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The Morrisburg Leader

SECOND CLASS MAIL REGISTRATION NUMBER -0842

VOLUME 111, NO. 46. MORRISBURG, ONT., FRIDAY, NOVEMBER 23rd, 1973 SINGLE COPIES 10c

Graham Wells Again Heads Hort. Society

At the Annual Meeting of the Morrisburg and District Horticultural Society, on Tuesday, November 20th, Mr. Graham Wells was re-elected as president for the forthcoming year. After a resume by the secretary of the past year's activities, Mr. Wells thanked all who had assisted and expressed the hope that, with a membership of 259 at the end of 1973, there would be still wider participation in 1974. The treasurer's report showed a reduced balance for the past year, despite an increased membership.

Others elected at the meeting, or appointed by the Board included: 1st Vice President, Mr. Robert L. Griffin; 2nd Vice President, Mrs. Mac Strader; Directors (new - for 2 years), Mrs. T. W. Bouchard; Mrs. Gerald Erratt; Mrs. Brooks Hanes, Rev. Wellwood Adam. Mr. Lorne A. Laurie; secretary Mrs. V.M. Pyette; treasurer, Mr. V.M. Pyette; Chairmen of main committees: Programme Mr. John S. Corbett; Public Planting, Mr. Lorne A. Laurie; Juniors ("Green Thumbs") Mrs. G. Erratt. The directors continuing for 1 year are: Mrs. Grant Cougler, Mrs. J. H. Johnston, Mrs. Gordon Thom, Mrs. John S. Corbett, Mr. Gordon Mulholland.

The president stressed the need for volunteers to undertake the setting up of the auditorium for meetings.

The evening was the occasion of the regular Christmas show, which this year was ably organized by Mrs. Gordon Thom. Although there were fewer exhibits, the judges, Mrs. Tom Fraser and Mr. Lee Ouderkirk, rated the displays favourably. Mr. Ouderkirk, in his comments, offered many constructive suggestions. Prize winners in the ten classes included some new names, and several junoirs exhibited in the four classes for the "Green Thumbs".

One of the two door prizes was a beautiful Christmas pice created and presented by Mr. Ouderkirk, and won by Mrs. D. Macauley.

Mrs. Graham Wells convened the refreshments for a pleasant social time that followed.

Accident Claims Life of Esteemed Iroquois Lady

The community of Iroquois lost one of its most highly esteemed citizens on Friday evening last, with the passing of Mrs. Mary Ellen Sweeney, after she had been struck by a car, shortly after dark

Mrs. Sweeney, widow of the late Francis Patrick Sweeney was a daughter of the late Joseph Crites and Mary Elizabeth McGannon of Edwardsburg Township. She was in her 76th year, having been born at Brouseville on May 15th, 1898.

The late Mrs. Sweeney attended school in Edwardsburg prior to her marriage in June 1916 at Cardinal. Mr. Sweeney had been a school teacher in the area for many years as well as having taught at St. Joseph's School, Ottawa, retiring in 1941, and passing away in May 1956,

The couple moved to Iroquois in 1937 and Mrs. Sweeney was an employee at Caldwell Linen Mills for nearly 37 years. She was a devout member of St. Cecilia's Roman Catholic Church and for many years a member of the C. W.L.

The late Mrs. Sweeney is survived by one daughter, Mrs. Omer (Blanche) Pigeon, St. Catherines; tow sons: William, Toronto and Edward of Brockville, as well as seven grandchildren and 2 great grandchildren. A sister, Mrs. Ada Savor of Matilda Township also survives. A daughter, Mary, died in 1918 at one year of age, and a twin brother, Allan Crites of Ogdensburg, predeceased her a few months ago.

Funeral service was held Monday, November 19, with the mass offered by her pastor, Father F. M. O'Connor at 10 a.m. Interment followed at St. Anne's Cemetery, Dixon's Corners.

Pall bearers were William Gibbons, George Mallia, Frank Rooney, James Fawcett and John McCaslin of Iroquois, and Dalton Cleary of Lunenburg.

ARRANGEMENTS COMPLETED FOR TWO TEN WEEKS FARM COURSES

The Ontario Ministry of Agriculture and Food has completed arrangements for two ten week courses to be offered to area farmers this winter. These will be daytime courses, five days per week, commencing January 7th. One course accommodating up to 50 people will be offered in French at Plantagenet. The second with room for 30 people will be in English and will be held in Avonmore.

The courses entitled "Farming As A Business" are sponsored jointly by the Algonquin and St. Lawrence Colleges of Applied Arts and Technology and Canada Manpower and Immigration. Re-training allowances will be available at standard applicable rates for those who participate.

Such courses were held on a twenty week basis several years ago. Last year, the first ten week course in this part of the province was held at Avonmore. This particular course was extremely popular with the thirty men who attended.

While last year's participants will not be able to attend this year, the door is open for applications from full time farmers who are interested in updating their knowledge on modern farming practices. Experienced area farmers will be heading up the instruction at these courses and will be assisted by Ministry of Agriculture and Food personnel on special subjects.

There are no restrictions on place of residence or on age though preference will be given to full time farmers who have had a minimum of three years farm experience and who are committed to full time farming.

Interested persons are invited to contact their local Agricultural Representative's office for further details and for application forms.

Mrs. L. Winters Died at Lisbon

LISBON, N.Y. — Mrs. Lowell (Mary) Newcombe Winters, 61, of this village, died at 9:30 a.m. Thursday (Nov. 15, 1973) at Mercy Hospital, Watertown, where she had been a patient since last Saturday.

Funeral services were held at the Fox Funeral Home of Lisbon with the Rev. Clifton Chapman, pastor of the Wesleyan Methodist Church of Lisbon and the Rev. Milton Skiff, pastor of the United Presbyterian Church of Lisbon, officiating. Burial will be inFlackville Cemetery.

She is survived by four sons, Ronald of Route 1, Ogdensburg, Fay, Gary and Paul, all of Lisbon; two daughters, Mrs. Howard (Betty) VanKouwenberg of Cocoa, Fla. and Mrs. Gerald (Sandra) Brunette of Sierra Vista, Ariz.; five sisters, Mrs. Bruce (Ethel) Casselman of Morrisburg, Ont., Mrs. Lyle (Phebe) Burnham of Newark, N.Y., Mrs. Edgar (Alice) Brown of Ogdensburg, Mrs. Gerald (Eleanor) Hale of Plattsburgh N.Y., and Mrs. Arthur (Ruth) Robinson of Lisbon; four brothers, Floyd Newcombe of the Black Lake Road, Ogdensburg, Lawrence Newcombe of Macomb, Johnson Newcombe of Palymar, N.Y., and Dayton Newcombe of Chaumont, N.Y.; 11 grandchildren and several nieces, nephews and cousins.

Mrs. Winters attended Lisbon schools and on Dec. 18, 1935, was married to Lowell Winters of Lisbon at the Methodist parsonage at Heuvelton with the Rev. Albert Budd, officiating. The couple farmed in the Lisbon area for 30 years.

Lions Swamped By Prescott 12-3

Morrisburg Lions only played 1 game over the weekend, and it was disastrous, getting swamped 12-3 by Prescott Saints to give them their first league victory of the season.

Saints led 2-1 after the first and 8-2 after the second, with Allan Dalley leading the way with 4 goals, singles by Tim Elliott, Tim Cyr, John Emerton, Rick Gummer, Ron Wickman, John Appleby, Dale Marshall and Peter Fortier. Scoring in a losing cause were: Chuck Lawlor with a pair and a single by Kevin Devaul.

Referee Johnny Fraser handed out 17 minors, 4 majors, 1 misconduct and 3 game misconducts. Lions picked up 9 of the minors, 2 majors, the misconduct and 2 game misconducts.

Weekend Results

Nov. 16, Prescott 4, Embrun 4; Metcalfe 7, Winchester 3.

Nov. 17 Cardinal 4, Prescott 3; Alexandria 12, Spencerville 4.

Nov. 18 Cardinal 4, Metcalfe 3; Prescott 12, Morrisburg 3; Alexandria 5; Winchester 1.

Standings as of Nov. 19

South Division—							
Cardinal	6	6	0	0	34	23	12
Morrisburg	5	3	2	0	28	32	6
Prescott	7	1	4	2	30	32	4
Spencerville	6	1	4	1	23	38	3
North Division—							
Alexandria	7	5	2	0	39	22	10
Metcalfe	5	3	2	0	24	16	6
Embrun	4	2	1	1	21	15	5
Winchester	6	0	6	0	17	38	0

Future Games

Nov. 23 Metcalfe at Alexandria 8:30; Prescott at Morrisburg 8:30; Spencerville at Winchester 8:30

Nov. 24 Spencerville at Cardinal 7:30

Nov. 25 Alexandria at Prescott 7:30

Laymen's Service Held Sunday at Lakeshore United

Laymen's Service Nov. 18, 1973, filled the Church to capacity, with over 200 remaining for the Friendship hour in Allen Hall, where the men prepared and served a hot lunch.

All in attendance appreciated, the history of the "Mormon Church", and the personal testimony of the speaker Mr. Glen Keyes.

The correct name of the Church is "The Church of Latter Day Saints", and is progressing in this day with over 300 new churches, each year around the world, and with a membership of over 3 million people.

The St. Francis de Sales Folk Group, consisting of over 50 teenagers, girls and boys, under the direction of Mr. Hugh McAleer, introduced a new era of Christian music, literally filling the church with music and song, from 10:30 to 12:30.

It will be no surprise to those in attendance to know "Hugh McAleer" has been selected "The Citizen of The Year" for the City of Cornwall, and friends in Morrisburg wish for Hugh and his group God's Blessing as they continue this great work.

GIFT STORE OPENED BY HON. LUCIEN LAMOUREUX

Hon. Lucien Lamoureux, Speaker of the Federal House of Commons, officially opened a gift-craft store in Morrisburg shopping centre affiliated with Dundas recycling and salvage operation for Dundas County.

He commended the co-operation evident in the enterprise and congratulated members of the organization for doing "a tremendous job in bringing people together". He said, "The Federal Government today gets involved in people things and people activities.

Rev. Thomas Boyd of Knox Presbyterian Church opened with prayer.

Final Tribute to Miss Eva A. Reddick

Eva A. Reddick, a lifelong resident of Williamsburg Township, passed away in Winchester Hospital on Friday, November 16th.

The eldest daughter of the late Percy J. Reddick and the late Fanny E. Pyper, she spent most of her lifetime on the farm of the family homestead where she was born.

She was a devout member of St. Peter's Lutheran Church, she was a regular attendant at Sunday services until prevented by illness.

She leaves to mourn: two brothers, Donald of Williamsburg, and William P. of Morrisburg, with whom she resided; two sisters, Mrs. J. W. Gimby (Laura) of Saint John, N.B.; and Mrs. Edythe F. Acres of Ottawa.

The largely attended funeral, evidence of the high esteem in which the deceased was held, was from the Fairbairn Funeral Home on Sunday, November 18th to St. Paul's Lutheran Church, Morrisburg, where her pastor, Rev. J. Boehmer conducted the service at 1:30 p.m. Mr. Gordon Thom sang the 23rd Psalm.

Interment followed in the family plot at Mount Pleasant cemetery.

Scouts, Cubs Plan Activities for '74

Scoutmasters, committeemen, and officials of St. Lawrence District, Boy Scouts of Canada, met Monday evening at the United Church in Iroquois for reports, business, planning and fellowship.

President Bill Sheldrick of Morrisburg called the meeting to order and greeted the representatives from the several communities.

Regional Commissioner John Pettifer of Smiths Falls was introduced, and spoke briefly, congratulating the people of the District for their leadership and co-operation.

Scout Troops and Wolf Cub Packs from the communities of Prescott, Johnstown, Cardinal, Iroquois, Morrisburg, Chesterville Winchester, Kemptville, Spencerville and Roe buck, were registered for the year 1974 by their respective representatives. Winter plans were discussed and tentative dates set included Winter Sports Day, "Klondike Derby" and Scouters' dinner-dance. Fifty district leaders were in attendance at the meeting.

Official present included Co-ordinator Frank Bates of Cardinal; Assistant Commissioner Bob Bryden of Roebuck; Secretary, Mrs. Donald Roberge of Chesterville, and public relations representative Rev. E. Earle Eaton of Chesterville. A fellowship hour followed the meeting with refreshments served by the local committee.

Morrisburg was represented by District Scoutmaster George Lewis.

County Road 3 Officially Open

The Warden and Members of the Advisory Roads Committee of the United Counties of Stormont, Dundas and Glengarry, are pleased to announce the official opening of County Road No. 3, from King's Highway 31 to County Road No. 2, in the Townships of Winchester and Mountain; the Winchester Springs Bridge, on County Road No. 5, in the Police Village of Winchester Springs; and the Black Creek Bridge, on County Road No. 1, south of Hainsville, in the Township of Matilda.

R.W. Kostuch Associates Limited were retained for the design and supervision of the 7.4 mile road reconstruction, and for both bridge projects.

On June 15, 1972, Cruickshank Construction Limited, Morrisburg Ontario, was awarded the contract for grading, drainage, granular base courses and minor urban work. The hot mix paving contract was awarded to Cornwall Gravel Co. Ltd. on June 20, 1973.

To serve its inter-urban connector classification, the road is designed to a safe 50 m.ph. standard, with a basic 100 foot right- of-way and pavement widths varying between 20 and 22 feet, depending on the degree of curvature.

This $640,000. project, the cost of which has been shared between the Ministry of Transportation and Communications and the Counties, was started as a development road and completed as a County by-law proect.

Looby Builders (Dublin) Limited was awarded a combined contract for the two bridges. The project to remove two narrow bridges from the County Road System was a County by-law job, with normal subsidy from the Ministry of Transportation and Communications, totalling approximately $130,000.

Area Member Discusses Oil Shortage

BY DONALD R. IRVINE
M.P.P. for Grenville-Dundas

This is about the energy shortage — more particularly, the oil problem. You have heard a lot about the situation in recent weeks and you are going to hear a lot more in the future. Unfortunately a great deal of impassioned oratory that you will undoubtedly be subjected to will be inaccurate, uninformed and in some cases downright misleading. The circum stances as they apply to Canada are made to order for demagogues seeking short-term political gains at any price.

simple but itcmfwyetaoinfwyetao

The issues are anything but simple but it is possible to isolate some fairly basic facts.

1. The United States is a major oil producer. At one time its own production was sufficient to sustain its industrial growth. This is no longer the case and hasn't been for years. Industrial production in that country uses every available drop and still requires imports to the extent of 26 percent of the total consumption and going up. By 1980, the present rate of industrial expansion will double imports. In acquiring these imports the U.S. will incur a deficit in its trade balance in fuel of as much as $20 billion. This figure has to be added to the over-all trade balance which, in 1972, was already in a deficit position. You can imagine what may happen to the U.S. dollar in those circumstances.

2. In its search for oil the U.S. must go where it is available and, apart from North American sources, and barring unforeseen discoveries, that is primarily the Middle East. These countries have huge reserves and little or no industry to use them. Of the four major industrial regions in the world, at least three — Japan, Western Europe and North America — are dependent upon this source for years to come. Obviously, the oil-producing states will be exporting oil and importing dollars, yen and other currency at a breathtaking rate. What they do with such huge sums of money may well throw future world money markets into total confusion.

3. Canada's position in all of this is rather unique. We are capable of producing more oil than we require for our own purposes. Because of its geographical location, it has been cheaper for us to import oil from abroad for use east of the Ottawa River rather than to transport it across the country. Alberta, and to some extent Saskatchewan, has been exporting oil to the U.S. in approximately the same volume that we have been importing Venezuelan and Mid-East crude at the other end of the country. Those exports make us the largest single source of oil for the U.S. (1.1 million barrels per day).

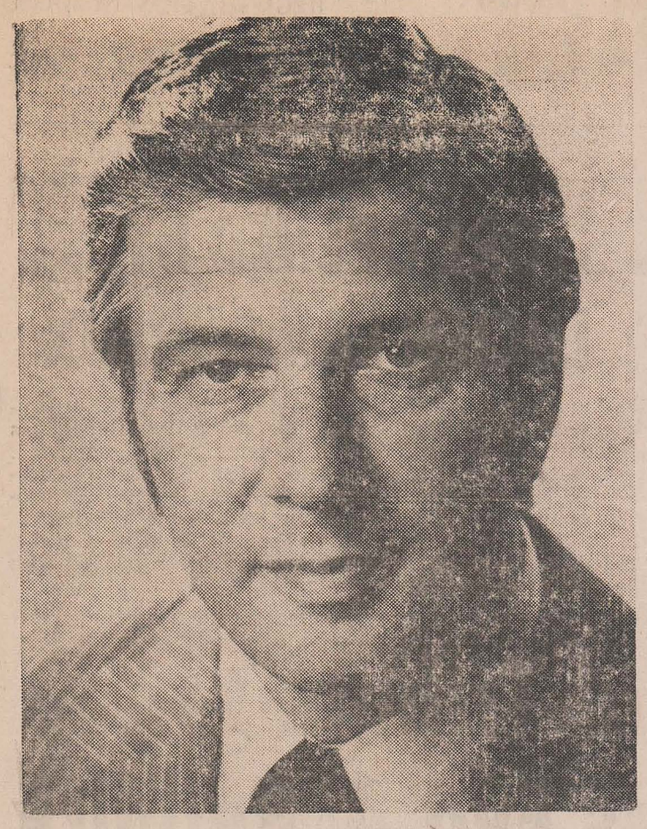
It's on this point that emotional comment or political expediency can operate in a harmful way. Current oil shortages can seriously damage the U.S. economic outlook. We can't forget that the U.S. is our biggest customer. An economically exhausted U.S. is certainly not going to do us any good. If, on top of this, we were to shoft our present exports to Eastern Canada to remove our own foreigh dependency, we would complicate their problem intolerably, and even invite economic retaliation by the U.S.

The world energy shortage is going to be with us for a long time —at least into the 1980's when technology will permit development of resources such as the Colorado shales and expanded nuclear generation. If we are to continue to prosper we must in enlightened self-interest help the U.S. to do the same. This doesn't mean giving non-renewable resources away and it doesn't mean adopting short term selfish measures which can see us progress right into a new Stone Age either. It means that we must plan for our future carefully; we must define our national goals and adopt the policies to realize them. It means — finally— a national energy policy.

That is the message. It was what Premier Davis called for in April; what Darcy McKeough, Minister of Energy, has been saying time and again throughout the province; what all the provincial premiers asked for in May.

So far there has been no response from Ottawa. The result is that no one knows where we are going, why or how to get there.

LLOYD ROBERTSON READS THE NATIONAL



Lloyd Robertson is probably the best known broadcasting personality in the country when it comes to news. Each night of the week at 11 o'clock, Lloyd reads The National news telecast. He's also seen frequently doing such things as royal tour telecasts and news specials such as space missions and international conferences. A native of Stratford, Ont., Lloyd was only a little boy when he became interested in radio, asking his father what wires brought radio sounds into the Robertson house.

YOURS SINCERELY

BY MRS. WELLWOOD ADAM

A number of years ago, after World War 1. had closed with an uneasy peace, my father had news of a soldier he had met during training at the Inkermann Barracks in southern England. This man had been reported missing presumably killed for some long time, but now he was very much alive, but only just, and in a hospital in Cheshire. When my father visited him, as he did many times, he was shocked to see the terrible change in his friend, for he had become, literally, a shadow of what he used to be. He was badly crippled and still suffered from the mental shock of all he had gone through and seen while a prisoner of war. My father took him a small gift for his birthday, as he usually did each year, and was deeply moved when a scrap of paper came a few days later by mail, with just "To Sydney — thank you — from Mitch." I was told in later years, that it took Mitch nearly half an hour to write these words, thirty whole minutes of terrible effort and perseverance, because of his awful handicap. They were the l a s t words he ever wrote, for he passed away that same week.

Have you ever experienced visiting men, women, or both, who have been severely crippled because of war? It can take a lot out of those who remember to remember!

There hospitals and institutions all across this earth where there are the forgotten, or the near forgotten. We also have HOMES rather than institutions, for those who need love as well as care, because they have no homes of their own, or because their families, sometimes, are not willing to hav them at home. And many of these do not owe their hurt of mind or body to war, either. It is a very sobering thought.

Now, did you know, that we have just this kind of wonderful home, on a small scale here, in Morrisburg? If you do, have you ever given some of your valuable time to call in and see those who are living there? If you did not know, well — there they are, right on our own doorsteps, as we say, in Morrisburg.

There are twelve lonely, seemingly unwanted women, ages from 23 to 70. When I called in, l a s t Wednesday morning, unexpectedly, I was made really welcome by them, for it seems they do not get too many, too few actually, visitors.

Mrs. Wm. Tupper R.N.A. (recently in charge of Dundas Nursing Home on Highway 31) is the Hostess, a very experienced one, and well loved by her "Family". The big white house with the blue wooden shutters is in 36 High St., and is now known as **Morrisburg Residental Home.**

It was opened, without any fuss or fanfare of trumpets, last July, and this is what Mrs. Tupper is trying to do exactly — to make it a real home in the best and highest sense of the word. I noted that the women seemed contented and happy in their own several ways, and they have the freedom of the house, within reason, as other families do in their own homes. So it is not an institution by any means.

There is no staff, as such, but two or three of the younger ones help in the kitchen, and in the housework etc, and they take a pride in what they do painstakingly try to accomplish. They are slow, of course, but cheerful, try hard to please, and work very hard at what they are asked to do The rooms are colourful and simply furnished, and I heard that the Government pays for food, personal needs, medical and dental care . . . which are the essentials, one might say.

During last summer, Mrs. Tupper and her husband Bill, were able to take them to the beach— there was swimming, and barbeques, and picnics. Inside the home they have T.V., a record player, radio, they love dancing, and some while-away time in card playing. I heard, also, that the Winchester theatre provides an evening of movies now and again, and free of charge, too!

I understand that eight of them attend the morning church services — 4 at the Anglican, 2 at the Lutheran, and 2 at the Roman Catholic, so here is an excellent opportunity for all Morrisburg church women, if not the whole of the church community, to make friendly overtures towards those not as fortunate as themselves. Indeed, the kindness shown to one who attended the Lutheran Ladies meeting one evening only recently, when slides were shown and other attractive parts of the program . . . all this **still lives** in her mind and heart. She told me all she saw, and how kind everybody was, and also the fact she did not get "home" until quite late, and how Mrs. Tupper waited up for her and listened to all she had to tell . . . just like as if she were in a home of her own!

This knowledge has helped to offset other knowledge I have had of certain churchpeople in Morrisburg, men and women alike, who have unfortunately a n d thoughtlessly, allowed their feelings of distaste for these needy people to be heard quite openly in the community.

I wonder why this sort of thing happens? Is it because of the lack of understanding of the needs of those more unfortunate than themselves? Or is it just plain cruelty of another kind, by the few?

Now I would like to suggest, perhaps, that many ideas could be pooled by the many groups we have in Morrisburg, Williamsburg and Winchester, and each in turn make the first Christmastide in the Morrisburg Residental Home, a truly wonderful and memorable one. Perhaps the churchwomen's groups everywhere, and the W.I.'s could get in touch with Mrs. Tupper, to see what she could advise for entertainment, visits, etc. Even our fine Horticultural Society might produce a lovely pine tree for Christmas, others could provide the decorations? Even donate some bulbs for Spring planting around the Home?

Perhaps, too, our fine Seaway Valley Choir would sing to them during Christmas week, somehow squeeze in a little time from other larger and important engagements? Also Church choirs, Children's choirs from Sunday Schools or Junior High Schools for carol singing? Even if a bit unavoidably depleted in numbers . . . and always remembering to bring their own Christmas cookies and candies along with them to share the never-failing coffee or cocoa afterwards.

O Yes! There are SO many WONDERFUL ways of making some of the more slow and backward of God's older children happy, and so simple when you stop to think about it! The wonder of Christmas is their's also, as well as ours!

What do you think about my thoughts this week? Am I asking or even expecting too much of God's people in the area of Morrisburg, Williamsburg, Winchester?

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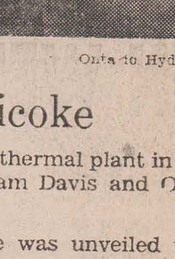

ALWAYS READY TO HELP



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Jerry is a good-looking 10-year-old with dark eyes, brown hair and fair skin. He is French Canadian in descent and English-speaking.

Healthy and active, Jerry loves the outdoors. His interests involve things a boy can do alone or with one or two others, rather than group activities. He doesn't go in for team games but is enthusiastic about swimming, bicycling, hiking, skating, hunting, fishing and camping.

Jerry's hobby is building model planes. He likes working with tools.

Jerry is extremely sensitive and somewhat introverted. He gets on well with other children but is inclined to back away from difficult situations rather than defending himself or standing up for his rights. He has a good sense of humor.

Jerry is an average student in Grade three. The fact that he does better in oral than written work suggests he may have a slight perceptual handicap.

Parents being sought for Jerry will be people who can combine warmth with firm, consistent discipline. His adopting mother and father will need to be patient and understanding if it takes him some time to realize that he is indeed their son.

To inquire about adopting Jerry, please write to Today's Child, Box 888, Station K, Toronto M4P 2H2. For general adoption information, please contact your local Children's Aid Society.



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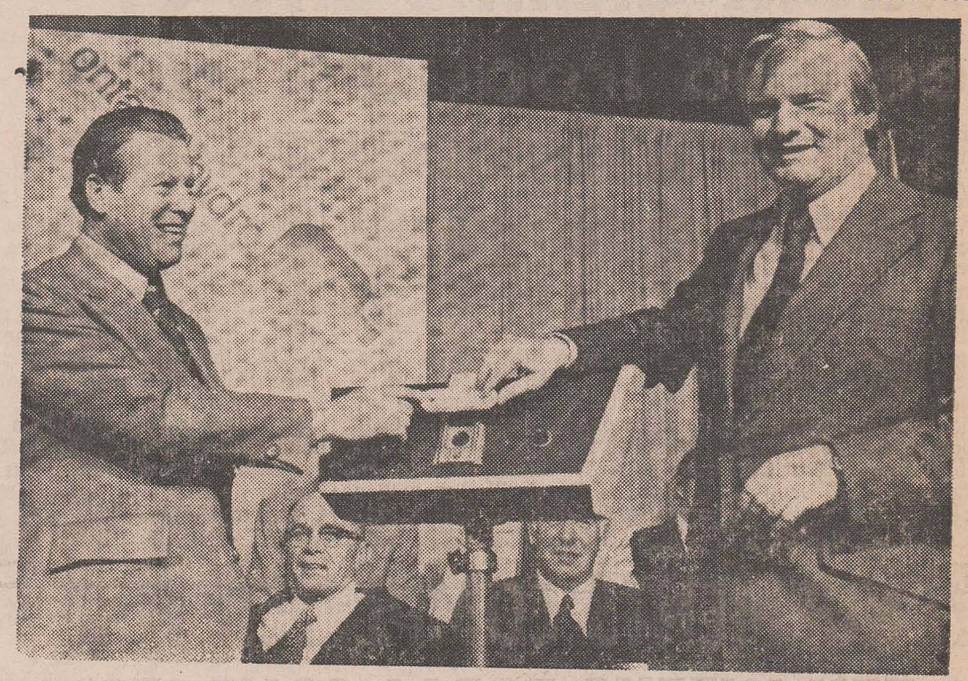


Ontario Hydro Photo

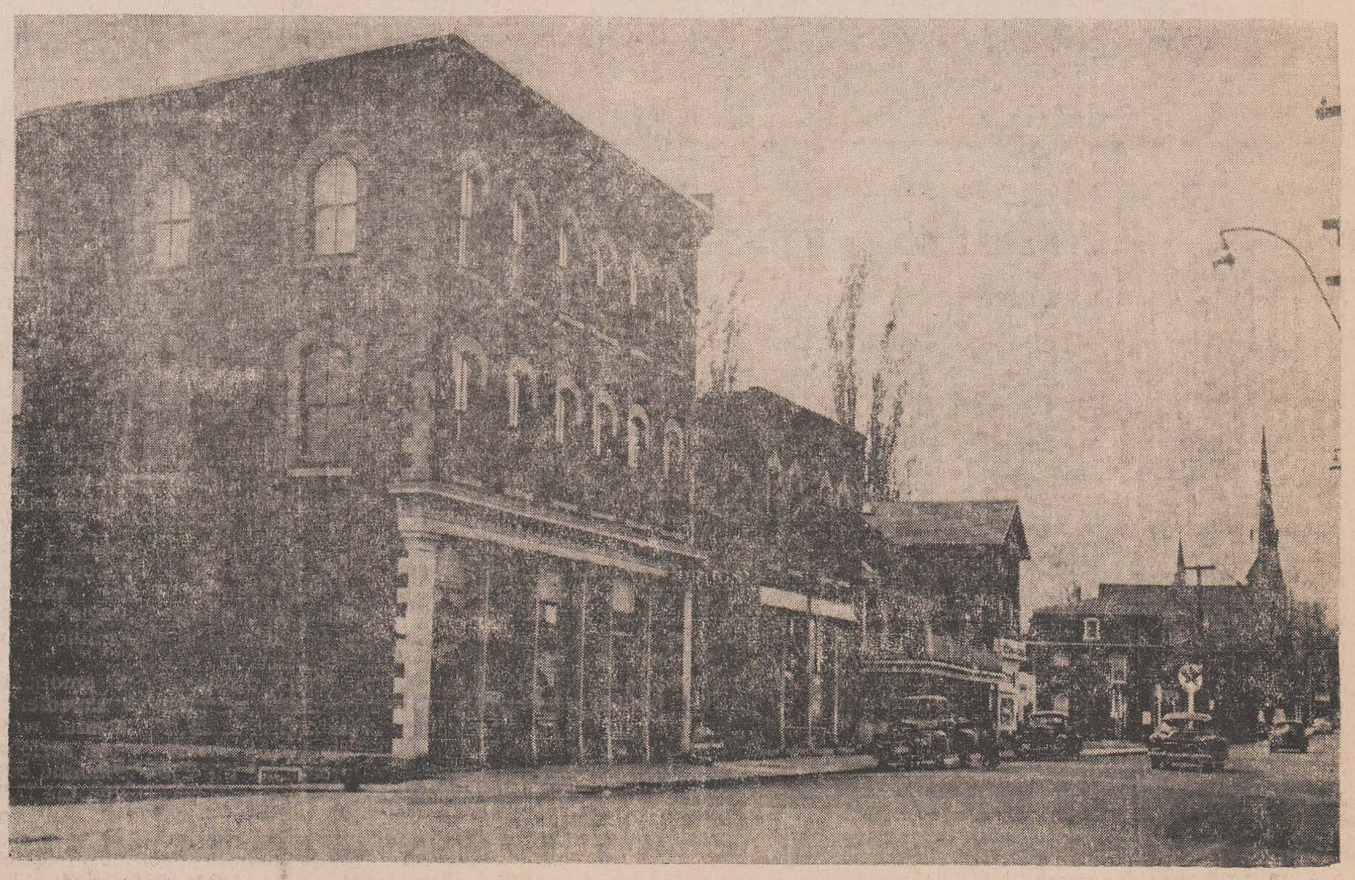
Official Opening At Nanticoke

Ontario Hydro's Nanticoke generating station, the largest thermal plant in North America, was officially opened by Ontario premier William Davis and Ontario Hydro chairman George Gathercole on October 29, 1973.

Before the opening ceremonies a commemorative plaque was unveiled in the reception area of the plant. The official opening ceremony concluded when the Premier started a computer to bring one of the station's units on line.

The plant, located on the shore of Lake Erie eight miles east of Port Dover, delivered first power to the grid on January 16, 1972. When completed in 1977, Nanticoke generating station will have a total installed capacity of 4,000,000 kilowatts from eight units

MEMORIES OF THE OLD MORRISBURG



The section of Morrisburg's old main street picture in today's contained W. & J. Meikle's general store, one of the best stocked emporiums in the county, J.H. Meikle's electric store, the Public Library, home and office of Dr. E. F. McIntosh, Coffee Cup restaurant and in the background, the United Church, with its original tall pointed steeple. Prints of this and other photos in this series may be obtained from the Smith Photo Studio, Morrisburg. Please specify negative no. 102.

ADELAIDE DANIELS SAYS



What's Your Excuse

One thing about us weight losers, we're never at a loss for words when it comes to excuses. We are the most inventive people going. In my dealings with the overweight over the past ten years, I have heard some of the silliest excuses ever for not losing weight.

We blame the scales, we blame the weight of our clothes. I've seen people practically strip off in front of others in order to weigh a pound less at that crucial weigh-in!

Metabolism is another excuse. We overweights know our metabolism is different from anyone in the world. When our doctors try to dissuade us, we know something they don't know, right? Some of us have the bones of a horse, we say, even though our wrists are dainty. Slender wrists are a dead giveaway, indicating the rest of the body is overweight and nothing else.

We rationalize that our husbands like us this way, or our kids love a cuddly mom. Then why are they ashamed to have us at "Open House" at school?

Famous painters in the past depicted women as pink and voluptuous, but that's no consolation. Those models of Titian or Rubens must have had such high blood pressure, their pink cheeks were flushed from overweight, not female beauty!

Perhaps your excuse is that nature meant you to be this way. Did you get this confirmation in direct discussion with Mother Nature? If so, does she intend to protect you from the accompanying dangers of heart disease?

Some of us eat like birds, but it turns to fat. I know only too well the dainty little pecks of food, pecks while clearing the dishes from the table, making the kids' lunches or straightening up that uneven piece of pie. Birds are pecking all day, a grain of this, a seed of that. Not in the same league as the extra hundreds of calories we consume with our absent minded nibbling.

No, there is no real excuse, unless you want to stay fat all your life. If that's the case, don't talk about dieting again, no one wants to hear about it.

Don't bother making excuses, this is a case where actions speak louder than words, and a slim, healthy you will be the direct result.

Adelaide Daniels is the creator of the Canadian Family Meal Plan and author of the best seller, Adelaide Daniels Weight Watching Cookery.

REPORT FROM QUEEN'S PARK

BY DON IRVINE
M.P.P. for Grenville - Dundas

Address: Frost Building South, Queen's Park, Toronto, Ontario. M7A 1Y7. Telephone: 416-965-6901.

On November 2nd the Federal Government finally announced the temporary imposition of a surcharge of 3c lb. on live cattle and 6c lb. on dressed beef coming into Canada from the United States.

This action was taken after repeated representations to the Government of Canada by producer associations and almost daily communications between Honourable William Stewart, Ontario Minister of Agriculture and Food, and his Federal counterpart, Honourable Eugene Whelan, Canada's Minister of Agriculture.

I know some of you are thinking —this is all very well and good for the cattlemen, but what about the consumer? The price of beef is going to go up again, isn't it?

Of course you are right! But think what the price of beef would be this time next year if the Ontario Government had not pushed for a surcharge on U.S. cattle to protect that Ontario cattle industry NOW!

Let's take a look at the whole picture.

The cattle crisis began when a glut of overweight cattle in feedlots in the U.S. Midwest began to move to Canadian (principally Ontario) slaughter houses, at prices well below the prevailing levels for Canadian slaughter cattle. — These cattle, which had backed up in the United States cattle feeding areas during the United States price freeze on beef several months ago, suddenly became attractive to Canadian packers and they ignored the "home grown" variety in favour of the American animals.

Every available means of transportation was pressed into service by the packer-buyers to move these animals to Ontario slaughter houses, and in about three weeks more than 50,000 head crossed the border, compared to about 6,000 in a comparable period a year before.

Meanwhile, Ontario cattle were backing up in the feedlots, prices tumbled to well below cost of production. Some feeders were faced with shutoffs of their operating credit and feed supplies.

Had this situation continued much longer, many Ontario cattle breeders would have gone bankrupt within the next month. Even breeding stock would have to be sold to pay-off loans obtained to purchase his cattle and feed.

As for the balance of the cattle breeders, what incentive would there be for them to stay in business?

Silos are half-empty across the Province because people had no confidence in the future of the beef industry due to the influx of American beef on the Canadian market.

There would be little satisfaction in increasing the beefcowherd in the Province if there wouldn't be anyone to feed the beef, and, of course, this shortage of feed would make costs prohibitive. As it is today, beef marketing margins are minimal.

With the majority of our cattle breeders either bankrupt or selling out, it would have been necessary for Ontario to import her beef from the United States next year. It goes without saying that U.S. cattlemen would have had us over a barrel. The price of beef would have been unthinkable.

It was for these reasons that Bill Stewart pleaded with the Federal Government to take action. It was only on behalf of the cattlemen but for the protection of the consumer as well.



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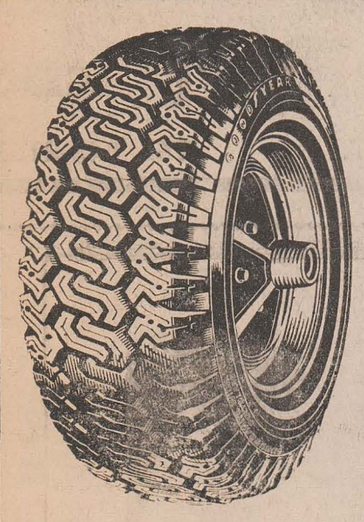

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YOU'RE WHISTLING IN THE DARK...

If you think that heart disease and stroke hit only the other fellow's family.

ANNOUNCEMENT

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A ten week daytime course in modern farming practices with special emphasis on farm business management will be held at AVONMORE, commencing

MONDAY, JANUARY 7th, 1974

If you are farming full-time and intend to make it your career you are invited to apply to your local Agricultural Representative's office for more details and for application forms.

Course limited to 30 applicants
Deadline for applications - Friday, Dec. 7th.

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LOCAL and GENERAL

BORN—At Cornwall, on Thursday, November 15th, to Mr. and Mrs. Larry Kry, a son.

Mr. and Mrs. Ernest Mulholland of Ottawa, Mrs. Arthur Bowden, Cardinal, spent Sunday with Mr. and Mrs. Gordon Mulholland.

Lucky winning numbers in the Morrisburg Lions 100 Club last Friday were numbers 44 and 96.

The students of Seaway Valley District High School made a donation towards the cost of building a new track at the school for the second consecutive year. The S. D. & G. County Board of Education Tuesday passed a resolution expressing the Board's appreciation for the donation of $2,613.00 With this final payment, a pledge to give $8,000 has been met.

Mr. and Mrs. Terry Laurin and daughters, Wendy and Cindy, of Mississauga, spent a few days at the home of Mr. and Mrs. Arthur Laurin.

Friends will regret to learn of the death of Mr. John Burton, of Morrisburg, which occurred Wednesday at Winchester Hospital, after a long illness. Remains are resting at the Fairbairn Funeral Home, where service will be held on Saturday, November 24th at 2 o'clock p.m.

The final meeting for this fall of the Morrisburg and District Canadian Club will be held Thursday, November 29th at 7 p.m. at the Civic Centre. The guest speaker will be Mr. W. K. Mountfield, of Toronto, President of Massey Ferguson Industries Canada Ltd.

The United Counties Bookmobile will be at the following locations in the area on Tuesday, November 27th: Riverside Heights, 10:00 to 11:30; Morewood C. 2:00 to 2:45; Winchester Springs, 3:30 to 4:00.

TRY THE

BUFFET

SATURDAY, NOV. 24

from 3:00 to 10:30 p.m.

at

RESTAURANT BARKLEY'S

Highway 31 at 401

Braced by a new contract which brings an average increase in wages of $1.06 an hour, 383 payroll employees of the Canada Starch Company at Cardinal went back to their jobs beginning last Monday, after a strike spread over 16 paydays.

Excelsior Lodge No. 142, A.F. and AM, GRC, was host to a large number of visiting brethren from the Waddington, N.Y. Lodge on the evening of the 7th of November, in the Masonic Temple in Morrisburg. Past Masters of Excelsior Lodge exemplified a Second Degree and, at the Lodge closing, lunch was served. It isf hoped that exchange visits between Waddington and Morrisburg Lodges will become more frequent in the future.

THE LOYALIST HOTEL

HIGHWAYS 31 AND 2 — MORRISBURG, ONT.

FEATURING

RALPH CARLSON

WEDNESDAY, THURSDAY, FRIDAY.

SAT. AFTERNOON AND SAT. NIGHT

FRIDAY & SATURDAY

NOV. 30 — DEC. 1

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FULLY LICENSED DINING ROOM

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MASS HOURS AT ST. MARY'S CHURCH

MORRISBURG

SATURDAY — 7:30 P.M.

SUNDAY — 11:00 A.M.

IROQUOIS

ST. CECILIA'S CHURCH

SUNDAY — 9:30 A.M.

THE PRESBYTERIAN CHURCH IN CANADA

KNOX CHURCH, MORRISBURG

Rev. T. H. Boyd, B.Sc., B.D.

Mrs. J. DeGray, Organist

Sunday, November 25th, 1973—

MORNING WORSHIP, 11 a.m.

SUNDAY SCHOOL: Pre-School and Kindergarten Classes at 11:00 a.m. (during Church Service); all others at 9:45 a.m.

ST. JAMES ANGLICAN CHURCH

INTERIM SERVICES

1st & 3rd Sundays—

8:00 a.m.—Holy Communion

Celebrant Rev. Allan Rogers

11:00 a.m.—Matins

Lay Reader.

2nd & 4th Sundays—

8:00 a.m.—NO Service.

11:00 a.m.—Holy Communion

Celebrant Rev. Allan Rogers

ST. LAWRENCE EVAN. LUTHERAN PARISH

Sunday, November 25th, 1973—

Last Sunday After Trinity

St. Paul's Morrisburg—

10:00 a.m.—The Service

11:00 a.m.—Sunday School and Confirmation Class.

Rev. Rosenquist in Charge

St. John's, Riverside Heights—

1:30 p.m.—The Service and Sunday School.

Rev. Adam in Charge

Everyone Always Welcome!

THE UNITED CHURCH OF CANADA

Lakeshore Drive Church

Morrisburg, Ontario

REV. G. BRUCE, B.A., Minister

Mrs. J. Graham

Director of Music

Sunday, November 25th, 1973—

9:30 a.m.—Sunday School.

11:00 a.m.—Morning Worship.

Agriculture Canada scientists are studying calving problems of heifers mated to exotic breed sires in relation to sire weight and the efmales pelvic opening size.

Broomball News

Mariatown still is undefeated in the 73-74 season as they defeated Mariatown 4-2 on goals by Neil Hart, Tony Cummings, Dale Crowder and J. Johnston. Fred Veley and J. Verhoeven scoring for Beavers.

Joe Billings had to stop 2 shots as Mutual Blue Jeans outplayed Ingleside 3-0. Stan Mabo, Jim Cameron and Fred Harper scoring for the Blue Jeans.

Sam Locke, Ron Casselman and Roger Morrel scored for Williamsburg and Terry Mason for the Avengers as Williamsburg outscored the Avengers 3-1.

In exhibition Broomball Wednesday night, the Mutual Blue Jeans faded out as the Beavers Jets took off to an 8-2 victory.

Scoring for the Jets were John Verhoeven with a hattrick, Sam Laurin with a pair, and Bill Veley, Bruce Beaupre and Russell Cameron with singles. Geno Cameron scored both goals for Mutual, as Rugs Vaughan proved an almost impenetrable fortress.

STANDINGS:—

Team	GP	W	L	T	GF-GA	P
Mutual	3	3	-	-	15- 3	6
Mariatown	3	2	-	1	7- 4	5
Williamsburg	3	1	1	1	4-13	3
Beavers	3	1	2	-	5-10	2
Avengers	3	-	2	1	4-11	1
Ingleside	3	-	-	1	1- 5	1

LEADING SCORERS	G	A	P
Don Mabo, Mutual	3	3	6
Jim Cameron, Mutual	2	4	6
Walt Wagemans, Mutual	3	2	5
John Johnston, M'Town	2	1	3
Gary Dickenson, Mutual	2	1	3

WILLIAMSBURG

Mr. and Mrs. Garnet Bilmer of Prescott were dinner guests of Mr. and Mrs. Clifford Bouck on Sunday.

Mr. Carl Casselman of the Canadian Customs staff at Prescott left on Thursday for one month tour of duty in Lahr Germany.

Mr. and Mrs. Lorne Fever of Toronto visited Mr. and Mrs. Claude Casselman on Tuesday.

Mr. and Mrs. Orrie Casselman of Ottawa spent Sunday with Mrs. Lena Barkley.

Mrs. Donald Morrow and daughters Shelley and Carolea were Sunday guests of her parents Mr. and Mrs. Bismark Barkley.

The following were confirmed at the Lutheran Church on Sunday.: Larry Dean Barkley, Cinthia Nettie Mae Cummings, James Elburn McIntosh, Mary Ann McIntosh, Randy Conrad McIntosh, Christopher Miles McMillan, Penelope Lee Richmire, Susan Alice Wells, Heather Ann Whitteker, Robert Clifford Whitteker.

RECENT BIRTHS AT THE WINCHESTER MEMORIAL HOSPITAL

November 15, 1973 to Mr. and Mrs. Art Jansen, Morrisburg. A daughter.

November 15, 1973 to Mr. and Mrs. Roger Racine, Casselman. A son.

November 15, 1973 to Mr. and Mrs. William Jollota, Brinston. A daughter.

November 16, 1973 to Mr. and Mrs. C. Bryan Dow, Metcalfe. A daughter.

November 17, 1973 to Mr. and Mrs. Larry Droppo, Russell. A son

November 17, 1973 to Mr. and Mrs. Rolland Lalonde, Williamsburg. A daughter.

November 19, 1973 to Mr. and Mrs. William Blair, Ingleside. A daughter.

CONTRACT COMPLETED

The Warden and Members of the Advisory Roads Committee of the United Counties of Stormont Dundas and Glengarry, are pleased to announce the completion of the contract for the reconstruction of County Road No. 15 (Avonmore Road) to County Road No. 18 at St. Andrew's West, in the Township of Cornwall.

A.J. Graham Engineering Consultants Limited were retained to design and supervise this 4.1 mile project. On October 19, 1972, Bray Construction, of Green Valley, Ontario, was awarded the contract for grading, drainage, and granular base courses. Cornwall Gravel Co. Ltd. was awarded the hot mix paving contract on June 20, 1973.

The road was designed as a residential collector with improved horizontal and vertical alignment. There is a basic 100 foot right-of-way, with 20 feet of pavement.

This project was started as a development road, but due to a change in the Ministry of Transportation and Communications' funding policy, the major portion of the work was completed as a County by-law project, with normal applicable subsidy rates. The total cost of the job is approximately $365,000.

Thrilling Travel Tour Described to Institute

The Morrisburg Women's Institute met Nov. 12th with the president, Mrs. Bessie Beckstead in the chair. There was a short business meeting. The members are requested to bring a stamped Christmas card at the next meeting which will be sent to shut-ins. The Institute will be catering again for the Seaway Chemicals Christmas banquet on Dec. 15th.

Mrs. Amy Foss gave an interesting report of the recent convention held at Cornwall.

The meeting was turned over to the convener, Mrs. Basil Glover, who read an interesting article on Education. She then introduced Mrs. Nelda Hanes who showed slides of her trip last fall to California which took 23 days. Mrs. Hanes had made a map of the United States on which she'd mark ed the route they took. The first night was spent at Windsor and from there they went to Chicago. Here they stopped at the Conrad Hilton Hotel. They had a tour of the city and she showed several slides of it. She mentioned that Chicago has the largest Post Office in the world. They saw the water tower which had survived the great Chicago fire. A most interesting building they saw is called Marine City which consists of two huge cylindrical towers which is a city within a city. Of course they visited Salt Lake City where they saw the well known Temple located in Temple Square. The building took 40 years to construct. The square itself covers about 10 acres.

About 25 or 30 miles from Salt Lake City they visited a copper mine.

San Francisco is an interesting city built on 27 hills. Here is the well known Golden Gate bridge which is the largest suspension bridge in the world. Other interesting sights was the Fisherman's Wharf, and a boat which had travelled 17 times around Cape Horn.

No tour would be complete without a visit to Hollywood. Here they were privileged to visit Lucille Ball's dressing room.

From Hollywood they travelled on to Los Vegas fro mwhich place they took a short side trip to Mexico.

Disneyland was a fantastic place to visit and Mrs. Hanes showed us many slides of it. It covers 180 acres and is called "It's a small World".

At this point Mrs. Hanes called on Mrs. Bell who entertained us with two musical numbers "It's a Small World" and "Mocking Bird" Afterwards she resumed her travel ogue. Among the other interesting places they visited was the Hoover Dam, the Grand Canyon, the Bad Lands and the Painted Desert. At the latter place several varieties of cactus bloom and she showed us slides of some. They re turned to Chicago, then on to London for a night before returning home.

At the conclusion, Mrs. Gordon Mulholland thanked Mrs. Hanes for a most enjoyable evening and presented her with a small gift as a token of our appreciation.

A social time followed during which the hostesses served a delicious lunch.

OPEN HOUSE

The public is cordially invited to attend an open house being held at Timothy Christian School, 1 mile E. of Williamsburg, on Friday, Nov. 30, from 10 a.m. to 5 p.m. and from 7 to 9 p.m.

Classes are being cancelled for that day in order to give parents and interested friends an opportunity to view displays of the children's work.

The teachers will be present to explain the story of the school to newcomers, and to discuss the progress of the children to the parents. A committee will also be on hand to serve coffee, and to answer questions people may have as they visit the school.

Come and bring your friends to introduce them to T.C.S.

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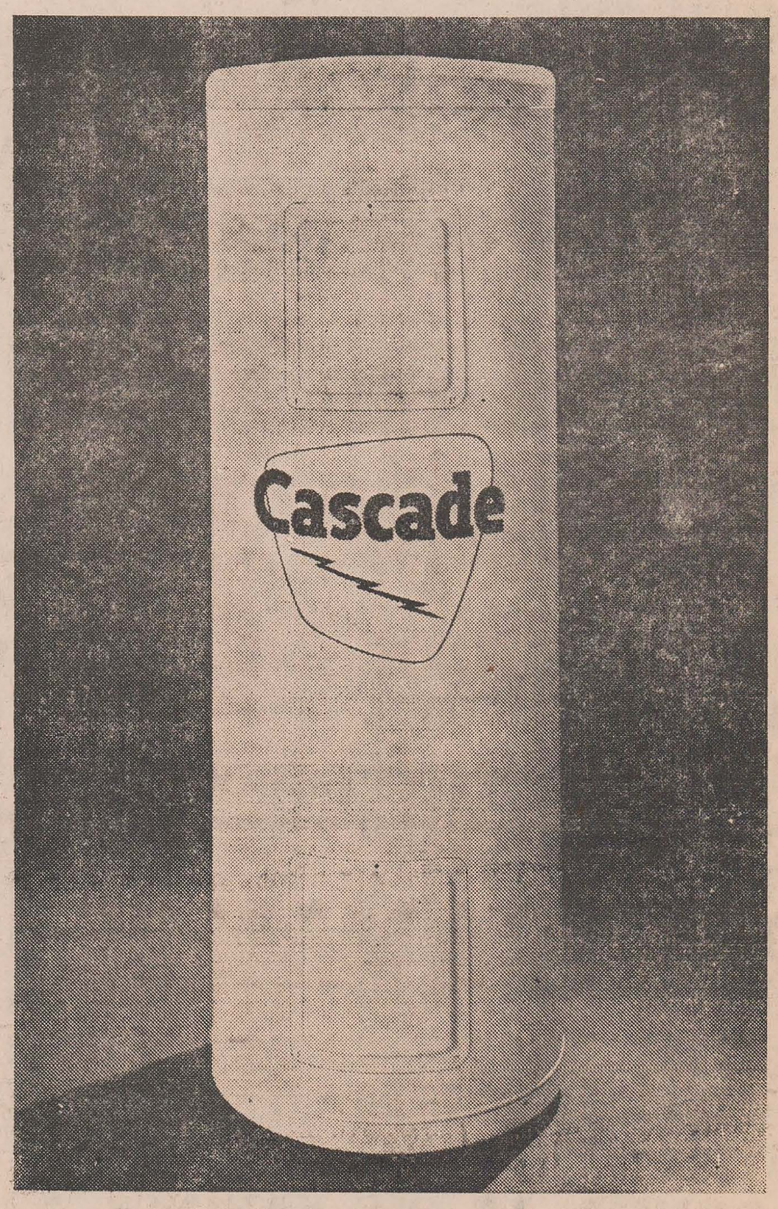

A word to the wise

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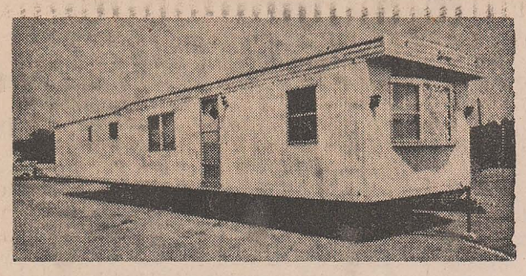

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LADY CURLERS ENJOY SUPPER, GAMES

Afternoon and evening curlers had an enjoyable pot luck supper on November 14. This was followed by curling giving everyone an opportunity to get into the sweep of things. The ladies club looking forward to a busy season with the regular schedule to begin soon.

Members of the executive are: Pres., Lillian Wagner; 1st vice, Liz Brunt; 2nd vice, Ruth Shearing; Secretary, Marguerite Clark; Treasurer, Audrey Strader; Convenors for membership are Marge Elliott and Claire Dunn, so if you would like to curl in the afternoon, evening or weekends, give them a call. There is also mixed curling on Friday nights.

Hurry up ladies, get your boots and brooms and come on down to the curling rink.

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FRESH, SLICED	POUND	SMALL SIZE	POUND
SIDE PORK - - - - -	99c	PORK SAUSAGES - - -	85c
SWIFT'S MAC & CHEESE OR	POUND	FRESHLY SLICED	POUND
CHICKEN LOAF - - -	89c	PORK LIVER - - - -	75c

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Tomato Juice -	49c	Tide - - -	1.79
LIQUID BLEACH	64-OZ. JUG	LIQUID DETERGENT	24-OZ.
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Saftey Caps

Every year over 3,000 Canadian children spend time in a hospital after being poisoned by non-medical household products. Hospital confinement averages more than three days.

An economics professor at University of Waterloo's faculty of arts says that poisonings of small children have an economic cost of $10 millions annually, in addition to their cost in pain and death, and that safety containers could cut this cost dramatically.

Dr. Robert Kerton and a student, Eric Wright, are conducting a series of tests on "child resistant" containers which virtually eliminate poisonings by prescription drugs. The study is aimed at the economics of using safety caps for non-drug products such as turpentine and bleach.

Dr. Kerton tried three "safety containers" for prescriptions, and one ordinary prescription bottle, on 65 children from Kitchener nur sery schools. His conclusion: for children under six safety containers work, and the best is called Palm-N-Turn. (Tests by the Windsor Poison Control Center indicate Palm-N-Turn can reduce capsule and tablet poisonings by 90 per cent.)

Palm-N-Turn is easy for an adult to open: he presses down on the cap of the bottle (by pushing it into his palm) and at the same time turns the bottle or cap. A small child cannot usually do this.

Dr. Kerton points out that be sides being difficult for children to open, safety bottles have a second advantage . . . parents treat medicines with more respect when they see a safety bottle in use, and the container is more likely to be kept where children can't get at it. "We'd like to convey the same information by using safety caps on a few hazardous housesible."

About 95 per cent of all pharmacists provided child-resistant containers as soon as possible, but persuading manufacturers to use safety containers for non-medical household products is sure to prov a tougher problem, Dr. Kerton says. One difficulty is that Palm-N-Turn is not waterproof. A water proof safety top is available, Dr. Kerton says, but it is less effective for safety, and quality control seems to be a problem. He feels also, household product man ufacturers will be less eager to spend extra money for the safety tops than pharmacists were: ,

"Marketing studies have shown that safety is something sellers prefer not to mention: it raises the hazard question in the mind of the buyer," he says.

Still, Dr. Kerton says, apart from the suffering children factor, it might prove less expensive to put safety caps on poisonous products than to provide medical treatment.

The UW study is investigating the economics of these poisonings.

Professional Life Can Be an Asset, Phyisan Maintains

Mother's Role Outside the Home

"It was quite natural for me to think that a woman's role could go beyond having children and tak ing care of a house," declares Dr. Elizabeth B. Connell, associate director for biomedical sciences at The Rockefeller Foundation. — Three generations of women in Dr. Connell's family have worked outside the home.

Since both her parents are psychologists, young Elizabeth was tested periodically as to her abilities, aptitudes and interests. She learned she might do well in law, education, social work or medicine. A summer job, at a local hospital after her freshman year in college, made her realize that medicine was the field for her.

She married a fellow medical student and, after graduation, set up in general practice with him in a small town in Maine. Five years and three children later, she and her husband returned to the city for advanced training: he to become an allergist, she to specialize in obstetrics and gynecology.

Doctor in Training

"Being in training and having small children wasn't easy," she recalls, but somehow they all man aged. "If you're going to be competitive and effective in a traditionally masculine field like medicine," Elizabeth Connell believes, "you must be willing to work as hard and as well as your male associates." She feels there might be some flexibility for those with children in terms of hours and time off, but that "it's a bit destructive to the image of women in medicine to demand all sorts of concessions because you have ovaries and have babies." (The Connells now have six children, five boys and a girl).

Despite her active professional life, Dr. Connell believes in keeping herself and her children fit. "In the morning before work," she says, "I drag my somewhat reluctant younger children out of bed to swim with me in the pool. We also go horseback riding and mountain climbing together. Last winter we all learned to ski."

Keeping Interested

Dr. Connell maintains that both exercise and proper nutrition are important to a woman as she matures, but so is her enjoyment of life. Her idea of an attractive woman, is someone "trim and well-groomed, not fat and dumpy".— The woman's eyes "sparkle with alertness." She's "interested in what she's doing." In other words Dr. Connell comments, "she doesn't sit in her chair looking as if she were part of the upholstery."

It doesn't matter what a woman's specific interests are, according to Elizabeth Connell. "If she has something exciting and demanding to do as she approaches her menopause, she will usually tolerate it very well." For those with severe menopausal symptoms caused by a hormone deficiency, however, the doctor has prescribe estrogen replacement therapy, which she indicates has often prov ed helpful to her patients.

The Connell children now range in age from 9 to 19. "When they were young," their mother notes, "they may nave thought me a little bit weird, because they didn't see any other mothers who lived as I did." But they've had their compensations, she goes on. When they were old enough "to cope for themselves," she took them abroad on some of her professional trips. "They've seen a lot of the world now," she points out. "They have a picture of society and of women's roles they never would have had, if I had stayed at home." And concludes Dr. Connell, "I'd be very surprised if my nine year old daughter became an ordinary housewife with no outside interests."



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ENERGY

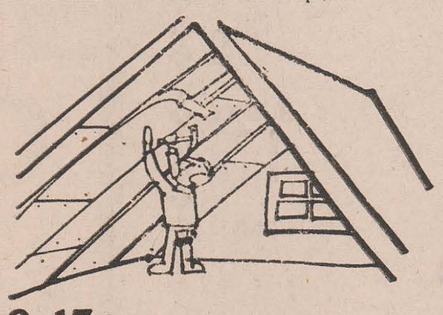
WE CAN'T TAKE IT FOR GRANTED ANYMORE

Recent events in the Middle East have underlined just how essential a dependable supply of energy is to the way we live.
Present indications are that supplies of imported crude oil in Eastern Canada are barely sufficient to meet demand.
If we can't maintain imports, real shortages of gasoline and heating oil could occur here in Ontario.
But uncertain import supply isn't our only concern.
Canada's own oil and gas supplies are being depleted, and cannot be renewed.

To make sure we have enough energy for the future, and to give us time to develop alternative energy sources, we must make the best use of the sources we have now.
Nobody has the right to waste fuel, or any other form of energy. The time has come to take a good, hard look at the way we use energy, and to use it wisely.
Good energy habits learned now, especially by our children, will bring us comfortably through the winter, and pay off in years to come. Let's get to work.

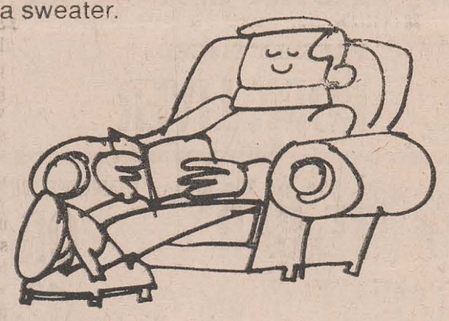
47 things you can do to conserve energy

1-7 Your heating system.
Clean forced-air filters once a month ☐ Bleed air from hot water radiators, fix leaks ☐ Empty the flue clean-out ☐ Have the system checked by an expert ☐ Insulate ducts and pipes in areas that don't need heat ☐ Glossy white radiators heat best ☐ A gravity air system with a single return works best with interior doors open.



8-13 Keep the heat in!
Insulation pays, especially in attics. ☐ Fit storm windows, weather-strip outside doors ☐ Keep fireplace damper closed ☐ Use range hood ventilators only when necessary ☐ If you sleep with the window open, close the door ☐ Close drapes at night.

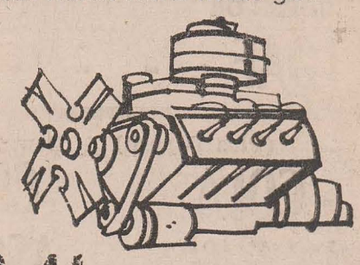
14-17 Use your thermostat.
Each degree you lower the thermostat cuts fuel consumption about 3% ☐ It's possible to save by turning the thermostat down at night ☐ If you use a humidifier, you'll stay comfortable with less heat ☐ If there's a Shivery Sam in the family, suggest he wears a sweater.



18-22 Hot water.
Insulate exposed hot water pipes ☐ If your water heater has a dial, try setting it lower ☐ A dripping tap wastes up to 175 gallons of hot water a month ☐ Don't use dishwashers till they're full ☐ Generally, a shower uses less hot water than a bath.

23-32 Around the house.
Are the door seals on your oven, refrigerator and freezer good? ☐ Don't use the oven if a toaster or fry-pan will do the job ☐ If you buy an electric heater, make sure it has a thermostat ☐ Use lower wattage bulbs if you can ☐ Use Christmas lights from 6 pm till bedtime ☐ Use pots that cover stove elements ☐ Thaw frozen food before cooking ☐ Defrost freezers regularly ☐ A pressure cooker saves energy as well as time.

33-39 On the road.
A well-maintained car is an economical car ☐ Check tires and alignment ☐ Prolonged idling wastes gas ☐ Can you use the bus? Or ride with someone else? ☐ Does your size of car really fit your needs?
☐ Over 50 mph, economy decreases ☐ Jack-rabbit starts waste gas



40-44 Around the farm.
A well-tuned tractor burns 10% less fuel ☐ Underground or pressurized storage tanks reduce vapourization loss ☐ Reduce tractor wheel slip and you save fuel ☐ Prolonged idling of engines wastes gas ☐ Can you turn yard lights off earlier?

45-47 At work.
Can the thermostat be turned down? ☐ Can you turn off any lights? ☐ Has your company got an Energy Conservation Suggestion Scheme?

We're taking our own advice.
All Ministries and Agencies of the Ontario Government are doing their bit to conserve energy. Lighting and heating levels are being reduced in government buildings; a new emphasis is being given to economical operation of vehicles; Ontario Hydro and the Ministry of Education are encouraging consumers and schoolchildren to learn good habits in the use of energy. And that's just a beginning!

Save this check list...and save energy!

Industry, business, homeowners, agriculture and government must all work together to conserve energy. If we each save a little...we'll all save a lot.

Government of Ontario

The 2nd FORTY

Lonely Woman
Dear Margaret Brookfield:

I was happily married for over 30 years. Two years ago, I was widowed. Although I work full-time and also do volunteer work, I am very lonely. (My only child, a daughter, is married). I live in a large home. Fortunately, a male friend is very helpful about upkeep and repairs. He has proposed but I turned him down because he's an alcoholic and, at times, can be a nuisance. I have a number of medical problems which my doctor tells me are all caused by the shock of losing my husband. I sometimes feel as if I can't go on. Is there any advice you can give me? R.C.

Dear R.C.:

Seek help for your emotional problems, stemming from the loss of your husband. Either your doctor or your clergyman can refer you to a professional agency. "All work and no play" may also be getting you down. Why not join some community organizations with recreational activities? At the same time, you will meet new friends who will help lessen the pangs of loneliness. Many women have lost loved ones: wives have lost their husbands and mothers have watched a child die. You'll find that you are not alone in your grief and, in reaching out to help others, will be helping yourself.

"Ideal Couple"
Dear Margaret Brookfield:

A couple we know — I'll call them Helen and Jim — always seemed to deserve the "Happiest Couple of the Year" award. We envied them. Even at a party, they only had eyes for eoch other. After three years of marriage, Jim is so in love with his wife that he'll praise her by the hour, to anyone who will listen. Imagine our shock when we discovered Helen has been propositioning all the men in our group—married and single — behind Jim's back. The men are disgusted with her. The girls feel Jim should be told. What do you think? M.S.

Dear M.S.:

If you talk to anyone—make it Helen, not Jim. The shock of hearing the news from friends will hurt him badly. I suspect Jim already has an inkling of what's going on and he's only harping on Helen's virtues to quiet his doubts.

Helen, of course, has been cunning in propositioning Jim's friends. She's banking on being "safe", knowing they won't spill the beans to her husband.

If you girls decide to talk to Helen—park your anger (however justified) outside. She sounds as if she needs help and you may be able to persuade her to seek professional counseling. Don't approach her as accusers but as friends with open hearts and minds. Even if you do, however, be prepared for her reaction which will either be 1) vehement denial, or 2) hostility that will cause her—and Jim—to break off from your group.

NOW HEAR THIS

This Country in the Morning, CBC Radio's popular weekday show, takes to the road again, and during the week of November 19 and 26 will originate from Montreal. The last two days of the second week, Nov. 29 and 30, the series will come from Quebec City And, if the weather co-operates, TCITM will travel to Labrador in mid-December, bringing with it some live entertainment for a pre-Christmas warm-up.

You can tune in to a seance on radio with the noted British medium Ena Twigg, when Ideas presents an hour from The Art of Divination series on Monday, Nov. 26.

Identities begins a series on ethnic humor, beginning Monday, November 26.

How do the people of Eire view the troubles in Ulster? CBC Tuesday Night, November 27, puts another perspective on Irish problems. Freelancer Shaun Herron talks with people who have had little to do with the current troubles: dramatist, historian Conor Cruise O'Brien, minister in the present government; Seamus Kelly, Ireland's leading drama critic; novelist James Plunkett; poet Anthony Cronin; and an anoymous group of relatives, friends and businessmen.

Ian Thomas, former lead singer of the Hamilton-based pop group, Tranquillity Base, has a first album out on the GRT label — and it's taken off! All the songs were written by Thomas; cut one, side one, Painted Ladies, is making a steady climb up the charts, and is getting lots of air play both here and in the U.S. Thomas is also a CBC Radio variety producer, and spends a lot of his time scouting new talent, and making CBC broad cast recordings. This past summer, he produced the weekly two-hour rock show, The National Rockworks Company. He really knows the music business — from both sides of the mike.

Robert Weaver, head, C B C Radio Arts programming, celebrated 25 years with the CBC on Nov. 1. He started out as aprogram organizer, and now has such prestigious programs as CBC Tuesday Night, CBC Stage, and Anthology under his aegis. Weaver, who also helped found and edits The Tamarack Review, is probably the biggest buyer of literary material in the country. In 1972 he bought and his department produced 250 dramas; 40 short stories, a n d reams of poetry. No wonder he's been dubbed "a one-man Canada Council".

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The Morrisburg Leader

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DENTAL TOPICS

Supplied by The Canadian Dental Association

ONE LOST TOOTH CAN MEAN TROUBLE

What's one tooth less—especially in the back of the mouth?

This thought is common to many after they lose a tooth. Frequently lost is the lower first molar. You don't feel it happening, but teeth on either side of the gap gradually drift and tip toward it. This causes other spaces to form between teeth which trap food, leading to decay and gum disease.

This tipping also reduces chewing efficiency, as the upper teeth contact only a small part of the tipped teeth. So you think you can live with all this? What about pain& As tipping increases, bone gives way to the oncoming tooth which exposes the root surfaces—sensitive root surfaces.

The upper tooth, which would normally have met the lost molar, will continue to erupt beyond its usual length. This also exposes sensitive root surfaces and contact is lost with neighbouring teeth—which again leads to decay and gum disease.

A fixed bridge or a removable denture can replace a lost tooth. The fixed bridge replaces from one to several missing teeth. Gold inlays or crowns on remaining teeth retain the bridge. Metal backings on the partificial teeth are soldered together and to the retaining inlays. This requires extreme precision, and so is costly. The bridge ic cemented in place permanently.

The removable partial denture is used to restore missing teeth on both sides of the mouth. It consists of a cast metal frame in which the teeth are usually cemented by acrylic resins. This denture is normally retained by thin metal clasps which encircle the neighbouring teeth.

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your size!



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And we're now offering a free pair of $15 mittens when you purchase any Bolens Snowthrower. (Offer expires March 31, 1974.)
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Personal Attention To
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WINCHESTER
774-2201

The Expropriations Act

NOTICE OF APPLICATION FOR APPROVAL TO EXPROPRIATE LAND

IN THE MATTER of an application by the Minister of Transportation and Communications for approval to expropriate lands in the Township of Williamsburgh.

FOR THE PURPOSE of acquiring sufficient land to accomodate the existing construction features as fenced.

NOTICE IS HEREBY GIVEN that application has been made for approval to expropriate the land described in the schedule hereto.

Any owner of lands in respect to which notice is given who desires an inquiry into whether the taking of such land is fair, sound and reasonably necessary in the achievement of the objectives of the expropriating authority shall so notify the approving authority in writing,

(a) in the case of a registered owner, served personally or by registered mail within thirty days after he is served with the notice, or, when he is served by publication, within thirty days after the first publication of the notice.

(b) in the case of an owner who is not a registered owner, within thirty days after the first publication of the notice.

THE APPROVING AUTHORITY IS

Minister of Transportation and Communications,
Parliament Buildings,
Toronto 5, Ontario.

Minister of Transportation and Communications,
W. G. Wigle, Director,
Right-of-Way Branch.

NOTES:

1. The Expropriation Act provides that,
   (a) where an inquiry is requested, it shall be conducted by an inquiry officer appointed by the Minister of Justice and the Attorney General;
   (b) the inquiry officer,
      (i) shall give every party to the inquiry an opportunity to present evidence and argument and to examine and cross-examine witnesses, either personally or by his counsel or agent, and
      (ii) may recommend to the approving authority that a party to the inquiry may be paid a fixed amount for his costs of the inquiry not to exceed $200 and the approving authority may in its discretion order the expropriating authority to pay such costs forthwith.
2. "owner" and "registered owner" are defined in the Act as follows:
   "owner" includes a mortgagee, tenant, execution creditor, a person entitled to a limited estate or interest in land, a committee of the estate of a mentally incompetenet person or of a person incapable of managing his own affairs, and a guardian, executor, administrator or trustee in whom land is vested;
   "registered owner means an owner of land whose interest in the land is defined and whose name is specified in an instrument in the proper registry, land titles or sheriff's office, and includes a person shown as a tenant of land on the last revised assessment roll;
3. The expropriating authority, each owner who notifies the approving authority that he desires a hearing in respect of the lands intended to be expropriated and any owner added as a party by the inquiry officer are parties to the inquiry.

SCHEDULE

All right, title and interest in the following land:
In the Township of Williamsburg, in the County of Dundas, in the Province of Ontario, being part of Block "H", Registered Plan Number 42 for the Township of Williamsburgh, designated as PART 1 on the Ministry of Transportation and Communications Plan P-3135-53, deposited in the Land Registry Office for the Registry Division of Dundas as Plan 8 R-56.

THIS NOTICE FIRST PUBLISHED ON NOVEMBER 16th, 1973

Ontario
Ministry of Transportation and Communications

44-6c.

Put WANT ADS to work for you

CARDS OF THANKS

I wish to epress my sincere thanks to all who remembered me in any way while I was a patient in the Winchester District Memorial Hospital, and since coming home. Special thanks to Dr. Houze and Dr. Chande, and the nurses on the first floor. Also a special thanks to those kind people who brought food to my family during my stay in the hospital. All was greatly appreciated.
Mrs. Lloyd H.
(Beatrice) Casselman.
46p.

I wish to express my sincere thanks to friends and neighbours for their cards, flowers and visits while I was a patient in Winchester Hospital. Special thanks to Dr. Marston, and nurses and staff.
JOSEPH BELLEFEUILLE.
46p:

I would like to thank my friends neighbours and relatives for visits, cards, flowers and gifts, while I was a patient in the hospital. Special thanks to Dr. Chande, Dr. Marston, Dr. Houze, and the nurses and staff on the 1st floor.
ANN BAELDE
46c.

I would like to say a sincere Thank You, to all who remembered me while I was a patient at the Winchester Memorial Hospital, with cards, visits and flowers. A very special thank you to Rev. T. Boyd, the employees of Odonto Corporation, St. Lawrence Rebekah Lodge 373, Knox Women's Club the nurses and staff on the first floor, and Dr. Chande.
CATHERINE SCOTT
46p.

We would like to express our very sincere thanks to all the kind people for the many acts of kindness to us, the get-well cards, and visits to our very dear sister, Eva during her lengthy illness in the Winchester Hospital. A very heart felt thanks for all floral tributes, the numerous memorial cards, the food sent to our home, also the sympathy cards and the many other acts of kindness extended to us in our recent sad bereavement. Special thanks to Dr. D. Justus, Rev. J. Boehmer, the nurses and staff of the Winchester Hospital, Mr. Gordon Thom for the solo, and the organist and choir. A sincere thank you.
THE REDDICK FAMILY.
46c.

THE STORMONT, DUNDAS AND GLENGARRY COUNTY BOARD OF EDUCATION

requires for January 3, 1974

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West Front Public School
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Director of Education
46c.

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5-HORSE SNOW THOWER, 26" 2 Stage Model, 4 speed forward, chains, like new. Used 2 winters
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12' x 60' SHAMROCK DE LUXE unfurnished, 2-bedroom Mobile Home. Fully serviced. Shed included. Available immediately.
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'66 CHRYSLER. Bucket Seats; Stock Shift. Priced to go. Terms available.
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VACUUM CLEANERS and Floor Polishers. Will demonstrate in your home.
RALPH COULTHART,
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BARBIE DOLL CLOTHES. For information, please phone:
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45-6c.

VENETIAN BLINDS (4). White metal; Good condition. Sizes 44 x 66, 62 x 66, (2) 84 x 66. Best offer.
PHONE 543-3007.
45-6p.

LOST

IRISH SETTER — MALE, 8 mos. old, with collar. Answers to the name "Red". In Morrisburg, R. R. vicinity. Reward.
PHONE 543-2719.
45-6c.

LADY'S SUEDE PURSE, vicinity of Seaway High School. Finder please return papers in purse to
LYNDA TRUDEAU,
Morrisburg, Ontario.
Phone 543-2957
46p

COMING EVENTS

AN INVITATION

The S.S.S. Class of Lakeshore Drive United Church invites everyone to come out to Allan Hall, Sunday, November 25th at 8 p.m. Guest speaker and soloist will be Rev. Edwin Kempling and Mrs. Kempling, of Cardinal. A short drama on The Lord's Prayer, by members of the S.S.S. Class.
45-6c.

BAZAAR

The Knox Presbyterian Church will hold its annual Bazaar Wednesday, November 28th from 2 to 5 p.m. There will be Fancy Work Table, Christmas Wall Hangings and Candles Table, and a Baked Goods Table. All are invited to attend.
45-6c.

MIXED STAG

For Gino and Heather — Morrisburg Legion November 24. Tickets available from Joe Billings, Ralph Duvall, Donnie Mabc and Walt Wagemans.
46-7p.

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LOT — odd shaped, water supply, on Church Road. Suitable for a trailer. $1,000.

SALESMEN

John Allison	543-2989
Alton Bolton	543-2602
Harold Fisher	543-2213
Bill Marshall	543-3200

CHRISTMAS CONCERT

Come and join the Seaway Singers for an hour of Christmas Music, Sunday, December 9th at 8:00 o'clock, in Lakeshore Drive United Church, Morrisburg.
42-8c.

EVENING COURSES

Evening courses in Welding and Typing will be offered in the near future at Seaway District High School. Anyone wishing to take advantage of these courses can register and learn particulars by telephoning 543-2411, between 9:00 a.m. and 5:00 p.m. Monday to Friday.

PUBLIC SKATING

Saturday Night ..... 8:00 to 10:00
Sunday Afternoon .... 3:00 to 5:00
Special Area for
Kids 6 and Under
ADMISSION 25c — 50c
46c.

EUCHRE

In the Fraternal Hall on November 28th at 8 p.m. under the auspices of the I.O.O.F. Prizes and refreshments.
46p.

MORRISBURG LIONS CLUB
MONTHLY BINGO
JACKPOT $150.00
TUESDAY, DECEMBER 4th
AT 8:00 P.M. IN
MORRISBURG CIVIC CENTRE
15 Regular Games — 5 Specials
ADMISSION $1.00
46-7c.

BASKETBALL — SEAWAY VS. HARLEM STARS

On Thursday, November 29th at 8 p.m. at the Seaway District High School, there will be a basketball game between the Harlem Stars and the Seaway Spartans. Price is $1.50.
46c.

AUCTION SALE

Just west of Iroquois on Hwy. 2
MONDAY, NOVEMBER 26
at 6:45 p.m.
VAN ALLEN'S AUCTION SERVICE

Chesterfield and 2 chairs. Electric Stove, Gas Stove, Kitchen Cabinets, 3-pc. Bedroom Suite, Games Table, Pool Table, Box Stove, Floor Polishers, Combination Doors, New Aluminum Window, Oil Stove, Oil Paintings, Boxes of Books, Old Bible, Several Pieces of Silver, including 4-pc. Serving Set, Collection of Fans, Walkie-Talkies, 12 guage Shotgun, Old Bottles, Quantity of Records, Cylindrical 2 Stereo, Hedge Trimmer, Tools, 2 Snow Tires size 600 x 13, Christmas Ornaments, Lamps and Dishes, and Many other Articles.
Refreshments available.

RALPH VAN ALLEN
652-4533
46c.

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46-8p.

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Name_____
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City/Town_____ Phone_____
I own a lot YES ☐ NO ☐
I plan to build this year:
YES ☐ NO ☐

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MARIATOWN
TELEPHONE 543-3266

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WAITRESS WANTED IMMEDIATELY. Apply at
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