THE IROQUOIS POST

VOLUME LII NO. 20 | Price 15¢ | Second Class Registration 1361 | The Iroquois Post, Wednesday, November 6, 1974

W.I. Hears Interior Decorating Ideas

The Iroquois Women's Institute held their October meeting on the evening of the 17th, in the Civic Centre. The meeting was well attended by members, and invited guests from the various organizations in Iroquois.

The president Mrs. Vi Hare chaired the meeting assisted by the secretary, Mrs. Eva Summers.

The meeting opened with the Institute Ode and Mary Stewart Collect with Mrs. Lottie Merkley at the piano.

The roll call was answered by naming an idea to help beautify our town.

Minutes of the previous meeting were read and approved and the correspondence was dealt with. The treasurer's report was given by Mrs. Shirley Moffatt.

Mrs. Marian Davis suggested several resolutions to be discussed and presented at the Fall Area Convention. The 59th annual convention is being held this year at the Talisman Hotel, on Carling Ave., Ottawa on November 12 and 13.

Convenor of public relations, Mrs. Eva Summers spoke briefly on the Institute and welocmed any of the guests that were present to become an Institute member.

A sing-song was enjoyed with Mrs. Jane Graham at the piano.

Mrs. Summers introduced the guest speaker of the evening, Mrs. Margaret Lee, of Iroquois, an interior decorator. Mrs. Lee explained many ways of being better home makers, by decorating the interior of our homes, with carpeting, wall covering and drapes which harmonize with other things. Her talk proved helpful as well as interesting and many items were on display to help homemakers choose the correct item when re-decorating their homes.

Mrs. Shirley Moffatt, thanked Mrs. Lee and on behalf of the Institute presented her with a small gift.

Members of the Catholic Women's Group presented a number of songs throughout the evening which were appreciated.

Mrs. Jane Graham thanked the entertainers and presented them with a gift on behalf of the Institute members.

Mrs. Hare, the president, added her thanks to those already expressed to ones taking part in the program, and to Mrs. Summers for the program which she prepared.

"The Queen" was sung at the conclusion of the meeting.

Refreshments were served by the committee in charge. Mrs. Jane Graham, Mrs. Vivian Seeley and Mrs. Joe Eckford.

Engaged

Mr. and Mrs. Landon McInnis, R.R. #1 Iroquois, are pleased to announce the engagement of their daughter, Mary Ethel to Charles Thomas Duval son of Mr. and Mrs. Thomas Duval, Morrisburg. Wedding date will be announced later.

20-1-p



Graduates

Janice Lynn Locke daughter of Mr. and Mrs. Cecil Locke of Dixon's Corners has received word from the Ontario College of Nurses that she has successfully passed the prescribed examinations and has been enrolled as a Registered nurse.

Miss Locke is a graduate of Cornwall Regional School of Nursing and is presently on the staff at Winchester District Memorial Hospital.

Legion Br. 370 Bowling League

Hush Puppies (H.E.) - 26 points
Sandals (G.K.) - 21 points
Grasshoppers (J.H.) 21 points
Jolly Hoppers (C.E.) 16 points
High Singles:
Bonnie Lanthier - 286
Charles Seeley - 272
High Triple:
Fern Goodmurphy - 720
Charles Seeley - 656

Bridge Winners

Ladies:
Joycilyn Archibald
Mildred McGinn

Gents:
Gordon Fletcher
Mearl Hutt

Final Tribute For Mrs. John Marston

Friends in Morrisburg and over the area learned with regret of the death of Mrs. John Marston, which occurred suddenly at her home on Sunday, October 27th. Mrs. Marston had been in failing health for the past six months.

Born at Cardston, Alberta, she was a daughter of Roy and the late Victoria Neilson of Cardston A registered nurse, she was a graduate of the University of Alberta. Mrs. Marston was an accomplished interior decorator, and her last project in that field was the decoration of the new medical-dental building in Iroquois. An ardent golfer she was a past president of the local ladie's golf club and had held executive positions for several years.

Mrs. Marston came to Morrisburg 7 1/2 years ago with her husband, Dr. John Marston who survives, with two sons, Donald and David; and a daughter, Missy.

Also surviving are her father, Roy Neilson, a brother, Grant Neilson, Ph.D. in Calgary, and a sister, Carole Neilson, who is a bank executive in Vancouver.

Funeral service was conducted by Rev. Charles Massey of Lakshore Drive United Church, at the Fairbairn Funeral Home, Morrisburg on Tuesday, April 29th.

Cremation followed at Pinecrest Crematorium.



HALLOWE'EN PARTY TOP WINNERS

The Most Original Costume was a tie with winners Kevin Ault, Tommy and Julie Waddell. The Best Costume of the evening was worn by Karen Craig.

Prizes Galore From Lions

The Hallowe'en night party in the Civic Centre attracted a large number of youngsters and a few adults as Iroquois Lions members helped to make an evening of fun for the community.

Silver dollars and wrapped prizes added to the enjoyment of the winning youngsters in age groups from pre-school to the over 17 group. The judges, Mr. and Mrs. Orlo Lewis and Mrs. Raymond E. Patterson were hard pressed at times to make the choices for the top three prizes but from the audience reaction, did their job well. Mrs. Jane Graham added much to the evening with her piano selections in keeping with the youngsters march around the hall.

Lion Frank Rooney chaired the evening, assisted by Lions Brian Gee, Jim Derouchie, Les Craig, Henry Swank, Edward Rooney, and Peter Swank.

The Most Original costume award went to Kevin Ault, Tommy and Julie Waddell, while the overall best costume of the evening went to Karen Craig. Audrey Roberton, Tom Warren and Pat Seely won the adult class in the order given.

The 5 years and under class was won by Karen Craig, Tanya Duncan, Robin Lyn Bouck.
6 to 8 years: Kevin Ault, Tim Kroone, Manon Laframboise.
9 to 11 years: Tommy and Julie Waddell, Dianne Coulter, Craig Tucker.
12 to 16 years: Margery Merkley and Debbie Byers, Sandra Valiquette, Stanley Tibben.

Bags of candy and fruit were given out to all attending at the conclusion of the costume judging.

New Horizons Grant To Iroquois Group

Health and Welfare Minister Marc Lalonde today announced a New Horizons grant for $4,030 to a group of retired citizens in Iroquois who are planning special activities within the community.

New Horizons is a Federal Government program designed to encourage retired people to take active part in the life of the community in which they live. Since its initiation in 1972, a total of $13,319,847 have been awarded in grants to 2,365 projects in Canada involving 514,111 people.

The grant; awarded to Knox Women's Missionary Society, will be used to establish a "Meals on Wheels" program.

Caldwell Bowling

Owls - 11873
Cuckoos - 11825
Doves - 11817
Wrens - 11817
Larks - 11781
Robins - 11694
High Singles:
Shelly Cooper - 246
Bob Roberts - 260
Oct. 23/74 - Claudia Newman - 260
High Triples:
Bob Roberts - 677
Rita Cooper - 588

Wolf Cubs Need You Now

Wanted - Interested boys from age 7 to 11 - who would like to play games, go on hikes, camp out's, plus many other activities full of fun.

Registration any Wed. at 7 p.m., Iroquois United Church in the gym.

Lions 100 Club

Liz Holmes
John Haldane

THE EDITORIALS

The Iroquois Post

AND MATILDA ADVOCATE
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Remembering...

Remembering something that has passed into a faded memory is one thing; doing something about that particular event is another.

That is the way it is each year when Remembrance Day rolls around. November 11th was set aside for all of us to remember the men and women of this country who gave their lives for us or who served us during time of war. Many are still serving us in one way or another and many are still paying the price in our history's efforts. In hospitals throughout the land there are many veterans still suffering the agonies of wounds received many years ago. It is not difficult for them to remember the past..hard as they try not to.

This year the services in Iroquois and Matilda Township will be held on Sunday, November 10th. In Iroquois Civic Centre at 2 p.m. and at Hulbert United Church at 11 a.m.

Just how much we remember will probably depend on whether we had a relative or close associate or friend who died for our country yet all of us should take the time to pause in our daily lives to remember all veterans.

The Royal Canadian Legion in Canada has kept alive the memory of these brave Canadians and each year lead the community in a memorial service. Leaders they are but they must have followers. This is one occasion when it is a real privilage to be a follower.

And Remembering Again

Remembering can be an act of kindness year-round if we consider the number of residents in our communities who spend a great deal of time either in hospital or tied down at home.

Many residents go into hospital and are home again before we hear about it, but there is no harm in sending a get-well card to their home if you missed them in hospital.

Those long days in a hospital bed or at home, especially if you are alone, can be difficult to bear. One sometimes feels the world has left them behind and a kind act, either by sending a card, a telephone call or a visit can help to brighten many a day.

Don't just "remember" - do something about it next time the opportunity arises.

Making Good Citizens

What might be termed "an act of good faith" was evident Tuesday afternoon when students at Seaway District High School visited the shopping plaza to do a clean up job.

After a couple of weeks of Letters To The Editor regarding student behaviour, the students of the local school decided to do a constructive act of good faith to show the general public of this community that they are good citizens and willing to show this feeling in a positive manner.

We thank them for their initiative, not so much for the work they accomplish but for the feelings of goodwill in which it was done.

Bill Smiley

A Time To Remember



By Bill Smiley

THERE is nothing drearier, for anybody who is not one, than an "Old Sweat"; unless it is a collection of Old Sweats, exchanging cheerful lies and trying to drink Canada dry, about this time every year.

Although I'm not much for the old soldier bit, I find myself, each year, doing a lot of remembering when Remembrance Day rolls around.

Just the other day, I came across a photo that brought back a lot of memories. There we were, the two of us. Tony Frombola, grinning as though he owned the world, and looking over his shoulder, with a crop of dark hair, a huge, sweeping, handle-bar moustache, and a devilish glint in his eye, yours truly.

I think it was taken in Brussels, shortly after we "escaped" from prison camp. We didn't actually escape. We just got sick and tired of hanging around, and left.

The blasted war had been over for about seven days, and there we were, stuck behind barbed wire. The only difference between that and the situation a month before was that the guards up in the sentry boxes were Russians, instead of Germans.

At our camp, our incarceration didn't end with the Yanks or the British rolling into the camp in jeeps, and throwing cigarettes and chocolate bars to the joyful prisoners, who wept and kissed their liberators.

We were "liberated" by the Russians. They didn't have any cigarettes to throw around, they didn't know what a chocolate bar was, and they didn't particularly want to be kissed. They threw a guard around the camp and told us to stay put. Our senior officers told us the same. They didn't want us wandering around the countryside being shot by some drunken Rooshian.

Bored silly, Tony and I decided we'd had enough of that dump. So, about four o'clock one morning, we nipped the wires with a pair of borrowed wire-clippers, crawled several hundred feet through grass (very wet), and headed for home.

It sounds incredibly daring and fool-hardy, and it did make the heart thump a bit, but it wasn't either of those. It was just stupid.

However, we made it to the Canadian lines in three days, hitching and hiking, and a very enjoyable time we had of it. In fact, we caught a plane to Brussels, another to England, and were there about four days before the other chickens got out of the coop.

Frombola was an irrepressible character. He was a Yank, from Oakland, California, who had joined the RCAF. Most of his compatriots switched to the U.S. air force when the latter got into the war, but Tony didn't bother. He didn't bother about much of anything, except enjoying life.

He had a big, homely mug, but was a terror with the ladies. He was strong and tough and cynical and witty.

This may be hard to believe, but this incident, which I personally witnessed, showed what he was made of.

It was August, 1944. One evening, after flying, we decided to walk down to the beach in Normandy. There was nothing of interest to do back at the wing, and the padres had cleaned up the tiny whiskey supply in the mess.

At the beach, a Liberty ship was unloading jeeps. There was a line of them, parked on the sand, guarded by two British soldiers. Tony walked up to one of them and said: "How much do you want for a jeep, buddy?" I nearly fell over.

"Five quid," responded the Limey. Tony peeled off five notes. He was always flush, as he was a gambler and a dealer. He drove the jeep away to a place of privacy, rounded up some paint, and painted RCAF roundels and the legend "Canada" on it.

He was the only lowly Flying Officer to have his own jeep during the Normandy campaign, and he made good use of it, such as visiting field hospitals. Not to visit the sick and wounded, but to date nurses.

We came home on the same ship. He picked up five hundred dollars in the twenty-four hour crap game, lost most of it, built it back up to $2,000. Haven't seen him since we landed, but wherever he is today, I'll bet he's rich.

Not all the memories are so pleasant, of course. Three of us shared a tent in Normandy. We were all shot down within 10 days, and I'm the only one alive.

My parents received three telegrams from the Department of National Defense. Each of them began, "We regret to inform you ..." One son was blown up by a land mine, and lost an eye. The second was missing in action. The third was shot down over the Channel. By some strange working of fate, we're all alive.

But thousands of lads aren't. Remember them.

The Argyle Syndicate Ltd.

Letter To The Editor

Dear Sir:

As I have been a director of the Iroquois Golf Club for the past six years I would like to say that I think there has been progress made in getting the course and club house in to the best condition possible with the limited amount of money we have had to use. We have purchased two second hand tractors in that time and this proved to be a good move each time as it helped in many ways to getting more work done in less time.

This past season we put a new roof on the club house and storage shed. This was a very expensive job but thanks to a good number of people for their help the cost was kept down to a minimum.

Our green's keepers also did a considerable amount of repairs to the sheds and also repaired all the windows. This work was done at the request of the directors and the men did not hesitate at doing it for us.

The reason for this letter is because of unfair criticism of the men for not being out on the course some mornings, as early as some people thought they should be. The extra work and the machinery maintenance plan that the men followed as instructed has saved the club a considerable amount of money in repairs to equipment and also wages for a carpenter.

On November 8th at eight o'clock there will be a general meeting at the club house. I hope we will have a good turn out as you will be able to find out where the money is spent and believe me it takes a lot to run a golf club and keep it in top condition.

Lyle Mattice,
President.

Winter Roads Reporting Service

The Ministry of Transportation and Communications has announced that its Winter Road Reporting Service for the public will go into operation on Monday, November 4.

The Road Information Centre at Toronto and the Ministry's 18 district offices throughout the province will have up-to-date information on the condition of all provincial highways and secondary highways on a 24-hour, seven-days-a week basis, during the winter months.

Road Information Centre,

Toronto -- 248-3561
Chatham ... 354-1400
London... 451-5160
Stratford... 271-3550
Hamilton... 527-9131
Burlington... 637-5625
Owen Sound... 376-7350
Port Hope... 885-6381
Kingston... 544-2220
Ottawa... 745-7049
Bancroft... 332-3220
Huntsville... 789-2391
North Bay... 474-0044
New Liskeard... 647-6761
Cochrane... 272-4333
Sudbury... 522-9380
Sault Ste. Marie... 256-5682
Thunder Bay... 577-6451
Kenora... 468-6494

Remembrance Services November 10th

Marriage Counselling

Long And Painful Process

Have the pressures of modern life created such a feeling of inadequacy among individuals that marriage cannot bear the strain?

"So many of the people who come to us for help have such a poor self-image", remarked Margaret Conliffe, director of the Family Service Bureau. "There are so many things they think they must be or must have that they lose sight of the most important things in life.

"They come to believe that they have to maintain a frantic social life or pile up and unending supply of material possessions or attain some ridiculous set of sexual standards".

Miss Conliffe works as a marriage counsellor but don't let the "Miss" fool you. All of the counsellors at the Family Service Bureau are thoroughly trained professionals.

"The social worker isn't here to give advice, a person can get that anywhere" explained Miss Conliffe, "We try to help the couple understand each other and the factors which are causing trouble.

"Marriage counselling is a long and painful process for the couple because it is the counsellors responsibility to help them assess themselves rather than using each other as a scape-goat. It is difficult for all of us to admit a failure in any area of our lives, especially in a marriage."

One of the deepest problems that Miss Conliffe has found among couples experiencing marital crisis is they have never learned to communicate with each other.

"In some instances the first time that a couple has communicated has been in the presence of the counsellor. Even if it comes in the form of a shouting match, it can relieve tension and enable each partner to appreciate the emotional needs of the other." Miss Conliffe noted.

"Even a marriage can be a superficial relationship if the emotional needs of each partner aren't recognized." Miss Conliffe believes, "and without mutual respect, trust, and understanding, it isn't much of a marriage."

The counsellors usually see the couple together, then individually for a number of sessions and then together again. Family therapy is also done with the consent of the parents and helps the children to understand their father, who is often on the periphery of the family, a bit better.

"We have no illusions about creating ideal marriages but in most cases we are able to help the couple understand each other and cut down on the tension in the home.

"Although the ultimate goal is living together, there are situations where one partner decides to separate", Miss Conliffe said. "The counsellor doesn't advise but tries to help the person analyse the situation before any decision is made.

"It is better to save two people and damage a marriage than to damage the members of a family for the sake of keeping the marriage intact. Women who say they refuse to break up a marriage for the children's sake are only using the children as a scapegoat for their own weaknesses.

"Since the reform of the divorce laws there are many more one-parent families who need our support. Family counselling doesn't end with a separation," Miss Conliffe noted.

The Family Service Bureau can help where friends or relatives may only cause greater damage to a marriage. "We are the neutral party with no vested interest in either partner, Miss Conliffe remarked. "A relative may have emotional ties to one of the spouses or a friend may make camparisons with popular standards".

"We're not here help people feel good but to help them face reality."

Family Counselling is now available to all residents of the three United Counties, at no cost. If you would like more information, contact either of the following:

Family Service Bureau, Cornwall Phone - 932-4610.

United Counties Social Services, Cornwall, Phone - 933-7909.

Consultations will be available in Alexandria - Tuesdays 3 p.m. - 8 p.m. on request.

Princess Seminar

Nine Eastern Ontario Dairy Princesses and their Co-ordinators attended a Dairy Princess Initiation Seminar in Winchester on October 26th. The siminar, which was held for the first time this year, is one of four being organized in the province by the Ontario Milk Marketing Board. It was chaired by Mrs. Dianne Spencer, supervisor of the Ontario Dairy Princess Program.

The purpose of the one day sessions is to help Dairy Princesses to prepare for activities in their counties as representatives of the dairy farmers of their area. Mr. Orvil Guy, Board member for Region 2, attended the meeting and discussed milk marketing and various aspects of the dairy industry with the group. Discussion of Dairy Princess activities, the role of the County Dairy Princess, and her County Co-ordinator, and an explanation of various materials available for use in Dairy Princess work followed.

Dairy Princesses attending were: Kathy Dore, Stormont; Janet Vallance, Glengarry; Annie Leyenaar, Dundas; Collette Gregoire, Russell; Cheryl Briscoe, Renfrew; Wilhemina Van Den Kerkhof, Leeds; Dawn Nixon, Prescott; Monica Neuber, Grenville; and Sheila Spence, Lanark.

Several County Milk Committees have appointed a Dairy Princess Co-ordinator to organize the program within their county. The Co-ordinators attending included: Mrs. Earl Saar, Renfrew; Mrs. Ralph Johnstone, Dundas; Mrs. Jack Leduc, Prescott; Mrs. Dwight Bennett, Grenville; Mr. Lynus MacPherson, Glengarry; Mr. Lawrence Eyre, Leeds; and Mr. Max McIlquham, Lanark. Also in attendance at the seminar was the Ontario Dairy Princess, Miss Brenda Trask, of Wellington County.



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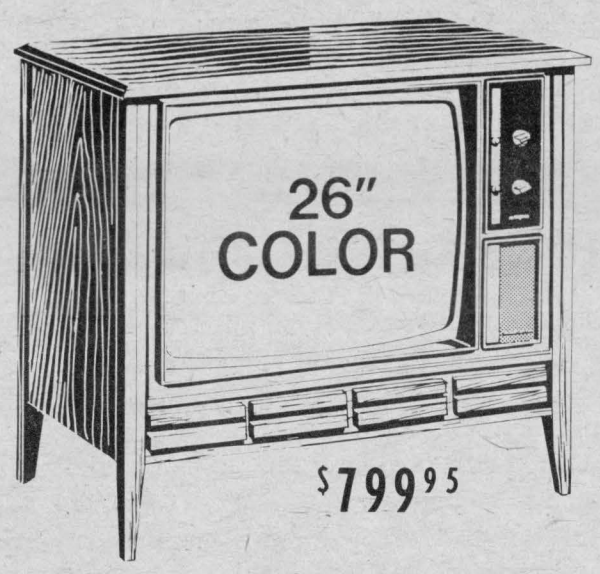

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- Detail Control
- Tone Control
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- Natural Walnut finish
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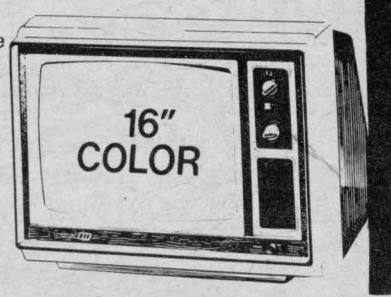

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Elect Officers Bible Society

The Annual meeting of the Iroquois Branch of the Bibal Society, was held in the Knox Presbyterian Church Hall, at 12:30 p.m. A light lunch was served by the ladies of Knox Church. Nineteen were present. The president, Mr. Ambert Brown, welcomed everyone. Minutes were read, by Carol Thompson, in the absence of Mr. Casentree. The minutes were adopted as read. Last years collection showed an increase from previous years.

The President turned the meeting over to Rev. Martin Thomas, the new District Secretary of the Canadian Bible Society, from Ottawa. Rev. Thomas spoke of the word of God as being a Living Book., and expressed his great pleasure with the response of Iroquois & District to the work of the Bible Society. Rev. Thomas explained the different translations available through the Bible Society.

Mr. Brown thanked Rev. Thomas for the interesting explanations, and also everyone who has taken part in this work. Mr. Brown then turned the meeting over to Rev. Hibbs, for the election of new officers.

It was decided that Mrs. Jean Vancamp continue on as Treasure. Mr. Henry Sauve was nominated as the new President, and Mrs. Carol Thompson as Secretary. Rev. Hibbs then moved the meeting be ajorned.

We would encourage everyone to support this Canvas, and that the Canvasers have the money to Mrs. VanCamp, at the Bank of Montreal, on or before November 17/74.

W.C. MacDonald & Associates
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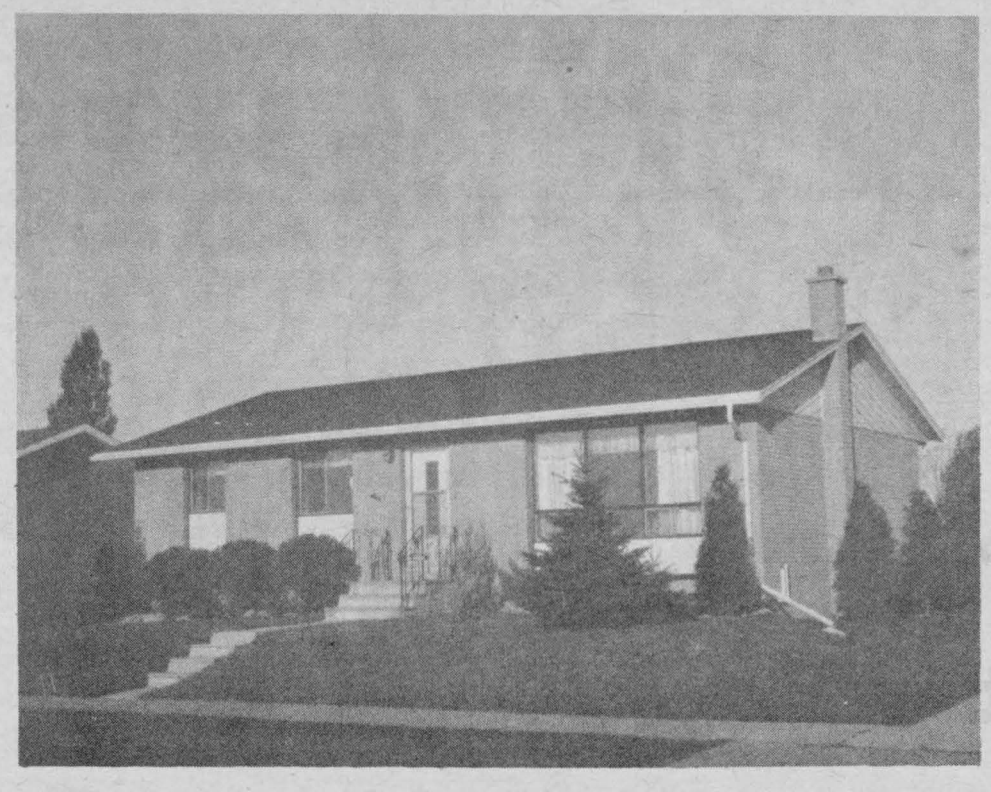

BEAUTIFUL VIEW from this Lakeview Drive home within walking distance to golf course, schools, churches and shopping. Outstanding bungalow with 3 bedrooms upstairs, living room, dining room, modern kitchen and 4-pc. bath. Downstairs has 3-pc. bath, large family or bedroom, painted floors and walls. Neat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

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

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

90 ACRE FARM IN MATILDA, not far from South Mountain. Good barn ties 24, good land, frame home. Additional acreage is available. Price reduced. Make us an offer.

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

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Days - Night - Weekend

SUNDAY SERVICES
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CHRISTIAN REFORMED CHURCH
Rev. John Depater, Minister

Sunday, November 10
9:30 a.m. — Text: Math. 6— verse 34. Theme: Why Worry?
10:30 a.m. Sunday School
2:30 p.m. — Text: Psalm 103 verse 4.
Theme: The Crown of Redemption.

Anglican Church of Canada
Parish of Iroquois and Morrisburg

Rev. Francis N. Gooch, B.A.

Telephone 543-2867

Sun., Nov. 10th - Trinity 22

ST. JOHN'S - IROQUOIS

11 a.m. - Holy Eucharist

OTHER SERVICES

St. James' 8 and 10 a.m.
Holy Trinity 9:30 a.m.

Support The Bible Society

IROQUOIS PASTORAL CHARGE

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Rev. W. Brian Gee, B.A., B.D., ThM.
Organist: Mrs. George Fowler
Worship at 11 a.m.
Sunday School 11 a.m.

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SUNDAY
Church School ..... 9:45 a.m.
(Kindergarten thro. Grade 12)
Worship Service ..... 11 a.m.
(Adult Nursery Supervision for Children 4 years and under)
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South Mountain
Mrs. Arnold Shaver, Organist
SUNDAY
9:30 a.m. ..... Service of Worship
(Adult Bible Class Following)
YOU ARE MOST WELCOME!

UNITED CHURCH OF CANADA

Matilda Pastoral Charge

Rev. L.D. Joyce, M.A., Ph.D., Th.D

9:30 a.m. ..... Hanesville
11 a.m. ..... Hulbert
Matilda Twp. Memorial Service

ST. MARY'S CHURCH
Rev. F.M. O'Connor, P.P.

Saturday ..... 7:30 p.m.
Sunday ..... 11 a.m.
Confessions Friday 8 to 9

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

Attend Dinner-Dance

The Executive of Local Zone 11, Liquor Control and Liquor Licence Boards of Ontario, Employees Association, sponsored a dinner dance on Saturday October 26th. at the Royal Canadian Legion Br. 370. Iroquois, Ontario. The ladies of Legion Auxiliary provided a delicious Roast Beef Dinner for this well attended event. The executive of the local Zone 11, Association are as follows. T. J. Warren, local President, Ron Gilmer, Cardinal, Vice Pres. and Program Chairman, Ron Van Meer, Smith Falls, 2nd Vice Pres. Lorne Bush, Cornwall, Secretary and Treasurer. Henry Carr, Brockville, is our Zone Representative to Head Office.

There were many guests present, we were fortunate to have with us Al Edmunds, and ladyfriend, Kingston, President of Liquor Control and Liquor Licence Board Association of Ontario. Mr. and Mrs. F. M. Burtt, Ottawa, Area General Manager. Mr. and Mrs. Joe Mideo, from Personnel, Head Office, Toronto. A good time was had by all.

For information on -

LIFE INSURANCE
INCOME PROTECTION
RETIREMENT PLANS

Contact -

ROGER COULTER

43B Beach Ave-Iroquois
Ph. 652-4535
Representing-The Prudential Insurance Co.

CLASSIFIED ADVT. RATES

All forms of Classified Advertising: For Sale, Wanted, For Rent, Cards of Thanks, Coming Events, etc. are on a

CASH BASIS ONLY

and are charged at the rate of 5¢ per word ($1.00 minimum); extra words at 5¢ per word. Second and third insertions at 75¢ per issue plus 4¢ per word over 25 words. IN MEMORIAMS $1.50 minimum (includes 4-line verse) plus 50¢ per 4-line verse thereafter. Classified Ad deadline 11 a.m. Tuesday.

THE IROQUOIS POST

James Linnen Mourned Here

This community mourned the passing of James L. Linnen who died at the Cornwall General Hospital on Thursday, October 24th, in his 78th year. Mr. Linnen was well known and highly respected in the community and the numerous expressions of sympathy testified to this fact.

The body rested at Fitzsimmons Funeral Home, Iroquois, unitl Monday, October 28th when service was held at the funeral home at 2 p. m.

Interment was in Iroquois Point Cemetery.

James Leslie Linnen was born May 12, 1897 in Spencerville. His father was Robert Henry, and his mother was Charlotte Ann Mumby. He was married on December 5, 1923 in Gull Lake Sask., to Elsie Gertrude Sloan, who died in 1971. The deceased farmed in Hazlet Sask. area, and then moved to Ontario in 1937 and then moved to Iroquois in 1941. Left to mourn are the family - Loretta (Mrs. Claud Crowder) of Morrisburg, Leslie North Gower, Howard Iroquois, Beatrice (Mrs. Walter V Walker) Ephrata Penna., Patricia (Mrs. Charles Waddell) Iroquois, also 10 grandchildren, 1 deceased (granddaughter) 1956 and 1 greatgrand-daughter

Brothers and sisters are: Harry - Swift Current Sask., George - Edmonton Alta. Frank - Admiral Sask. Dr. Ray - A. Ottawa, Belle - wife of Dr. Joseph Donovan, Whippany, N. J. One sister died in 1962. Pall bearers were: Howard McMillan, Robbie Hangs, Ray Parmeter, Basil Holmes, Ken Thompson, Leonard Roberts. Ministers were Rev. J. J. Hibbs with Rev. Brian Gee assisting. Interment was at the Iroquois Point Cemetery.

Remembrance Services November 10th

November 10th is the date set aside this year to remember those who served their country in our armed forces. In Iroquois the ceremony will be held Sunday at 2 p. m. and a short service at the Cenotaph immedi ately following.

Hulbert United Church is the location for the Matilda Township memorial service at 11 a. m.

Citizens of both communities are urged to attend.

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Moto-Ski® Nuvik*: a brand new experience.

Nuvik* A completely new snowmobile for '75. It's a new design, with new features, the new "Vortex Cooling" system, new styling and new engineering concepts. Choose the 300 model with bogies, or the 340 with slide-rails. But choose Nuvik. It's the last word in snowmobiles.



J.J.&P.
Sales & Service

moto-ski

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RR2 IROQUOIS ONT. 613–652–2144

CARDS OF THANKS

We wish to express our sincere appreciation to all those who in any way extended messages of sympathy during the recent bereavement of a dear Mother, Mrs. Lee Baldwin.

Dwain and Edith Baldwin
20-1-p

We wish to take this opportunity to thank our neighbours, friends and relatives for all the floral tributes and contributions made to various Societies and Memorial Funds in memory of our father.

Everyone was so thoughtful for which we are most grateful, and we will not forget it.

Special thanks to Rev. John J. Hibbs and Rev. Brian Gee for their comforting words, and to all those who remembered our Dad during his stay at Glen-Stor-Dun Lodge.

The Linnen Family. 1p

Instead of returning a note to each individual person who expressed their sympathy, I wish to express my family's appreciation to all our wonderful friends. God bless you for your help and thoughtfulness in every way. The floral tributes, contributions to the Heart and Cancer Funds, and food for my family demonstrate well the high esteem in which you held my beloved wife, Sylvia.

Husband, John Marston;
Sons, David and Donald
Daughter, Missy.

I would like to express my sincere "Thanks" to all my friends, relatives, and neighbours for their many get well wishes sent to me while I was a patient in the Brockville General Hospital.

Special thanks to Dr. Raymond and nurses of the fourth floor, also special thanks to each and everyone who helped out at my home while I was in Hospital.

Your kindness was very much appreciated and will long be remembered.

Roy Robinson 1p

I would like to express my thanks to my relatives and friends who sent cards, flowers and visited me during my stay in the Winchester Hospital.

A special thanks to the nurses of the 1st. floor and Doctors Chande and Domanko for their excellent care.

Joan Murphy
20-1-p

PREVENT FOREST FIRES

What happens if you get sick or have an accident while you're travelling?

This is what Ontario is doing to protect you away from home.



Your Ontario Health Insurance Plan (OHIP) is designed to help you anywhere in the world.

In case of injury or sudden illness outside Ontario, OHIP will pay the cost of standard hospital accommodation.

For non-emergency services, it will pay up to 75% of the cost for the type of hospital service normally covered under your Ontario Plan.

Medical fees will be reimbursed to you at 90% of approved services as set out in the Ontario Medical Association Schedule of Fees.

But bear in mind that medical costs in some countries are often higher than in Ontario. So avoid being faced with a bill considerably higher than the amount OHIP can repay you, by doing four things:

1. Know what benefits OHIP provides before you leave home.
2. If you consider that your OHIP coverage may be insufficient, you can obtain supplementary coverage from private insurers for out of province charges.
3. Always carry your OHIP card with you.
4. In a financial emergency, ask the hospital to phone or write OHIP to confirm your coverage.

Remember, you will usually have to make payment on the spot for treatment outside Ontario. But OHIP will reimburse you for insured services if you submit itemized receipts within 6 months of the date of service.

Describe why you were outside of Ontario – vacation, business, etc.– and provide complete personal information plus details of the medical or hospital service performed. Include name and address of physician, hospital, fee for each service and dates. And always state your OHIP number.

A free booklet called "The Traveller's Guide to the Ontario Health Insurance Plan" explains everything you need to know.

Copies are available at government offices and travel agencies. Or write to:

OHIP Traveller's Guide
Health Resource Centre
Communications Branch
Ontario Ministry of Health
Hepburn Block, Queen's Park
Toronto, Ontario, M7A 1S2.

Ministry of Health
Frank Miller, Minister

Government of Ontario
William Davis, Premier

Knox Church PYPS Plan Toronto Outing

The regular meeting of the Knox P.Y.P.S. was held in the church-hall, Monday evening, November 4th, with 20 members and leaders answering the roll-call. Norman Ladouceur chaired the meeting and led in opening worship. The spirit-song "Pass it On" was sung, followed by the Scripture Reading, led by Margaret Taylor, and prayer, led by Lorraine Norton. Offering was received and dedicated by group prayer.

The study for the evening was conducted by Miss Anne Yee and Dale Easter, on the subject of the "Person of Jesus Christ", using a workshop methodology for studying a passage of Scripture on the subject. Group reports including individual expressions about the passage, and a blackboard diagram of the conclusions arrived at. The spirit song "I'm so Glad" concluded the study portion of the meeting.

The Secretary's report was given by Melvin Yee, followed by the Treasurer's report by Gwen Smollett. Sales on the Church Calendars have been excellent, and the Crabapple Jelly has been sold-out. Monies for calendars and the transportation fee for the outing to Toronto was received by the Treasurer. Sixteen members and leaders will be going to Toronto the weekend of November 15-17, staying at Knox Church there, and visiting a synagogue on Saturday morning, the Ontario Museum to see the recent display of cultural effects from China, the McLauchlin Planetarium's showing of "The Christmas Star", and possibly the Ontario Science Center. On Sunday the group will be hosted by Gateway Presbyterian Church, returning to Iroquois following lunch. Transportation leaves from the church-parking lot at 6 p.m. sharp.

The annual Christmas Dinner will be held on Saturday, December 14th, with the Presbyterian Women catering to a full turkey dinner. The Executive will plan this occasion, including a swim, bowling, or show-date to follow.

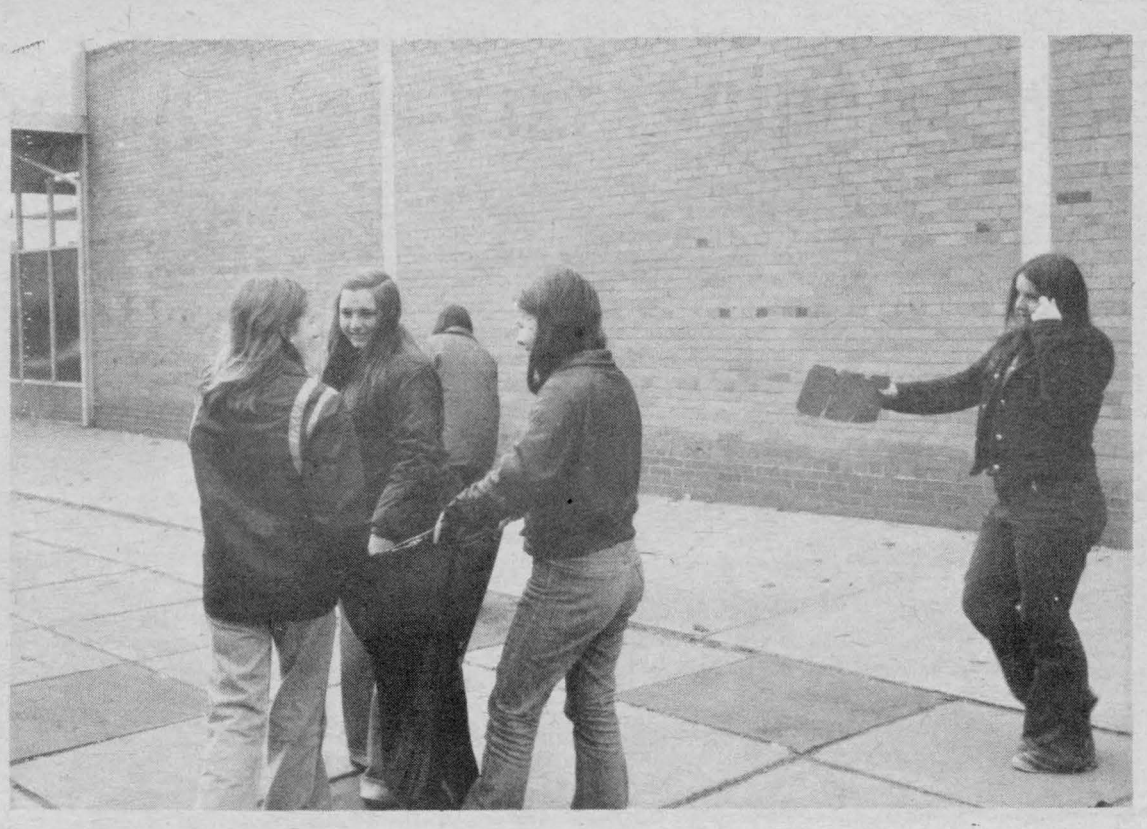
It was agreed to give consideration to how the P.Y.P.S. can help the congregation at Spencerville following the loss there of the church and all contents by a fire on Thanksgiving weekend. A report will be given at the next meeting.

Harry Norton and Norman Ladouceur will conduct the study at the next meeting and assignments for refreshments were given. The Rev. Hibbs led the group in a games period, with luncheon following and closing with the Mizpah Benediction.

LEST WE FORGET

On Sunday November 10, 1974, Branch 370 of the Canadian Legion will hold their annual Remembrance Day Service. The Parade will form in front of the Legion Hall and proled to the Community Center for a Memorial Service to be conducted by the Clergy of Iroquois. The purpose of the service is so that all people Legionnaire, and Veteran, Military and Civilian, young and old can pause to remember the men and women who gave their lives for the cause of freedom. Many of those who died were not soldiers in the uniform of a country, some were citizens of oppressed lands who resisted the oppressors and paid dearly. There falls to the survivors of these (fighting spirits) people, the responsibility to keep alive the freedoms so dearly purchased. The older ones must insure that the younger ones who do not remember will think; and the young ones must have the determination to prevent the tragedies of war, and protect the freedoms we enjoy today.

"At the going down of the sun and in the morning we will remember them."



Seaway Students Clean Up Around Shopping Plaza

Twenty-four Seaway District High School students took garbage bags in hand and headed for the shopping plaza on Tuesday afternoon, cleaning up the odds and ends that seem to accumulate almost every day. The students were making a goodwill, good citizen gesture to the community and it is appreciated.

Winchester Theatre

Thurs., Fri., Sat. Nov. 7-8-9
"THE SPIKES GANG"
A good western. Starring Lee Marvin, Garry Grimes. From "Summer of 42" and Ron Howard from "American Graffiti"— Adult.

Sunday Night Special Nov. 10
10 p.m.
"BLACULA"
The mate of our Oct. Sunday show which was "Scream Blacula Scream". Starring William Marshall, Denise Nicholas.
"DR. PHIBES RISES AGAIN
Starring Vincent Price, Peter Cushing, and Terry Thomas. — Adult.

Mon., Tues., Wed., Nov 11-12-13
"THE MIDNIGHT MAN"
A suspense detective story starring Burt Lancaster and Susan Clark. Adult - Not restricted.

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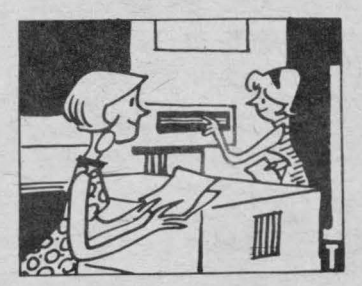
NEWS AND PREVIEWS ABOUT BUSINESS

Painless Way To Reduce

Whether you run a business or are employed by one, you'll be glad to know there's a new way to reduce paperwork. Modern techniques of copying have helped you to avoid endless carbons and mimeographs—but you probably still have to feed originals into a machine and eventually sort out copies. This takes up a lot of time and employee effort.



A total duplicating system has been developed that makes the entire reproduction process as simple as pressing a button. Xerox duplicators (2400, 3600, 7000) produce copies as fast as 60 a minute on plain paper. These machines can collate the copies too, and can copy on both sides of the sheet.

THE $50.
WEDDING PACKAGE



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2. Plastic Gown Bag
3. Blue Garter

Here's an offer you can't refuse! An Alfred Angelo Wedding Gown for just $50. Gowns that sold for 3 and 4 times — this small price. Not all sizes in the group — So hurry! Alterations are extra and all sales final. The package — just $50.

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Please park at rear of the Royal Hotel or in front of Nativity Hall. It's just a short walk to Vogue.

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100th Anniversary Held Hulbert United Church

At a time when there is a widespread belief that churches, especially rural churches, are facing difficult times, it was most heartening to see the enthusiasm with which the 100th Anniversary of Hulbert United Church was celebrated on the last weekend in October.

The first church on the site of Hulbert Church was a small white frame Methodist church dedicated on January 18, 1874; the handful of worshippers who erected it, and their minister, W. T. Dyre of the old Matilda Circuit based in Iroquois, were able to declare it debt-free that day a comendable achievement even though the total cost was only $900.

In the spring of 1907, during the ministry of Rev. Fred Tripp, this church was moved a few rods east, across the country road, where it served as a residence for more than forty years. A fine brick church was erected on its original site and dedicated on the 10th of January, 1908; like its predecessor, it too, was debt-free at the end of the services associated with its dedication, but this time the cost was over $7000.

Thirty years later, almost to the day, fire destroyed this church; despite years of depression throughout the 1930's, and a general decline in the population of this rural community, another church was built, and dedicated exactly eight months later, on September 9th, 1938. Like the two eight months later, on September 9th 1938. Like the two earlier churches, it, too began its life without debt; Rev. E. C. Lacey was the minister during this period.

At the present time, Rev. L. D. Joyce is the minister on the Matilda Charge to which the Hulbert Church belongs. Since November, 1973, members of the Pleasant Valley United Church congregation have joined with the Hulbert congregation; their fine church was lost by fire in July 1972.

Celebration of the Church's Centennial began on Saturday evening, October 26th, with a Fellowship and Reunion Service. The church was filled as Mr. William E. Marshall of Morrisburg conducted a fine programme of music, brief addresses and reminiscences. Mr. Marshall is a former resident and also the son of Mr. W. N. Marshall who was one of the original trustees of the 1874 church. Musical numbers were given by: Rhonda Francis, Carole Crowder and Mrs. Sam Keyes of the Hulbert Congregation, Mrs. Mary Perry of Brinston, and by Mrs. Sam Cowan and her son, Evan, of Prescott. Rev. Atkinson of Inkerman spoke briefly, as did Mr. Mahlon Zeron, Reeve of Matilda Township, and Mrs. Nelda Hanes of Morrisburg. The history of the Hulbert Church was given by Mrs. Howard Mellan, and that of the Pleasant Valley congregation and church by Dwight Gilmer. Mrs. Nelson Scharf read messages from former ministers and friends who were unable to attend.

Present from the greatest distance were Mr. Carman Ellis, and Mr. and Mrs. Victor Ellis of Calgary, Alberta. In 1912, their parents, Mr. and Mrs. Shepherd Ellis, and the entire family of six boys and three girls, left Hulbert to homestead in the Calgary area. The Hulbert congregation was most pleased to have thses members of the Ellis family present for the Centennial services. The oldest guests present were Mrs. Ethel Barkley of South Mountain, Mrs. Lucy Millar of Cornwall, Mr. Victor Ellis of Calgary, and Mr. George Francis of Hyndman - all in their eighties; the youngest quest was Mary Louise, the three-month old daughter of Verne and Marilyn (Fawcett) Bruce of Ottawa.

At the Sunday Morning service of worship, Rev. Gervis Black of Parkdale United Church, Ottawa, brought a most appropriate message to a very large congregation. Special music was supplied by the Junior Choir directed by Mrs. Dale Keyes, organist, and by the Brinston Male Quartette, accompanied by Mrs. Mary Perry, guitarist, and Mrs. George Cooper, pianist. It was noted that, sixty-six years earlier, when the second Hulbert church was dedicated, the Brinston Quartette "rendered several fine numbers". (The report was found in a January, 1908 copy of the Mountain Herald)

Long before the 8 o'clock musical service was to begin on Sunday evening, the church was again crowded, and people kept on coming. All available space in the church auditorium and in the entries was filled, while an overflow audience listened to the service over the basement loudspeaker. Musical numbers were given by the South Gower Quintette, the McWatters Family of Kemptville, and by Mr. and Mrs. Robert Thompson of Iroquois. An old-fashioned Hymn Sing was conducted by Rev. Brian Gee of Iroquois United Church; he also brought greetings from his church and from the Montreal-Ottawa Presbytry of the United Church. Two former ministers, Rev. L. M. Somerville of Bowmanville, and Rev. James Stewart of Plainfield spoke briefly, as well as Rev. Atkinson of Inkerman and Rev. Earle Moore of South Mountain.

Following each of the evening services, a Coffee Hour was enjoyed in the Sunday School room where a display of historical items interested many of the visitors. Only two items from the first church could be located - a top section of one of the windows with what appears to be the original glass, and the pulpit Bible given to the "Trustees of Wesley Methodist Church by Mrs. George Lannin, Sr." A. D. 1874.

The annual Anniversary Dinner was served on Tuesday evening to more than 500 people; many were pleased to find that the historical was still set up, and took the time to look it over once again.

Throughout the Centennial, the church was beautifully decorated with flowers, most of them gifts in memory of those who had at one time been a vital part of the church and the community. Many gifts of money were received as well to honour the memory of former members and adherents of the church. A special floral arrangement on the communion table was placed by the United Church Women in remembrance of the first trustees and the first ministers of the Hulbert and Pleasant Valley congregations.

The 100th Anniversary celebrations provided a fitting end to the first century of service of Hulbert United Church; as well, they will be a fine inspiration to the congregation as the church begins its second century.

PROCLAMATION

NOTE THAT ALL TIMES SHOWN ARE STANDARD TIME

Of which all persons are asked to take notice and govern themselves accordingly.

RE: LIQUOR LICENCE ACT VOTE TOWNSHIP OF MATILDA

Public Notice is given of the following vote to be taken

ADVANCE POLLING
Saturday, November 23, 1974
11 A.M. TO 8 P.M.
MATILDA MEMORIAL HALL, BRINSTON, ONTARIO

REGULAR POLLING
Monday, December 2nd, 1974
11 A.M. TO 8 P.M.

SUBJECT OF VOTING

Are you in favour of the sale of beer only under a public house licence for consumption on licensed premises to which both men and women may be admitted whether singly or escorted?

Are you in favour of the sale of liquor under a dining lounge licence for consumption on licensed premises with food available?

Are you in favour of the sale of liquor under a lounge licence for consumption on licensed premises.

PUBLIC MEETING — Monday, November 18, 1974, Matilda Memorial Hall, Brinston, Ontario—at 1 p.m.

REVISION OF LIST OF VOTERS — Monday, November 18th, 1974, at Matilda Memorial Hall, Brinston, Ont. — 10 a.m. to 4 p.m. and 7:30 p.m. to 8:30 p.m.

POLLING TO BE HELD AT

Poll # 1 — The South ½ of the First Concession from the East Commons to Lots 20 inclusive
Polling Place — Residence of Harold Millar, R.R. 1, Iroquois.

Poll # 2 — North ½ of the First Concession from the East Commons to Lot 20 and the Second Concession from the East Commons to Lot 24 inclusive.
Polling Place — Ernest Jackson, R.R. 2, Iroquois

Poll # 3 — First Concession, Ranges 1 & 2 from Lot 25 to West Commons inclusive.
Polling Place — Howard Fawcett, R.R. 2, Iroquois

Poll # 4 — Second and Third Concessions from Lot 25 to West Commons inclusive
Polling Place — Haddo Community Centre

Poll # 5 — Third, Fourth, Fifth and Sixth Concession from the East Commons to Lot 12 inclusive
Polling Place — Dundela Community Centre.

Poll # 6 — Third Concession from Lots 13 to 24 inclusive
Fourth Concession from Lots 13 to 27 inclusive
Fifth Concession the south half of Lots 13 to 25 and all of Lots 26 and 27 inclusive
Polling Place — Residence of Cecil Lewis, Dixon's Corners.

Poll # 7 — The north half of Lots 13 to 25 inclusive in the Fifth Concession. Lots 13 to 27 inclusive in the Sixth Concession and the South half of Lots 25 to 27 inclusive in the Seventh Concession.
Polling Place — Matilda Memorial Hall, Brinston

Poll # 8 — Lot 28 to West Commons inclusive in the Fourth, Fifth and Sixth Concessions.
Polling place — Residence of Lily Tousant, RR1, Brinston.

Poll # 9 — East Commons to Lot 12 inclusive in the Seventh and Eighth Concessions
Polling Place — Toye's Hill Community Centre

Poll # 10 — The North half of Lots 25 to 27 and all of Lot 28 to the West Commons inclusive in the Seventh Concession and Lot 23 to West Commons inclusive in the Eighth Concession.
Polling Place — Residence of Lee Kennedy, RR1, South Mountain

Poll # 11 — Lots 13 to 24 inclusive in the seventh Concessions and Lots 13 to 22 inclusive in the Eighth Concession.
Polling Place — Hulbert Community Centre

OFFICIAL COUNT — The addition of the votes cast for each side taken from the statement of the poll as prepared at each polling place, to be announced publicly.

TUESDAY, DECEMBER 3, 1974
MATILDA MEMORIAL HALL, BRINSTON, ONT. AT 12 NOON

GOD SAVE THE QUEEN

TOWNSHIP OF MATILDA
November 7th, 1974

MRS. LOIS SMITH
Returning Offecer

SHANLY

Miss Debbie Riddell of Johnstown visited Mrs. Floyd Riddell over the weekend.

Mrs. Wm. Dillabough returned home from Oshawa after a two weeks visit with her daughter and son-in-law, Mr. and Mrs. Melburn.

Mrs. Clifford Allen with children Tanya and Jason of Ingleside were Monday guests of Mr. and Mrs. Ross Riddell.

Mr. and Mrs. Glenn Ault and sons of Ottawa spent the week end with Mr. and Mrs. Percy Ault.

On Saturday evening November 2, Shanly United Church was filled to capacity by an appreciative audience as the Policemans Chorus of Brockville presented their talented programme of sacrad and secular music.

Shanly community mourns the passing in St. Vincent Hospital, Brockville on October 31 of a highly esteemed resident, Mrs. Gus Hamilton, who since moving to our area a short time ago, has endeared herself to many. Our sincere sympathy is expressed to her families.

Mr. and Mrs. David Gilmer of Pleasant Valley visited Mr. and Mrs. Gordon Gilmer on Saturday.

Sunday guests of Mr. and Mrs. Cecil Bennett and Russell were Misses Anna and Winnie Kennedy and Mrs. Harold Patterson of Ottawa.

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Contrary to rumours being spread by irresponsible persons we are not dissolving our partnership or affiliating with any out of town accounting services.

WE WILL CONTINUE TO SERVE YOU AS IN THE PAST

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LES HARVEY — Winchester 774-2738; Ottawa 733-5509

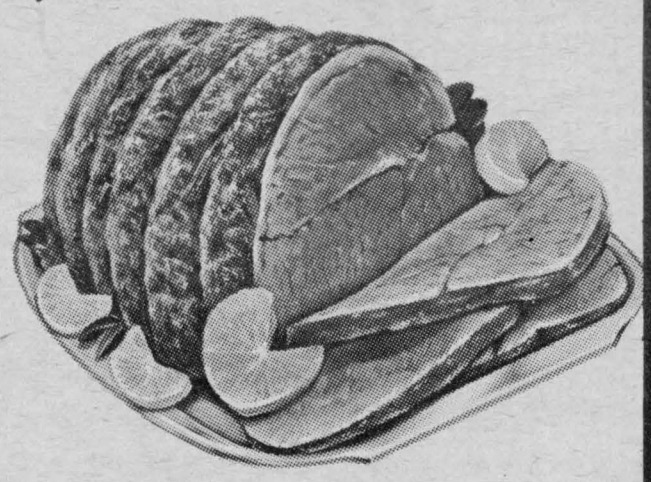
20-3c

Budget Tight? Shop Right S

BRANDED BEEF

ROAST

Short Rib 99¢ lb.



Cross Rib 1.09 lb

Country Club 1.19 lb

SAULAR 25 LB. BAG KITTY LITTER	$2.49
CLARK'S 19 OZ. TIN PORK & BEANS	52c
GIANT SIZE COMET CLEANSER	44c
KING SIZE 66 OZ. DOWNY Fabric Softener	$1.69
HEINZ BABY FOOD—Strained 22c	Meat Varieties Excluded Junior 29c
PROVIGO 12 OZ JAR MARACHINO CHERRIES	99c
PURINA — 5 LB. BAG DOG CHOW	$1.71
CRISCO—38 OZ. BOTTLE COOKING OIL	$1.89
MAPLE LEAF 1 LB. TENDERFLAKE LARD	69c
ROBIN HOOD 9 OZ. PAK ASSORTED PUDDING MIXES	ea. 49c
PROVIGO 48 OZ. TIN ORANGE JUICE	49c
VALU 19 oz. tin PEAS	34c
SEACLIFFE 19 OZ. TIN WHOLE PEELED POTATOES	35c
GATUSO 48 OZ. TIN COOKED SPAGHETTI	73c
ELECTRA-SOL 20 OZ. BOX—Dishes Dry Crystal Clear Dish Wash Detergent	72c
CLOVER LEAF—15 OZ. TIN—IN NATURAL OIL PILCHARDS	37c

SPECIALS

Cooking

ONIONS 10 lbs 79¢

MacIntosh

APPLES 3 lbs 59¢

Red

GRAPES lb 48¢

FROZEN FOODS

Blue Water Boston 2 Lbs.

FISH FRYS $1.69

Gainsborough 3/9 In.

PIE SHELLS 79¢

McCain's Straight Cut 2 Lb. Bag

FRENCH FRYS 59¢

York Sliced 15 oz.

STRAWBERRIES 59¢

BAKING

Weston's Pak of 8

CINNAMON BUNS 65¢

Weston's 16 oz. Honey Sweet 60% Whole Wheat

BREAD 39¢

Weston's Pak of 4 Raspberry

SWISS ROLLS 51¢

Betty's SPECIAL

STIK BREAD Reg. 47c **2/76¢**

BLADE STEAK lb

Maple Leaf

Cello Wieners

Maple Leaf

All Beef Wieners

Burns

Bacon Squares

Home Made

Sausage Meat

BURNS READY TO EAT

SMOKED PICN lb 85¢

BIG SAVINGS O

Carlton 28 oz. tin Whole Dessert

PEARS 39¢

Maxwell Bag All F

CO $1

Lavo 128 oz.

LIQUID BLEACH 59¢

Gold Sea Fancy R

SAL 9

Provigo 5 Lb. Bag

Blue Deterg $1.19

Kraft 8 Oz. Pk. Single W

CHEESE SLI 61¢

hop Here!

99¢

lb 79¢

lb 79¢

lb 79¢

lb 55¢

IIC

S & F

Maple Leaf
Polish Coil lb 89¢

Maple Leaf
BOLOGNA By The Piece lb 59¢

Lucas/Arthurs Country Sweet
BACON (While it lasts) lb 99¢

Choice
Beef Liver lb 89¢

Frozen
Turkey Wings lb 39¢

N BIG FAVORITES!

House 1 lb.
urpose Grind
FFEE
.19

Sunlight 24 oz. Container Lemon Fresh
Liquid
Detergent
55¢

l 7¾ oz. Tin
ed Sockeye
MON
9¢

Libby's 48 oz. tin
Unsweetened
Grapefruit Juice
49¢

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Jet Soap Pads
Regular 18 per box
PLUS 2 Free 20 Soap Pads
57¢

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Purchase 1 Pak of 2
Provigo Light Bulbs
at 49¢ (40-60-100 Watt)
And You Can Buy 1 Lb.
Creamery Butter for 69¢

CPTA Group Hears Speaker

The first General Meeting of the Morrisburg and Iroquois C.P.T.A. was held in St. Mary's School, Morrisburg on October 28.

Sister Leonard installed the new executive for this year and they are as follows:
Spiritual Director - Rev. F.M. O'Connor, President - Mr. Harry Van Moorsel, Past Presidents - Sister M. J. Leonard
Mr. Doug Jarvis, Vice President
Mrs. Doreen Bailey, Recording and Corresponding Secretary - Mrs. Edith Stewart, Treasurer - Mrs. Catherine Lortie, Parent Councillors - Mrs. Marion Gleeson, Mr. Michael Cole, Ms. Joan Jacques, Mrs. Louise Laframbouise, Mr. Bill Gallivan

Mr. Van Moorsel informed everyone that this year there will be only four meetings of the C.P.T.A. with the next meeting in January. Mr. Van Moorsel then read the financial report and handed out tickets to be sold for our half and half draw to be held December 16, 1974.

Mr. Doug Jarvis introduced the guest speaker Mr. Percy Beaudette, Superintendent of Schools. Mr. Beaudette gave a very interesting and informative talk on Catholic School Philosophy. A question period followed.

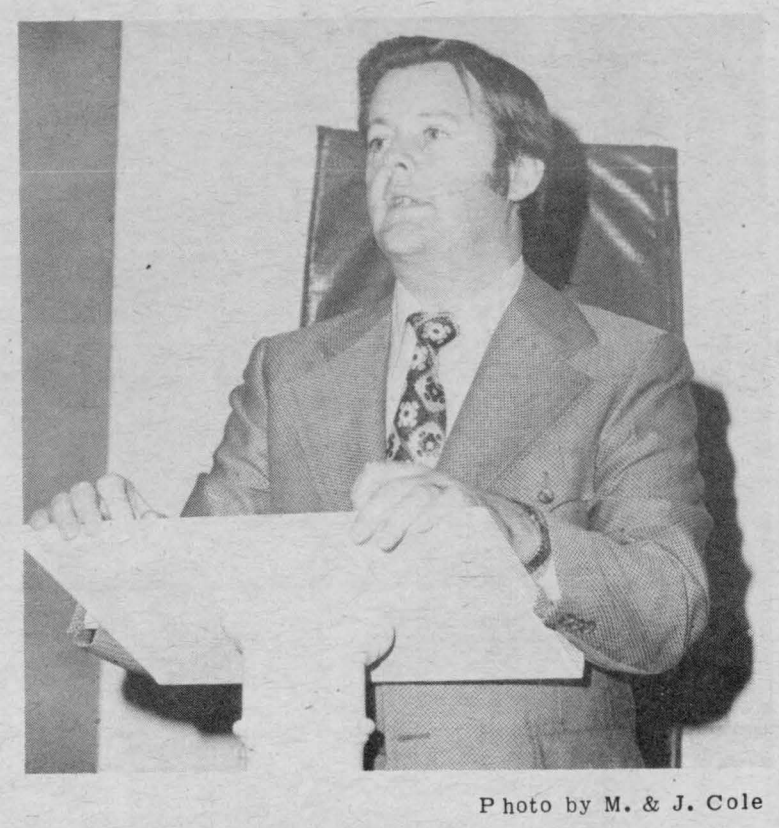

Photo by M. & J. Cole

MR. PERCY BEAUDETTE

Mr. Beaudette was thanked for being our guest by Edith Stewart.

The meeting was then adjourned, and coffee and doughnuts were served.

Dundas 4-H Clubs Fared Well At Ottawa

Each year the Ottawa Winter Fair hosts the Eastern Ontario and Western Quebec 4-H Championship Show. It has almost got to be like the history of the fair, that the 4-H members from Dundas County put on a fine show. This year we had 14 calf club members, 7 steer competitors, and one showman competing at the fair. I might also mention that as an interesting sidelight this years county representatives were on the average, the youngest group ever to be sent to the Ottawa Winter Fair from Dundas County.

The age was no measurement in the showing and the youth pulled through with honours. I believe that I can honestly say that all members from the county program can justly be proud of their representatives. Each and every member did an excellent job. Some of the more exciting results were the following:
James Fawcett - Division "I" Junior Holstein Champion
Dianne Baker - Division "I" Junior Holstein Reserve Champion.
Kevin Henderson - Division "II" Junior Holstein Champion
Kevin Henderson - GRAND CHAMPION JUNIOR HOLSTEIN
Mary Jansen - Grand Champion Junior Ayrshire
Cathy Cross - Grand Champion Charolais Steer
Kevin Henderson, James Fawcett, Dianne Baker - Reserve Champion Group of 3 Junior Holsteins.

I realize that the worst part is that there was only one champion, and therefore only one name mentioned. I wish that we had the space to list everyone's name but that would be impossible. I would like to comment to the members themselves, that we are proud of your accomplishments.

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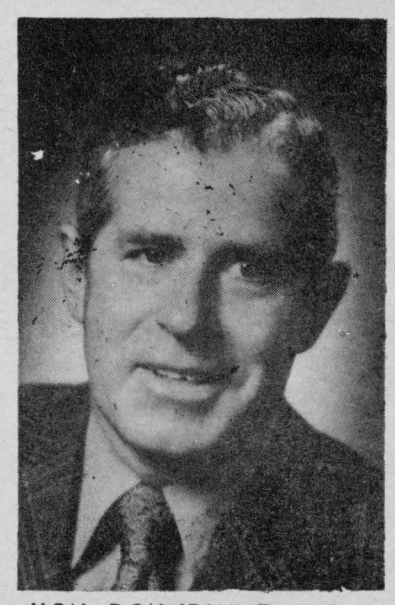
Health Care - A Personal Responsibility



HON. DON IRVINE, M.P.P.

The efficient and effective delivery of health care services to all people in this province has always been, and will always be of major concern to the Ontario Government. Every member of the community - rich or poor must have the right to prompt and proper treatment for any sickness or injury. But as in any government - run programme, we must direct our attention to achieving a high standard of health care delivery through means the province can afford.

Health costs have been spiralling in the past five or six years. As these costs continue to rise each year, they consume a larger and larger portion of the provincial budget - a budget which must be used to cover all the province's essential services.

Twelve months ago, our health costs in the province averaged out at approximately $275.00 for every man, woman and child. Today this total is close to $325.00, and with the settlements which have been concluded, there will be another major increase in 1975. The effect of such a spiral coupled with inflation could result in our provincial health care budget increasing from $2 billion to 11 billion in ten years.

Naturally, a major part of the cost increase is due to higher salaries and wages. There are, however, other causes such as the increased use of hospitals and declining productivity. Perhaps one of the most significant causes of cost spirals lies with the individual citizen.

In the past, we have placed great emphasis on the need to create a health care system serving the public interest. This entails meeting the desires and needs of the people. But we have failed to direct our attentions to the other side of this theory - the responsibilities of the public for health care. Too few people are making an effort to improve their own health. Too many people have developed a dependence on the health professions, and rely little on personal responsibility for developing and maintaining basic health standards.

The increased costs for helath care delivery have not resulted in overall improvement in the health of our citizens. Certainly the Government's health insurance programme has essentially reduced the individual's concern for the cost of health care. It has, however, had the detrimental effect of reducing the individual's responsibility for his own health. It has further promoted a dependence on the quick cure of low-cost, readily-available health care. A change in attitudes and behaviour patterns would do far more to improve the health of Canadians than any reliance on medical advances. Changes in attitudes and behaviour would also be instrumental in reducing the cost of our health care bill.

We must direct our efforts now to changing life-styles which prove to be injurious to our physical and mental well-being. Among these life-styles are the excessive use of alcohol and drugs, the consumption of foods which are high in fat and cholesterol content, the lack of physical exercise and the increase of heavy smoking. The lack of personal responsibility for health care coupled with an acceptance of detrimental social behavour results in major health problems.

We must place more emphasis on the merits of preventative health care. For example, if we were able to eliminate the damage caused by alcohol, we could cut down our annual health bill in Ontario by several hundred million dollars. Heavy drinking is a major factor in highway accidents in the province, and these accidents are the biggest cause of injury and death in Ontario. In a study which was recently released, it was found that 56% of all drivers killed in automobile accidents had been drinking. More than 60% of all drivers killed between the ages of 15 and 19 had been drinking, and this percentage did not drop until the drivers were in their late 50's. This is not a medical problem, but rather a problem of personal behaviour.

The problem of ever-increasing costs of health care delivery is disturbing.

Many people believe that OHIP premiums meet all the costs of their health care. But these premiums only pay a fraction of the province's total health bill. One answer to the problem could be found in returning more responsibility for the health care system to the community. A District Health Council has been introduced in Ottawa-Carleton and a second council has been established in Thunder Bay. These District Health Councils could be implemented to co-ordinate and integrate health services at the local level. The councils would also be responsibile for assessing how well the health programme meets the total health needs of each region. They might further be instrumental in drawing attention to the need for changes in detrimental life styles and habits.

Certainly the government must make every effort to ensure that each citizen is provided with efficient, readily-available health care. But we, as members of the community, must now direct our attentions to resolving the broader health problems which effects us as a group. We must look on health care as a personal responsibility.



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The 30th Parliament

I am grateful for the renewed honour of representing the people of Grenville-Carleton in Parliament. I appreciate the obligation that goes with the privilege of sitting in Parliament. I shall do my best to justify this trust.

The 30th Parliament

The Government of Mr. Trudeau has been given a mandate - a clear majority to tackle the great problems of our society - inflation, housing, food production, help for the disadvantaged and the country anxiously awaits the beginning of that effort. It is generally acknowledged that the Speech from the Throne did not contain evidence of any startling new initiatives and we may have to await the Budget, expected in November. Initiatives are needed and like other Canadians I await what each of us expects from a government with the power to act.

Parliamentary Reform

There is a considerable amount of discussion about this subject and there can be no doubt that some reforms are necessary. Personally I have no fear of reforms provided they will lead to giving the people's representatives power to effectively supervise and scrutininze the spending of public monies. The present system does not allow that. The Committee system with respect to estimates is not functioning effectively and the privileges of the Private member to speak on matters of concern to his constituency are insufficient. It will be a long process and perhaps difficult, and I will be reporting to you as the process unfolds.

School Visits

Now that we are back in business, the young people of Grenville, Carleton are coming to Parliament Hill. Our Riding has had the record for the number of school visits and I thoroughly enjoy them. If you are thinking of having your class, your Scout or Guide troop, or Cub or Brownie pack visit Parliament, give my Parliamentary office a call and we can help you with the arrangements. Last year a number of our Senior Citizens groups also visited Parliament, and I hope I shall have the privilege of meeting many more.

I believe it is an important and very pleasant duty for an M.P. to visit elementary schools and Secondaries to visit the students. I have visited many on invitation and I would welcome the opportunity anywhere in the Riding. These are strictly non-partisan visits. If parents could hear the questions asked by their youngsters, they would be impressed. Please have the teacher call the office at 992-4394 if any class or group of classes would like me to come to their school.

CONSTITUENCY OFFICE

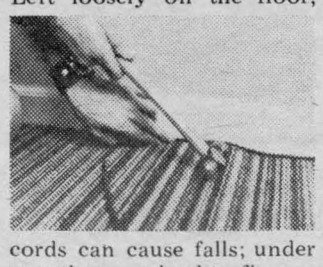
The Constituency office in Nepean is staffed from 9:00 a.m. until 5:00 p.m. Monday to Friday, and there is an answering service available after hours. Please do not hesitate to call me. You can always write to your member of Parliament, (postage free) and I want to assure you that your comments and suggestions, and your views are appreciated. If I can help anyone I would consider it a privilege.

Sincerely,
Walter Baker, M.P.
Grenville-Carleton

HOW TO BE SAFE AT HOME

Every year, about 25 million Americans are injured in their own homes! Many of these accidents might never have happened if a few do's and don'ts had been adhered to.

Do fasten any electric cords to the baseboards. Left loosely on the floor,



cords can cause falls; under rugs they can lead to fires.

Don't put pressurized cans in the furnace or trash burner where they may easily blow up.

Do tack down any throw rugs that are not rubberized on the bottom, and keep a rubber mat in your tub or shower.

Don't keep medicines around too long, or keep prescription medicines after they're no longer needed. Keep all medicines away from small children and don't "prescribe" at home, giving one person's pills to another who shows similar symptoms.

Do keep some salt, baking soda or a foam fire extinguisher in the kitchen in case grease or fat in a pan catches fire. Water will only make things worse.

Don't walk on bare floors with stocking feet, and don't wear smooth-bottomed slippers unless all your floors are carpeted.

Do rid the house, attic, and garage of piles of old newspapers, magazines, rags, mattresses, and clothing, which could cause a fire.

Don't let your heating unit go more than a year without being checked and fixed if necessary. At least one fire out of every 10 begins in a defective heater.

Do get quality utility tools such as those marketed and guaranteed by the Ritco division of The Ridge Tool Company. They are not likely to slip from your grip.

Don't let stairways stay in the shadows. Light them from top to bottom and provide a continuous handrail. If your stairway is 44 inches or more wide, there should be a railing on both



sides. Keep storage items off attic and basement stairs and paint the top and bottom steps white for better visibility.

Do remember these safety suggestions, and odds are you and your family won't be part of next year's accident statistics.

Environment Ontario goes local.



6 new regional offices to serve individual communities better.

In a province the size of ours, it can take two days just to drive from one end to another.

It's that big, it's that spread out. And looking after the environment for such a vast area is one of the most complex tasks that the Ontario Government has.

For years, we've been working from Toronto, working at long distances from many of you.

That's all changed now. The Ministry of the Environment has come to you.

Environmental matters are now being looked after in six Regional Offices throughout the province. There are also 23 district offices to help keep a closer eye on environmental services – air, land and water.

Each region has a Director, someone whose only job is to care for the environmental needs of that specific "piece" of Ontario. The Regional Office for Southeastern Ontario, which extends east from the western boundaries of Hastings and Renfrew Counties is in Kingston. The Director in charge is Mr. C.E. McIntyre. District offices are already established in Belleville, Cornwall, Ottawa and Pembroke.



Erv McIntyre

Erv McIntyre is a professional engineer who has had many years experience working in environmental management. He's familiarizing himself with the environmental needs of the Southeastern Region – as part of Ontario's new policy to place environmental control closer to the source.



The New Ontario Ministry of the Environment

Ontario

Minister:
The Hon. William G. Newman
Deputy Minister:
Everett Biggs

Regional office:
1055 Princess Street
Kingston, Ontario
Tel. (613) 546-1746

District offices:
Belleville: 962-9208
Cornwall: 933-7402
Ottawa: 521-3450
Pembroke: 732-3643

THESE ARE THE PRIZE WINNERS AT IROQUOIS LIONS HALLOWEEN NIGHT PARTY

Thursday, October 31st was a night of fun in the Civic Centre and the pictures on this page reflect the number of village residents who attended and won prizes for their efforts. As usual, it was difficult for the judges and probably just as difficult for the mothers who took a lot of time and effort to prepare the youngsters for the evening.



5 Years and Under
Won by Karen Craig, Tanya Duncan, Robin Lyn Bouck



6 to 8 Years
Kevin Ault, Tim Kroone, Manon Laframboise.



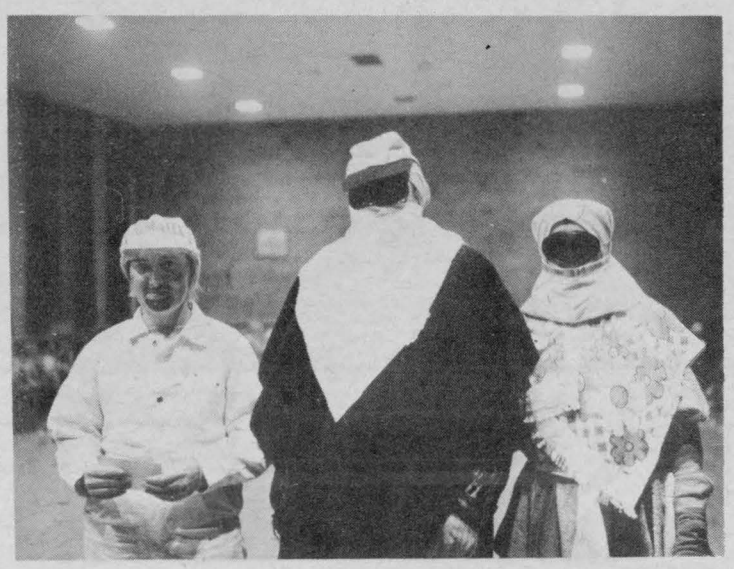
9 to 11 Years
Tommy and Julie Waddell, Dianne Coulter, Craig Tucker



12 to 16 Years
Margery Merkley and Debbie Byers, Sandra Valiquette, Stanley Tibben.

Seaway Services Hold Meeting

At a general meeting of the Seaway Community Services held at the Womens Institute Hall at Riverside Heights Monday evening reports were received from delegates to the recent Educational and Political Conference of the Ontario Anti-Poverty Coalition held in Toronto. Reports also were received from the committee on Summer Camps. Other subjects of discussion included finances, government aid, programs and facilities and certain school problems in the area. It was noted that the concerns of the organization go beyond the immediate scene;--that a substantial donation of goods and supplies had been sent to Honduras. The meeting was opened with prayer offered by the Reverend E. Earle Eaton. Refreshments were served by a local committee in charge of Mrs. Nugent. Mrs. John Corbett, president, chaired the meeting. Delegates to the Toronto conference included Mrs. Bessie Cornut, Mrs. Mary Hunsinger, Asel Markell and Mr. Eaton.



17 Years and Over
Audrey Robertson, Tom Warren and Pat Seely

CNIB Thanks

Mrs. Bell Rabb, as convener of the C.N.I.B. canvas would like th thank all for donations also the Canvassers who were Mrs. Lorne Bouck, Mrs. Lois Gilmer, Mrs. Anna Stacey, Mrs. Cora Coulter, Mrs. Florence Pulfer, Mrs. Audrey Moke, Mrs. Kay Perry, Mrs. Ray Smollett, Mr. Henry Sauvie, Mrs. M. Lee, Mrs. Esther Caldwell, Mrs. Don Seeley, Mrs. James Blakley, Mrs. Lloyd Lowry. $322.20 was collected. Your gifts keep blind people on the go.

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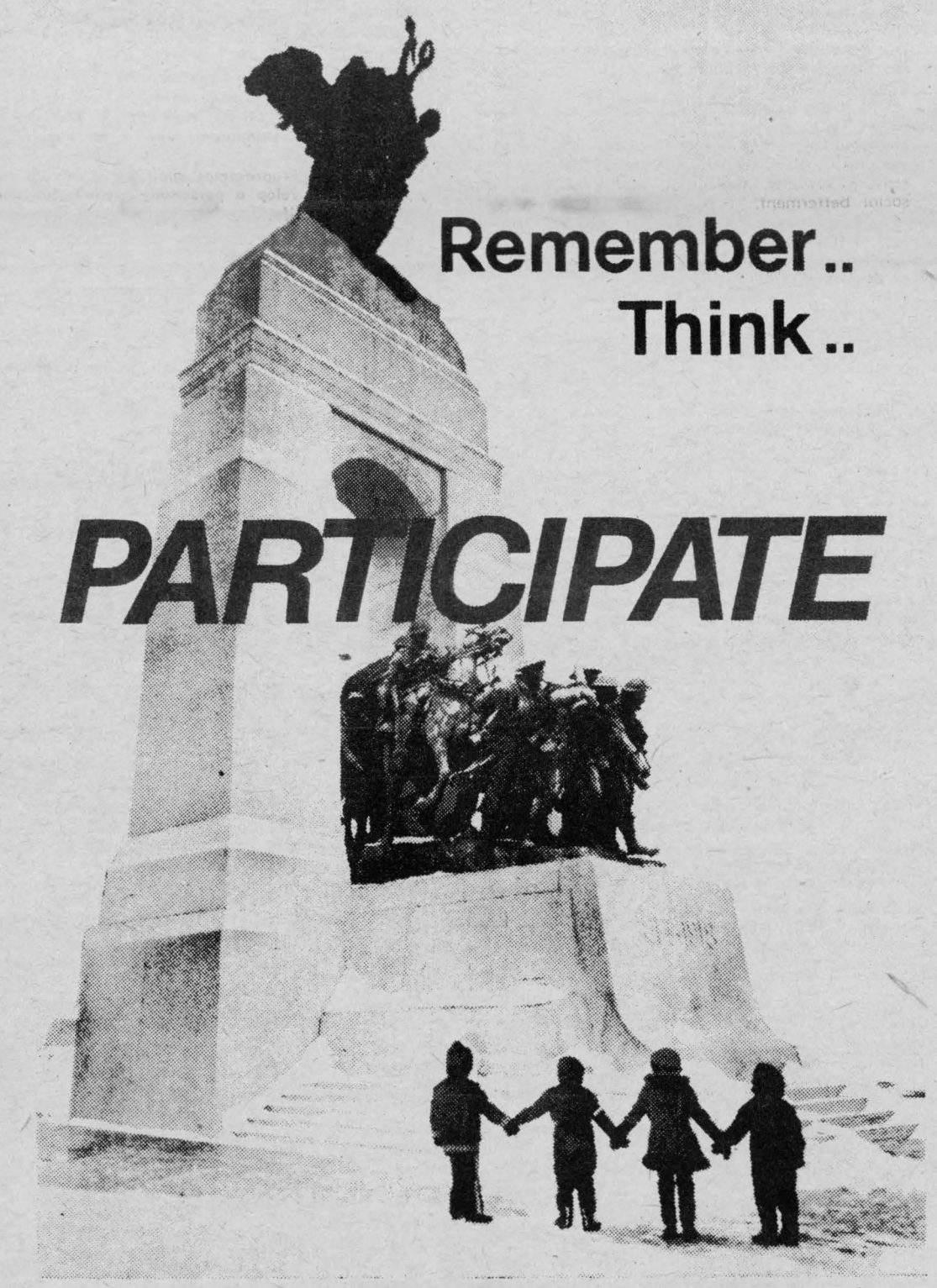

The Ladies' Auxiliary will canvass the Village during the next week, and a Blitz will be held FRIDAY, NOV. 8 at the Shopping Plaza. Any inquiries regarding the purchase of Wreaths or Poppies, contact Keith Beaupre, Poppy Chairman.

THE ROYAL CANADIAN LEGION BRANCH 370
IROQUOIS, ONT

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

PHILOSOPHY OF EDUCATION

At its meeting held on Tuesday, October 22, 1974, The Stormont, Dundas and Glengarry County Board of Education adopted the following statement of Philosophy of Education:

K. FRASER CAMPBELL, Chairman

T. R. LEGER, Director of Education

PREAMBLE

The Philosophy Committee recognizes that the Provincial responsibility for education is implemented, in part, through a system of County Boards of Education governed by Acts and Regulations. To these Acts and Regulations are added geographical, financial, and human constraints of a more local nature.

A statement of philosophy of education may state what is ideal in the minds of the members of a particular educational community, but must also reflect that which is possible in relation to the optimum use of all available resources. This, in turn, relates to a statement of acceptable responsibilities for schools which bears in mind the important and necessary contributions of the home, church, other community institutions, and society at large.

This is the initial philosophy of education of the Stormont, Dundas and Glengarry County Board of Education. It is subject to review and change. Contributions towards improvement will be most welcome.

WE BELIEVE: EVERY PERSON INVOLVED IN THE EDUCATIONAL PROCESS — PARTICULARLY THE CHILD WHO IS CONSIDERED THE RAISON D'ETRE — HAS RIGHTS, PRIVILEGES, NEEDS, AND A BACKGROUND WHICH IS UNIQUE.

THE AIM OF THE EDUCATIONAL PROCESS WILL BE THAT EACH STUDENT SHALL DEVELOP HIS POTENTIAL TO THE FULLEST, AND MAKE HIS UNIQUE CONTRIBUTION TO SOCIETY.

(N.B. It should be noted that the words "school" and "student" are used in their broadest terms, and that **PHILOSOPHICAL CONCEPTS** are set in black face type while EXTENSIONS AND EXPLANATIONS are set in light face type.

THE STUDENT

The student shall be considered as an increasingly responsible person with an active and accountable part to play in his own education.

SCHOOLING may be considered as the acquisition of knowledge and skills through formal training.
EDUCATION adds the dimension of proper use of knowledge

and skills towards the development of the individual, his contribution to the well-being of his fellow man and the development of society. Education should be a continuous striving towards intellectual, moral, physical, spiritual, and social betterment.

The goal of the schools is the education of the student, and the main emphasis, organizationally and financially, should be placed upon student development.

The student is the prime consideration.

Student development includes:

a) the promotion, to the fullest extent possible, of the intellectual, physical, spiritual, emotional and social development of each person;

b) student understanding and appreciation of his cultural heritage and the Canadian heritage;

c) student knowledge of, and respect for, his environment;

The aim of student development is a well-adjusted, socially responsive Canadian citizen, in a democratic society, who is willing to accept personal or social responsibility for continuing development, improvement, and advancement of this nation, both for the benefit of Canadians and mankind in general.

Provisions both in facilities and staff shall be made for special students with special or unique needs.

Individual differences in students or areas decree that there will always be students who require special measures in order to meet their needs.

For many students with special needs, integration within the general school setting is appropriate and to be recommended. For some other students, circumstances may warrant semi-segregation, or even complete segregation.

The provision of special facilities and special staff shall aim at the maximum development of student potential, through enrichment or remediation, and the stimulation of individual talents.

There are implications which relate to class size regulations, and to the specialist-type qualifications and capabilities desirable in the staff of such classes.

EDUCATIONAL COMMUNITY

There should be a degree of involvement which will use and develop the resources of all members of the educational community to ensure total commitment to the provision of quality education.

An educational community includes students, educators, administrators, trustees, parents, community organizations, and society at large.

Members of an educational community should be able to co-operate by contributing to decision-making.

Co-operation can best be affected in an organizational climate which has mutual support, which uses the team approach and consensus, and which permits and encourages a humane approach to the solution of educational problems.

There should be a firm commitment, on the part of the educational community, to the optimum development of the potential of every student, related to the best possible use of all available resources.

OPERATIONAL CONSIDERATION

There shall be provision for equality of opportunity in gaining an education.

Equality of educational opportunity relates particularly to the environment and cultures of Stormont, Dundas and Glengarry Counties, and generally to Ontario, to Canada, and to the Global Society. It does not necessarily mean that the same programmes and facilities should be available in every school, it means rather that programmes and facilities shall be adjusted to meet the needs and abilities of students.

There shall be a firm commitment to the provision of the best possible educational programmes, personnel and facilities.

Every endeavour shall be made to employ teachers who are educated persons, professionally competent, exemplary in character, empathetic, supportive, mature, interesting and interested.

Appropriate balance shall be a consideration in the staffing of schools.

There shall be flexibility in the organization; in the programmes; and in the provision for student needs so that these relate to community ideals and changing social conditions.

The programme devised to provide learning experiences must be relevant.

Relevancy relates to:

a) the needs, abilities, and interests of the students;
b) the total life environment of the student (in and out of school);
c) the concerns and aspirations of the parents;
d) the needs and constraints of society.

Programmes shall be provided which will develop student abilities in basic learning skills.

Programmes shall be provided which will develop student interests and abilities enabling them to contribute to society.

Learning environments and activities shall be provided which will assist in fostering in the student a healthy self-respect and concern for others; reverence for life; an inquiring mind; a desire for personal development; and a reasonable pride in achievement

Programmes shall be provided which will allow the student to develop a personally meaningful and socially acceptable philosophy of life.

Advances in science and technology have solved many of the problems related to man's material and physical existence. Such advances, however, have done little to help solve, and may have increased, man's personal and interpersonal problems.

Most of the problems which face students are personal or inter-personal. Close identification with such problems provides the student with a built-in motivation towards their solution.

All students shall have the opportunity to learn from a broad range of studies dealing with the philosophy of man, such as:—

a) Man as an individual;
b) Man and his fellow man;
c) Man and his environment;
d) Man and his Creator.

There needs to be a balance between personalization of the programmes to develop each person as an individual and the provision of social experiences to develop social skills and meet social needs.

There shall be alternatives to in-school learning.

The school is only one agent in the general learning experienc of the child. Thus every effort should be made to take advantage of opportunities to involve students in out-of-school learning experiences. Also, every encouragement should be given to the use of non-school persons who have educational experiences to offer which will augment or enrich the in-school programme.

ACKNOWLEDGEMENTS

The Philosophy of Education Committee wishes to express sincere gratitude to the members of the Philosophy Group, and to the many students, teachers, parents, and organizations for their contributions to the production of the Framework Statement which provided the basis for this statement of philosophy of education.

C. E. Charette,
C. J. Courville, (Chairman)
S. W. Libbey,
Rev. Fr. Villeneuve,
M. N. Hutchison
Philosophy Committee.

Philosophy Group

Mrs. Kay Cutler
Mrs. Cecile Latour
Mrs. Betty Locke
Mrs. Lorna Marcellus
Mrs. Mabel Watkins
Mrs. Erna Witherspoon
Mr. P. Barkway
Mr. F. Brick
Mr. R. Brisson
Mr. C. J. Courville
Mr. M. N. Hutchison
Mr. J. Irvine
Mr. S. W. Libbey
Mr. W. McLean
Mr. D. M. C. Shaw
Mr. J. Shaw
Mr. C. Tranchemontagne

Bankers Offer Free Guide on Use of Credit

TORONTO — How and when to use — but not misuse — consumer credit is the subject of an informative, free booklet, published by the Canadian Bankers' Association.

"This booklet may help you in your money plans," the introduction says. "It suggests that you sit down to think about what you want to spend and save by next year and 10 years from now — and it will give you some ideas of how to go about it."

The booklet covers such topics as saving through insurance policies, how to finance a car, what consumer credit is and how it is used, who are the lenders, and sources of credit counselling.

Title of the booklet is: Your Money and Credit Today and Tomorrow: How to Spend, Save, Use and Enjoy.

"Credit is part of everyday life in Canada — in fact in much of the world these days. Used wisely to help you to do the things you want to do, it is a very useful tool; you must use it and never let it use you. You are running the show."

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

Ontario Hydro

PROPERTY FOR SALE
VILLAGE OF INGLESIDE

Ontario Hydro is offering for sale Lot 465, Plan 230, (Ingleside Townsite) in the Township of Osnabruck. The lot is approximately 75' x 150', is known as 5 North Pine Street, and is improved by a one and one half story frame residence.

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

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

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

Tender for Village of Ingleside Property

and must be received by the Secretary no later than 4:00 p.m. Eastern Standard Time on Tuesday, December 17, 1974.

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

Offers submitted must allow until January 10, 1975, for acceptance or rejection and must not be withdrawn until after that date.

The highest or any offer not necessarily accepted.

20-2c

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Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education

requires for January 6, 1974

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T. Rosaire Léger,
Director of Education.

1c

THE ST. LAWRENCE PARKS COMMISSION

TENDER FOR PADDLE BOAT LIVERIES

SEALED TENDERS, clearly marked on the outside as to contents will be received at the main Office of the Commission (P.O. Box 740, Morrisburg) until:

4.30 p.m. E.S.T. Friday, November 15, 1974

for the operation of a paddle boat livery at Charlottenburgh Park, at Mille Roches Park and Woodlands Park for a three-year period, commencing in 1975.

The successful bidders will be required to provide their own paddle boats, safety equipment, etc., with the Commission supplying the sites only.

Interested parties may obtain further information on this subject by writing to the above address or by calling 543-2951.

The Commission reserves the right to reject any or all tenders and the highest tender will not necessarily be accepted.

THE ST. LAWRENCE PARKS COMMISSION

TENDER FOR FOOD CONCESSIONS

SEALED TENDERS, clearly marked on the outside as to contents, will be received at the Main Office of the Commission (Box 740, Morrisburg) until:

4.30 p.m. E.S.T. Friday, November 15, 1974

for the operation of refreshment concessions under a three-year term, commencing in 1975 at the following parks:

Crysler Beach, Farran, Mille Roches and Woodlands

The Commission will only consider tenders submitted by persons who have a proven record of competence in the operation of food establishments. Further, although individual bids will be required on each concession operation, the selected bidder must be willing to operate **all four** refreshment concessions.

Tender forms and complete information as to the equipment supplied by the Commission (where applicable), type of contract, etc. may be obtained by writing to the above address or by calling 543-2951.

The Commission reserves the right to reject any or all tenders and the highest tender will not necessarily be accepted.

Dundas County 4-H Review

It doesn't seem that long since I was sitting down writing a special edition for 4-H week last year. Yet months have flown bye, and the faces have changed. The program this year was filled with ups and downs, yet the basic county program was very successful.

This year we added a new club to the roster, and the Animal Husbandry club became our 12th. The membership was up, with some one hundred and thirty members and 192 projects starting the year. Of note, I believe is the fact that the age of the members was younger as the younger brothers and sisters took up the families 4-H colors.

Highlights of this years program were:
Debbie Baker attends Provincial 4-H Conference, Guelph,
Dundas County 4-Hers attend Regional Conference, Ottawa,
Helen Fawcett tops Judging Night,
4-Hers enjoy bus trip to Montreal and Expo Ball game,
Dundas County 4-Hers enjoy Inter-County Exchange with Huron County,
4-H members enjoy two day camp at C.C.E.A.,
Chesterville Fair, Hosts 4-H Achievement Day,
Henderson, Jansen, Erratt, and Cross take top honors,
Dundas County has excellent showing at Ottawa Winter Fair
Kevin Henderson - Grand Champion Junior Holstein,
Mary Jansen - Grand Champion Junior Ayrshire,
Cathy Cross - Grand Champion Charlois Steer
Dundas County 4-H Awards Night, November 26th. North Dundas D. H. S. Yes, another successful 4-H year draws to a close, as we prepare to celebrate National 4-H Week. Unfortunately we haven't the space nor the opportunity to mention everyones name. I would like to say that all of the members who participated and completed their project, should consider themselves as winners. I would also like to call upon all 4-Hers in the county to take the opportunity to tell someone who has no experience with 4-H, about the program, what it has for young people, and why you are in it. This would make an excellent 4-H Week Project.

We would also like to take this opportunity to thank all the sponsors, and other people who co-operate with the various local programs. An extremely large "Thank You" must be extended to all the 4-H leaders. Without these men and women who volunteer their time freely, and graciously there would be no 4-H program.

Winchester Hospital Births

October 23/74 Mr. and Mrs. Donald Sypes, Morrisburg, Ontario. A Son.

Has your organization been up to something lately? Why not send in the story to The Post...



"INFLATION BEATER"

Fish Dish of the Month

THIS MACKEREL AU GRATIN dish is as economical as it is attractive and tasty; it costs less than 40¢ a serving. Ingredients are: 2 (7-ounce) cans High Liner mackerel, drained and flaked; 1 medium-sized onion, chopped; ½ medium-sized green pepper, chopped; ¼ cup chopped pimento; ⅔ cup mayonnaise; ⅓ cup fine dry bread crumbs; ⅓ cup grated parmesan cheese; three strips pimento for garnish. Mix together mackerel, onion, green pepper, pimento and mayonnaise. Spoon into a small, shallow baking dish or au gratin dish. Sprinkle with bread crumbs and cheese. Bake in 350 deg. F. oven until thoroughly heated: about 20 minutes. Garnish with pimento strips. (Makes 4 servings). High Liner mackerel is an inflation beater because of its low cost of 4.7¢ per ounce compared to solid white tuna at 11.7¢ an ounce and sockeye salmon at 14¢ per ounce.

BUY NEW CANADA SAVINGS BONDS

9¾%
EVERY YEAR FOR 9 YEARS

New Canada Savings Bonds are a great combination of security, income and flexibility. They're a secure investment, backed by all the resources of Canada. They pay 9¾% a year, guaranteed to you year after year for 9 years.

Canada Savings Bonds can be bought for cash or on installments wherever you bank or invest, in amounts from $50 up to $50,000. And, as always, they are cashable anytime at their full face value plus earned interest. Buy New Canada Savings Bonds today.

And remember, past Series of Canada Savings Bonds are now worth more than ever. The cash bonus payments have been increased to produce, from September 1, 1974 to maturity, an average annual yield of 10½%. Complete details are available where you bank or invest.

THE GREAT COMBINATION
SECURITY · INCOME · FLEXIBILITY



CALENDAR OF EVENTS

GENERAL MEETING

A General meeting of the Iroquois Golf Club will be held on November 8th at the Clubhouse, time 8 p.m. Golfer's and interested people are invited to attend. This is your club so support it, please. Party to follow.

"MEALS ON WHEELS"

If you are a senior citizen, handicapped, or post-operative person, "Meals on Wheels" is available for you! Monday through Friday, a hot, fully nutritional meal will be brought to your home during the noon hour. Cost is minimal. Telephone 652-2123 daytime, or evenings. 19-5c

November 10th

Matilda Township memorial service will be held at 11:00 a.m. Sunday November 10 in the Hulbert United Church. The Rev. Dr. L.D. Joyce will conduct the service.

All matilda residents are asked to attend this service in memory of our war dead. 2p

FUN MATCH

Sunday, November 10th, at Cornwall Armouries, a Fun Match, put on by Cornwall District Kennel Club. Good judges, good prizes, good time. Registration 10:30 a.m. to 1 p.m. Judging starts 1:30 p.m. Dog and handlers $1.50. Spectators $1.00. 1c

DANCE-ODDFELLOWS DANCE

Iroquois Oddfellows Dance Saturday November 16, at Iroquois Civic Centre. Dancing 9:00 p.m. - 1 a.m. $3.50 per couple. George Barkley's orchestra. 20-2-c

Pleasant Valley

Mr. and Mrs. Kenneth Hunter were recent visitors of Mr. and Mrs. David Gilmer.

Mr. Hilliard Gilmer spent a few days with Mr. and Mrs. Preston Gilmer.

Mr. and Mrs. David Gilmer spent the weekend in Ottawa.

Mr. and Mrs. Gordon Fresque called on Mr. and Mrs. Earl Gilmer recently.

Several from here attended Hulberts Anniversary supper on Tuesday evening.

Mr. and Mrs. Preston Gilmer and Hilliard Gilmer enjoyed a musical entertainment in Ottawa on Friday evening.

DUNDELA ANNIV. SERVICES

NOVEMBER 10th
8 P.M.

REV. C. MASSEY
Minister

REV. C. ALLEN, Ingleside
Guest Speaker

MUSIC
McWatters Family

GOOD COMPANIONS

General meeting, takes place Tuesday November 12, at 12 noon at the Civic Centre. Rev. Allan Rogers is expected to show slides. Come and bring a friend. 1c

CASH BINGO

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

The Lesson

One day when I was walking
Down a forest trail
I met a poor old women
Who looked so old and frail
I said "hello" politely
In the way that I'd been taught
She took me by the hand
And said it was me that she had sought
Her kindness touched me deeply
As she talked with me awhile
And though her talk was short
We'd but near a mile
She spoke in soft fluttery tones
That I could hear quite plain
She told me of some wisdom
To growing up I must gain.
She your life will be filled
With happiness and woe
But take heart, from the hours of bliss
For as you reap, thus, you must sow
Give your heart to those you love
And your help to those that hate
And I promise you that in the end
You will have a pleasant fate.
She spoke this softly as we walked
Along the forest trail
She said ust try this remedy
And you will never fail
She said she had to go just then
And she wished me good day
Good luck, happiness, and love.
And don't forget to pray.

Marion's Beauty Salon

PERM SPECIAL — NOV. 7th - 22nd
REGULAR $12.50 — NOW $8.50

OPEN TUES. TO SAT. 9 to 6

Join me for relaxed atmosphere and a cup of coffee
at R.R. 1 Morrisburg
¼ Mile East of Flagg Road
FOR APPOINTMENT CALL 652-4752
Prop. Marion Seguin 20-3p

Hanesville Notes

Mr. and Mrs. Doug Hanson of Smiths Falls spent last Sunday with Mr. and Mrs. W. B. Reynolds.

We are glad to report Mr. Roy Robison is home from the Brockville General Hospital.

The bazar held at the Church Hall on Saturday was well attended and a large sale of articles were sold.

Mrs. J. P. Murray of Quebec was a visitor in Hanesville on Saturday.

Mr. Johnson Fader of Brockville and mother Mrs. M Fader had dinner on Saturday evening with his brother, Mr. and Mrs. Clifford Fader.

Hallowe'en went over very quietly thanks to our young people.

Mr. and Mrs. Graham Fossit and Mr. and Mrs. Mike Link were Sunday visitors of their son it being the occassion of his birthday, Mr. and Mrs. Jonis Fossitt of Winchester.

PUBLIC AUCTION

AUCTION SALE

OF HOUSEHOLD EFFECTS AND ANTIQUES

the property of Mr. Fred H. Broder, to be sold in the new addition of the Arena in Morrisburg on **Saturday, Nov. 16** at 1 p.m. (Viewing on Saturday after 10 a.m.

New Electrohome colored TV; 2 (walnut) upholstered chairs (antique); Upholstered swivel arm chair; Needlepoint foot rest; Walnut stand; Walnut nest of tables; Chesterfield suite; 2 large walnut comfort chairs (beautiful antiques); 6 antique living room chairs; 5 book cases; 1 walnut writing desk; Needlepoint upholstered chair (antique); Rocking chair; Book case (3 shelves) glass front; Table Lamps; Floor lamps; Fire place screen, Shovel, tongs and brush; Mantel Clock; Queen Anne matched set (1 love seat and 2 chairs) antique; Oriental rug (7' x 11'); Persian rug 5' x 6'; 7 axminster rugs (average size 3' x 6'); Beautiful dining room suite including extension table with 6 chairs to match; China cabinet; Sideboard; Walnut drop leaf serving table; Set Limoges dishes; Plenty of antique dishes and glassware; Carving set; Chest of silverware; Walnut bed (complete with mattress and springs; Walnut dresser; Walnut chair; Walnut hall chair; Dressing table and 2 lamps; Cedar chest (beautiful); Large chest; 1 bedroom suite, consisting of walnut bed, dresser and wash stand to match; Swivel upholstered easy chair; All kinds of bedding, linens, towels; All kinds of books, including the original "Story of Dundas"; G.E. refrigerator; 1 enamel top table; Radio; 2 kitchen arm chairs; Frigidaire Electric range; Vacuum cleaner; All kinds of electric appliances, Pots and pans, etc.; Hall rack; Hall seat; Set binoculars; 10 antique kitchen chairs; 4 filing cabinets; Lawn Mower; Antique walnut hall table 1½' x 4½'; 11 golf clubs; Hall tree; 3 Chests; Verandah chairs; Drapes and curtains for many windows. Many other articles too numerous to mention.

Auctioneer's Note — This is one of the best household auctions that I have ever sold.

TERMS - CASH
Mahlon Zeron, Auctioneer
Fred H. Broder, Proprietor
20-2c

CEDAR SAUNAS

The refreshing, revitalizing joy of sauna bathing and its healthful, tension relieving benefits can be yours. Three kit sizes — 6' x 4', 6' x 6', and 8' x 6'. As low as **$998.00.** Package includes all basic materials needed, plus pre-wired heater, sauna stones, door and opaque window, hardware, tiered benches and complete assembly instructions. Ideal for home, commercial or apartment sauna rooms.

WRITE OR PHONE FOR INFORMATION PACKAGE

KOPAS POOL & PATIO LTD.

Winchester Springs, Ontario K0C 2L0—Phone 1-774-2133

VILLAGE OF IROQUOIS
PUBLIC MEETING

A Public Meeting will be held in the Civic Centre at 7:30 p.m. on Thursday, November 14, 1974 for the purpose of meeting the candidates nominated for Reeve and Councillors for the Village of Iroquois.

L. C. Davis,
Reeve

VILLAGE OF IROQUOIS
NOMINATIONS

Notice is hereby given to the Municipal Electors of the Village of Iroquois in the County of Dundas, that the period during which nomination papers may be filed in the office of the Clerk for the purpose of municipal elections will commence at the hour of 9 a.m. o'clock on November 7th, 1974, and close on Tuesday, November 12th, at the hour of 5 p.m. o'clock, for the purpose of nominating fit and proper persons for the offices of Reeve and four Councillors for the Village of Iroquois; of which all Electors are hereby required to take notice and govern themselves accordingly. And further take notice that the manner in which the said nominations may be filed is set forth in Section 34 of The Municipal Elections Act which provides that:

34.—(1) A person may be nominated as a candidate for an office by filing in the office of the clerk, during the normal office hours of the clerk within the period in which nominations may be filed, a nomination paper in prescribed form which:

(a) Shall be signed by at least ten electors whose names are entered in the polling lists of electors entitled to vote in an election to such office;

(b) shall state the name, occupation and address of the person nominated in such manner as will identify him and the office for which he is nominated; and

(c) shall state the name and address of each elector signing the nomination paper and, where the office for which the person is nominated is a member of a school board, that such nominator is a public school elector or a separate school elector, as the fact is. 1974, s.20 (1).

Consent and declaration to be filed

(2) No nomination is valid unless there is filed with the nomination paper a consent in writing to the nomination and a declaration of qualification in the prescribed form by the person nominated.

(3) Each candidate for election to an office shall be nominated by a separate nomination paper, but an elector may sign the nomination papers of different candidates.

Clerk to keep nomination paper.

(4) After a nomination paper is filed with the clerk it shall remain in the possession of the clerk.

Onus on person nominated.

(5) The onus is on the person nominated for election to an office to file a bona fide nomination paper.

If a greater number of candidates than required to fill the said offices, are nominated and make the required declarations, polls will be opened on the dates stated below from 11 o'clock in the forenoon until 8 o'clock in the afternoon.

ADVANCE POLL — Saturday, November 23, 1974 at the Civic Centre.

POLLING DAY — Monday, December 2, 1974, at the Civic Centre.

NOTE: Nomination papers are available at the Clerk's Office.

F. T. Lloyd,
Returning Officer.
1c

for Quick Results... CLASSIFIED ADS

FOR SALE

VACUUM CLEANERS and FLOOR POLISHERS; also Rug Conditioners for sale. Apply Ralph Coulthart Morrisburg.
Will demonstrate in your home. 44-tfc.

APPLES for sale. Smyth Orchard, Dundela Phone 652-4089 7-tfc

Sangers Upholstery Shop
Fabric samples available. Free estimates. Phone 543-3266 20-tfc

Ladies skates, size 7 blue suede (figure skates) Navy & red snowmobile suit, fits 12 to 14 years (girls 652-2222 16-17p

LIGHT sides of young beef — 85c per pound. Cut, wrapped, and frozen. Phone Harry Gilmer 652-4525 18-3p

MOBILE HOMES
New and used, reasonable, Can be seen anytime at Godkin's Mobile Home Park, 3 miles west of Ingleside on Highway No. 2 Several choice serviced lots available Tel. 613-537-2609 17 tfc

FREE SHARPENING — With every new pair of skates under $50.00. We take trade-ins in good condition. A larger selection of sporting goods this year — Charlie's Sport Shop, Morrisburg. 543-2137. 17-4c

1974 Ski-Doo, 400 F/A 300 miles, Extras 652-4220 19-2c

APPLES
HAND PICKED
$2.50, $3.50, $4.00, $5.50
While They Last
Findlay Orchard
652-4006

FOR SALE — 2 Toy poodles, 1 female, 1 male. Black. 7 weeks old. Not registered. $50.00 each. Phone 652-4948. 20-2p

FOR SALE — 1973 Ski-Doo 340 cc., 2 cylinder 24 H.P. Asking $450 or reasonable offer. — Phone 652-4689. Anytime. 1p

FOR SALE — A gray midi coat, with fur collar and cuffs. Size 12. Call anytime 652-4027 1p

1964 Oldsmobile for sale - Information Jenos Barber Shop or Phone 652-2110 after 6 p.m. 1p

BRISTOL
White, and all colours except Black now 20c per sheet; Black 25c. The Iroquois Post 3-tfc

WANTED

WANTED — Coach for girls broomball team. Ice time and team assembled. Either part time or steady. Must be reliable and sure of coaching time. Phone 652-4806 from 9 to 5 p.m. 1nc

WANTED — Baby Sitter from 7 a.m. to 6 p.m. in my home. 4 days per week. Phone 652-4179 after 6 p.m. 1p

I FOUND THE MONEY TREE

I am in a part-time business and earning more than I ever thought possible. If you would like to do the same I'll show you how as a representative of O.A.A. If you are mature and have a car contact Robin Hopkins, Box 68, King Street, Chesterville, Phone 448-2740.

WANTED — General repair work, carpentry, renovations, floors and joint filling, aluminum siding, paneling, indoor and outdoor, or carpeting. Licensed plumber. EDWARD BECKSTEAD, after 6 p.m. 652-4726.

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

WANTED — Couple seeks an apartment in Iroquois (preferably two bedrooms) Call 652-4355 after 5 p.m.

GARAGE Wanted to rent in Iroquois to store sports car in over winter. Call 652-4831 18-3p

ATTENTION — I'll set an honest person up in a high income sales and service business for motorists. This business repeats year after year. No money required to start. Car required. — Apply to Robert Fawcett, Box 3, Brinston, Phone 652-4738 18-3c

WANTED TO RENT — Apartment or house in Iroquois-Brinston area. Phone 652-4929 or 652-4033. 1p

WANTED — Second cook, male or female. 11 a.m. to 6 p.m.— Call 652-4539 1c

United Counties 4th Annual
OCTOBERFEST
Featuring Hans Stumpt Bavarian Band
BONNIE GLEN
Hwy. 43
ALEXANDRIA
9 p.m. - ?
FRIDAY, NOV. 8
ADM. $3.00 - Includes Buffet Lunch 18-3-c

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REAL ESTATE LIMITED
Real Estate Brokers
Winchester, Ontario

IN CARDINAL. A fine retirement stone block home, well-kept property, [illegible] apartment [illegible] could be ch[illegible] back to 3 bedrooms, livingroom, dining, kitchen, 2 baths. Will take offers.
REDUCED IN PRICE

90 ACRE FARM near Hulbert, 3 bedroom home, 24-stanchion barn, machine shed. Will take any reasonable offer.

BRICK COUNTRY HOME & store, with or without stock. Eight miles from Iroquois on paved county road. A beautifully finished home. Asking $27,000. Terms.

3 BEDROOM HOME in Iroquois, facing St. Lawrence River. Tastefully decorated, in excellent condition. Has paved driveway and an enclosed patio. Call for an appointment.

Sales Representative
KEN KIRKBY
652-4395

IN MEMORIAM

Casselman - In loving memory of a dear husband, father, grandfather, Kenneth I. Casselman, who passed away November 5, 1970.
We loved him for his thoughtfulness,
His kind and living ways,
Without a thought of praise.
Is it not strange that those we need and those we love the best,
Are the ones that God is needing and taking home to rest.
Always remembered,
Wife Margaret, Children, and Grandchildren. 1p

Ellis - In loving memory of a dear mother and grandmother who passed away November 14, 1973.
God knew she was suffering
And the hills were hard to climb,
So he closed her weary eyelids
And whispered "Peace be Thine".
Sadly missed by son Dwight, daughter-in-law Shirley and grandson Rick. 1p

Ault - In loving memory of a dear mother, Edith Ault, who passed away on November 7, 1964.
I had a mother I was proud to own,
How much I miss her, will never be known,
No longer here, my life to share
But in my heart, she'll always be there,
Treasure her Lord, in your Garden of Rest,
For on this earth, she was one of the best.
Sadly missed by daughter, Winnie Dalanye. 1p

St. Lawrence Junior B League

Weekend Scores -
October 30 -
Cornwall - 14 Winchester - 2
November 1 -
Cornwall - 7 Winchester - 2
Metcalfe - 5 Alexandria - 4
Prescott - 5 Morrisburg - 3
November 2 -
Cardinal - 6 Prescott - 4
November 3 -
Cardinal - 10 Morrisburg - 6
Alexandria - 8 Metcalfe - 7
Long Sault - 8 Cornwall - 4
November 8 - Future Games -
Winchester at Alexandria 8:30 p.m.
Metcalfe at Morrisburg 8:30 p.m.
Long Sault at Prescott 8:30 p.m.
November 9 - Future Games -
Morrisburg at Cardinal - 7:30
November 10- Future Games -
Prescott at Metcalfe - 2:15 p.m.
Cardinal at Cornwall - 8:00 p.m.
Winchester at Long Sault 8:00

WINTER FOOTWEAR
SNOWBELLES - MARIE CLAIRE - SISMAN
SLIPPERS BY KAUFMAN - LYONS - LULLABIES
SNOMOBILE BOOTS - LINERS - INSOLES
WORK O'SHOES - RUBBERS - RUBBER BOOTS
SHOES YOU CAN DEPEND ON"
SHOPPING CENTRE IROQUOIS, ONTARIO
PARMETERS' SHOES

FLOYD FISHER
Real Estate Broker
MORRISBURG, ONTARIO
Bus. 543-2044 - Res. 543-2355

NEW BUNGALOW, brick, electric heated, nicely furnished, tile and carpeted floors, large easy-to-work-in kitchen with dining space 12'x25' livingroom, excellen bathroom. Just a lovely comfortable home. 1 mile from Morrisburg. $34,800.

TWO BEDROOM frame home,— 12' x 15' kitchen, 12' x 15' livingroom, stove heated. 2½ acres of land. Twp of Williamsburg. $6,500.

CRANBROOK TRAILER, 2 bedroom, well kept, has enclosed 12' x 26' porch, insulated family room 12' x 24'. Carpet and vinyl floors. Furniture, Frig, Stove, etc. TV aerial, lot 100' x 137'. — $16,000.

GARAGE, Concrete block building, structurally sound. Large overhead storage. Stock room & office. Two portable floor jacks, assorted mechanics tools and equipment. Air compressor, automotive stock. Good drilled well. Brinston. $25,000.

NEW Brick Split Level. Electric heated. 3 good sized bedrooms, excellent working kitchen, family room and powder room on 1st floor, the home with every convenience for comfortable family living. 100' x 200' lot. $49,900.

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

SOMERVILLE & SOMERVILLE
REAL ESTATE BROKER
KEMPTVILLE, ONTARIO
258-2946

IN JOHNSTOWN, large residential lot 116' x 168' on north side of Second Street. Perfect for your new home and garden. Asking $5,750. Offers invited.

MORRISBURG — 2 miles from Shopping Plaza, fronting Hwy. 31 2 bedroom 2 storey frame home on large lot, seperate garage and small barn. Asking $22,000.

IN MORRISBURG — Old double brick home, in process of restoring, on well treed 2 lots 140' x 120', 4 bedrooms and bath, living room, dining room and kitchen with built-in oven and counter top stove. Asking 20,-000
Call ANNA STACEY
Sales Representative
652-2186

PITTSTON

Pittston U. C. W. attended the Seaway Valley Presbytery at Cardinal on Wednesday in United Church.

Mrs. Ella Bristol, Madoc, visited her brother Wallace Anderson and family for a few days at Brouseville.

Many attended the wake and funeral of Mr. Wallace Wilkins on Wednesday. Deepest sympathy to Mrs. Willis Montgomery and family.

Mr. and Mrs. Garnet Taylor, Prescott, visited Mr. and Mrs. Clarence Marlatt on Saturday.

CONTACT us for rates on
Farm Fire Insurance — Dwelling, Contents, Outbuildings, Cattle & Machinery.
LORNE MELLAN
Brinston - Ontario



New Clairol "BALSAM"
HAIR COLOUR SHAMPOO
Clairol's Final Net—Regular $2.50
HAIR SPRAY—Spec. $1.98
New Johnson's Odor Eaters
CUSHION INSOLES
PEPPERMINT PATTIES
REGULAR 69c EACH
Now 2 for $1.09
Hot Cinnamon & Horehound Candy
Super Plenamin "The One a day" Vitamin Tablet, Winter Special Now on.
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