New Provincial Coaching Program

A new Provincial Coaching Development Program for mateur sports was announced today by the Honourable Rene Brunelle, Minister of Community and Social Services.

The program is designed to encourage more and better trained coaches at the community level, by providing the ordinary citizen with an opportunity for formal training and up-grading of leadership skills.

Beginning in October, the first level of the program will be offered by community colleges and universities in major cities throughout Ontario. Registration will be $5.00 and the only prerequisites will be a desire to improve personal coaching skills.

The new Program was developed under the auspices of Provincial Directors of the Sports and Recreation Council of Canada and funded co-operatively by the Province and the National Department of National Health and Welfare. It will be administered through the Sports and Recreation Bureau of the Ministry of Community and Social Services.

A number of other provinces will be offering similar programs making it a national effort to improve amateur sports in Canada.

The Ontario programs will have training at three levels. Each level will have three phases, including theory, technical training and practical experience.

The first phase, Level 1 Theory, will begin in October. The Course will be 2 hours each week for eight weeks. To accommodate coaches who do not live close to a community college or universities, some courses will be arranged on weekends.

Subjects will include the principles, problems and approaches to amateur sports as well as the role of the coach, biomechanics of coaching, growth and development, sports psychology, motor learning and motivation, exercise physiology, sport medicine and training method.

The province will be providing funding for instructors and resources including films and other teaching materials.

After completing basic theory, participants will move on to technical clinics run by the various sports governing bodies. The Province will be providing grants to cover seminars, salary assistence, and the purchase of teaching resources and training manuals.

The final phase of Level 1 will be practical coaching experience.

Each participant who successfully completes all three phases of Level 1 will be certified as a Level 1 Coach by the Sports and Recreation Bureau of the Ministry of Community and Social Services.

Levels 2 and 3 will be offered in subsequent years and will include increasingly advanced knowledge, theory, technical and practical skills.

Levels 4 and 5 are currently being developed by the Coaching Association of Canada and the National Sports Governing Bodies to further develop knowledge, theory, technical skills and practical experience.

Director of the Ontario program and Motor Learning Chairman is Dr. John Richardson, University of Western Ontario, Physical Education Faculty.

Committee chairmen include: Dr. Terry Orlick, University of Ottawa, Sports Psychology; Mrs. Carol Ann Letheren, York University, Leadership and Communication, Dr. Howard Green, University of Waterloo, Sports Medicine; Prof. Bob Norman, University of Waterloo, Biomechanics; Dr. Conrad Milne, University of Western Ontario, Growth and Development; Prof. Bob Eynon, University of Western Ontario, Training and Conditioning of Athletes.

Each chairman has a sub-committee which includes experts from other Ontario universities and institutions. Care was taken to ensure representation of experts who are also involved in mminor sport coaching and who appreciate the needs of coaches involved at the community level.

The first course will begin October and will be repeated early in 1975. There are no course prerequisites other than a desire to improve personal coaching skills.

In announcing the program Mr. Brunelle said he was optimistic that many citizens in communities throughout the province would take advantage of the program.



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Those lovely dark eyes are a reminder of Mickey's one Indian grandparent. The other grandparents were white. To round off his good looks, Mickey has black hair, olive skin and a lithe, sturdy build.

Mickey has just turned eight and is a healthy, active fellow who enjoys sports and is always eager to join in games. He likes skating and skiing and hockey, but water sports are his favorites. He is an excellent swimmer and has a natural aptitude for diving.

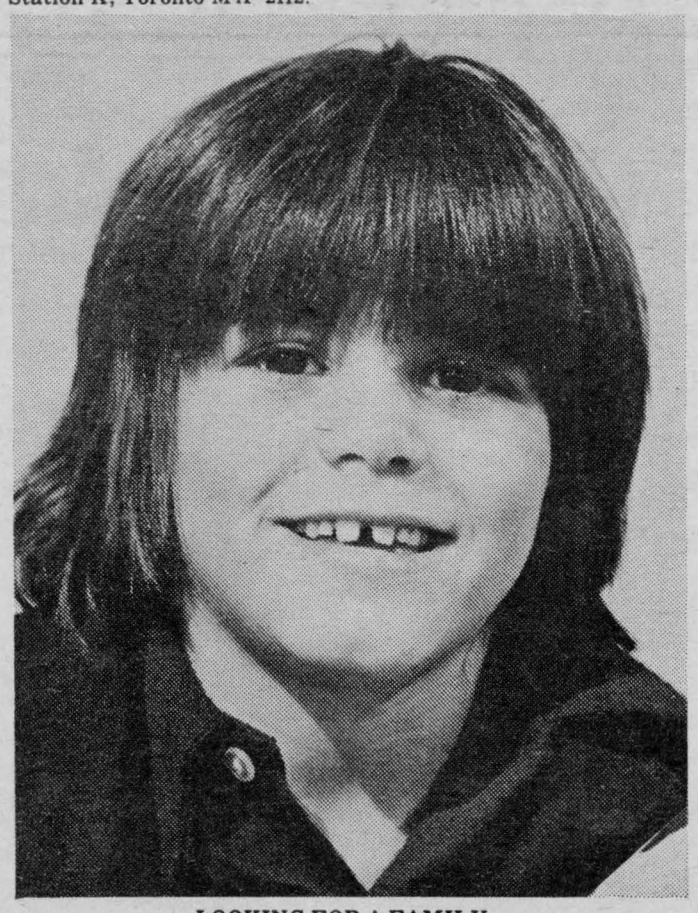
Because of unsettling experiences in his life, Mickey has had some emotional problems and has been living in a special treatment home. He has done well there and it is felt he is now ready to become part of a family.

At one time, psychological tests gave this lad a dull normal rating. Now it is considered he may be average or perhaps above.

Mickey likes music, especially singing. He is interested in carpentry. Last year he was a Beaver (a club for young boys) and now he intends to join Cubs.

Mickey needs warm understanding parents who will share activities with him. He will enjoy a brother or sister much younger or a good deal older but there should be no children close to him in age.

To inquire about adopting Mickey, please write to Today's Child, Ministry of Community and Social Services, Box 888, Station K, Toronto M4P 2H2.



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Lazy summer days slip almost imperceptibly into autumn and suddenly the frost is on the pumpkin. Can Christmas be far behind?

Now is the time to plan in advance for a greeting card that no one else in all the world can send--a card featuring a snapshot of you and your family.

Your photo dealer can show you a variety of Christmas folders with a printed message and strips of pressure-sensitive adhesive to attach a silk-finish borderless print. Or you can have the picture printed on one of a variety of Slim-Line or Trim-Line cards. Simply take your negative, slide or snapshot to your photo dealer and select the style card you desire.

Bear in mind that the negative should be in the dealer's hand before Thanksgiving to allow for printing and to give you time to write notes and address the envelopes before the last minute rush of mail.

Those who are artistically inclined might enjoy mounting their snapshots on home-made ornaments. The greeting message can then be inscribed with a colorful felt-tipped pen in spidery or fat bold strokes.

Your Noel greeting snapshot can be specially posed with Christmas-sy props or it can be one you particularly like from your album.

Now for a few helpful hints that are good for all your family photography.

When photographing children, remember to keep them busy so they will appear natural; get down to their level; and shoot against a simple background.

With the Kodak pocket Instamatic cameras, it's easy to say "Merry Christmas" as only you can say it... with your own informal snapshots.

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THE IROQUOIS POST

"Need Right Kind of Environment" Esso

"I believe that as Canadians increasingly become aware of the magnitude of the job ahead and of its importance to our wellbeing, they will ensure that the right kind of environment is provided by our governments", said D. H. MacAllan at a recent meeting of the Morrisburg and District Canadian Club. Mr. MacAllen vice-president of Imperial Esso Canada was describing the historical perspective of the petroleum industry, the transition period of the industry today and the consequences of short-sighted ecomnic and public policies in Canada.

He compared the agricultural industry with the energy industry commenting that both are essential to our survival and our life style. He noted that both are dependent upon scarce resources with production costs rapidly rising.

Mr. MacAllan said that the oil industry had been operating in a world of surplus supply with consumers benefiting from low prices. "The world petroleum industry is today in a period of transition where both econimic and political forces are important. The Canadian petroleum industry is also in a period of transition which is bringing with it a number of problems."

Turning to the historical perspective he said that the demand for fuels had been increasing about eight percent each year, with a high proportion of the requirements being met from Middle East production. During the same period, Canada developed its own supply but transportation costs are high. For the past 25 years there was practically no increase in crude oil prices until 1973. Major refinery expansion occurred but real profits are dependent upon the reserves which have been discovered and which are still in the ground. Prices have increased due to several factors involving many nations.

The period of transition has produced a staggering disequilibrium in the global balance of payments which puts strains on the international monetary system. The consuming countries of the western world have problems of reducing the demand for energy, reducing the cost of the energy and achieving international co-operation" he stated.

"As a country we are in the fortunate position of being important exporters of crude oil. As Canadians we must have some important concerns, about our policies in Canada", said Mr. MacAllan.

He stressed that economic opportunities do exist to develop new supplies in Canada provided that public policies do not jeopardise these opportunities. "Given appropriate policies we have good reason for optimism to replenish our reserves within Canada".

Discussing policies and conditions he cited a tremendous number of skilled workers are needed, there must be critical public policy decisions made rapidly by the government and policy consultation both between various levels of government and sectors within the energy industries.

Following his address, Mr. MacAllan answered questions dealing with competitive markets bond issues, export taxes, exploration and other subjects related to the petroleum industry. Dr. Graham Houze presided and introduced the speaker who was thanked by Bill MacDonald, vice president.

Annual Meeting Hospital Auxiliary

Officers were declared vacant, Mrs. Chester Robinson presided for the election of officers. In the absence of Mrs. G. Lancaster the report of the nominating committee was read by Mrs. W. Dow:

Past President - Mrs. J. M. Cass - Chesterville
President - Mrs. Evelyn Macartney - Ramsayville
1st Vice - Mrs. Charles Wallace Metcalfe
2nd Vice - Mrs. John Sloan - Morrisburg
Secretary - Mrs. Fred Hill - Morrisburg
Treas. - Miss Marion Lynch - Chesterville

Mrs. C. Robinson commended old executive on their achievements and welcomed the new President.

Mrs. Macartney presided for new business. Winchester Auxiliary will be host to the Spring Conference of the District. Mrs. F. Cass, Mrs. M. Boyd, Mrs. W. Byers, Mrs. R. Summers and Mrs. E. Casselman were selected as a planning committee for this event.

The teenage volunteer banquet was discussed. An Executive meeting will be held November 7 at 2 p.m.

Mr. Stel, for the hospital board, welcomed the new President and wished the new executive success in their term. He paid special tribute to Mrs. Summers for her years as Treasurer.

Next regular meeting will be November 14.

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Attend Convention From Local Hospital

The 50th anniversary year of the Ontario Hospital Association will be climaxed by the the convention to be held October 28, 29 and 30 at the Four Seasons Hotel in Toronto.

The theme of this year's convention, which will feature addresses by the Minister of National Health and Welfare, the Hon. Marc Lalonde, and Ontario Minister of Health, the Hon. Frank Miller, will be "Educating for Health; Your Hospital's Role."

More than 9,000 delegates from 250 Ontario hospitals, as well as representatives from hospitals and health care associations in other parts of Canada and the United States, will attend the three-day convention which will include lectured, panel discussions, group meetings and an exhibition of modern hospital equipment.

Winchester District Memorial Hospital will be represented at the convention by George Elliott, President of the Board of Governors, H.P. Stel, Administrator, J. O'Gorman, Business Manager, Miss B. Legris, Director of Nursing, Mr. A. R. Larocque, Purchasing Agent, and by Dr. W.M. Byers, Chief of Staff, and Dr. G. N. Houze, President of the Medical Staff.

The speaker at the opening day luncheon on Monday, October 28th, will be Hon. Marc Lalonde, Minister of National Health and Welfare. Provincial Minister of Health, the Hon. Frank Miller will be the principal speaker at the afternoon session for trustees on Tuesday, October 29.

The first general session on Monday afternoon will centre around the theme of this year's convention, "Educating for Health: Your Hospital's Role". Michael Wilson, M.D., M.R.C.P., of the Theology Department of the University of Birmingham, Biringham, England will give the keynote address on "The Hospital in Society - 1975. He will be followed by Douglas Neblett, M.D., the Director General, Community Health, Department of National Health and Welfare, who will report on "Canada's Health Problems - the Hospital's Role", with special reference to the Minister of Health's document, "A New Perspective on the Health of Canadians". J.B. Nielson, M.D. will then present an opposing point of view.

The joint meeting for Trustees and Medical Staff on Tuesday, October 29, will feature an address by OHA President Mrs. D.A. Irwin on "Reacting to the Mustard Report", which was the report of the health planning task force, tabled by the Ontario Minister of Health earlier this year.

"Hospital Labour Relations - The Trustee's Perspective" will be the subject tackled by Jean Morin, a Trustee of the Hospital Ste. Jeanne d'Arc, Montreal, and first vice-president of the Association des Hopitaux de la Province de Quebec. OHA Executive Director, R. Alan Hay, will close the session with an address on "What's left for Hospital Trustees to do now?"

Following the address of Ontario Minister of Health, the Hon. Frank Miller at the Trustees meeting on Tuesday afternoon, panelists for the question and answer session will be S.W. Martin, the Deputy Minister of Health, Ontario, W.W. Henderson, M.D. Assistant Deputy Minister, Health Standards, W. A. Buckley Assistant Deputy Minister, Health Services and W.B. Nichols, Assistant Deputy Minister, Finance and Information Services.

Chiefs of Medical Staff will participate in a discussion of "Legal Responsibilities of the Chiefs of staff under the Public Hospitals Act". The discussion leaders will be C.J. Doherty, M.D., Medical Director of the General Hospital, Sault Ste. Marie, J.K. Strathearn, M.D. Chief of Staff of the Soldier's Memorial Hospital, Orillia, and R.A. Slute, Director, Association Services Division of the Ontario Hospital Association.

The final general session on Wednesday, October 30, will open with an address by Sister St. Michael Guinan, Ph.D., Ll.Dl, Consultant, Senior Citizen's Bureau, at the Ministry of Community and Social Services and the President of the Canadian Institute of Religion and Gerontology, on "Living and Aging". C.I. Gryfe, M.D. F.R.C.P. (C) will then discuss "Geriatric Care in Other Countries". New perspectives in Mental Health Care Delivery will be the subject of an address by Michael G. Thompson, M.D., Medical Director of the London Psychiatric Hospital.

In addition to the General Sessions, meetings for specialized health personnel belonging to the twenty-one sections of the OHA will be held during the three days.

Nurses, dieticians, physiotherapists, chaplains, volunteer workers, medical records, librarians, engineers, speech pathologists and audiologists, purchasing agents, ambulance service directors, accountants, directors of linen service, housekeepers, pharmacists, radiological technicians, occupational therapists, social workers, chiefs of medical staff, hospital management engineers, nursing administrators and physiotherapists will meet to hear lectures and exchange ideas as part of the constant process of learning new techniques and re-evaluating procedures.

Mrs. D.A. Irwin will complete her one-year tern of office as President at the convention and President-Elect Mr. A. Stoddard Jones, a member of the Board of Governors of the Greater Niagara General Hospital will be installed as president for the 1974/75 tern.

Winchester District Memorial Hospital is a member of the Ontario Hospital Association, a non-profit organization of public hospitals in Ontario, many private institutions and other health care organizations. It arranges a number of educational meetings, of which the convention is one, for hospital trustees and staff with the aim of developing the best possible hospital care for the people of the province.

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What goes inside your furniture is important



Around the home with

Sandra Joy

Most furniture buyers are usually overwhelmed by the variety of colours and patterns of fabric and the design and style of individual pieces when they first walk into a showroom. And they should be because manufacturers face tough competition for the consumer's eye. But like most things, what's inside is of prime importance.

Today's skyrocketing prices have increased the consumer's concern for quality as well as design and eye appeal. With a little technical knowledge and some careful thought before you step into a showroom, you can buy a sofa or a chair that is well made and will serve your family's needs and daily activities at a price you are prepared to pay.

Unless a sofa or a chair is well made on the inside, it will soon lose its good looks on the outside. Different kinds of construction techniques make it impossible to say there is one "right way" to build an upholstered piece, but it's possible to judge quality if you consider the basic materials and craftsmanship.

The frame of a sofa or chair is like the skeleton of the body. Usually made of a hardwood like birch, poplar or maple that is kiln-dried, it supports the springs, filling, outer cushions and you. A properly built frame has strong reinforcements in the areas that receive stress and strain. The joints, where the frame is put together, should be tightly joined with a pair of wooden pegs (called double dowels) which should be further reinforced with plywood or glued, triangular blocks. This increases the piece's overall strength.

Padding and cushioning

The padding and cushioning in sofas and chairs are subjected to hard wear and you must choose those that offer a quality inner construction, outer durability and easy cleanability. The two most popular cushioning materials used in high quality upholstered pieces are synthetic polyurethane foam and natural latex foam rubber. Polyurethane (also called polyfoam, urethane foam, or synthetic foam) is flexible, soft and yielding to the touch, and provides excellent resiliency. It is allergy-free and will not be harmed by common upholstery cleaning solutions. Natural foam rubber, made of latex from the rubber tree, can be molded into any shape. It costs about twice as much as synthetic cushioning and can be harmed by some cleaning solutions. Down or synthetic fibre-fills are much more expensive and used in luxury pieces.

When you pick up a cushion that is unusually light, it is not high density foam and will quickly lose its shape. High density foam cushions have air cells or "breathing" holes that are small and close together. Open the zipper and examine the foam. If the holes are large and porous, it will soon lose its comfort, resiliency and good looks. Zippers, incidentally, are NOT placed on cushion covers so they can be removed. They are only there to allow for straightening the seams. And be sure you NEVER remove the cushion cover — especially for cleaning.

Quality upholstered pieces will be cushioned everywhere your body makes contact. Lift the seat cushion and sit down on the deck. You should not feel the wood frame. If you do, it is a poor quality sofa or chair. Tops of arms, sides, and corners on the back should also have generous amounts of cushioning so that edges do not feel hard and the fabric covering will not be in contact with the wood frame.

Sit in the chair or sofa as if you were at home (and be sure to take your coat off). It should not be too hard or too soft. Your feet should rest on the floor and the pitch (angle of the back) must balance with the depth of the seat so your back is properly supported. If you're forced to sit upright or lean back in an uncomfortable way, the pitch is wrong and it will be difficult to live with. Test the springs by bouncing.

Fabric and workmanship

If the fabric and workmanship of the exterior of a piece of furniture is not good where you can see it, it probably will not be any better on the inside where quality determines strength and durability.

One manufacturer, Kroehler, awards a one year warranty on fabric that passes a seven phase performance test that is a laboratory simulation of wearability. The phases include wear, seam holding, tearing, colour transfer, breaking strength, fuzzing and pilling and stretch. Look for manufacturer's warranties in writing. Also ask your friends and neighbours about the service of different furniture dealers.

Look at the welts and be sure they are straight and neat at the corners. The seams should be straight and the thread (quality lines generally use nylon) should be the same colour as the fabric. If there is a skirt or kick pleats, they should be lined, even, and well-pressed. Careful tailoring where decorator items such as buttons are applied, smooth corners and backs, and a smooth finish on exposed wood trim are other important checkpoints. Plaids and patterns on upholstered pieces should be straight.

Optional features such as trims, castors, boltsters and buttons cost more. Although they add luxury, your first concern should be to invest your upholstery dollars in quality construction and good fabric. If you wish to re-style or re-cover your sofa or chair in the future, you'll have an excellent basis from which to work.

The Kroehler Mfg. Co. Limited has produced a booklet titled A Consumer's Guide to Furniture. It details everything from the history of furniture to the removal of common stains. For your copy write, enclosing 25¢ for shipping and handling, to The Furniture Information Centre, P.O. Box 370, Stratford, Ontario N5A 6T4.

MAKE IT MINK



This year the cardigan is setting the shape of fashion. And shaping up the cardigan is natural ranch mink. Designed by Halston, it's the softest, warmest thing in town, combining elegance and the stylishly casual look that's so big these days. Mink International says it's time to get back to basics. And when you're wrapped in the beautiful simplicity of natural ranch mink you've got it all together.

Some say that steel tempered in forget-me-not juice will become so strong it can cut stone without being dulled.

HINTS FOR HOMEMAKERS

Those Appalling Leaves

Falling leaves may be romantic in a song but leaves all over the lawn are an entirely different tune. Repeated windfalls of nature's golden wonder mean long hours of back-aching raking but there's a new, low-cost and efficient helper called the



"Griffin Leafer" that helps people gather up leaves in 2/3rds less time than they had to spend hand-raking. The method: Rake all the leaves into many small mounds. The surprise: You're picking up at one scoop 2-to-3 bushels of leaves every time, including grass cuttings and twigs. Even if you have a blower on your mower, a Leafer saves extra hours of fuss and bother. This product is sold direct for $4.95 (postage prepaid) by Griffin Products, Inc., P.O. Box 562, Greenwich, Conn. 06830.

Busy Time at Legion

The general meeting of Branch 370 was called to order by President Ken Easter on Thursday, October 17th. Several comrades were in attendance as Gerald Webb was initiated.

Conference was read and we would like to thank Councillor Helen Smith for her generous donation towards our pledge to the medical centre.

Also we would like to thank the Village Council for the letter of Thank You received by the Branch for paying their 10,000 pledge so promptly.

It appears we are going to be busy. Bridge tournament was hosted by the Branch, Saturday October 19. Cribbage tournament will be held at Merrickville on November 6th.

Many crowds are scheduled to attend.

Members will also be attending the meeting in Spencerville and the Can-Am in Goveneur.



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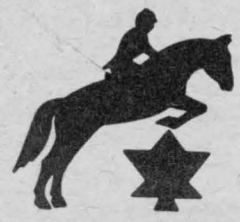

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Grass Drags

From Page One

from Longeuil, Quebec, and fifth place went to Laurent Gingras, from Iberville, Quebec, on a Ski Doo.

With only 9 points separating 1st and 5th, the battle for the International Cup, sponsored by Big Red and Red X turned out to be the stiffist competition these drivers have ever witnessed on grass.

Over All Class Winners Of International Cup -

A Stock - Rheal Parent - Roll-O-Fley

B Stock - Ron Tackaberry - Yamaha

C Stock - Jim Primrose - Moto Ski

D Stock - Gilles Tetrault - Ski Doo

Open Stock - Ross Fedorki - Ski Doo

A Mod - Steve Farr - Chaparral

B Mod - Steve Farr - Chaparral

C Mod - Marcel Lamothe - Alouette

D Mod - Herb Yancy - Arctic Cat

Open Mod - Herb Yancy - Arctic Cat

Class Trophy's sponsored by Molsons Breweries.

The Iroquois Fire Department would like to take this opportunity to thank the sponsors of the races for their help in making this first running of the Iroquois International Cup a complete success. Big Red and Red X Oil Company one of the finest oil's made today; Gates Belts, The Performance Belts; Lakeland Auto Parts, Morrisburg, Ontario, and Molson's Breweries, the Racing Company.

RACE RESULTS OF LAST RUNNING OF THE IROQUOIS INTERNATIONAL CUP

A Stock -
1st - Sandra Johnstone, Alouette
2nd - Rheal Parent - Roll-O-Flex

B Stock -
1st - Gilles Tetrault, Ski Doo
2nd - Wayne Sheilds, Rupp

C Stock -
1st - Jim Primrose, Moto Ski
2nd - Laurent Gingras - Mercury

D Stock -
1st - Gilles Tetrault - Ski Doo
2nd - Laurent Gingras - Mercury

E Stock -
1st - Ross Fedorki, Ski Doo
2nd - Jim Primrose, Moto Ski

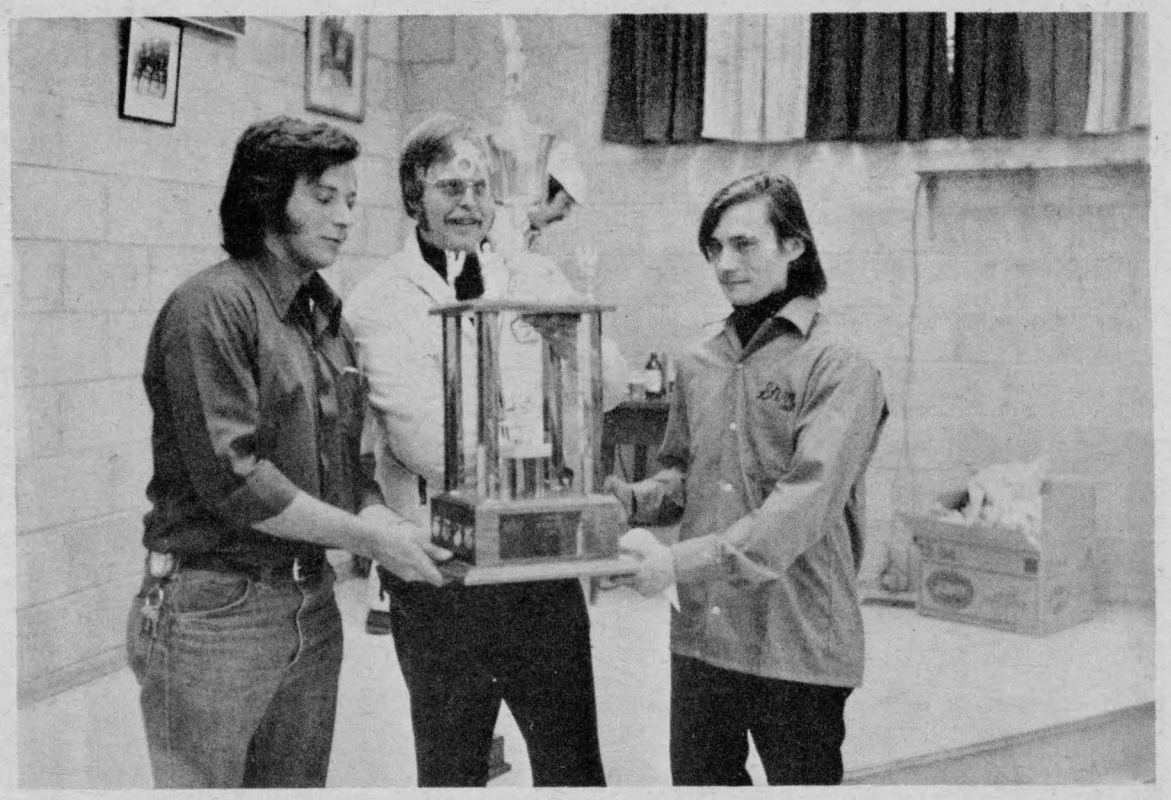
A Mod. -
1st - Ross Fedorki, Ski Doo
2nd - Steve Farr, Chaparral

B Mod. -
1st - Harvey Johnston, Snow Jet
2nd - Steve Farr, Chaparral

C Mod. -
1st - Harvey Johnston, Snow Jet
2nd - Doug Millard, Alouette

D Mod. -
1st - Herb Yancey, Arctic Cat
2nd - Dwight Kelsey, Yamaha

E Mod. -
1st - Karl Kyline, Yamaha
2nd - Herb Yancey, Arctic Cat







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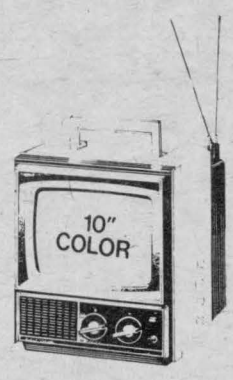
- Ivory cabinet with black and woodgrain trim

*Reg. Trademark



$399.95

STYLES & McINTOSH

IROQUOIS SHOPPING PLAZA

652-4397

Mrs. Ruth Serviss Was Widely Mourned

Mrs. Ruth Serviss passed away suddenly at her home in Stampville on Friday October 11th, in her 63rd year.

Mrs. Serviss was born in Matilda township on August 26th 1912 daughter of the late Benjamin Henry and Ada Carman.

In the year of 1949 she married Clarence Serviss who survives to mourn her loss, also 2 sisters and 1 brother, Mrs. James Armstrong (Irene) Cardinal, Mrs. Hilda Armstrong and Borden Henry both of Brockville also nieces and nephews. Predeceased by 2 brothers Jack and William.

Her remains were at the Fitzsimmons Funeral Home until Sunday afternoon when the funeral service was held at two o'clock with Rev. Adam of Morrisburg officiating.

Interment was at Point Iroquois Cemetery.

The pallbearers were: Lee Cassel, Keith Cassel, Earl Wylie, Cephus Sypes, Edward Foster, Marvyn Miller.

The numerous floral tributes and donations and the large number of friends and relatives attending the funeral bore evidence of the high esteem in which Mrs. Serviss was held in this community and surrounding district.

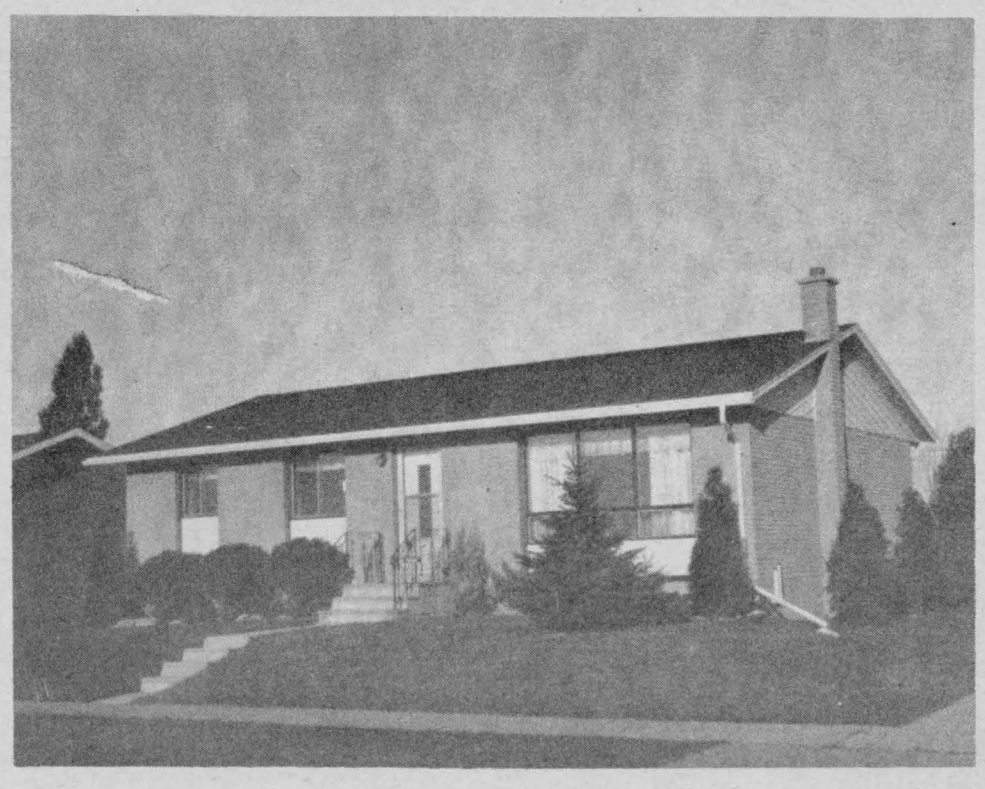
COME ONE COME ALL
TO THE MORRISBURG UNITED CHURCH
ANNUAL ANNIVERSARY TURKEY SUPPER
IN ALLEN HALL, MORRISBURG
Wednesday, November 6th, 1974
Supper begins at 5 p.m. until all are served
Adults $2.50 Children under 12—$1.50
18-2c

Knox WMS Hold Thankoffering

The church-hall of Knox Presbyterian Church held a capacity gathering for the annual Fall Thankoffering Meeting of the Auxiliary, held on Sunday evening, October 20th, at 8 p.m. The presiding chairperson, Mrs. Marie Mearns, president, welcomed all in attendance and led in the responsive Call to Worship, a paraphrase of Psalm 100. During the meeting, Mrs. Mearns, particularly welcomed ladies of St. Cecilia's Roman Catholic Church and of St. John's Anglican, and sister auxiliaries of St. Andrew's-St. James Presbyterian Church, Cardinal, Knox Church, Morrisburg, and St. Andrew's Church, South Mountain, not to mention ladies of Knox, Iroquois, and a few gentlemen. Mrs. Kathleen Hummelen, Assistant General Secretary of the Women's Inter-Church Council of Canada was guest speaker for the evening, and brought a very interesting, thought-provoking and stimulating address on the topic "Thanksgiving for Womanhood", leaving many in attendance "wishing for more". Having just returned from an International Conference on Women, sponsored by the World Council of Churches, and held in Berlin, Germany and Geneva Switzerland, Mrs. Hummelen expressed to her hearers a great sensitivity to the issue of her address theme. The President warmly thanked her at the conclusion of her address. Mrs. Betty Casselman, church organist, offered two beautiful solo selections during the meeting, with accompaniment by Mrs. Ruby Bell. Mrs. J.B. Fenton gave a thanksgiving reading; Mrs. K. Perry offered a special "prayer of concern"; and Mesdames A. Moke, E. Hyslop, M. Murphy, and N. McGowan assisted as greeters and ushers for the evening. A special "Centenary-Year Cake" was cut by the President during a refreshment time guests expressed their appreciation for the invitation extended and the evening's proceedings.

The Rev. John Hibbs, Minister, offered closing prayer and the Benediction.

W.C. MacDonald & Associates
REAL ESTATE LIMITED
REAL ESTATE BROKERS WINCHESTER, ONTARIO



BEAUTIFUL VIEW from this Lakeview Drive home within walking distance to golf course, schools, churches and shopping. Outstanding bungalow with 3 bedrooms upstairs, living room, dining room, modern kitchen and 4-pc. bath. Downstairs has 3-pc. bath, large family or bedroom, painted floors and walls. Neat and well kept. Cedar-enclosed patio, spacious landscaped excellent yard and paved driveway. Must be seen to be really appreciated. Call for an appointment to see this fine home.

THIS FINE 3 BEDROOM BUNGALOW, located at the Broken Second paved road is less than five minutes from the plaza in Iroquois. Among outstanding features are a counter-top built in stove, a built in oven and matching refrigerator in coppertone. Cushionflor throughout, with shag rug in the beautiful bathroom. Must be seen inside to be appreciated. Give us a call for an appointment.

STONE HOME IN MATILDA TOWNSHIP. Located in a quiet area near Brinston, this home with "character" is on a five acre lot beside Black Creek. Stone work is in excellent shape. Inside needs renovating but could be made into fine country estate. Asking $37,500 with terms. Make an appointment.

90 ACRE FARM IN MATILDA, not far from South Mountain. Good barn, excellent land, small frame home. Additional acreage is available. Asking $35,000 with terms.

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.

KEN KIRKBY
Sales Representative
IROQUOIS - Ph. 652-4395
Days - Night - Weekend

PLEASANT VALLEY NEWS

Died, recently Mr. Johnny Berry, Mountain, in his 88th year.

Thanksgiving guests of Mr. and Mrs. Sammy Cowan were, Rev. and Mrs. Riddall, Mr. and Mrs. Jas Cowan and Orville Hilliard Gilmer and Mr. and Mrs. Earl Gilmer.

Mrs. Robert Wallace and Mrs. Jim Moore called on Mrs. Earl Gilmer on Saturday afternoon.

Anniversary church services were held at Brinston on Sunday October 20th.

Mr. and Mrs. Carl Link and children were Saturday supper guests of Mr. and Mrs. Walter McShane.

Mr. and Mrs. Dwain Kennedy are visiting his parents Mr. and Mrs. Lee Kennedy.

MARSH WORLD

by Angus Shortt
Ducks Unlimited



MARSH WILL-O-THE-WISP

Secrative but inquisitive, the long-billed marsh wren inhabits dense stands of a marshes cattail reeds. There, it is an elusive will-o-the-wisp, scolding the intruder, while darting among the sheltering reeds, now in front now behind. This wren builds a globe shaped nest, woven into reed stalks, with the entrance in the side. The male will build several dummy nests in the vicinity of the one occupied. No satisfactory explanation as to why has yet been discovered.

13 - '70

BLOOD
IS LIFE+
PLAN TO ATTEND OUR NEXT
AREA CLINIC
ON
Monday, October 28
at
Winchester District
Memorial Hospital
2:30 - 4:30 and 6:30 - 9:30 p.m.

First Meeting Held By Matilda 4-H Club

The first meeting of Matilda was held on September 23 at 8:00 p.m. at Mrs. Bertrom Shaver's home. We opened with the 4-H Pledge.

Our elected officers were: President: Darlene Stewart Vice President - Linda Empey Press Reporter - Susan Baker Discussion: rules about cooking and member's pamplets have not arrived. Everyone will make a recipe file. For a project, the senior members have to write an 2 page essay.

We discussed briefly about early Canadian Foods. Mrs. Shaver baked Indian Pudding, and hard sauce. Group work - we made Succotash. Collection $1.12. We closed with the Lord's Prayer.

100 CLUB

Olive McIntosh
Paulette Derouchie

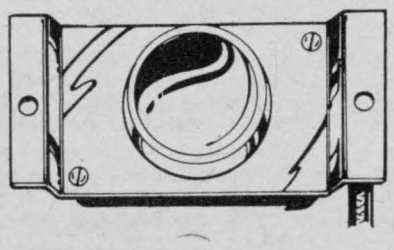
DOMINION HARDWARE

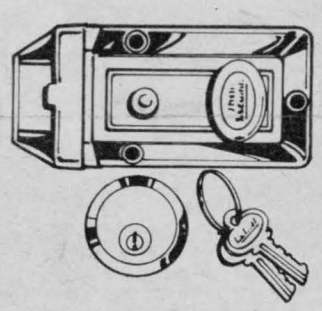


Roundup of Bargains for Fall...

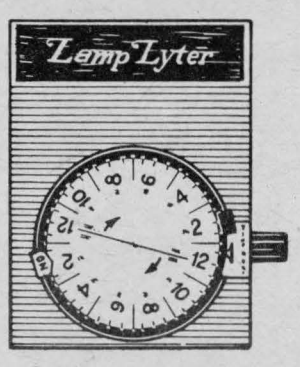
DAYS ARE GETTING SHORTER...
LEAVES ARE FALLING...
FALL IS HERE AND WE HAVE ROUNDED UP SOME BARGAINS FOR THE SEASON

DIMMER SWITCH
Create a soft, inviting atmosphere in your home at this low price. Push-on, push-off operation with 600 watt capacity.
3.99

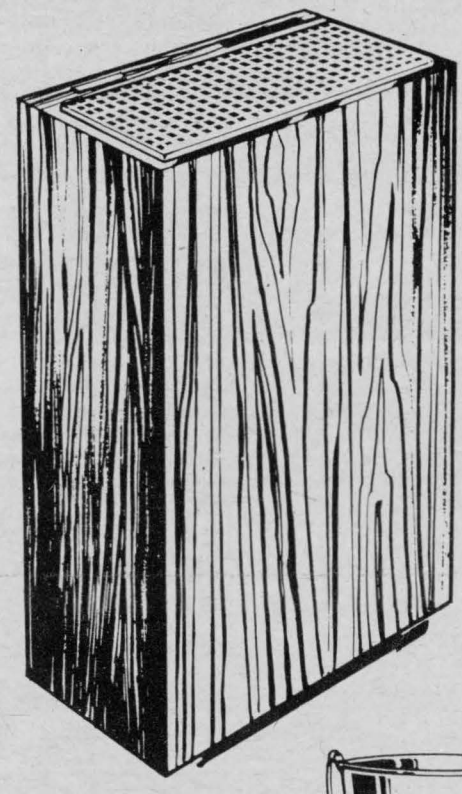




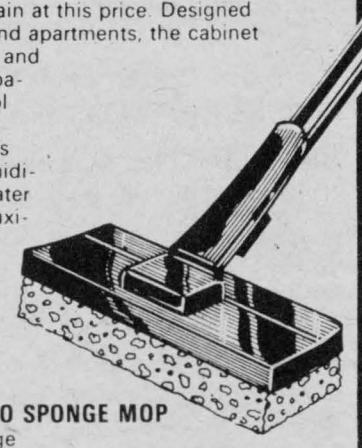
AUXILIARY NIGHT LATCH
The Burglar Baffler — with 5 pin tumbler cylinder locking action for maximum security.
3.38



INTERMATIC LAMP LYTER
This 24-hour automatic plug-in timer turns house lights on and off while you're away giving an empty house an "at home" look. Police and insurance companies recommend this device.
7.29



ELECTROHOME HUMIDIFIER
An excellent bargain at this price. Designed for small homes and apartments, the cabinet is walnut finished and has a 4 gallon capacity in the plastisol lined tank with 2-speed control. This unit uses the Humidi-Pad method of water distribution for maximum efficiency.
38.88



O'CEDAR JUMBO SPONGE MOP
Extra large sponge on this mop makes short work of spills and floor cleanup. The squeeze handle and head are in colorful plastic.
3.47



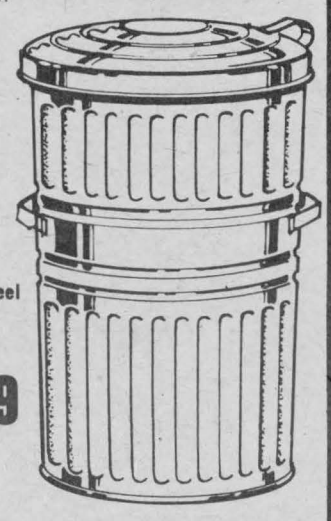


GSW Pail in Avocado Steel
New on the market, this straight sided pail made of heavy gauge steel with steel wire handle is colorful and strong.
1.77

SPRING-BRACED LAWN BRUME RAKE
Efficient sweeping action will rid your lawn of leaves and clippings quickly. A good addition to your garden tools collection at this season of the year.
3.29



VINYL & CARPET MAT
A life saver for you and your carpets and floors. Just in time for rainy fall weather, this mat measures 18" x 30" and comes in assorted colors.
2.77



GSW Garbage Can in Avocado Steel
New, colorful and strong. Heavy gauge steel construction and 16 gallon capacity make this garbage can a good investment this fall.
6.39

CHARGEX
master charge

Your dealers will endeavour to keep a quantity of each advertised item in stock to meet all reasonable customer demands. In the event that the supply of one or more items becomes exhausted, your dealer will require five days to obtain the items, at no extra charge, from their warehouse. If any items are unavailable, your dealer reserves the right to substitute items of equal or better quality at the same price.

ERNIE'S DOMINION HARDWARE

Iroquois Plaza - Phone 652-4553

Presbyterian Centenary-Year Rallies At Knox Oct. 28-30

The Presbytery of Brockville will be conducting a three-night series of Rallies within the congregations of Knox, Iroquois, St. Andrew's, Prescott, and First Church, Brockville, Monday through Wednesday, October 28-30, and in commemoration of the 100th Anniversary of The Presbyterian Church in Canada.

Planned to be evenings of information and celebration, representatives of three major Boards of the Church will be present on consecutive evenings in the various area churches to present the plans, strategies and goals of their respective work and witness to the "grass roots" pastorates. Miss Mary Whale, Secretary of Mission Personnel will represent the Board of World Mission; Mr. Wayne Smith, Associate Secretary of the Board of Congregational Life and Mr. Jim McKay, member of the Board of Ministry, will represent their respective Boards.

The three-night rallies will involve all the congregations within the Presbytery attending the area church closest to them, the congregations of Morrisburg-Dunbar, Winchester-Mountain, South Mountain, Iroquois, Cardinal, Chesterville, and Morewood will gather in Knox Church, Iroquois, with rally song-services commencing each evening at 8 p.m. A historical sketch on the beginnings of the Church in Canada; scriptural and prayer-life styles; fellowship; and informative discussions on "the Church moving into the 21st Century" will round-out each evening's gathering, concluding at 10 p.m.

Local plans at Knox Church have been in the offing for some time now, and the Kirk Session, Minister, Organist and members of the laity have organizational plans completed for what will hopefully be very enjoyable and practical occasions, each evening of the rally series, and in keeping with the celebrative note of this centenary year of the Presbyterian Church in Canada. The rally evenings will be held in the church-hall, in an informative setting. The opportunity for a "give and take" exchange between the Board's representatives and the local church, relative to the ongoing work and witness of the Church, will be a highlight experience of these evenings sponsored by the Outreach Committee and the Congregational Life Committee of the Presbytery of Brockville.

Voters List For The Village of Iroquois

In accordance with the Municipal Elections Act, 1972, I have posted up a preliminary list of electors who are entitled to vote at the Municipal Election on December 2, 1974.

I call on all residents to inspect this list, copies of which may be seen at the Iroquois Post, the Post Office and the Clerk's Office.

Take note that November 1st, 1974 is the last date for filing applications for the addition of names to the list.

Qualification for Voting at the Municipal Election

1. Resident in the Municipality.
2. Canadian Citizen or British Subject.
3. Attained the age of 18 years on or before polling day.
4. An owner or tenant of land within the municipality but does not reside therein.
5. The spouse of a non-resident owner or tenant.

Qualifications for voting on the Liquor Licence Act Vote

1. Canadian Citizen or British Subject.
2. 18 Years of age on Polling day.
3. Resident in the Municipality for two months up to and including polling day.

The municipal voters list will be used for this vote and the Clerk's office will be open to receive additions to the list on November 18th, from 9 a.m. to 5 p.m. and 7 p.m. to 9 p.m.

All residents are required to check the Voters List and notify the Clerk of any additions, deletions or corrections by filing the prescribed form available at the Municipal Office.

F. T. LLOYD,
Returning Officer

18-2c

Daylight Saving Time - A Reminder

The Village of Iroquois will revert to STANDARD TIME at Midnight on Saturday, OCTOBER 26, 1974.

Clocks will be put BACK one hour

Village of Iroquois

DATES TO REMEMBER FOR THE MUNICIPAL ELECTION AND THE LIQUOR LICENCE VOTE

October 23, 1974 — Posting of Preliminary List of Electors

November 1, 1974 — Last Date for additions, deletions or corrections to the list for the Municipal Election.

November 7, 1974 — Beginning of the period for the Clerk to receive nomination papers for Reeve and Councillors.

November 12, 1974 — Nominations close at 5 p.m.

November 18, 1974 — Last date for additions to the Voters for the Liquor Licence Act Vote.

November 23, 1974 — Advance Poll for Municipal Election and Liquor Licence Act vote. Polls open from 11 a.m. until 8 p.m.

December 2, 1974 — Polling day for Municipal Election and Liquor Licence Act vote. Polls open from 11 a.m. until 8 p.m.

18-2c

FOOD FACTS AND FANCIES

The Chinese and Romans were as proud of their special hams as are Americans, Italians and Poles today. Chinese hams were cured with yellow wine brine, smoked over tea leaves and dried in the wind.

* * *

The Romans processed the first country hams in Gaul. Curing and smoking of meat were practiced in many parts of the world because these were the only methods of meat preservation.

* * *



The Spanish and English brought hogs to the New World. The standard fare of settlers and pioneers was salt pork, with occasional game birds or fish for a change. Pork was preferred then because it tasted better salted, smoked or pickled. In the days before canning and refrigeration, the salting of meat was very important.

* * *

The heavy, fat hog, preferred until a few decades ago, has given way to a leaner animal which provides you with fewer calories and more nutrition. When you buy ham in a can you are getting more economy, too. There's no waste in canned ham, and it's a terrific buy right now. But be sure the can is refrigerated at the supermarket and keep it refrigerated at home.

* * *

Nutritious ham is a good source of protein, has absolutely no carbohydrate and contains calcium, iron, thiamine, riboflavin and niacin--all in one delicious can!

SEND IN THOSE ARTICLES

The Post welcomes the news about all organizations in the district and would request all groups to appoint a reporter to prepare accounts of meetings.

All schools are extended the same courtesy.

CONSEIL D'EDUCATION DES COMTES DE STORMONT, DUNDAS AND GLENGARRY
COUNTY BOARD OF EDUCATION

PLANT OPERATIONS
Char-Lan District High School

Applications are invited for the Caretaking contract at Char-Lan District High School, a 538 pupil school situated in the village of Williamstown, in the County of Glengarry.

The existing Caretaking Contractor has resigned because of ill-health, and it is hoped the new contract will commence 1st November, 1974.

The successful contractor will be required to provide, supervise and manage a staff of three other employees, at wage rates and conditions approved by the Controller of Plant. All materials and equipment required will be supplied by the Board of Education. He will be a working supervisor and also responsible for setting and paying the salaries, Unemployment Insurance, Canada Pension, Ontario Health Insurance, Workmen's Compensation and holiday pay for himself and his staff. Responsibilities will include complete housekeeping duties (cleaning), safe and efficient operation and maintenance of electrical heating and air conditioning plant, ventilation, plumbing & all building systems, grounds maintenance including track, playing fields and tile bed, minor painting and minor building maintenance.

He should have a minimum of four years' experience in a similar field, i.e. as a Building Superintendent of a large apartment unit, an institutional building (hospital, etc.) or a similar school building. He must have a good operating knowledge of electric heating systems and airconditioning equipment. He should have a good working knowledge of all other building systems including plumbing, drainage, electrical and ventilation. He must have a good work record, be reliable, honest and possess the ability to co-operate fully with the school academic staff and administrators. At least one member of his staff must have a general building maintenance background and able to carry out all minor maintenance repairs. All other members of the staff must have several years' caretaking experience. The present employees of the existing Contractor will be available for hire by the new incumbent.

Remuneration will be negotiated, within the range of $30,000. to $31,000. annually, but payable in either 12 or 24 equal instalments. The contract will be for a twelve-month period, open to renewal each subsequent year subject to satisfactory performance and also subject to a one-month notice on either side. Present rates are under review by the Board of Education.

Interested parties may obtain any further details required on application to Mr. Thomas Cruickshank, Controller of Plant, to whom written applications, clearly marked "Caretaking Contract, Char-Lan District High School" should be submitted not later than 12 noon, 28th October, 1974.

K. FRASER CAMPBELL,
Chairman of the Board
T. ROSAIRE LEGER,
Director of Education

1c

Voters List Notice

TOWNSHIP OF MATILDA

In accordance with the provisions of an Act respecting municipal elections, Section 23, Subsection (1), I the undersigned Clerk of the Township of Matilda have complied with the said Act and have posted up in my office at Brinston, on the 24th day of October, 1974, a preliminary list of all the Municipal Electors for the Township of Matilda. All appeals regarding revision of the preliminary list with reference to corrections, additions and deletions, will commence during normal office hours on the the 24th day of October, 1974, and continue until all appeals are heard from day to day until the 1st day of November, 1974 which date is the concluding date for filing such complaint. All complaints not heard before the concluding date shall be heard and disposed of on or before November 7th, 1974.

MRS. LOIS SMITH,
Returning Officer
Township of Matilda