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The Morrisburg Leader

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Small Hike Forecast in Morrisburg Tax Rate

Pending financial audit it appears that Morrisburg tax rate will be slightly increased over last year" Clerk Lloyd Barkley told municipal council at Monday night's regular meeting. He reported that taxes will be about ½ mill higher, due chiefly to an increase of 9.85 mills in school rates with the separate school rate increasing by the same amount. A stabilization grant of 9.71 mills balances, to a big extent, the education increase.

A group of young people, interested in an Opportunities for Youth Program, M.O.R.E. (Morrisburg Opportunities for Recreation and Education), met with council requesting facilities for work rooms and office space for the project.

The spokesman said, "The direct aim of our project is to provide children and young adolescents of Morrisburg (5 to 15 years) with an organized program of summer activities. This should give them a broader outlook, awareness, socialization and in general a healthy development of character.

The project will be split into junior and senior levels.

Council expressed interest and commendation of the leaders' efforts with the promise that Reeve Earl Baker will look into the problem and "come up with something".

John Allison representing the Swimming Committee presented Council with a budget for the summer program. He said "the program cost the village approximately $500 last year. Overall expenses amounted to $2400 with revenue of $1900 which included a gift of $600 from the Lions Club. The budget, including work on the plat forms, sand and instructors' fees will correspond with that of last year.

Mrs. Erol Welton, secretary, Morrisburg Chamber of Commerc presented a recommendation to Council that hours of operation at the Information Booth be extended. Council agreed to continue salaries of existing workers as of other years with the suggestion that the C. of C. assume responsibility for further services as that body sees fit.

A by-law was passed establishing a plan for co-ordination of emergency service at Morrisburg.

A meeting will be set up with representatives of Morrisburg, Iroquois, Matilda and Williamsburg councils for May 28 to discuss amalgamation.

An agreement was reached with local lacrosse teams for practice and playing time at the arena.

Duties of the Park Board were discussed. Robert Bright will arrange a meeting to set forth plans with council and the board.

Members of CWL Honor Miss Flood

The Iroquois-Morrisburg Catholic Women's League held their annual meeting on Wed., April 25. Father F.M. O'Connor opened the meeting with the League prayer.

The members honoured Miss Anna May Flood upon her retirement as the priest's housekeeper. After working 22 years in this capacity. Miss Flood will be taking up residence in Brockville. For the past 12 years she has been a marvellous housekeeper and organist in the parish and all her many friends will be sad to hear of her departure.

Miss Flood was presented with a gift by Mrs. Katherine DeBellefeuille. Mrs. Liz Brunt presented a cheque to the guest of honor.

In addition, Father O'Connor presented Miss Flood with a cheque on behalf of the parish, and extended to her a sincere gratitude for all she has done for the parish over the years.

The new slate of officers were elected for the next term of office as follows: President, Mrs. K. DeBellefeuille; Vice-President, Mrs. Corbett; Secretary, Mrs. C. Lawry; Treasurer, Mrs. Joan Brunt; Past President, Mrs. Liz Brunt; Councillors, Mrs. Marg Lee and Mrs. Margaret Rooney of Iroquois.

Mrs. Harry Peppers and Mrs. Mary Hoenseloar of Morrisburg. The meeting featured a pot luck supper with a social hour, let by Sister Leonard and Mrs. Theresa Chartrand as they entertained with musical selections and a general sing-song.

Police Week to be Observed Here

May 13-19, 1973, has been designated as Police Week in Canada. On this occasion Police forces across Canada will throw open their doors inviting the public to view various displays.

During this week, the Morrisburg Detachment of the Ontario Provincial Police invites the public to visit their detachment office to see the various displays and films depicting the work being done.

This year, the Ontario Provincial Police are giving people an opportunity to obtain their fingerprints for identification and documentation purposes. Where requested, fingerprints will be taken on one form only and when completed this form will be given to the applicant and advised that it be retained.

If you have the opportunity to visit a police department in your area during the hours of 1 p.m. to 10 p.m. we will be happy to see you.

New TB Association Will Cover Larger District

As a result of the amalgamation of the St. Lawrence TB and Health Association and the Prescott-Russell TB and RD Association, a new Associate of the Ontario TB and RD Association has been formed.

On May 8th, at the Cornwallis Hotel Board members and friends of the former groups gathered to hold the initial meeting of the Eastern Counties TB and Respiratory Disease Association and to elect officers for the 1973-74 fiscal year. Mr. Fred W. Bradley, Past President of C.T.R.D.A. chaired the meeting, at which Dr. Beverley Lynn of Kingston was guest speaker. Dr. Lynn told his audience of the need to remain vigilent to the ongoing danger of tuberculosis. He emphasized the important role Christmas Seal Associations play, in making the general public aware of the many respiratory diseases and TB; the means of prevention, control and rehabilitation. Dr. Lynn singled out cigarette smoking and water polution as two of the most serious health hazards of the day, and noted that the incidence of emphysema and bronchitis are increasing at a rapid pace each year, and presently contribute to more deaths than lung cancer.

Mr Archibald MacDonell of Williamstown was elected President of the new Association, which now serves the five eastern counties. Elected Christmas Seal Chairman for 1973 was Mr. Jack McIntosh of Winchester.

Other officers elected were:

Hon. Treas.—Don Dunster, Cornwall.
O T R D A. Reps. —G. Paquette, Hawkesbury; G. Holland, Cornwall.
Seal Co-Chairman—L. Pressault, Hawkesbury.
Education Chairman—Mrs. Carolyn Barclay, Cornwall.
Rehabilitation Chairman—Mr. W. Morris, Cornwall.
Medical Advisor—Dr. R.V. Peters M.O H. for the five Counties.

The Board of the Eastern Counties TB and Respiratory Disease Association is made up of a minimum of six members from the Prescott and Russell Counties and twelve from Stormont-Dundas and Glengarry, being based on one representative for each 8000 population in the relative counties. The office will be maintained in Cornwall, with Mrs. Barbara Dunster continuing as the Association secretary.

The new Association will continue the work of the previous two Associates, conducting the annual Christmas Seal Campaign to raise funds for health education, rehabilitation and research.

Mets Open Home Season Sunday

The Morrisburg Mets Juniors will open their home lacrosse schedule this Sunday evening at 8:30 p.m. in the Morrisburg arena. Visiting the local Junior Interprovincial club will be the Glengarry Glens of Alexandria and District.

The Mets this year are a brand new young club with a promising future. The club this year will stress youth and speed presenting a fast action game.

With the opening whistle in each game fans will be treated to an evening full of lacrosse. Players on the club are from Iroquois, Matilda, Williamsburg, and Morrisburg and are fine representatives of South Dundas in this league.

Rattlers Win First At Caughnawaga

The Morrisburg Rattlers started the lacrosse season off on the right foot by winning 13-10 against Caughnawaga Indians last Saturday night. It was the first league game for both clubs, and over 700 fans took in the game at the new Chateaugay Arena.

The Rattlers claimed first blood with Steve Casselman and Ron Gillard giving the locals a 2-0 lead. The Indians tied it up, but Casselman scored his second of the night for a 3-2 lead. Rattlers seemed to tire near the end of the period, and Caughnawaga took a 6-3 lead and held it till the end of the period.

The Rattlers hard practice showed up when they scored five goals early in the second period to take an 8-6 edge. Scoring were Ralph Duvall, John Johnson, Henry Storgaard, Phillip Dillabough and Jackie McLennan. Goals were exchanged near the end of the period, Morrisburg's goal coming from Jackie McLennan, his second of the night.

In the third period, goal scorers were Alan Hare, his first; Ralph Duvall and Phillip Dillabough, their second goals of the night, and Steve Casselman, his third, for a hat trick. McLennan, Casselman and Duvall also had three assists each.

Russ Garlough and Bill Dillabough played strong defensively, and goalie Joe Billings made fantastic saves. The Rattlers were short-handed for the third period, as Storgaard received a leg injury, and McLennan saw limited action. Morrisburg received 30 of 44 minutes in penalties.

Scoring for Caughnawaga were L. Delisle 3, G. Gilbert 2, and singles to J. McComber, W. Goodleaf, K. Kane, G. Norton and B. Horn.

This Saturday, May 12th, the Syracuse Warriors will be the visitors at the Morrisburg Arena. Warriors are the defending champions, and current holders of the Iroquois Cup, so promise good competition to the Rattlers.

This Saturday night is also Kids Night, and over 2000 free passes have been passed out to all elementary school children. To be admitted free, these children must be accompanied by an adult. Free passes can also be obtained at the door. Lacrosse sticks will be given away at the game.

The game promises to be a good one, the Rattlers would like to win it, and they need your support. So come out Saturday night, see first class senior lacrosse, and support the local team.

FINAL TRIBUTE ON SAT. TO CECIL H. YATES

Funeral services for Cecil Herschel Yates, a resident of Morrisburg, were conducted Saturday, May 5 at Fairbairn Funeral Chapel at 2 p.m. with Rev. Thos. Boyd officiating.

Mr. Yates, who had been ill for some years died at Winchester Memorial Hospital. He was in his 65th year. Born in Missouri, USA his parents were the late Mr. and Mrs. Willis Arthur Yates. Prior to his retirement and coming to Morrisburg five years ago he had been employed as Director of Management at plants in Sarnia and Perth.

He was a Past Master of the Masonic Lodge. A special service was conducted Friday. He was a member of Manley Methodist Church at Portsmouth, Ohio and chairman of the official board.

He is survived by his wife, the former Edith Scott of Missouri whom he married 46 years ago. He also leaves three sons: Herschel at Arkansas, Floyd Daniel, a Naval officer stationed at Guam, William Arthur at Alexandria; and two daughters: Mrs. Robert Cochrane (Anna May) of South Carolina and Mrs. Robert Mott (Letitia Jo) at Morrisburg. He also leaves two sisters, Mrs. Pearl Hallman and Mrs. Fern Seymour at Joplin, Missouri.

Burial was in St. Lawrence Valley Union Cemetery. Pall bearers were: Louis Gagnier, Jacques LeFebvre, Marty Neville, James Langabeer, Robert Waldeck, Frank Masselis.

Parks, Upper Canada Village Set for Opening Next Week

Gunfire will ripple along the ramparts of Old Fort Henry each Wednesday and Saturday evening this summer. For tourists, and residents, it will signal the performance of the Fort's internationally famous Sunset Ceremony.

The fortress, one of the finest historic sites in North America, is one of three major recreational projects in Eastern Ontario and the Seaway Valley managed by the Commission. The others are: Upper Canada Village, near Morrisburg, and the sprawling, 170-mile long St. Lawrence Parks System.

At the western end of the system stand the grey walls, guns, and museum at Old Fort Henry.

It was the War of 1812, between the United States and Britain which gave birth to the Fort. For as the military leaders of the time realized, the town of Kingston, Ontario commanded a strategic position along the St. Lawrence River. The original fort was started in 1812; the present fort was completed in 1836. Over the years it fell into disrepair, and remained in this state until 1936 when restoration was begun. It was opened in 1938 as a tourist attraction under the jurisdiction of the Department of Highways, and in 1958 was transferred to The St. Lawrence Parks Commission.

Old Fort Henry is best known for the Fort Henry Guard, made up of university students. Dressed in the colourful scarlet and blue uniforms of the British Army of the 1867 era, the guard provides a rare glimpse of Canada's military past. There are also daily displays of sentry changing, cannon salutes, infantry and artillery drill.

During July and August each Wednesday and Saturday evening, the 105 man guard, band and artillery drill team present a Sunset Ceremonial commencing at 7:30 p.m. The ceremonial consists of displays by the fifes and drums, infantry tactics and a battle sequence supported by artillery. The programme finishes with the playing of Retreat, and East Battery Salute and the lowering of the flag to signify the end of the daay

Dates of operation: May 15 - September 15. Daily Hours: May 14 - June 14 and after Labour Day to September 15 - 9:30 a.m. to 5:00 p.m. June 15 - Labour Day 9:30 a.m. - 6:30 p.m.

From shoemaking, breadmaking, tailoring, kitchenware, weaponry, infantry, artillery and Sunset drill ceremony displays, Old Fort Henry, under the direction of The St. Lawrence Parks Commission, presents one of Canada's most detailed and impressive military spectacles.

The Commission's second historic site, totally accurate to the finest detail is Upper Canada Village. It is a remarkable monument to the courage and style of the United Empire Loyalists who first came to the Eastern Ontario area more than 100 years ago. Many of the present buildings in Upper Canada Village are original and were moved to their present location after river water flooded the first homesteads. With more than 40 homes, churches, and general community buildings, the Village also houses industrial and agricultural exhibts. The setting, in fact, shows the style and way of life of an Ontario village during the period 1784 to 1867. The Village itself is a living museum.

Dressed in costumes of the period, artisans, attendants, house wives, tradesmen and farm helpers carry out their daily tasks as did their forefathers 150 years ago. In the buildings are hundreds of furnishings and artifacts donated by, or purchased from, descendants of the original families of the area.

Pause for lunch or dinner at Willard's Hotel in the cozy atmosphere of 1850; visit Cook's Tavern, where strong colours and a gracious ball room greet today's travellers as warmly as they did in 1835.

Upper Canada Village is unique. For nowhere else in Canada is there existing today a more authentic, and exciting, example of life as it was lived by Canada's early settlers.

Adjacent to the Village is Upper Canada Restaurant, a modern airconditioned restaurant seating 200.

And just north of Highway 2, opposite the entrance to Upper Canada Village, is the 18 - hole championship Upper Canada Golf Course with club house facilities.

Upper Canada Village is open from mid-May to mid-October.—Daily hours of operation: May 15 to June 14, from 9:30 a.m. to 5:00 p.m. June 15 to Labour Day, 9:30 a.m. to 6:30 p.m. Labour Day to October 15, 9:30 a.m. to 5.00 p.m.

The St. Lawrence Parks system is itself the major playground of Eastern Ontario, with 6200 acres of riverside parkland stretching from the Bay of Quinte to the Quebec border. It has 2,460 camp and trailer sites on 14 campgrounds, offering a wide choice of location and scenery. The campsites are large and well maintained. There are modern lavatory buildings, electrical outlets and trailer dumping stations. The day-use areas have large sandy beaches, concession facilities, picnic tables and water safety supervision.

Admission fee: $1.50, vehicle entry fee permit to day-use areas. Camping is $3.50 per day. This includes vehicle entry fee; electricity where available, 50c per day. Annual vehicle permit $15.00 (cannot be used for camping). All parks sites are open from 9:00 a.m. to sundown daily, May 15 to October 15.

Beginning its 13th year of operations, The St. Lawrence Parks Commission is a major contribution to the recreational and economic life of Eastern Ontario.

More than 30 million people have visited and enjoyed Commission projects since they began operation in 1961.

THANKOFFERING HELD BY LAKESHORE DR. U.C.W.

The Easter Thankoffering meeting of the United Church Women was held in Allan Hall on Tuesday, May 1st. An invitation had been extended to groups in Morrisburg and in adjacent areas, in spite of inclement weather, many guests attended.

The president, Mrs. J.W. MacDonald opened the meeting with the reading of a poem on spring with its miracle of growth and beauty. A brief business meeting followed, with a resume of ensuing catering commitments, the reading of the correspondence by the secretary, Miss Dorothy Flower, as well as a financial report by Mrs. Carl MacDougall. The following worship service which was conducted by Mrs. Ross Whyte and Mrs. W. Shearing followed an Easter Theme. At the close of the service, a presentation was made to the retiring president Mrs. Isabel York.

Mrs. Doney, accompanied by Mrs. DeGray, opened the program with two lovely Easter solos which as always were most delightful.

Mrs. L.W. Kray, music teacher in this area, then presented eleven pupils in a piano recital, which she herself opened by playing a beautiful Beethoven sonata, after which each pupil performed their chosen selection, in a most pleasing and competent manner, reflecting much credit to Mrs. Kry. At the conclusion of the recital, Mrs. MacDougall presented gifts to Mrs. Doney and Mrs. Kry.

The social hour was enhanced by the many young guests and parents who remained to enjoy the delectable cakes and coffee.

YOURS SINCERELY

BY MRS. WELLWOOD ADAM

I chuckled when I read the following story, and I quote: "One day, a coloured chauffeur driving a car came out of a city driving over 70 miles an hour. A police car chased him, caught up with him, and ordered him to pull up at the side of the highway.

"What's the big idea? Don't you know you were breaking the speed limit?"

"Was I?" the chauffeur replied. "Well, that's O.K. with me!" The police officer looked at him for a minute, then said "You're sort of smart, aren't you?" "No," said the coloured man, "not at all. Give me 2 or 3 tickets if you like!"

This was too much for the police officer, so he took him to jail.

When the chauffeur appeared before the judge, who heard the case, the judge said, "I am going to fine you twenty five dollars!"

"O, that's alright, Judge," said the chauffeur, "make it a hundred dollars, if you like!" The judge looked nonplussed at that, then said, "I'm fining you twenty five dollars, and a year in jail as well!"

"O, I'd like that fine," answered the coloured man, "make it 2 or 3 years if you like!" Finally the judge said, "What's the matter with you? Who are you anyway?"

"Well," came the reply, "I'm the chauffeur for the governor of the penitentiary and I'm in for life!" (end of quote).

After I had finished smiling over this story, I began to think that there does come a time in life when a few of us believe nothing can touch us further; that after so many experiences, perhaps heart-aches and disappointments as well, that everything looks like child's play to us! In fact, we may feel that we have reached what might be called the ultimate!

Some of these experiences, though, could be tragic ones. A man was once approached by a friend who said, "You always look so serene! No matter how hot it is in the day, or how trying your work may be in the summer heat, you never seem to let it bother you! Nothing seems to upset you! How do you do it?"

He replied, "Not after I got this hand!"

The friend could see, as everyone else, that the hand was badly and cruelly disfigured, so he waited for the rest of the story.

"Well, a few years ago, I felt very depressed for I had lost my job, had a family dependent on me, and didn't know where the next meal was coming from. Besides that, I had been off sick for the last six months, and was just beginning to feel better. I had a call for a new job, got into my car to get the job, and in my hurry ran into a tree, wrecked the car and myself, and lost a part of my hand. So trouble and tragedy came in a leap! Then I got a better job, later, and here I am! Nothing can bother me after all that, so now I can laugh at anything!"

I suppose it is quite a philosophy, really, and one worth developing. I read of another man saying something like this and I near-quote: "My resolution for this New Year is that never again will I allow any human being to hurt me, and what is more, never again will I allow myself to hurt anybody else either. Never again can life touch me if I do these two things. I am immune to all harm from now on!"

When anyone can say this, having made his or her peace with God, then surely, whatever happens cannot really do any harm. Some may not go along with me on this avenue of thought, but I am inclined to think it makes a lot of sense. I feel there is a kind of fortitude, an inner strength about it all, and so much of it can be given out to others who may be struggling with life's problems, for in this way it seems to prove that he or she has certainly reached the ultimate of having a peaceful outlook, as well as a powerful one.

PERSONAL

APPLE ORCHARD FLEA MARKET. Reopening for the 1973 season, Sunday, May 6th: Antiques, Crafts, Stamps, Coins, etc. 6 miles west of Alexandria on Highway 43. 10:00 a.m. to 6:00 p.m. every Sunday until October 27. Admission — FREE Dealers, write Box 895, Alexandria, Ont., for rates. Some space still available. We reserve the right to refuse unsuitable merchandise.
16-20p.



DENTAL TOPICS

Supplied by The Canadian Dental Association

Attitudes Must Change With Methods

Tooth decay is Canada's most prevalent diseas, affecting 95 per cent of the population and costing $250 million in dental bills alone.

A sadder fact is that, while dentistry has developed new methods to control decay and gum disease, neither the public nor the dental profession is putting this knowledge to thorough use.

Preventive dentistry demands serious readpustment in the thinking of patients and their dentists. The patient should visit his dentist twice yearly and faithfully do the homework prescribed. More time and concern is needed on the part of the dentist who should draw up individual programs to protect the teeth of each patient.

Although sounding complicated and irksome, preventive dentistry in the long run is less complex, less costly and less painful than the old repair-slanted dentistry.

From birth until the pre-teen age, while permanent teeth are forming, every child should have fluoride in his drinking water, in vitamin preparations or in chewable tablets. Fluoride is taken into the enamel of developing teeth making them resistant — although not immune — to decay.

Additional resistance is built into baby and permanent teeth by topical application of fluorides, through home brushing with a fluoridated toothpaste and by twice yearly visits to a dentist. The dentist gives the teeth a thorough cleaning — removing tartar —and the fluoride solution is painted on. As soon as a child has a full set of baby teeth, when he's about 3 years, his regular visits to the dentist should begin. Preventive care of the baby teeth which influence the positioning of the permanent teeth, can ensure a correct bite, attractive teeth and can forestall many conditions which cause gum disease and teeth loss.

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AUCTION SALE

An Auction Sale of useful items, antiques, etc., will be held by the Morrisburg United Church on their lawn, Saturday, May 12th. 1973 at 1:00 p.m.

TERMS : CASH
MAHLON ZERON,
Auctioneer.
17-19c.

NOVA SCOTIA'S HISTORY CAUSE OF CONTROVERSY

Great controversy surrounds the discovery of Nova Scotia. Was it the French settling in Port Royal in 1605, was it the great navigator explorer, John Cabot, who sighted the shores of Cape Breton in 1497, or, did it all happen before that?

When Dr. Richard Fletcher found an inscribed stone across the harbor from the town of Yarmouth, the controversy began. Experienced runeologists led by the distinguished Olaf Strandwold, were called in from all over the world. What did these markings mean? how old were they? were they authentic?

The stone is now on display in the Yarmouth County Historical Society museum was declared by experts to be a true rune, though many stories as to its origin tend to confuse the issue.

Dr. Strandwold believes it to have been carved over 100 years ago by the Norsemen, and had transcribed the inscription as reading "Lief to Eric raises this monument."

And indeed Western Nova Scotia's Yarmouth Harbor with Cape Forchu at its mouth, fully lives up to descriptions given in the records of these early adventurers.

But was it the work of the North American Indians, or other peoples who came this way. There is no final proof.

Besides studies made by various world experts, the late Rev. Gordon T. Lewis conducted extensive studies, and R. Blauveldt, a well known historian on Yarmouth County have also gone into the subject extensively.

According to Mr. Blauveldt, there is strong evidence to support the theory that the Norsemen were not only in Yarmouth Harbor, but dwelt for some time on the Shores of the Tusket River.

The truth lies hidden in the past of Yarmouth, Southwestern gateway to the province for those travelling by ferry from Portland and Bar Harbor, Maine, - unestablished, unproven; but the Runic Stone, as it has come to be called, still serves to taunt historians with the legend of the Norsemen.

Were they the first white men to set foot in the territory that is now Southwestern Nova Scotia?

CANADA HOSPITAL DAY

Winchester District Memorial Hospital is Changing To Serve You Better

Hospitals across Canada are joining together May 12th to mark Canada Hospital Day, the 153rd anniversary of the birth of Florence Nightingale. "Winchester District Memorial Hospital is a community hospital and we want the public to be aware of the types of services available to them", said Mr. H.P. Stel, the Administrator.

The hospital will distribute place mats and copies of the O.H.A. publication "Hospital News". The theme of this year's Canada Hospital Day is "Your Community Hospital — Changing to Serve You Better".

"There are many changes in hospital care. We want to tell the people about these changes and the services they may not know exist", said Mr. Stel.

"Good patient care may not require keeping people in expensive treatment hospital beds. Hospitals are designing treatment to meet the needs of the patient as he or she progresses", he said. "This may take the form of convalescent care, nursing home care and or home care programs. This not only ensures the patient with the care needed but also enables the hospital to use professional staff to the best advantage".

Canada Hospital Day, which will be observed by more than 1400 hospitals across the country, was officially proclaimed by Marc Lalonde, Minister of National Health and Welfare. Sponsored by the Canadian Hospital Association, Canada Hospital Day is supported by each provincial hospital association.

People were very important to Miss Nightingale. She dedicated her life to achieve better standards of nursing training, good sanitation and hygiene, and improved hospital design. In her day she gave impetus to dramatic changes in hospital care.

"Change is important to progress. We feel that our hospital is changing to serve the community better. We'd like the community to feel that Canada Hospital Day is their day too. The hospital belongs to them and we need their understanding and support at all times," said Mr. Stel.

Your hospital serves you 24 hours Every Day of the Year!

HELP WANTED

MAN AND WIFE WANTED to operate RESIDENTIAL HOME for middle aged people near Morrisburg.
Successful applicants may have option to buy. References required.
PHONE
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16-18p.

HEALTH NOTES

Seven Steps to Health

1 Have a medical and dental check-up.
2 Watch for any change in your normal state of health
3 Find out about any lump or sore that does not heal
4 Protect yourself against to much sunlight
5 Do not smoke.
6 Have a Pap test
7 Do a monthly breast self-examination.

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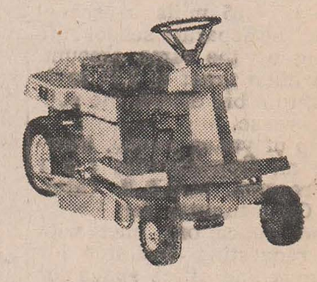

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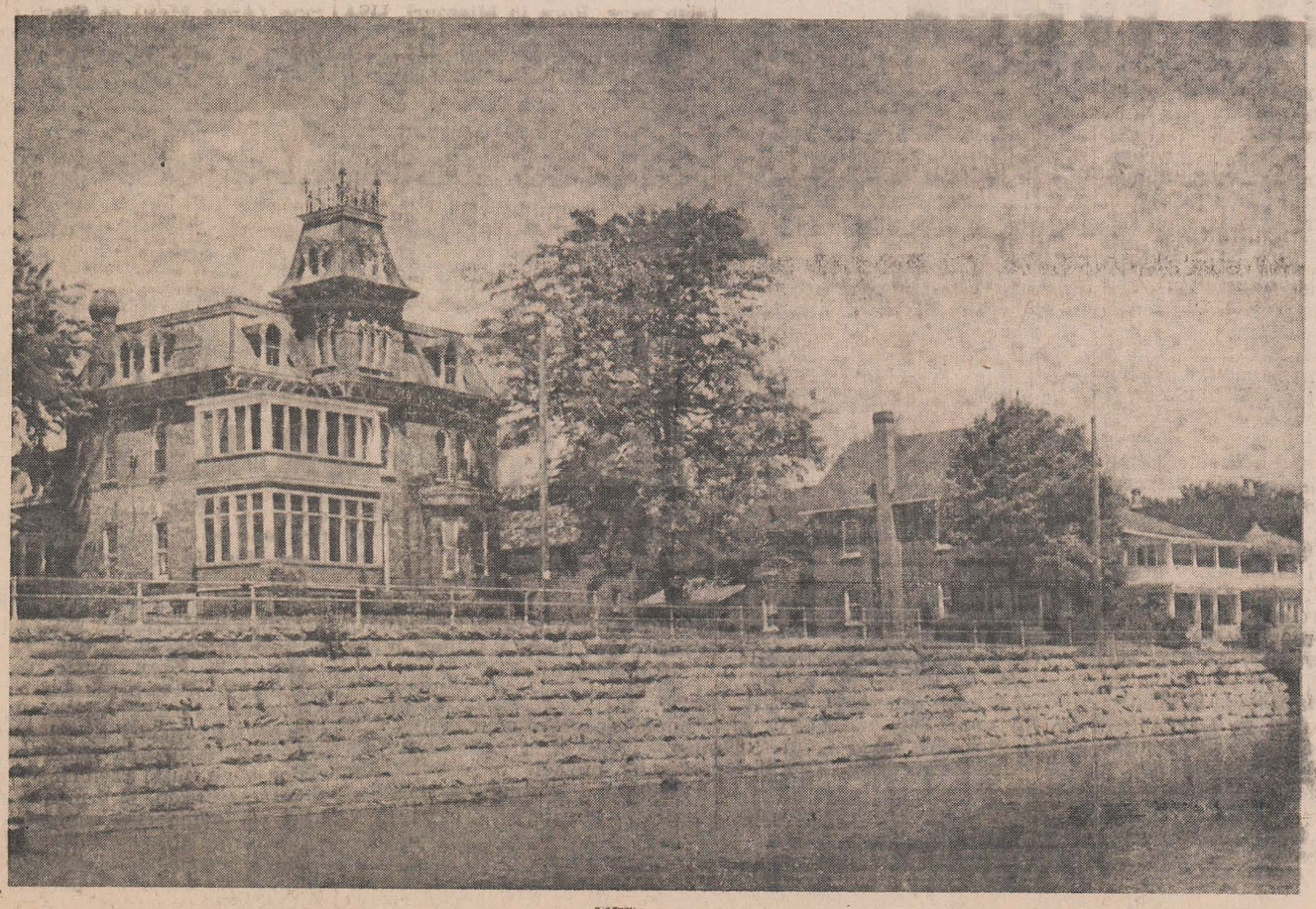
MEMORIES OF THE OLD MORRISBURG



The coming of the St. Lawrence Seaway brought many, many changes to the Morrisburg and area landscape, not the least of which was the destruction of many of the beautiful and historic homes in the district. Some of these are seen in this photo of a part of Morrisburg's Riverside Drive, with the home of Mrs. Mabel Flynn in the foreground. Prints of this and other pictures in this series, may be obtained from the Smith Studio in Morrisburg. For prints of this one ask for negative no. 25.

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MINISTRY OF NATURAL RESOURCES—

Weekly Report

They are as much a part of the Ontario wilderness as the loon. Lonely, romantic sentinels on the horizon, they are dramatic proof you are in a place where the deck is stacked in favor of Nature, not Man.

But, by modern standards, they are inefficient, so forest fire lookout towers are making their last stand — in the eastern part of Ontario. The rest of the province has already climbed down for the last time.

Their replacement: a centralized detection system using high-flying, twin-engine prop planes cruising at 150 m.p.h. manned by trained observers in radio contact with a central dispatcher sitting in the middle of a radio, telephone, Telex communications system that covers the country like a cobweb.

The reason? Aerial fire detection beats tower detection hands down. It's less expensive, faster, fuller, more flexible and accurate.

The switch away from towers actually began several years ago in the north, where forest fires are a grim fact of everyday life. Where the dense forests of the northern fire district dip down into southern Ontario — an area including the Algonquin Region, and Tweed District and part of Lanark County — fire towers are being phased out this year.

Only two towers near Pembroke will be manned, all but bringing to an end an Ontario tradition that began when the first tower went up in 1917 after the Matheson fire in the north which wiped out four communities and killed 224 people.

Several reasons for the switch stand out. First towers were fixed points located in areas that may, sometime during the fire season, really not need close surveillance. For that period, perhaps a long one, they were useless. Meanwhile, planes can be diverted in their patrols away from temporary low risk areas to other hotter spots. They can go where they're needed.

Because planes are high and fast they can also cover large areas regularly with a minimum of manpower. The men involved, because they are detecting full time, not as part of many duties, also become experts at analyzing a whole fire scene.

The clinching argument, of course, is that an aerial observer can feed back invaluable information to the fire fighters waiting to go into action. Circling briefly over a wild fire before heading off on the flight route, an observer can relay fire size, wind direction, rate of spread, what is burning, what fuel is in the surrounding area, what equipment and manpower will be needed and what problems will be caused by terrain and access to the fire scene. Most important, he can tell if there are campers, cars, cottages, lodges, farms, homes — humans — that may be in danger.

How does it really work? Take the Tweed District of the new Eastern Region of the Ministry of Natural Resources. Besides being an administrative district it is also part of the southern fire district which also includes the Algonquin Region, the Central Region and part of Lanark County — an area of 21,000 square miles. Aerial coverage during the fire season is coordinated by a regional dispatcher at Huntsville who plans detection flights for the whole fire area daily, based on detailed information from fire control supervisors in each District, plus information from the Ministry fire control head office in Toronto.

From the Districts come local weather conditions, areas of special hazard, conditions for burning in the forest, the previous day's fire activity, proposals for improving detection and comments on the final plan that is announced by the dispatcher that day.

From Toronto come daily weather forecasts, weather maps and the complete provincial fire picture including information about how many fires were burning, the men and resources already in the field and the reserves of manpower and equipment left.

Using all these ingredients the radio dispatcher makes his detection flight plan for the day. The process involves a degree of planning that probably would have pleased that classic old 19th century military strategy and tactics authority, Von Clausewitz.

With early morning plans completed, the dispatcher sends out a plane from Bonnechere airport, southwest of Pembroke, and the sweep is on. If the fire hazard conditions are high or extreme there may be as many as four flights a day, each one with a slightly revised route, depending on what individual Districts call for. For instance, a District fire control supervisor may want the plane to jog 20 miles north on the next circuit to check an area where he knows there has been a fishing tournament with a higher-than-average number of campers. Or the plane may have to alter course to check a fire in progress and report back to the men in charge of stopping it on the ground.

Good means of detection. But despite the tight coverage and sophistication, the best detection, especially in the southern more populated area of Ontario is done by the public. In Tweed and Lanark it's the average person holidaying, fishing, driving along, working or just being there who reports approximately 85 per cent of the fires. The other 15 per cent are picked up by organized detection.

Happily, aerial detection doesn't necessarily mean the old steel fire towers will disappear. Many of them have already become fun spots instead of grim detectors for hikers, canoeists and outdoor groups who, clear day or not, want to see forever from what are becoming Ontario's newest outdoor antiques.

THE VALLEY SPORTSMAN

I had the pleasure of visiting the fisheries ponds at Westport and was very impressed with the job that the Natural Resources people are doing. It really is a site to see 40,000 brook trout swimming around in one pond. iRght now, Natural Resources are stocking the lakes and streams with lakers and brookies. I intend to give them a hand at one of these stockings and it would be nice to see some of the local clubs pitch in and give a hand. The quicker these fish are put in the water, the better chance they have to live. Right now, the kill rate is low and this due to the fine efforts by the people involved. The Natural Resources people shun publicity but I think it's time to say "well done".

This week's fishing tip concerns the use of crayfish. You'd be surprised how largemouth bass love this natural bait. The only trouble is, it is hard to cast with. Well a tip from an expert (not me) may help you. He uses a pipe cleaner to help hold the crayfish together. He places the cleaner around the back of the crayfish and then attaches the hook to this. You can cast several times and the fish do not seem to notice the extra part. Also, if you want to catch crayfish, just make a small cage with a 2 inch tapering mouth. In the cage, place a punctured tin of sardines and you'll end up with several nice crayfish for bass fishing.

Pike and Pickerel season is not too far away and it's time to check your rods, reels for defects. Be sure that the reel is clean and that there are no burrs on the eyes of the rod. I usually start the season off with a new spool of line. It may cost a little extra but on opening day you know you do not have to worry about broken lines due to weakness. Also, check your baits. Sharpen the hooks with a file and replace all hooks that have rust on them. If you keep this practise up throughout the year, you'll be surprised at how many more fish you catch.

Instead of the garbage can award this week, I would like to comment on the killing of the goose in the park at Perth. It was always nice to see the swans and geese around the park and most people would agree. But the killing of the goose has put a sour note on the whole idea. Many people are asking if it will happen again. The only answer if that it may. As long as you have screwballs like the person that killed the bird running around loose, then you are going to have such instances happening. Perhaps the culprit will get caught and I hope they make him replace the one he killed along with a fine. It may just be the cure that the doctor ordered.

HEALTH FOR ALL

The Facts Are Missing

The hazards of cigarette smoking are well-documented. But how about the hazards of other kinds of smoking?

The latest government survey concluded that about 30 percent of university students in this country are marijuana smokers. Other surveys have found higher percentages and also indicated increasing rates among high school students and even preteenagers.

Because marijuana is illegal, research has been severely restricted. Few studies have explored the effects on the lungs and body. But some experiments have suggested a direct correlation between smoking hashish, which is a stronger substance than marijuana. and chronic bronchitis.

A recent study of 31 American soldiers found that most of the men developed symptoms of lung trouble after smoking hashish regularly for three to four months. Nine men developed severe shortness of breath and cougned up mucus, which indicated distress in the lower respiratory tract. Another 12 men had recurring infections in the upper respiratory tract.

According to Dr. Albert Haas at the New York University Medical Center, these findings may have important implications for the long-term effects of marijuana smoking. In his own pilot studies with people smoking pot, Dr. Haas found that some subjects developed similar symptoms as hashish smokers: sore throats, hoarseness, and trouble in the upper respiratory area. He also found marked differences between the effects of smoking cigarettes and marijuana Cigarette smoking narrows the air passages in the lungs, while pot smoking appears to expand those passages.

It will take years to amass the facts about smoking marijuana. But the facts about cigarette smoking are available right now. Get them from your local TB-RD association.

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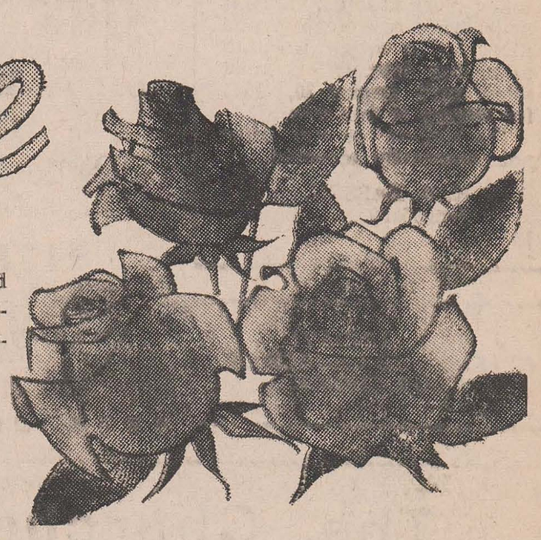

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LOCAL and GENERAL

CORRECTION

In last week's issue we managed errors in not one, but two obituaries. In the obituary for Mr. Roy Caassel, it was stated he died at his home, which was incorrect. His death occurred at Winchester Memorial Hospital. In the obituary for Mr. Clayton Duvall, the name of one his surviving sisters, Mrs. Lawrence McKee (Donna), of Iroquois, was omitted.

The editor sincerely regrets the errors.

The Hydro-Electric Power Commission of Ontario

PROPERTY FOR SALE VILLAGE OF LONG SAULT

The Commission is offering for sale three residential building lots fronting on Strachan Avenue in the Long Sault Townsite and known as Lots 76, 77 and 138, Registered Plan 228, in the Township of Cornwall having frontages of 70 feet, 70 feet and 60 feet and containing 0.245, 0.225 and 0.172 acres respectively.

For further details, please write to Ontario Hydro, 620 University Avenue, Toronto 101, Ontario M5G 1X6, attention: L.K. Laughlen, Property Division, Telephone 368-6767 or to Ontario Hydro, 420 Dundas Street East, Belleville, Ontario, attention: J. W. Cartwright, Property Officer, Telephone 968-6721.

Offers to purchase must be submitted in a sealed envelope and must be received by the undersigned before 4:00 p.m. Eastern Daylight Time on June 5, 1973, at 620 University Avenue, Toronto M5G 1X6. The envelope containing the offer to purchase must carry identification that it refers to the Long Sault properties.

Offers to purchase one or more lots will be considered, however, all tenders must be submitted on an individual lot basis and be accompanied by a certified cheque payable to The Hydro Electric Power Commission of Ontario for at least 3% of the offer. Cheques will be returned to the unsuccessful bidders.

All offers submitted must allow until June 28, 1973 for acceptance or rejection and must not be withdrawn until after that date. Offers must allow until August 30, 1973 for closing of this sale.

The highest or any offer not necessarily accepted.

E. B. EASSON,
Secretary.
19-20c.

THIS SUNDAY!
ATTEND THE CHURCH OF YOUR CHOICE

The death occurred in hospital on Friday, May 4th, of Herbert W. Graham, a well known and highly regarded former resident of Morrisburg, and a former Agricultural Representative here, at the age of 82 years. Surviving are his wife the former Grace F. Totten of Ottawa; a son, Thomas R. Graham of St. Mary's; two stepsons, Robert F. Pfaff of Sparta, New Jersey and William G. Pfaff, Rochester, Mich.; seven grandchildren; and a sister Mrs. E. C. Wimberley of Ottawa. Funeral service was held at Hulse & Playfair Chapel, Ottawa on Monday at 3 p.m. with interment following at Bell's Corners Anglican cemetery.

Lucky winners in the Morrisburg Lions 100 Club Draw last week were the holders of tickets no. 17 and 82.

The United Counties Bookmobile will be at the following locations in the area next week: Wednesday, May 16, Sunnybright 10:00 to 10:15; Elma 10:25 to 11:40; Dunbar 11:45 to 12:00; Gravel Hill 2:30 to 3:00; Monkland C. 3:15 to 4:15.

Three members of the Morrisburg Jets Girls Softball Team attended a Matilda Recreation Committee Meeting on Monday night. It was learned that there is no girls league organized so far this year. The Jets are endeavoring to get a league going and plan to have a meeting during the next week In the meantime, the Jets are planning to begin their practices, weather permitting, Saturday May 12th at 2 p.m. and on Monday, May 14th at 6:30 p.m. Any girls wishing to play, come on out. No age limit.

A former resident of Morrisburg Mr. Frank E. Deeks of Kingston was married to Mrs. Inez Eccles of Kingston. They were married May 4, 1973 at St. Andrew's Presbyterian Church, Kingston. Frank is a brother of Lee Deeks, Morrisburg.

Sunday callers at the home of Mr. Lee Deeks and Lynne were: Mrs. T.H. McNeill of Mountain; Mr. and Mrs. Frank Deeks and Eric of Kingston.

Mr. Ted Honders, owner-operator of The Morrisburg Bakery will soon move into new premises in the Shopping Centre, in the location formerly occupied by Weegar's Confectionery.

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Says Funds Should be Designated For Library Service Improvement Only

Hon. Jack McNie, minister of Colleges and Universities should advise all municipalities that the additional funds granted public libraries this year were given to improve library service and are not to be considered as a means of reducing the local tax levy.

This resolution, to be forwarded to the Minister by Mervyn Dickey, Prescott, chairman of the Eastern Ontario Library System Board, was unanimously passed by Eastern Ontario Public Library Trustees meeting in Smiths Falls on Saturday.

Financially hard pressed public libraries have been urging the provincial government for over two years to increase assistance. Now that additional funds have been granted, trustees fear that if these monies are directed by municipalities towards lowering the tax levy, as some suggested they might, public libraries will be no better off than before. Services might be reduced rather than improved and extended to meet increased public demand.

At the week-end regional meeting, the trustees also endorsed a resolution stating that it is the responsibility of the provincial government to ensure that public library service is available to all citizens of Ontario and urging that financial incentives be provided to make this a reality.

Mrs. Edna Tietze, Kitchener, a member of the Commission on Post-Secondary Education in Ontario spoke to the trustees about the expanded role public libraries will play in the future, less structured field of education as recommended by the Commission.

If public libraries are to fulfill this educational function, she emphasized, they must become more involved with the community and ensure that both the public and governments are aware of their needs.

MAY MEETING HELD BY ST. PAUL'S L.C.W.

The topic for the May meeting of St. Paul's Lutheran Church Women, Morrisburg, was "Home Missions". It was presented by audio-visual aids and discussion. Mrs. Eric Rosenquist reported on the District Assembly in Ottawa, which five members had attended. The theme was "Mission Is.. ..".

Mrs. Robert Howald led the worship service, and the scripture was read by Mrs. Kemp Beckstead. Mrs. Volka Gruetzner dedicated the offering. Accompanist for the hymns was Mrs. Hugh Shannette.

Following the Current Church Events, Mrs. Velma Casselman read a mini-biography of Naomi, the mother-in-law of Ruth.

The President, Mrs. Leonard Barkley, conducted the business.

The Benevolent Report was presented by Mrs. Hugh Shennette. It was decided to make a donation to Morrisburg Old Home Week Plans for catering to the Canadian Club supper were finalized. Mrs. Kemp Beckstead reported that soap had been collected to be sent to Lutheran World Relief.

The Altar Committee for June is Mrs. Reatha Riddell and Mrs. Miriam Salmon.

The Chairman of the Program Committee, Mrs. Robert Howald, distributed schedules of the 1973 programs, and an "Information Sheet."

A "mini-report" of the Seaway Community Services Day Camps for 1972 was presented along with the list of donations and the financial statement.

The June meeting will be held at the home of Mrs. Eric Rosenquist on Ault Island. In answer to the roll call, members are asked for an item to include in the Kiddy Kats, such as a face cloth, towel or writing materials, etc.

Reverend F. L. Howald closed te meeting with prayers and the benediction.

Mrs. F. L. Howald cut the birthday cake in honour of her birthday



Question: Our favourite rocking chair, an old wooden one that's been in the family a long time, is beginning to look bad because the varnish is dull and even worn off in some spots. We'd like to refinish it but dread the thought of trying to remove all the old varnish. Isn't there an easier way?

Answer: There sure is. Instead of varnish, use Tremco's improved polyurethane Fasteron wood finish. It's available in clear gloss or satin finish. The satin finish minimizes imperfections in older surfaces and produces an attractive rubbed effect.

Best of all, you can apply Fasteron directly over the old varnish, and it dries in just two hours. For best results, sand any blistered areas or rough spots and then remove all wax, polish, dust, or dirt by washing the chair with pure turpentine and clean rags. Brush a coat of Fasteron on all the worn areas first. Then, after these have dried in two hours, apply the finish to the entire chair. Two hours later, your chair will be sealed, protected against wear, and look great. And, it won't need waxing.

Fasteron, by the way, is formulated for use on all types of wood surfaces, both indoors and outdoors. You can apply it to floors, stairs, kitchen cabinets, bar tops, plywood panels, doors, tables, and even boats. Use it right over varnished, lacquered, sanded, or unfinished wood surfaces. It resists fresh and salt water, and is nonexplosive. One Imperial gallon covers approximately 500 square feet.

For more information on this improved polyurethane wood finish, write Tom Tremfix, The Tremco Manufacturing Company, (Canada), Ltd. Toronto, Ontario M4H 1G7.

OBITUARIES

DIED — On May 6th, in Trenton Memorial Hospital after a lengthy illness, Annie May Kyle, beloved wife of Rev. H.M. Beach of Frankford, Ont. She was the daughter of the late Samuel Kyle and Sarah E. McNairn of Calquhoun, and was born in 1884. She attended the local school, Morrisburg Collegiate Institute, Ottawa Normal School and Guelph Agricultural College.

She is survived by her husband, two sons: Dr. J.K. Beach of Frankford and Hugh of Belleville, a daughter Mrs. Alfred LeGard of Toronto and 7 grandchildren; also a sister, Mrs. Chas. F. Marselis of Morrisburg. A brother, Samuel A. Kyle of Calquhoun predeceased her in 1959. Funeral services were conducted in Vice and Craig Funeral Home, Winchester on May 8th. Interment Maple Ridge Cemetery.

Ralph Cyrenus Murphy, an area native died suddenly April 29 at Westport, Ontario. Born at RR Iroquois, June 5, 1918, his parents were Mr. and Mrs. Nathan Murphy of Iroquois. He was unmarried.

He leaves five brothers: Clifford at Brinston, Dalter - R.R. 2, Iroquois, Pringle, Dixons Corners; Hubert, RR Iroquois, Lawrence, Cardinal and three sisters: Mrs. Ethel Baldwin, Cardinal; Mrs. Tessie Wiley, Toronto; Mrs. Leonard Phelan (Hazel), Brockville.

Funeral service was conducted at Fairbairn Funeral Chapel, May 3, with Rev. James Stewart officiating. Burial was in Spruce Haven Cemetery, Brinston.

Pall bearers were: Paul Murphy, Wayne Murphy, Allan Murphy, Ron Murphy, Peter Murphy, and George York.

PLEASE NOTE:

Saturdays, we close at 3:00 p.m. for Spring & Summer Months

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Having sold my farm the undersigned will offer for sale by Public Auction **Lot 35; Con. 4, Twp of Osnabruck, 4 miles west of Osnabruck Centre, 5 miles North-West of Ingleside at Gallingertown**

SATURDAY, MAY 12, 1973

Starting at 1:00 p.m.

CATTLE — 8 Heifers, 2 years old, open; Steer, 2 years old.
MACHINERY — CA Allis Chalmers Tractor, motor recently over hauled; Tractor Plow, 2 furrow; Allis Chalmers Tractor Disc; 3-drum Land Roller; Allis Chalmers 4-bar Side Rake; New Idea Power Mower, 7' cut, new; 2 Horse Mowers; Pipe Elevator, 30'; Massey 13-disc Drill; Cockshutt No. 4 Manure Spreader; Drag Harrows; Circular Saw; Pioneer Chain Saw; Iron Tub; Building, 12' x 21'.
FEED — 1,500 Bales of Hay; 325 Bales of Green Oats.

HOUSEHOLD EFFECTS — Philco Television, 23"; Extension Table and Four Chairs; 3 Small Cupboards; Side Board: Oil Stove; No. of Windows and Doors; Many other articles.

TERMS - CASH

Paul Michalicka, Prop.
H. D. Tupper, Auctioneer,
Chesterville, Ont.
19p

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WILLIAMSBURG

Mr. and Mrs. Paul and Charlie Little and Laura of Toronto spent the week end with Mr. and Mrs. Clifford Casselman.

Recent callers at the home of Mrs. John Erratt were Mrs. Bob Welland of Cardinal and her parents Mr. and Mrs. Parker Briggs of Bayfield, N.B. Also Mr. and Mrs. Morley Erratt of Winchester and Mrs. James Fulton of Hulbert.

Guests of Mr. and Mrs. Claude Casselman on Friday were Mr. and Mrs. Allen of Ottawa and Mr. and Mrs. Goulet of Gatineau Mills Mrs. Goulet is spending the week with Mr. and Mrs. Claude Casselman.

Mr. and Mrs. McNabb of Cornwall spent Sunday with Mr. and Mrs. Claude Casselman.

RECENT BIRTHS AT THE WINCHESTER MEMORIAL HOSPITAL

May 3, 1973 to Mr. and Mrs. Roger Moss, RR3 Chesterville. A daughter.

May 5, 1973 to Mr. and Mrs. Victor Marion, Crysler, Ont. A daughter.

May 5, 1973 to Mr. and Mrs. Laurier Hebert, RR4, Crysler. A son.

May 7, 1973 to Mr. and Mrs. Luke VanBeilen, RR2, Brinston. A daughter.

May 7, 1973 to Mr. and Mrs. Robert Pink, Metcalfe. A daughter

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MAY 18-19-20 **THE LONER**

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WEDNESDAY 9:00 TO 1:00
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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, May 13th, 1973—
MORNING WORSHIP, 11 a.m.
No Regular Sunday School at 9:45. Instead, all classes except the nursery will meet at 10:30 and prepare to join in the "Christian Family Sunday" service at 11:00.

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ST. JAMES ANGLICAN CHURCH
Rev. C. W. Earle, L.Th., Rector
EASTER III, May 13/73—
St. James, Morrisburg—
8:00 a.m.—Holy Communion
9:45 a.m.—Sunday School.
11:00 a.m.—Matins.
Holy Trinity, Riverside—
9:30 a.m.—Holy Communion.

THE UNITED CHURCH OF CANADA
Lakeshore Drive Church
Morrisburg, Ontario
REV. G. BRUCE, B.A., Minister
Mrs. J. Graham
Directo rof Music
Sunday, May 13th, 1973—
10:45 a.m.—Sunday School.
11:00 a.m.—Morning Worship.

ST. LAWRENCE EVAN. LUTHEHRAN PARISH
EASTER III, May 13/73—
St. Paul's—
10:00 a.m.—The Service.
11:00 a.m.—S.S. and Bible Class.
St. John's—
1:30 p.m.—The Service and Sunday School.
Everyone Always Welcome!

Grenville Historical Society

Nostalgic memorablia recalling an earlier era in Canada dominated St. Mark's Parish Hall, Prescott when Grenville Historical Society presented its first Antique Fair Thursday, Friday and Saturday May 3-5.

The hall scintillated with glowing reflections from Victorian cranberry glass, carnival lustre, silver tea sets and epergnes, hand crafted cupboards, marble-topped tables, pottery, china and a wealth of cherished items of antiqutiy. 20 participating dealers from as far afield as Brampton, Ontario and Baconsfield, Quebec displayed their wares. Morrisburg's Don H. Kennedy, utilizing an outside floor space presided over a presentation of genuine sheffield, glittering crystal and fine china.

Wooden ladies, bowls, butter molds, candle molds, cooking utensils and a score of everyday necessities in early pioneer days, but now becoming scarce and valuable, were prominently located.

One booth featured apple-faced dolls with cloves for eyes, not too antique but most intriguing. There was a showing of toys and dolls furniture of 30 or 40 years ago, vastly removed from today's fragile plastics.

This antique show was the most recent successful project to be promoted by Grenville Historical Society which was organized in 1891 with J.F. French, Q.C. as charter president. The present organization came into being in 1959. Many projects have been carried out by this active society including a number of historic plaques commemorating people and places who played important roles in developing Grenville county. An important commemoration will take place on August 11 this year when Major J.M. Walsh, a pioneer officer with the Royal Northwest Mounted Police will be remembered with hte unveling of a plaque at Fort Wellington during the annual Military Pageant.

Noting the centennial year of the Royal Canadian Mounted Police in 1973, the force will take a prominent role in this event and Commissioner Higgitt will unveil the plaque.

The society is also planning a museum or "Heirloom House" for the County.

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REGULAR MEETING TOWNSHIP COUNCIL

The regular meeting of the municipal council of the Township of Williamsburg was held on Saturday, May 5th in the IOOF hall with all members present.

The engineer's report on the improvement of the Servage drain was read and adopted.

Council concured with a resolution from the Township of Russell in regard to the housing problem for eastern Ontario. The resolution suggests that a Planning office for housing should be located at the City of Ottawa.

The Township Engineer was requested to report on the construction of the Glen Becker Drain.

Several requests for debentures for tile drainage were received and approved.

A budget of 466,000.00 was presented by the clerk but due to the complexity of the new Ontario Budget the acceptance of the budget was held over to a future meeting.

GIVE MOTHER A



WITH A SPECIAL GIFT FROM

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MORRISBURG — ONTARIO

GIFT CERTIFICATES HANDBAGS

FASHION SHOES

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GOOD FOOD VALUES

FRESH-KILLED 3 TO 4 LBS. AVG.

Young Chickens LB 57¢

FRESH, ECONOMICAL — POUND

PORK RIBLETS - - - - 49c

BY THE PIECE — SHAMROCK BRAND — POUND

BURNS' BOLOGNA - - 53c

FRESHLY SLICED — POUND

PORK LIVER - - - - 65c

FRESH, MEATY — POUND

PORK HOCKS - - - - 43c

BURNS' SHAMROCK BRAND — 1-LB. PKG.

BREAKFAST BACON - - 89c

BURNS' SHAMROCK BRAND — 1-LB. PKG.

TASTY WIENERS - - - 68c

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SUMMER COOKIES

7½-oz. pkg. - 3/1.00

Kraft Canadian Singles — 8-Oz. Pkg.

Cheese Slices - 49c

LEGION — 19-OZ. TIN

Std. Peas - 3/69c

Farm House Frozen — 24-Oz. Ea.

Apple Pies - - 59c

Duncan Hines White or Devil's Food

CAKE MIX

19-oz. pkg. - 49c

DECOR

TOILET TISSUE

4-Roll Pack - 59c

SUPER SPECIAL

MAXWELL HOUSE

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10-OZ. JAR - 1.79

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Large - 37c

JACK'S — 9-OZ. SIZE

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LEMON-FRESH — 16-OZ. SIZE

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CANNED TURKEY

1-lb. tin - 1.49

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Rx FOR TRAVEL

Doctor Offers Vacation Guide To Good Health

Travel to faraway places can life the spirits, and broaden the mind. But if you don't feel well overseas, you'll wish you never left home in the first place.

"If you've ever had 'Montezuma's Revenge' in Mexico City or a hemorrhoid as I once did in Florence, Italy, it can be pretty devastating," says Patrick J. Doyle, director of Medical Affairs for Alexandria Hospital and co-author of "Rx: How to Travel the World and Stay Healthy." His prescription for a happy and healthy vacation includes seeing your family doctor, getting appropriate immunization, packing a personal medical kit, and living wisely while abroad.

Dr. Doyle advises an appointment with your physician "at least three months before the trip" to work out a convenient innoculation schedule. He points out that since vaccination requirements "fluctuate from day to day and country to country," it's best to consult with your local health department to find out what shots you must — or should — have before going.

Survival Kit

Every traveler should carry a mini-medical kit to treat minor aches and pains, says Dr. Doyle. His basic list would include: aspirin, antacid tablets, something for diarrhea (he recommends paregoric), something for constipation ("People keep thinking all you get overseas is diarrhea. You'll find more people tend to be constipated because you're off your diet, and you're not drinking enough fluid"), bandaids, antiseptic cream, eye drops, and sleeping pills if your doctor prescribes them.

Dr. Doyle suggests women travelers may also want to include personal hygiene items they might need on a trip. And for menopausal women who are taking prescribed estrogen medication, he urges "make sure you get an adequate supply of the drug from your physician," adding, "an extra written prescription might be helpful if you do run out of the medicine." That advice goes for all prescribed medications, says Dr. Doyle.

Enjoy, Enjoy — But Not Everything

Dr. Doyle is quite strict on the care and feeding of the North American tourist, including himself. "I don't drink water out of the tap, I drink the carbonated water. Local beer and soft drinks are usually good because most of those are pasteurized. Never use ice cubes. If you have to have a mixed drink use ice cold carbonated water with your liquor."

The traveling physician also steers clear of creamy sauces, is cautious about salads, and never eats raw vegetables without completely peeling them. Having experienced the ill effects of foreign foods himself, he says he'd rather chance offending someone than eating food that might make him sick. "I think there's a happy medium between being a hypochondriac and being completely permissive. The main thing is you want to enjoy your vacation."

If, despite all precautions, you do get sick abroad, Dr. Doyle says call the American embassy in the country you're visiting. All of them maintain lists of local physicians. Also, the major hotels retain doctors on call "but you can't guarantee what kind of care you'll get and usually they're fairly expensive, he says. Another alternative is signing up in advance with a service agency. For a nominal fee "they will give you an up-to-date list of physicians practicing overseas who either speak English or who have had part of their training in this country and who have agreed on uniform fees" says Dr. Doyle.

DEADLINE FOR CLASSIFIEDS IS TUESDAY NOON IN THE LEADER

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During Mental Retardations Week May 13 - 19, 1973, the Seaway Valley School for Trainable Retarded Children, located at Hulbert, will be holding Open House.

The date is May 16, 1973

The public is free to visit the school during the day between 9:00 and 4:00 p.m. and also between 7:00 and 9:00 p.m. in the evening.

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Seaway Valley School for Trainable Retarded Children

MR. M. N. HUTCHISON,
Superintendent of Schools, Area No. 1

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3. We control the use and application of pesticides which are unacceptable for pollution reasons.

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Ontario has some of the most comprehensive legislation in North America to protect our environment. But it will take the effort of everyone to solve our pollution problems.

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ENVIRONMENT ONTARIO

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Hon. James A. C. Auld, Minister. Everett Biggs, Deputy Minister.

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For more information on the Ministry and its programs write: Information Services Branch, 135 St. Clair Avenue West, Toronto M4V 1P5.

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TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

You might guess from Jerry's expression that he is a lively boy and indeed he is.

Jerry is alert, active and constantly on the go. Just now he is on mild medication to quiet him down a little. This lad has too much energy to sit down with a book but he will watch a few favorite television programs.

Jerry is in Grade Two and is felt to have average ability. He is not working up to his potential, however — perhaps because he is so active.

Tall and slightly built, eight-year-old Jerry has blue eyes, blonde hair and fair skin. Information on his background is limited but he is probably Anglo-Saxon.

Jerry's foster home is in the country where he loves the carefree life and the open spaces. He is good friends with dogs and cats and is fond of hunting for frogs and snakes or whatever other small creatures he can find.

Since Jerry is accustomed to children of all ages, he can fit into a family where he will have brothers and sisters. However, the Children's Aid Society hopes there will not be many other children in his adoption home so Jerry will get an abundance of attention.

To inquire about adopting Jerry, please write to Today's Child, Box 888, Station K, Toronto M4P 2H2.



HE'S FULL OF ENERGY

The 2nd FORTY

Flirtatious Daughter

Dear Margaret Brookfield:

After a long and miserable marriage, I was divorced several years ago. I have one daughter, now 17. Although I'm not very active socially, I do have some men friends, with whom I occasionally go out. Whenever they come to the house though, I'm always shocked by my daughter's behavior. Although she's ordinarily a quiet, well-beraved girl, when these men — who are old enough to be her father — come around, she starts acting very flirtatious and provocative. It's not that she's singled out any particular one for attention, she behaves the same way toward them all. I'm at a loss to know how to handle this very embarrassing situation. — Would you have any suggestions?

K.L.

Dear K.L.:

Not having a father around when a girl is growing up can create problems. Daughters of widowed mothers, for example, tend to be shy and uneasy with men, because they often have idealized memories of their departed fathers. As a result, they either feel no man can compare favorably with them, or else that all men are superior beings. On the other hand, daughters of divorced mothers may be torn between loving and hating their absent fathers. This can make them apprehensive about men in general. Sometimes they express this by being flirtatious, which is an attempt to get some kind of masculine response. It's a complicated problem and one that's difficult to deal with directly.

If you have any kind words at all about your ex-husband, you should communicate them to your daughter. And anything you can do to repair her image of men in general might help her in the long run.

—

Joy in Life

Dear Margaret Brookfield:

Until I read your columns, I thought women had to grit their teeth and somehow live through the menopause. I was having an awful time going through the change. (Women have known so little about what was happening, they've often suffered as a result.) And doctors are sometimes too busy to explain everything. Then recently I found a doctor who seems to understand me. I hope he can help, because all the joy of living has gone out of my life. Do you think I'm expecting too much?

B.P.

Dear B.P.:

One should be realistic about what a doctor can and what he cannot do. A doctor can give a woman in menopause a complete checkup to evaluate her physical condition. (If necessary, he can prescribe replacement therapy to compensate for the hormonal imbalance that might result when her ovaries slow down their production of estrogen.) But no doctor — no matter how understanding — can do it all. Each women in her middle years must bring certain things to the situation herself. She has to find new and productive activities to enrich her days. She's the one who has to find new joy in life.

NOW HEAR THIS

Radio nearly made a clean sweep of the second annual ACTRA (Association of Canadian Television and Radio Artists) awards held in Toronto April 28. Five of the seven winners are contributors to CBC Radio. They are: Max Ferguson (Gordon Sinclair Award for Outspoken Broadcasting); Peter Gzowski (Public Affairs Broadcasting); Neil Copeland of Halifax (Best Documentary Writer); Len Peterson (Best Drama Writer); retired CBC Montreal radio drama producer Rupert Caplan (the John Drainie Award for distinguished contribution to broadcasting). The two non-radio winners were Gordon Pinsent, for his performance in the film, The Rowdyman and Anne Murray for her CBC-TV specials.

Pianist-singer Bobby Short is best-known for his individual interpretations of songs by Cole Porter. Though he has performed in the U.S. and Europe, he is relatively unknown in Canada (except to a small but dedicated body of fans.) Recently he made his first appearance in Canada and the concert was taped for broadcast on The nEtertainers, Sunday, May 13. He normally resides at the Carlyle Hotel in New York.

Another highly individual performer is Eartha Kitt, and you can catch her Saturday, May 12 on Showcase '73 in a concert recorded in London, England.

1973 is the centenary year of the R.C.M.P., originally known as the North West Mounted Police. On May 13 and 20, The Bush and the Salon offers a two-part documentary about the North West Mounted Police and their enforcement of law and order in the wild west.

Playwright Tom Stoppard leapt to fame in 1967 with his play Rose encrantz and Guildenstern Are Dead. In a 12-year period he has written seven radio and three TV plays, two one-act plays and a novel. His latest London hit has the title, Jumpers. On May 15, CBC Tuesday Night presents Stoppard's Artist Descending a Staircase, specially commissioned for radio by hte BBC. It's about three irascible old artists who have been friends since early manhood, and now one of them has died under mysterious circumstances.

A correction to a previous column which listed the first prize winners in the BBC Talent Festival competition. In the voice category it should be noted that coloratura soprano Mary Lou Fallis of Toronto tied for first place with mezzo-soprano Mariana Paunova of Montreal.

ADELAIDE DANIELS SAYS



OUR MOST ALARMING NATIONAL ISSUES — OVERWEIGHT AND MALNUTRITION

Recently many Mayors across Ontario and the Maritimes proclaimed "Weight Watcher's Week" in their various communities. Think about that for a minute. You can realize the full importance of this issue when Municipal dignitaries are concerned enough to set aside one week specifically to create a greater awareness in the community of the dangers of malnutrition and obesity.

One of our respected national newspapers, the Toronto Star, recently published a hard hitting editorial on the alarming increase of malnutrition in Canada. How can that be, malnutrition in our land of plenty, this rich productive land? The sad truth is that through poverty and ignorance, many Canadians do suffer from malnutrition.

We can do something about the ignorance. It is time that doctors and educators across Canada woke up to the fact that good nutrition is to be taught to the young, in the same way that maths and history are taught, in our schools.

A young woman shopping by herself, whether it is as a new bride or a single career girl, cannot be expected to walk in to the grocery store with an instinctive knowledge of sensible eating and good nutrition at her fingertips. The problems of her lack of nutritional knowledge are compounded by the fact that she herself may have learned bad eating habits from her own mother, and any food store is a trap for all but the most aware shoppers.

The wrong foods are temptingly displayed, the sweets and snacks, foods full of calories but lacking the essential protein, minerals and vitamins, too many soft drinks. Without any preconceived ideas on what she should buy for a properly balanced diet, these tempters usually end up in the food cupboard. In defense of our nation's shoppers, how much knowledge of proteins, minerals and vitamins do they have? And that question brings me right back to my original statement that this knowledge has to come from our schools. It is a known fact that bad eating habits, for the most part, lead to obesity and its related health problems.

Nutrition must be taught to our expectant mothers so that they may bear strong healthy babies. It should be taught in the early years at school so that these same children can carry on this knowledge throughout a healthy adult life, passing on the same good eating habits to their own children, and finally rounding out their lives with a well nourished old age. Old age is yet another stage in our lives when good eating habits are so important.

This full cycle of knowledge must start somewhere. As mothers, playing a vital role in the growth of Canada's future, we should demand nutrition education in the schools; making it as important a subject in the curriculum as maths, science or languages. **The future of our country depends on healthy minds and healthy bodies.**

Adelaide Daniels, creator of the Canadian Family Meal Plan for Weight Watchers and author of Adelaide Daniels Weight Watching Cookery.

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I wish to thank everyone who sent cards, flowers and gifts, made phone calls and visited me while I was in Ottawa Civic Hospital and since coming home. Special thanks to Rev. and Mrs. Bruce, The Seaway Singers, S.S. Bible Class, rs. Peter Mancuso, Mr. and Mrs. Eddie Kelley, Mr. and Mrs. Henry Presley.
CLARA ULMAN.
19c.

We wish to express our sincere thanks and appreciation to all our friends and neighbours who have been so kind and thoughtful to us in the loss of a husband and father. Your floral tributes, heart and cancer fund donations and kindness were all very much appreciated. Special thanks to Rev. Bruce, Dr. Houze and Mona Millward.
AGNES DUVALL
AND FAMILY.
19c.

We wish to thank all our friends for their cards of sympathy and floral arrangements and for all their acts of kindness in the recent loss of a dear son and brother, Clayton Duvall. Special thanks to Rev. G. Bruce and Dr. Houze and to Mr. and Mrs. Archie Murphy. Their kindness and understanding will always be remembered.
MRS. HARRY DUVALL
AND FAMILY
19c.

Many thanks to our friends, relatives and neighbours for making our Mixed Stag Party a time which we will always remember. Special thanks to those who helped in planning the party.
PAT GARDINER and
CARL SERVISS.
19p.

We wish to express our sincere thanks and appreciation to all our friends and neighbours who have been so kind and thoughtful to us in the loss of our beloved father. Your beautiful floral tributes, donations to the cancer and heart funds, cards, food and expressions of sympathy, and also those who gave so much of their time to help us. Our special thanks to Dr. Houze and Dr. Parisien, the nursing staff of Winchester Memorial Hospital and of the Parisien Manor Nursing Home in Cornwall for the wonderful care they gave to Mr. Shayler. We would also like to thank the (Masonic) Excelsior Lodge 142 of Morrisburg for the service they held on Sunday evening at the Funeral Home and the six members of the lodge who acted as pall bearers. Our thanks to the ladies of Cornwall Legion Auxiliary No. 297 for coming in a body to pay their respects, and to the men from the Legion Branch to which John (Jr.) belongs. A special thanks to Mrs. McDonald of Styrotile Sales. Finally our special thanks to Rev. C. W. Earle and the staff of Fairbairn Funeral Home.
THE SHAYLER FAMILY.
19c.

I wish to express my sincere thanks to those who sent flowers, memorial gifts and cards. Special thanks to Dr. D. Justus, Pastor John Boehmer and Rev. D.L. Gordon, and to neighbours and friends who sent food, in my sad bereavement.
VIOLA CASSEL.
19c.

I would like to thank all of my friends who so kindly remembered me with gifts and cards while I was in hospital for surgery. My special thanks to Rev. Bruce and Rev. Earle and to Drs. Chande and Marston.
ELLEN McINTOSH.
19p.

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We who loved you, sadly miss you
As it dawns another year;
In our lonely hours of thinking
Thoughts of you are ever near.
ARTHUR, BRENDA,
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19p.

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MORRISBURG AND DISTRICT PRE-SCHOOL

Registrations for September, 1973 will be taken from May 1st to June 30th. Contact Mrs. Gwen Langlotz at 543-2460 or Mrs. Claire Dunn at 543-3279.
19&21 23&25c

THE SENIOR CITIZENS CLUB
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Wednesday, May 23rd. 1973 from 2 to 5 p.m. at the Civic Auditorium Glen-Stor-Dun Lodge will also exhibit and sell their handicrafts. Come and have your fortune told by Madame (Tea-Leaf) Edythe. Admission: Free. Tea 25c.
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MORRISBURG AND DISTRICT HORTICULTURAL SOCIETY

1. Come and enjoy The Spring Flower Show and The Penny Auction in The Civic Auditorium on Tuesday, May 15th, 1973 at 8:00 p.m. Those showing Tulips and Spring Flowers are to bring in their displays between the hour of 7:00 p.m. - 7:30 p.m. If not yet a member, you may show on payment of your membership fee of $1.00.
2. Open to Members and to their friends: A chartered coach (Voyageur Colonial) trip to Ottawa on Saturday, May 19th. Coach leaves Morrisburg Shopping Mall at Bank of Montreal at 9:00 a.m. and returns at approximately 6:00 p.m. Return fare $3.25. Tickets will be available at the Spring Flower Show May 15th, in the Civic Auditorium.
3. There is a drive on for a membership of 250. Presently there are 221 members. Why not join now? Only $1.00 per annum.

19c.

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NOTICE TO CREDITORS AND OTHERS

In the matter of the Estate of Evelyn May Cheley, late of the Village of Morrisburg, in the County of Dundas, Widow, Deceased:

ALL persons having any claims against the Estate of Evelyn May Cheley, late of the Village of Morrisburg, in the County of Dundas, widow, who died on the 2nd day of April, 1973, are hereby notified to send particulars of the same to the undersigned on or before the 10th day of June, 1973, after which date the estate will be distributed with regard only to the claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claims they shall not then have notice.
DATED this 4th day of May, A. D. 1973.
GUY STRADER and
GEORGE BAKER, Executors,
by their solicitors herein,
GORRELL & GRENKIE
Drawer 368,
Morrisburg, Ontario.
19-21c.

NOTICE TO CREDITORS AND OTHERS

In the matter of the Estate of Anna Doris Riley, late of the Village of Morrisburg, in the County of Dundas, Widow, Deceased:

ALL persons having any claims against the Estate of Anna Doris Riley, late of the Village of Morrisburg, in the County of Dundas, widow, who died on the 5th day of November, 1972, are hereby notified to send particulars of the same to the undersigned on or before the 10th day of June, 1973, after which date the estate will be distributed with regard only to the claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim they shall not then have notice.
DATED this 4th day of May, A. D. 1973.
THE ROYAL TRUST COMPANY
and
GEORGE SEPTIMUS TRACY,
Executors,
by their solicitors herein,
GORRELL & GRENKIE
Drawer 368,
Morrisburg, Ontario.
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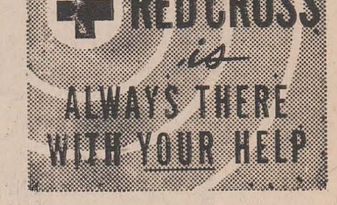

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