toronto—400 University Ave.	965-5251
Windsor—500 Ouellette Ave.	256-8278

Ministry of Labour
Ontario

Danger From Certain Ice Conditions

There's a thin line between life and death. It is called ice.

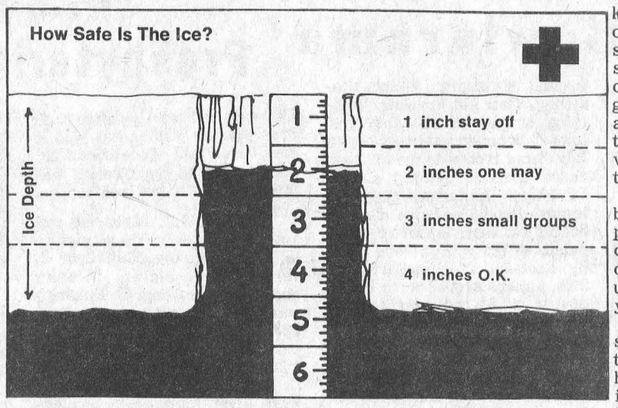
Every winter people drown because they crash through ice surfaces on ponds, lakes and rivers. Tiny tots venture onto the first fragile glaze; adults take cars and snowmobiles far from shore; teenagers become impatient to start the skating season.

The Red Cross Water Safety Service has some timely tips for winter ice safety. Talk them over with your family at supper tonight. It's a discussion that could save a life.

Ice should be at least four inches thick for skating and eight inches thick for snowmobiling.

Weather conditions with alternate freezing and thawing weakens ice structure. Air bubbles form in the ice and it becomes "rotten".

Sun shining through ice onto sand is reflected back up, weakening the underside.



If someone breaks through, stay back from the hole. Lie down flat and use a pole, tree branch, hockey stick, rope, or windbreakers tied together to extend your reach to help him. Tell him to reach out his arms as far over the ice surface as he can and to kick hard with his feet to get his body horizontal. The momentum of the kicking will help inch his body out of the hole and onto the ice surface. You can pull him to safety. Be sure he stays flat on the ice to distribute his weight. Get him warm as quickly as possible. Report the accident to the police in order to prevent the same thing happening to other people.

If you are alone when you break through follow the same procedure. Stay as flat as you can while you edge toward stronger ice and don't stand up until you are sure it can bear your weight.

Be sure your children understand the hazards of frozen water surfaces in your neighbourhood. Until you know the ice is strong enough, know where they are all the time. Ice is a tremendous attraction, especially to young children.

Red Cross hopes you enjoy the winter sporting season and reminds you to play safe.

Dollars & Good Sense

by William J. Martin
Special Consultant to AVCO FINANCIAL SERVICES

Winter is just about the worst time of year for car trouble. By taking a few simple precautions, you can insure that your car won't let you down.

In many parts of the country, winter means you may need snow tires. If your standard tires are of the radial variety, make sure that your snow tires are radials too. "Studded" tires offer only one advantage: better traction on glare ice. Under most other circumstances they present some disadvantages. They can increase your stopping distance on pavement and may actually harm road surfaces, including your driveway.

Keep your battery in top condition. The terminals should be corrosion free. Have your service station check the power each cell is producing. If efficiency is down in a two or three year old battery, consider replacing it before it fails. This gives you the opportunity to shop for the best buy and not be forced to buy under pressure.

Also, make sure you are using the right engine oil for your climate. Follow the manufacturer's recommendation.

Be sure you always have a spare tire, jack and lug wrench. Always carry a supply of flares, a set of jumper cables and a spare set of fuses. And don't forget a first aid kit.

Readers' questions are welcome and should be sent to Box 5857, London, Ontario.

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PITTSTON NEWS NOTES

Congratulations to James Cooper in winning the Canada Starch Trophy. He, being, the top 4H Club member in Grenville Field Crops Club. James was also winner of the Sports Barn Trophy being top 4H Snowmobile Club member.

Congratulations also to Barry Moutgomery, Spencerville in winning the Dr. John Henry, award for top Showman in South Grenville Calf Club.

Mr. and Mrs. Ralph McCargar entertained the following during Christmas holidays, Mr. and Mrs. Ed McCargar Port Hope, Ont., Mrs. Jean Dillabough and Angi Prescott, and also Jackie and Stephen Dillabough, Miss Betty Casselman and Dixie Mullen, Iroquois, Mrs. Deltra Jordon, Pam and Brian, #3 Prescott, and Mr. and Mrs. Don Casselman, Iroquois.

Maxine McCargar spent her Christmas holidays with Mr. and Mrs. Ron Ivanson, Syracuse N.Y.

Weto Jakielaszek returned to Canadian Force Base, Calgary, after spending a furlough with his parents, Mr. and Mrs. A. Jakielaszek.

Anita McKinnon, Brantford, spent her holidays with Mr. and Mrs. John Richardson and family.

Mr. and Mrs. Don Lewis and family, Ottawa, spent Saturday with Mr. and Mrs. Willis Moutgomery, Carol and Heather.

Mr. and Mrs. Keith Berry, Kingston, spent Christmas with Mr. and Mrs. Robert Bass, also Mr. and Mrs. Russell Bass and family Mr. and Mrs. Gordon Bass and family, and Mr. and Mrs. E. Bass and family, and Delbert Bass during the holiday season.

Mr. and Mrs. Don Casselman, Iroquois, had New Years dinner with Mr. and Mrs. Ralph McCargar and family.

Mr. Fred Patterson, Brockville, had charge of the Pittston service Sunday morning. He will occupy the pulpit during January and February and March at 10:00 a.m.

Mr. and Mrs. Willis Moutgomery, Carol and Heather spent New Years with Mr. and Mrs. George Moutgomery.

SHANLY

Mr. and Mrs. Carl Baker and family spent New Year's Day with Mr. and Mrs. Lloyd Babcook and friends at Morrisburg.

Mr. and Mrs. Wm. Hooper visited Cowansville relatives during the past week.

Guests recently with Mr. and Mrs. Ralph Miller were her mother Mrs. Spearman of Winchester, Rev. J.S.A. Spearman, and Mr. and Mrs. Ron McIntyre and baby Mark of Belleville.

The sympathy of the com unity is extended to the family of the late Mr. G. Dennis who passed away January 1, in Kemptville District Hospital.

Mrs. Floyd Riddell and Mrs. Ross Riddell visited Mrs. Sadie Wert in Winchester Hospital, on Sunday afernoon.

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

Mr. and Mrs. Cecil Bennett and Russell visited Mr. and Mrs. Toni Bennett of North Augusta, Friday evening.

miss Bonnie Gilmer spent the holidays with Mr. and Mrs. J. Hanes of Guelph and Mr. and Mrs. Guy Miller and daughters of Wyoming.

New Year's Eve guests of Mr. and Mrs. Walter Froom and family were Mr. and Mrs. Arnold Froom and David, Ottawa, Mr. and Mrs. John Froom and Karen of Kingston and Leslie Taylor Ormstown, Quebec.

Mrs. Taylor has returned to her home in Ormstown.

PLEASANT VALLEY

Mr. and Mrs. Earl Gilmer and Hilliard Gilmer spent New Year's with Mr. and Mrs. Preston Gilmer.

Mr. and Mrs. Dwain Kennedy spent the Christmas season with Mr. and Mrs. Lee Kennedy.

Master Rodger Gilmer spent a couple of days with his grandfather here.

Mr. and Mrs. Jas. Neilson visited Mr. and Mrs. David Gilmer recently.

Mr. and Mrs. Cecil Somerville visited Mr. and Mrs. Earl Gilmer on Saturday afternoon.

Mr. Hilliard Gilmer was a Friday supper guest of Mr. and Mrs. Percy Gilmer.



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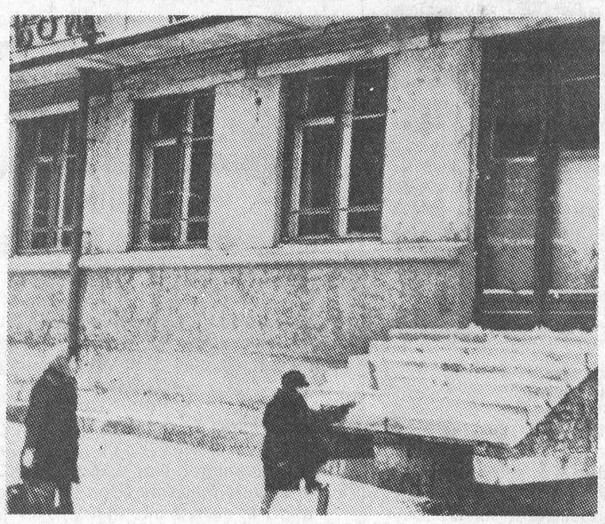
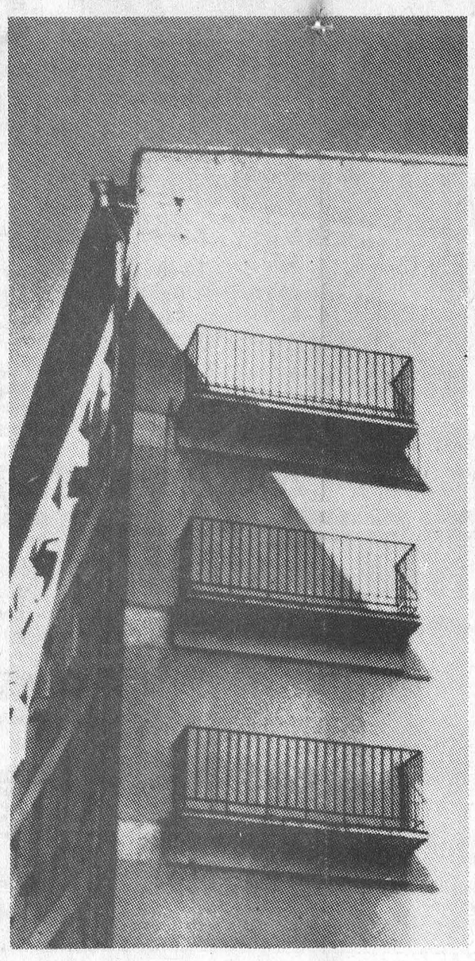
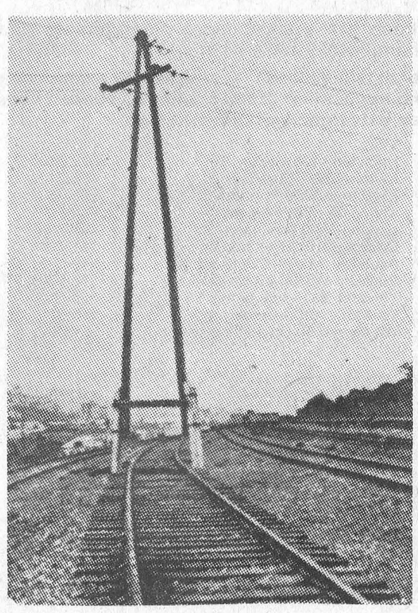
Planning Blunders

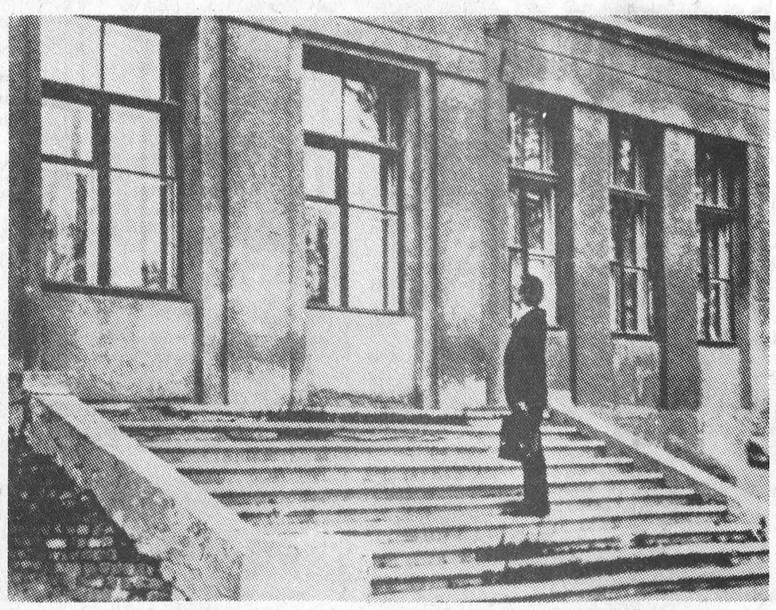




The 'Literaturepaper' of Moskow requested its readers to send in photos of everyday dwellings that caused them aggravation. However, the resulting response of such examples could not even be revealed in the humour section of the paper. Editor Wagritsch Bachschanjan, aged 36, took them along when he emigrated from the U.S.S.R. The pictures do not show any true construction faults as such but they exemplify a lack of communication between the different ministries. For example, the stairs (top left) leading to a Moskow warehouse (which was erected by the Ministry of Communal Industry), starts 1,20 Meters above the ground - until one out of the nine Building ministries delivers the sidewalk. The hydro pole (bottom left), erected by the Ministry of Energy, crosses over the rails not yet cleared away by the Ministry of Transportation. Pre-fab balconies (top right) were plastered onto a section of a building without doors but all according to the blueprints. In the bottom right photo you can see the walled up entrance of a foyer converted into an apartment.

Translated from:
Der Spiegel





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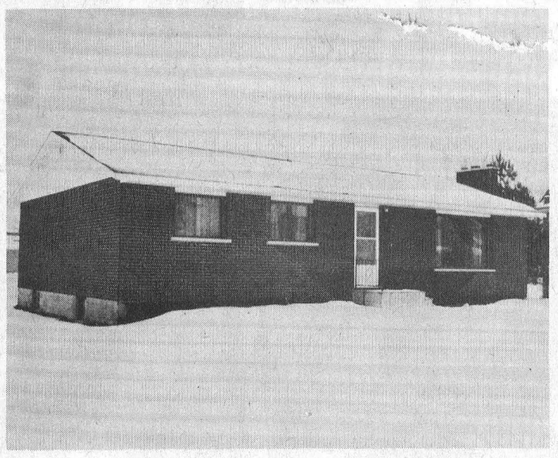

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WE HAVE CLIENTS looking for older homes in Iroquois and the immediate area. Mortgage money is available for up to 90% on approved properties. If you are thinking of selling this Spring give us a call now at 652-4395.

DUPLEX IN CARDINAL. This fine home is on No. 2 Highway coming out of Cardinal. Upstairs with separate entrance has 1 bedroom, living room, kitchen and bath. Downstairs has 2 bedrooms, living room, kitchen and bath. In good condition. REDUCED IN PRICE. Give us a call. Terms.

FINE COUNTRY HOME AND SMALL STORE. This building is nicely finished inside and can be bought with or without the store stock. All panelled and tiled with modern bathroom and kitchen in rural community of Dundela. If you want to retire with an income, store can be money-maker. Give us a call.

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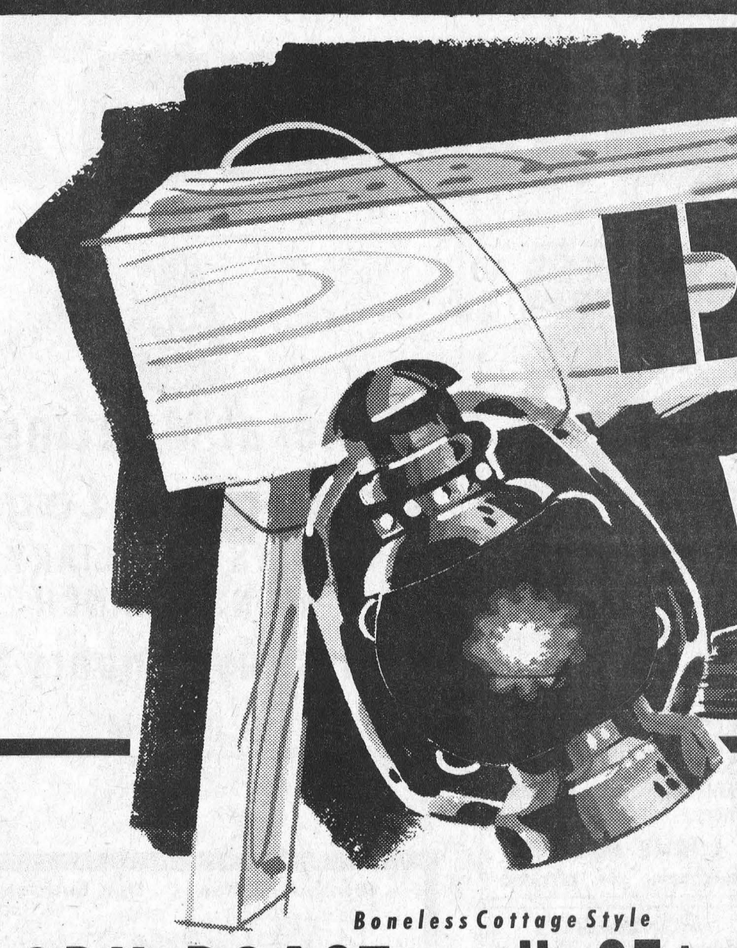

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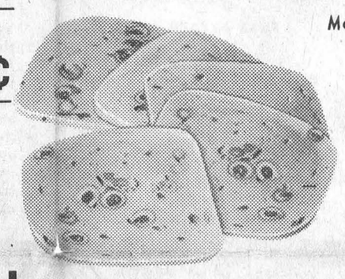

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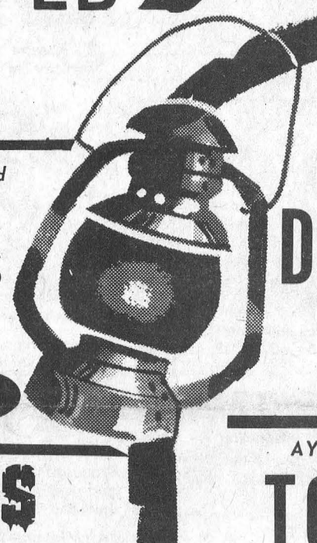

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TOMATO SOUP
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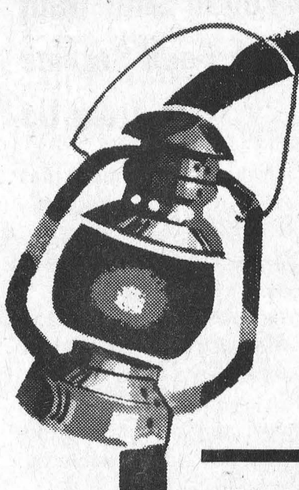
NABOB 1 Lb. Bag All Purpose Grind
COFFEE 99¢



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57¢

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1 Simplicity Spin Washer - 2 years old - in excellent condition. Phone 652-4172. 29-1c

STEREO Components — Good selection of all stereo components including tape decks, record players, radios, and small home appliances. See them at Styles & McIntosh, 652-4397.

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

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

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

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

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

MAN'S Sheepskin coat, size 38. Phone 652-4467 1p

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20% off on all fabrics. Free samples available. Free estimates Phone 543-3266 28-tfc

"MEALS ON WHEELS"
If you are a senior citizen, handicapped, or post - operative person. "Meals on Wheels" is available for you! Monday through Friday, a hot, fully nutritional meal will be brought to your home during the noon hour. Cost is minimal. Telephone 652-2123 daytime, or evenings. 29-4c

NOTICES

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

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education
invites applications for the following positions:

1) FRENCH INTENSIVE PROGRAMME — Kindergarten Level.
   a) Morewood Public School, Morewood, Ontario
   This is a half-time position)
   b) Viscount Alexander Public School, Cornwall, Ontario
   (Full-time position)
2) FRENCH CORE PROGRAMME 20 minute period per day (Grades 3 to 6)
   at Maxville and Roxborough (Moose-Creek) Public Schools (Full-time position)

Written applications will be received by:

John J. Comtois,
Superintendent of Education,
305 Baldwin Avenue,
Cornwall, Ontario
K6H 5S6

K. Fraser Campbell,
Chairman of the board.

T. Rosaire Léger,
Director of Education.
25-26-28c

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education
Invites proposals for the operation of a cafeteria at Seaway District High School, Iroquois, Ont.

Particulars concerning the operation will be supplied upon request.

Proposals will be received up to and including 4:00 P.M. E.D.T. January 28, 1975.

Inquiries and Proposals should be addressed to:

D.N. Shuttleworth
Superintendent of Business and Treasurer
305 Baldwin Avenue
Cornwall, Ont., K6H 5S6
Tel. (613) 933-6990

K. Fraser Campbell,
Chairman of the board.

T. Rosaire Léger,
Director of Education.

TWP. OF MATILDA
The first meeting for 1975 of the Council of the Township of Matilda will be held Friday, January 10th, at Matilda Memorial Hall, in Brinston at 1:00 p.m.
29 1p

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

LEGION BRANCH 370
LADIES NIGHT
SAT. JAN. 11
LEGION HALL
Music Supplied by Rythm Incorporates
Couples Only

FOR RENT

2 BEDROOM bungalow in Brinston with bath. Oil-heating. Carpeting in living-room and bedroom. Immediate occupancy — 652-4710 28-2c

3 ROOM apartment in Brinston. Gas heated with gas stove. Immediate occupancy. 652-4710 28-2c

REAL ESTATE

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

IN IROQUOIS — A 3 bedroom bungalow overlooking St. Lawrence River. SOLD Except newer home, recent basement painted, paved driveway. Immediate possession.

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

NEAR IROQUOIS — 2 bedroom frame home on 10 acres, living room, good kitchen, laundry room bath, new furnace. A good buy at $18,000.

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

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

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

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

MORRISBURG — Well maintained neat 3 bedroom Bungalow on slab foundation, carpeted tiled and cushion covered floors, OFA furnace, underground tank. Utility room, Recreation room has panelled walls and built in cupboards and shelves. Two utility buildings. Large lot.

MOBILE TRAILER — Liberty — just like new as only used a few months, Owner moving, neat & comfortable with kitchen in centre, 3 bedrooms, 4 pc. bathroom, OFA furnace. Located on serviced lot. Asking $14,500.

INGLESIDE — Excellent location, large serviced lots, lots with a home built to your plans and satisfaction, and new home, quality built under construction.

TWP. MATILDA — 6 acres with 57 bush. 5 room two bedroom frame home, gas furnace, aluminum window frames, 4 pc. bathroom. Asking $20,000.

MORRISBURG — On lot 100' x 135' double home, steel siding, full basement, Gas furnace and oil furnace one car garage, one side has three bedrooms and one five bedrooms. $30,000. Half cash, Mtg. 10 percent.

SALESMEN

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

ENTERTAINMENT

WINCHESTER THEATRE

Thurs., Fri., Sat. Jan. 9, 10, 11
"ROBIN HOOD"
A great Walt Disney feature starring Peter Ustinov, Andy Devine, Terry Thomas.

Mon., Tues., Wed. Jan. 13, 14, 15
DOUBLE BILL
"THE TEENAGE TRAMP"
Starring Alisha Fontaine, Tony Massina. — She's old enough. She's looking for a ride. Don't pass her by.
"SCHULER'S SEX REPORT"
An interesting and sexy movie. Restricted to 18 years and over.

Ontario Hydro

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

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

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

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

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

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

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

and marked:

Tender for Matilda Property

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

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

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

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



BUSINESS DIRECTORY

Plannin' A New Home
Plannin' A New Cottage
Plannin' A Renovation
Plannin' See LANNIN
H. S. LANNIN LTD.
GENERAL CONTRACTORS
Phone 774-2637 - Winchester

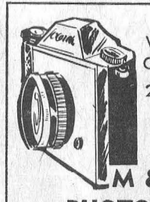
Edward Beckstead
BUILDING CONTRACTOR, GENERAL REPAIR WORK
PHONE 652-4726
R.R. 2 BRINSTON, ONT.
26-tfc

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

MONUMENTS
Where You Buy The Best For Less
Satisfaction Guaranteed
No. 1 Granite Only
Cemetery Lettering
Dwight H. Crowder
Williamsburg, Ontario
Phone 535-2683

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

ORGANS and PIANOS
CONN ORGANS
LESAGE PIANOS
SALES AND SERVICE
ROY FAWCETT
WINCHESTER 774-2205



PORTRAIT
WEDDING &
COMMERCIAL
24 hr Service
on B&W
Processing
M & J COLE PHOTOGRAPHY
RR1, Brinston Rd., Iroquois
Phone 1-613-652-4564

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

LEGION BRANCH 370 BINGO
TO BE HELD
EVERY MONDAY 7:30 p.m.
LEGION HALL, IROQUOIS
15 REGULAR GAMES - $5 PER GAME
3 SHARE-THE-WEALTH GAMES
3 SPECIAL GAMES - $10 PER GAME
1 JACKPOT $100 - SPLIT 4 WAYS
WINNER-TAKE-ALL GAME
Plan To Attend This Evening of Fun at the Legion Hall

General Meeting Of Canadian Legion
LADIES' AUXILIARY & MENS' BRANCH
Thursday, January 16th
8:00 P.M.

Printed Matter . . . Our Business



Notice The Big Difference

Quality . . . low price . . . craftsmanship. If that's what you look for in business forms, stationery, then we're the printers for you. One day service available.
Estimates Given
IROQUOIS PRINTING LTD.
652-4806



There's Increased Feeding Efficiency for You in Shur-Gain Bulk Feed Service from Us

You need hardly be reminded that livestock farming is a highly competitive business . . . that to succeed today, *production costs have to be controlled today,* in every way possible.

Feed costs, labour, time . . . these are all *costs of production* that you can probably reduce even more. If your herd or flock is large now, and likely to expand further, start calculating the *production savings* made possible by bulk feeds handling.

Behind SHUR-GAIN BULK FEED SERVICE is years of experience in feeding herds and flocks that number in the thousands. That experience is yours for the asking. Would you like to talk it over?

SHUR-GAIN
ROONEY FEEDS
IROQUOIS 652 4332

FAIRBAIRN FUNERAL HOME LTD.
MORRISBURG
PHONE 543-2271
SERVING DUNDAS COUNTY SOUTH
GORDON FAIRBAIRN, President
H. C. FAIRBAIRN, Associate

VOGUE OF CORNWALL
champagne
BRIDAL SHOW
WED., JAN. 15, 1975
NEW PARKWAY HOTEL
7:30 P.M.
Tickets $2.50
PHONE FOR TICKETS!
VOGUE SHOPPE
932-1312

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.

CARDS OF THANKS

I am taking this way to express my heartfelt thanks to everyone who remembered me with all the nice cards, gifts and plants, and to all who visited me while I was a patient in Winchester District Memorial Hospital.

Special thanks to Dr. Duane Justus and all the nurses and staff on the first floor who were so kind to me, to all of my family and to Rev. Dr. Joyce of Brinston for his prayers and visits. All of these things sure helped to make my stay more pleasant and will always be remembered by me.

Mrs. Rose E. Fader 29-1p

We would like to thank, on the occasion of our retirement from business, our customers and friends for their support during the past 15 years and extend Best Wishes to all for a Happy New Year.

Peter and Anna Petre 29-1p

My sincere thanks to everyone for the flowers, cards, letters and gifts we received while in hospital and since our return home. Your kindness was very much appreciated.

Carol & Tracey Ann Daisley. 29-1p

The family of the late Frank Marcellus wish to express sincere thanks to all friends and neighbours for their kindness during his illness and at the time of his death. 29-1p

To the readers of the Cornwall Freeholder; I am so very sorry the way your delivery of the paper ended, but due to playing hockey, I had to give it up.

I gave the Cornwall Freeholder two weeks notice, and I expected in that time they would have sent somebody up, so we could have arranged to have another paper boy. I would like to take this opportunity to thank each and everyone for your Christmas gifts and I wish you all a Very Happy New Year.

Your Past Paper Boy,
Brian Froats. 29-1p

I would like to thank my neighbours and friends who remembered me during my stay in the St. Vincent hospital in Brockville. Also I would like to give special thanks to Dr. Clarke and Dr. James Slowly and staff on the fourth floor. These many kindnesses will always be remembered.

Mrs. Kathleen McKee

Retirement planning brings fuller life

by David Woods

Medical science has done a great job in prolonging life; what's needed now is an emphasis on improving the *quality* of life in the later years.

And that's not an add-on process. It's built in. Few people can suddenly begin a career as a novelist, say, in their 60s — as Robinson Crusoe's author Daniel Defoe did. If the gold watch that symbolizes retirement is not to mark off slow hours of boredom and inactivity, it's essential to prepare for old age long before it happens. As Dr. Robert Laird, medical director of Toronto's Geriatric Study Centre, points out, retirement should be a rewarding experience, an opportunity for a new and varied life.

In Canada, the major causes of death in the under-65 age group are heart disease, cancer, and various forms of accidents — especially those involving motor vehicles. Together, these account for more than half of all premature mortalities.

But mortality patterns vary significantly between men and women, and in each age group.

For example, among people aged between 15 and 30, accidents and suicide account for more than three-quarters of all deaths; heart disease doesn't begin to show up as a factor in male mortality until 30-plus, but accounts for one-quarter of deaths in men between 40 and 44, moving to a fairly constant 35 per cent in the over-50s.

On the other hand, while heart disease is not nearly as prevalent a factor among women under 60, breast cancer is a significant cause of mortality in women over 40.

Despite these rather chilling figures, life expectancy for Canadians has increased considerably in the last 30 years — from 63 to 69.4 for males, and from 66.3 to 76.5 for females. And of the 157,272 deaths in Canada in 1971 (the latest year for which figures are available) well over half were among those who had lived out their biblical three score years and 10.

A closer look at the statistics shows that much early mortality and disease results from lifestyle rather than with such factors as heredity or infection: cancers attributable to smoking; heart disease accelerated by inactivity, overweight or fatty diets . . .

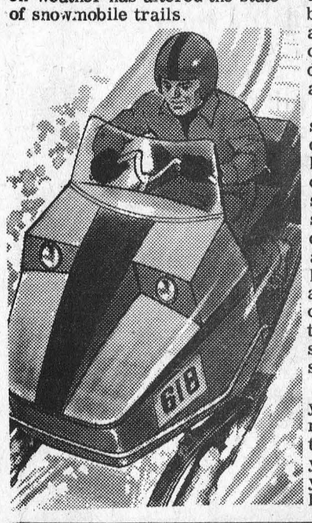
In other words, the quality of life in old age has quite a lot to do with health habits acquired earlier in life. So it's well worth preparing for retirement long before it happens, and not only by developing sensible patterns of daily living but by cultivating "lifetime" interests and hobbies — such as reading or gardening — that will enrich the later years.

Simply stated, the aging process occurs mainly through arteriosclerosis — hardening of the arteries. Some people are senile at 65, while others at 90 may not be.

You can't ward off old age indefinitely, but you *can* prepare for it by sowing early the seeds of a healthy and happy retirement.

Snowmobiling Safety Tips

Speed is an important consideration for every snowmobile operator. Apart from new legislation controlling speed in certain situations, local conditions dictate that caution be observed when weather has altered the state of snowmobile trails.



A windy, blowy day will cause drifts of hard-packed snow to build on trails that were well groomed last week, yesterday or even this morning. Drifts are seldom evenly formed across a trail or open, use areas and the build up can cause humps that are steep enough to throw a machine and its riders. Too, snowdrifts are hard to see, especially at night.

The Ontario Safety League suggests that when weather conditions, such as drifting snow, hail or rain, are likely to have changed trail conditions, reduce speed immediately. Take the same precaution when you are operating in unfamiliar territory and when visibility is poor. Don't help a mishap occur. Operating a snowmobile at reasonable and common sence speeds in relation to local conditions will decrease substantially the possibility of a snowmobile accident.

If speed is necessary to help you do your thing ask your snowmobile club to arrange a competitive meet at a location where you will not endanger the lives of your family and friends.

Happy Snowmobiling.

CALENDAR OF EVENTS

GOOD COMPANIONS
Meeting in Civic Center, Tuesday January 14th at 12:00 o'clock. 29-1c

MORRISBURG CARNIVAL WEEK
Morrisburg Carnival Week February 9 - February 15. Watch your local paper for the list of fun and excitement. 29-1c

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

Haddo Snowmobile Ralley

As requested, Haddo Snowmobile Club will have ralley tickets available for $3.00. Sold at Haddo School only on Ralley Day, January 11th. Tickets include ralley and prizes only. Does not include supper or dance. 29-1p

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

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

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

Divert Funds To Assist Students

Instead of gifts to customers this Christmas, many Ontario trucking companies have diverted funds to assist university students. Thousands of shippers have received a special Festive Message advising that the carrier is a Member of the ATA Trucking Industry Educational Foundation, Inc.

Discussion with Senior Academic and Government Officials revealed that there are many sincere and deserving students who require extra assistance to complete their education. Special aid was given to 173 of them during the past school year.

This year's allocation brings the total Foundation Fund to over $570,000 since 1958. Bursary aid has gone to 2,469 students in addition to supporting specialized projects within Ontario's educational system.

Telephone Talk

by Barry Mason
your Bell Manager

You may be aware that Bell Canada is initiating directory assistance charging in the Iroquois exchange area, starting January 12, 1975.

I thought it might be helpful to review the plan and to stress that no one need ever incur an unnecessary charge. Most people use Directory Assistance only as a last resort, when the phone number they need is not yet listed in their directory. These necessary requests will continue to be free. It's the unnecessary calls we want to discourage to ensure reliable Directory Assistance service for those who really need it.

That's why, beginning January 12, 1975, there will be a 25 cent charge for each phone number provided by a directory assistance operator when the requested number is listed in your phone book. Every billing month, the first three such requests made from your residence phone will be free. After that, the charge will apply.

Necessary calls, for numbers not yet listed in your directory will still be free. And whether the number is listed or not, there will be no charge for anyone who has a handicap that makes it difficult to use a directory or for persons 65 years or over.

If you qualify for an exemption, just call your Bell Canada business office and ask for a special exemption form. Also free are emergency calls, and calls from pay phones, hotel, motel and hospital rooms.

In closing, I'd just like to repeat that you can avoid unnecessary charges by looking in the book before calling Directory Assistance. The number you need is probably listed. (In 1973, our directory assistance operators handled more than 220 million calls—more than 70 per cent of them were for numbers already listed in the phone book.)

It's also a good idea to keep emergency and frequently called numbers up-to-date in the space provided in the introductory pages of your directory.

Bell Canada

DAIRY QUESTIONS
From Page 1

For example, should they be fed free choice or not, should the amount and kind of grain mixture fed be different than if L.P.S. is not fed and is it really cheaper to feed cows liquid supplements compared to dry protein supplements?

The afternoon session in Ottawa will feature a discussion of Silos and Silage Systems. Mr. Hank Bellman, Agricultural Engineer, working with the O.M.A.F. in Walkerton will present a discussion entitled, "Considerations When Purchasing a Silo". Three of the top local top dairymen will share a description of their silage system and the operation of their dairy farms.

Mr. Martin Verburg, Iroquois, top producing D.H.I. farmer in Dundas County for many years, Mr. Tom Ennis, Perth, 3rd highest B.C.A. herd on the D.H.I. supervised plan in Lanark County in 1973 and Mr. Don Rathwell, Navan, several times the highest production R.O.P. herd in Russell County, all will be on the program discussing their dairy herd management and their comments are going to be quite enlightening.

A good program is in store for you during these days. Complete proceedings will be available at the completion of each day's program.

It is anticipated that 250 dairymen will attend the French Dairy Day and 500 dairymen will be present for the English Dairy Day.

Every one (women and men) interested in dairying are welcome to attend. Why don't you plan now to be one of those in attendance. Get there early to get a good seat.

In Memoriam

MCINTOSH - In loving memory of Samuel Allen McIntosh who passed away January 12, 1974.
Always remembered by the family. 29-1p

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

passes suddenly at his home

Friends in Morrisburg and area learned with regret of the death of Frank Marcellus, which occurred suddenly at his home on Saturday.

Born at Dundela, a son of the late Mr. and Mrs. William Marcellus, he was a retired school bus driver, and had been a resident of Morrisburg for two years.

He was a member of the United church and the I.O.O.F. Lodge.

Surviving are two sisters: Mrs. Arthur (Marguerite) Stacey, Iroquois, and Mrs. Lloyd (Marie) Edwards of Peterboro.

Funeral service was held Monday at Fitzsimmons Funeral Home, Iroquois, with Rev. Brian Gee officiating. The remains are in the vault at Iroquois Point to await interment at Dundela.

ENGLISH - In loving memory of our dear dad and grandfather, Elmer English, who passed away January 5, 1974.
We loved him oh no tongue can tell
How much we loved him and how well
God loved him too and thought it best
To take him home with Him to rest
Safe in Heaven's Seclusion.
Sadly missed and always remembered, Arlie and Muriel English, David and Joanne. 29-1p

HARRINGTON - In loving memory of a dear husband, father and grandfather Edgar Alfred, who passed away January 4th, 1973.
What we would give if we could say
Hello, Dad in the same old way
To hear your voice, see your smile
To sit with you and chat awhile
So you who have a father
Cherish him with care
For you'll never know the heartache
Till you see his vacant chair.

Ever remembered, by wife Elsie, and family. 29-1p

Winchester Hospital Births

December 25/74 Mr. and Mrs. David Dillon, Cardinal, Ontario. A Son.

December 26/74 Mr. and Mrs. Keith Blaine, Chesterville Ontario. A Daughter.

December 27/74 Mr. and Mrs. Paul Martel, Morrisburg, Ontario. A Son.

December 28/74 Mr. and Mrs. Brian Archer, Winchester, Ontario. A Son.

December 29/74 Mr. and Mrs. John Byvelds, Chesterville, Ontario. A Daughter.

Community mourns Fred Sullivan

The community of central Matilda were shocked at the unexpected passing of Fred Sullivan who died on the 28th of November. Mr. Sullivan had been ill previously but seemingly had recovered and had returned to his work at Iroquois Enterprises. He was at home for a rest period when stricken and died within two hours.

It is many years since Mr. Sullivan came to this neighborhood from the Spencerville area. For several years he followed the occupation of farm laborer. He took a valued and essential place in his home community. Strong, and efficient about his work, faithful in a fine degree to his responsibilities, he was loved, respected and admired, his services appreciated in the rural eveal of his time.

He was born in 1925 and is survived by his wife, the former Kathleen Keeler, who herself had only recently recovered from surgery at Kingston General Hospital.

Also surviving are a son Russell, a daughter Mrs. Howard Robertson, six grandchildren and six brothers and sisters.

Funeral services were conducted at the Sullivan home by Rev. Charles Massey of Morrisburg United Church. Burial was at the Dundela Cemetery.

Pall bearers were George Jackson, Charles Barkley, Abraham Mudde, Les Craig, Lorne Empey and Larry Thompson.

sunday services in the churches

CHRISTIAN REFORMED CHURCH WILLIAMSBURG, ONT.

Sunday, Jan. 12th
The services this day are prepatory for the Lord's Supper.
9:30 a.m. ..... Belgic Confssion Article 28. Theme: Church-Membership as the Test, Obligation & Privilage
10:30 a.m. ..... Sunday School
2:30 p.m. — Text: Pashm 42 Verse 11. Theme: Despair and Doubt; Hope and Help.
Come and Worship The Lord With Us

Anglican Church of Canada
Parish of Iroquois and Morrisburg
Rev. Francis N. Gooch, B.A.
Telephone 543-2867

ST. JOHN'S - IROQUOIS
January 12 — Epiphany 1
11 a.m. ..... Holy Eucharist
The Annual Meeting of St. John's Church is to be held Wed., Jan. 22 at 7:30 p.m. in the Main Hall

IROQUOIS PASTORAL CHARGE UNITED CHURCH OF CANADA
Rev. W. Brian Gee, B.A., B.D., ThM.
Organist: Mrs. George Fowler
Worship at 11 a.m.
Sunday School 11 a.m.

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

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

UNITED CHURCH OF CANADA
Matilda Pastoral Charge
Rev. L.D. Joyce, M.A., Ph.D., Th.D
9:30 a.m. ..... Hainsville
11 a.m. ..... Hulbert
1:30 p.m. ..... Brinston

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

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

Windmill Point
Cornwall, Ontario
K6H 4Z1
(613) 933-6080

ST. LAWRENCE COLLEGE
OF APPLIED ARTS AND TECHNOLOGY

Basic Communication Skills

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

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

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

Tom Butkovich
St. Lawrence College
Cornwall

or telephone:

Riek Pepers
543-2375

NEW LOW BEEF PRICES



We're Featuring

Now at M/M — A brand new beef to broaden your shopping selection — Tender, Lean "Budget Beef".

This beef is well named, coming from young, lean cattle resulting in mild, satisfying flavour and texture. Compare the leanness and careful trim of this beef with any "Bargain Beef" in the area.

We know you'll be pleasantly surprised.

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M/M's "BUDGET BEEF" IS GUARANTEED TENDER

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See Our Hand Bill For More Budget Stretching Savings

New column advises on money use

Everyone must make money decisions during a lifetime. The wisdom of these dicisions is reflected in the way life is lived and organized and enjoyed.

There is a real art to using your money for the sort of life you want.

No one can draw up a spending and saving and emergency plan for you, any more than another person can run your life.

In an effort to help you figure out what is most important for you in your money plans, we are starting this week a series of eight columns on Your Money and Credit.

The series suggests you sit down to think about what you want to spend and save by next year and 10 years from now — and it will give you some ideas of how to go about it.

Credit is part of every day life in Canada — in fact in much of the world these days.

Used wisely to help you to do the things you want to do, it is a very useful tool; you must use it and never let it use you. You are running the show.

The series was prepared by the Canadian Bankers' Association and is based on a free booklet available from the association.

Your money and credit



WHO USES CREDIT?

Consumer credit is using someone else's money — for a certain price and for a certain time. Using credit — spending the money you will have tomorrow — is something nearly everyone does these days. It is part of getting along in a complicated world and saving time and arranging things to suit yourself. It could give you the washing machine you need today and save you 25 cents a load at the laundromat which you would otherwise spend while trying to put aside enough cash to buy your own washing machine.

Some people criticize the use of credit. Some people even say that they have never used credit in their lives. But they forget that they use if for the telephone, the electric power, the gas supply. These services are supplied in advance of payment. Dentists send their bills at the end of the month, but they provide help when it is needed, often weeks before they ask for any money. This is credit.

Consumer credit is used by different people in different ways. If a person finds that travelling is the only way he wants to spend his holidays, then he might borrow for a trip or use one of the airlines' fly-now-pay-later plans.

Or perhaps buying a house is more important to an individual or family than having an exciting holiday every year. Lots of people think so.

Anyhow, everyone has the right to figure out how to use money and credit for personal satisfaction. Everyone uses them differently.

Just about everybody uses consumer credit. Rich people, average people and poor people — television actors and make-up men, students and teachers, stockbrokers and clerks, construction workers, window cleaners and developers, lawyers, bankers, salesmen.

They all use credit because they will be able to afford to pay more conveniently at a later date for something they want or need to have now.

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PARMETERS' SHOES

Build A Backyard Rink

Go ahead -- build the backyard rink your children want. It will not smother your lawn if you build it the right way.

"Start the rink after the ground has frozen and a deep layer of snow has accumulated," advises Ontario Ministry of Agriculture and Food Horticulturist R.F. Gomme. "Do not scrape the snow away. Build the rink on top, so the grass under the ice benefits from air in the snow."

Outline the rink area by moulding snow into a ridge. Place boards or plywood on edge inside the ridge for hockey cushions. Level the snow inside the edging by dragging a snow shovel or toboggan over the rink arew.

To build the base, sprinkle water many times for short periods, either directly on the snow or on large plastic sheets covering the snow. A garden hose or lawn sprinkler is ideal for this job, according to Mr. Gomme. Tramp the area around the rink edges to prevent water from draining away.

Patch rough spots or holes with snow, then soak with water. Clean the ice surface before each flooding. Once a good base is formed, keep the ice smooth by frequently giving it a light spray.

Next spring, as soon as the frost is out of the ground, fertilize the lawn where the rink had been.

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PLEASE NOTE — During January & February Jack's will close at 12:30 every Wednesday. Regular hours during the rest of the week including Monday.
ALL SALES FINAL—No refunds or exchanges on sale goods. Alterations extra.

March Of Dimes Ability Fund Provides New Lease On Life

Thanks To You-He's Working

Traffic accidents are a major cause of physical disability, particularly among young adults. And, as a result, many of them end up confined to wheelchairs or even to a bed for the rest of their lives.

The change from an active life to one of less mobility can be traumatic, but thanks to the March of Dimes Ability Fund, many of these young adults have learned to stress their ability, not their disability.

One such person who is grateful for the help given to him by the March of Dimes is 38 year old Sam Van Voort. In 1968, Sam was in a motor accident that left him a quadraplegic. Although he is still a patient in the Chatham General Hospital, he is able to operate his own business "Sam's Stationery". The March of Dimes Ability Centre in London arranged to have a special telephone device installed in his room, which Sam can operate by a touch of his elbow.

This is only one example of the kind of service your donations to the March of Dimes Ability Fund make possible. When the volunteer canvasser calls on you, please give generously. You'll be making life better for people like Sam Van Voort.

Why Me?

Why me? was the question that ran through the mind of 14 year old Helen when she became paralyzed from the waist down after a farm accident. For Helen, the world had stopped and life had little meaning. It was only after a heart-to-heart talk with her father that she realized she must fight back.

Helen Banks is now 35, and the mother of two boys. She has learned bookbinding, dressmaking and is presently employed at the March of Dimes Ability Centre in London, Ontario.

When Mrs. Banks moved to London, she applied for a job as a bookbinder at a local business, but was turned down because of her handicap. She made dresses for a short period of time, but had difficulty collecting the money for her work. Then there was a period of sitting around the house with no way of escape without help, because of the front stairs. She had to rely on her husband for assistance in getting up and down the steps in her wheelchair.

During this period in her life, Helen's nerves were on edge and she began to feel unimportant and helpless.

Then, through a conversation with a woman who came to visit her to repair her wheelchair, she learned about the March of Dimes Ability Centre - then called a Workshop - which happened to be just around the corner from her home.

Helen went to the Centre and talked to the Director, Mrs. Margaret Elliott. Mrs. Elliot offered her work at the centre, and with March of Dimes funds, had a ramp built at the front door of her home.

Now with a job and a ramp that allows her to leave and enter the house without help, Mrs. Bank's nerves are back to normal and the sense of being useful has returned.

Helen Banks is grateful to the March of Dimes Ability Fund for making all this possible. You can help other people like Helen -- by supporting the March of Dimes Ability Fund. It's an investment in people.

Animal Bones Tell Story To Wildlife Researchers

The deaths of scores of birds, reptiles and animals killed by poachers, overly-ambitious hunters, traffic and other mishaps every year may not be entirely in vain, according to Wayne Mutton, the Ministry of Natural Resource's Eastern Region information officer, who works out of Kemptville, Ontario.

He says conservation officers in his region have been finding uses for the carcasses that range from historical research to, in the case of freshly-killed dear and moose, providing elderly citizens with a dinner of prime venison.

Near Ottawa, a mallard duck that has been seized today could very well be a clue to the location and eating habits of an Indian village that flourished 200 years ago.

Conservation officers have turned over approximately 125 carcasses in the past year to Ann Rick, head of the Zooarchaeology Research Centre, one of the sections of the National Museum of Natural Sciences.

At the centre, a reconverted warehouse beside the capital's busy Queensway, carcasses are placed in a steel vault where a resident colony of Dermestid beetles strip the bones of all the meat.

The bones are then given a final cleaning, numbered, sprayed with a light coating of clear plastic and stored in cabinets. They become the "reference library" used to identify the thousands of pieces of other bone fragments sent in from archaeological digs all over Canada.

Those fragments are important evidence. Recently, bones identified at the centre as belonging to willow ptarmigan helped pinpoint the location of a fur trade post that was active near Lake Athabaska in the 1800's.

Tiny bone fragments that are extremely difficult to identify can usually be traced down by careful comparison with skeletons in the Ottawa collection.

Further analysis may also reveal the animal was butchered, the bone was used as an implement, or that a particular disease was active at the time.

The presence of migratory bird's skeletons may help to determine the season certain events took place -- an invaluable part of any archaeological jigsaw puzzle.

At the moment Ottawa area conservation officers are saving the carcasses of a bittern, bluejay, pileated woodpecker, gallinule, hairy woodpecker, mallard, blue-winged teal, two wood ducks, a hooded merganser and a sawwhet owl for the research centre. Several carcasses being kept as evidence will be turned over following court proceedings.

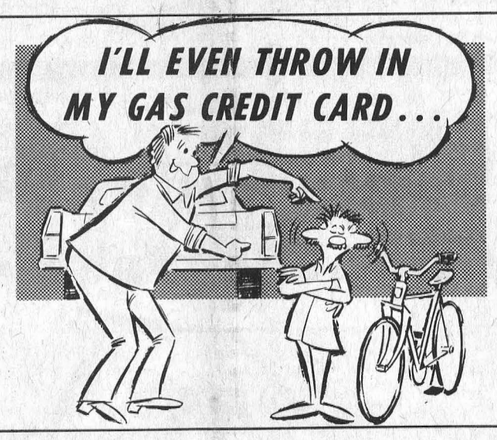
Besides the national museum, many carcasses are taken to the veterinary lab at the Kemptville College of Agricultural Technology for autopsy. The examinations provide a regular, up-to-date check on any disease or parasites affecting local wildlife.

Conservation officers in East ern Ontario have also turned over deer and moose carcasses to a local rehabilitation centre for alcoholics, local hospitals and a number of homes for senior citizens.

The animals, victims of poachers or traffic, are donated only if the meat is in excellent condition. The meat is further checked by dietitians on staff at the institutions.

And the venison is appreciated. In October, residents at the Carleton lodge were so delighted to receive venison from a road-killed buck they ate up the steaks and roasts before the director, who made the mistake of arriving late that day could sit down to dinner.

Several years before this, a conservation officer delivering venison to a senior citizen's home was told by an elderly resident, "This is wonderful. I haven't tasted venison for 50 years, not since my poaching days."



Dollars & Good Sense

by William J. Martin
Special Consultant to AVCO FINANCIAL SERVICES

An estimated 25 percent of American car owners now perform their own tune-ups and minor repairs to reduce auto expenses dramatically.

You don't need specialized skills or expensive gear to keep your car in top running condition, just some basic knowledge and tools and a repair manual for your car.

Probably the quickest way to learn about repairs and adjustments you can make is to enlist the help of a friend who handles his own auto maintenance.

Many high schools and community colleges offer evening courses in auto mechanics. Libraries, book and auto parts stores offer manuals which will take you step-by-step through everyday maintenance and advanced repairs. And auto parts stores are usually helpful in advising their do-it-yourself customers

You might start by performing basic maintenance such as oil changes, chassis lubrication and battery maintenance, for example.

As you learn about the mechanics of your car, you'll discover how minor a "minor" tune-up really is. You'll find your car is running better than ever. And there's no charge for labor.

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

In Hospital

Mrs. Maud Fader is a patient in St. Vincent-de-Paul Hospital. We wish her a speedy recovery.

Wed In Ireland

A guiet wedding was solemnized November 30th in St. Mary's Church in Caher Ireland when Miss Mildred Joan Arsene R.N., B.Sc of Lethbridge Alberta became the bride of Alex Wm. Foster of Carrick, Ireland, son of Mr. and Mrs. Edwa d O. Foster, Iroquois Ontario.

The bride is the only daughter of Mr. and Mrs. Wm. Arsene Lethbridge Alberta, and was a Senior nursing instructress at the Royal Alexander Hospital Edmonton Alberta.

The groom was a graduate of Iroquois High School and an Honour graduate of Waterloo University in 1968.

He is presently employed by Becthel Co. of Canada as a Civil Engineer on a Pharmaceutical plant project.



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

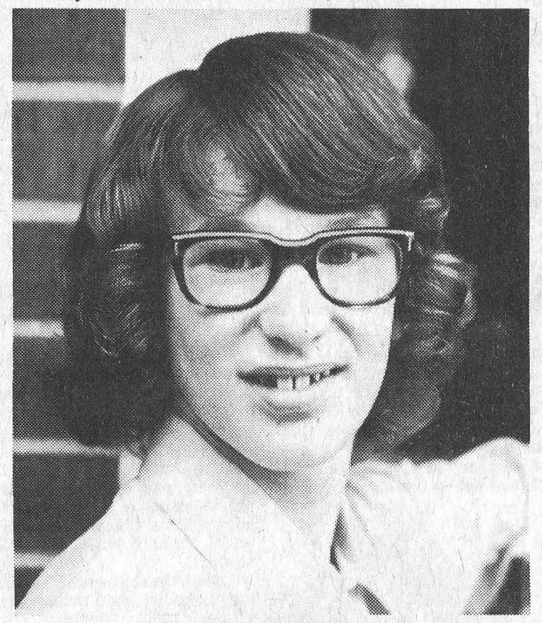
Douglas very much wants to belong to a family. He's not being very specific about what kind of a family but he thinks it will be nice if they live in the country.

Douglas is 14, a tall, slim lad with brown curly hair, blue eyes (his glasses are for near sightedness) and freckles. His background is Anglo-Saxon.

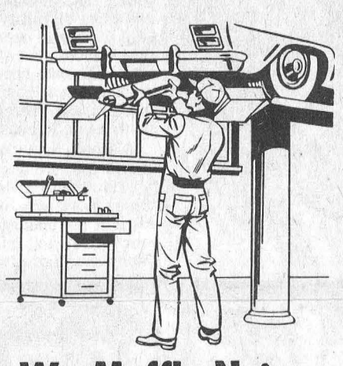
In opportunity class, Douglas enjoys working with his hands and he has many interests and hobbies, including crafts and models. He is interested in stereo equipment, is a keen gardener and belongs to Scouts. He is sports-minded, with hockey, baseball and swimming his favorites.

Polite, pleasant Douglas will be a fine son for a family who will appreciate his personality and will help him develop his potential in non-academic areas.

To inquire about adopting Douglas, please write to Today's Child, Ministry of Community and Social Services, Box 888, Station K, Toronto M4P 2H2. For general adoption information, consult your local Children's Aid Society.



HOPES FOR COUNTRY HOME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