THE IROQUOIS POST

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Miss Seaway Valley Pageant

More than ten (10) charming young ladies from the Seaway Valley Region (Including 4 Cornwall girls) will compete in the Miss Canada Preliminary at General Vanier High School Auditorium on Saturday, September 28th, 1974. The accommodation of last minute requests to participate from some regional communities is the only factor affecting the finalization of production aspects of the pageant.

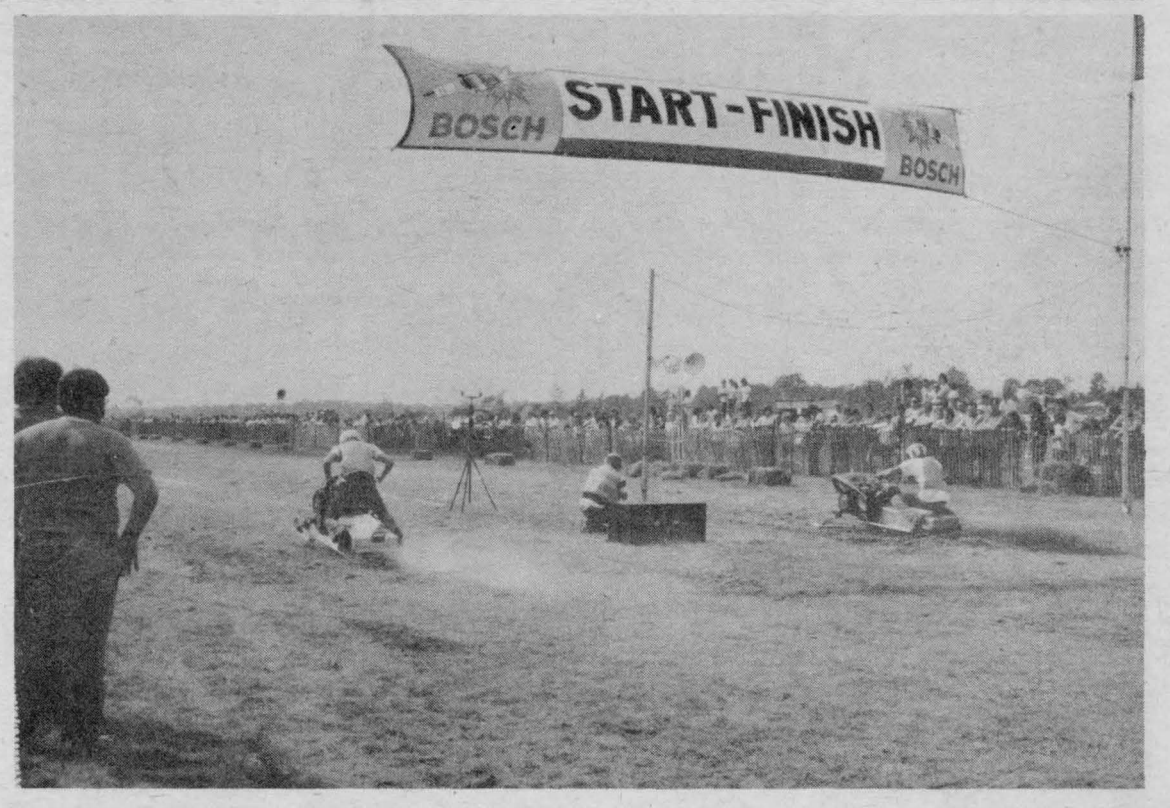
Some twenty (20) local people headed by Chamber of Commerce Members: Calvin Preddie (Regional Pageant Director), Claude Jesmer (Staging and Production Chairman), and Lucien Lalonde(Manager and Chairman of Finance) along with Glen Production's Andy Trasuk (Executive Producer) and Keith Clingen of CJSS (Promotion and Publicity Chairman), began preparing for this year's Pageant since March, they are very satisfied with the progress so far and are very enthusiastic about the Pageant's success.

The Pageant Committee is not seeking additional contestants at this time, but they will endeavour to accommodate any contestant sponsored by a community, providing the application is made to the Cornwall Chamber of Commerce before 5:00 p.m. on Friday, September 6, 1974. All contestants accepted for the Pageant willparticipate in this year's finals (no preliminary contest). However, in future years the Pageant will comprise a preliminary contest to select five finalists who will appear on the final night.

All the contestants in the Pageant will be sponsored, and each contestant will receive gifts donated by local and outside sources. There will also be special trophies for the winner, Miss Congeniality and the contestant with the best talent. The winner and the first and second princesses will receive additional prizes. Also awaiting Miss Seaway Valley 1975, when she participates in the televised national finals in Toronto this November, will be gifts and awards worth several hundred dollars.

Guest of Honour at this year's pageant will be Miss Blair Lancaster, Miss Canada 1974, who will also be the Guest of Honour along with Miss Seaway Valley 1975 at the Coronation Ball following the pageant.

Further details of the pageant will be provided diring the weeks and days preceeding the Pageant.



Grass Drags Draw Crowd Of Thousands To Iroquois

The first of three runnings for the Iroquois International Cup was held Sunday September 8/74 in Iroquois Ontario with a crowd of 2,000 spectators on hand to watch the competition of some 135 battling for point and money to become the Internation Cup Winner.

With drivers like Herb Yancey, Eagle River SnoPro Champion, on an Arctic Cat from Morristown New Jersey, Micheal Gray Jr. Mod Winner at Boonville. From Clay, New York on a Snow Jet, Marcel Lamothe, Quebec Champion, from Longeuil Quebec on an Alouette, Stan Sherd from Streetsville Ont., driving a factory Alouette. The crowd witnessed some of the best Proffessional Racers in North America. The Second running takes place on September 29/74 and the final on October 20/74 Sponsors of these races are Big Red and Red X Oils, Molsons Breweries, Gates Belts, Lakeland Auto Parts, and the Iroquois Fire Department.

More On Page 8

Overall Enrolment Drop In Schools

School days have begun and while there have been increases on enrolment in some areas it is quite evident that the "baby boom" is over and that this is reflecting in the primary school system.

Seaway District High School had 680 last year and so far this Fall there are 717 registered with a possible final count that may go as high as 730.

Iroquois Public School stands at 214 today campared with 211 last year; St. Cecilia's Separate School reports a slight decrease from 85 to 83 for this year.

Stampville Public School is down 2 from 128 last year to 126 this year, Dixon's Corners took a bigger drop from 233 in 1973 to 212 this year and Nationview at South Mountain reports a drop of 15 in the enrolment from 393 last year to 378 this week.

Dr. Clifford Greaves Active in Community

An area resident held in the highest esteem, Dr. Clifford Greaves died August 31st at Winchester District Hospital. Born in St. John's Parrish, Barbados in 1893 he was the son of the late Clarence and Lucy Greaves and a grandson of the late Hon. John Greaves. He came to Canada to attend McGill University from which he graduated in 1919 and received his PhD Degree in 1923 in Chemical Engineering. At this time he met and married his wife Dorothy, who survives, and tood up residence in Ottawa where he was employed by the Canadian government.

An active member of the Chemical Institute of Canada he was honoured by being made a Fellow of this organization.

Upon his retirement from government service in 1950 he took up residence in Iroquois, the home he loved the most with a hobby of gardening that became a full time occupation.

An active member of the Iroquois Lions Club where he enjoyed immensely the comradeship and where he was held in the highest regard; an avid bridge player who enjoyed the evenings with the Iroquois Bridge Club, and a member of Iroquois-Matilda Good Companions.

A completely honest and deeply religious man, a member of St. John's Anglican Church, he was active in church work of one kind or another for many years.

The funeral service was held

See Page 7

Many Mourn Passing Miss Margaret Kaine

After a lengthy illness, there passed away last Saturday in Winchester Hospital, Margaret Alberta Kaine, who had been a life-long resident of this district during her 78 years.

She was the daughter of Mr. and Mrs. Leonard Kaine of Matilda Township. The eldest of a family of five, two sisters and a brother having predeceased her. One brother, ohn Webster, living near Ogdensburg is still alive but at present in poor health. There are also 3 nieces and a grand niece who were present at the funeral.

Margaret attended the old Stampville elementary school and the Iroquois High School while it was still in the old town. It speaks well for her character that she studied music during all her high school years and did creditably in both fields. Music was a natural for her as both parents were musical and their greatest pleasure as a family was to group around the organ and sing by the hour. After further studies in Music she taught the subject in neighbouring public schools as well as giving music lessons to a large number of pupils. Off and on for her 60 years she played in churches either in S. S. or at the console of the pipe organ which was her great joy. For years she was organist and enthusiastic choir leader in Cardinal United Church until failing forced her to resign in 1972.

She was a member of Iroquois United Church, active in U. C. W

See Page 8

Died Saturday

Mrs. Ruby Jacquith longtime resident of Iroquois, died Saturday at noon at Winchester District Hospital. Funeral Services were held Tuesday afternoon at Fitzsimmons Funeral Home with interment at Plum Hollow.

PERSONALS

Mr. and Mrs. Dennis Ord formerly of Iroquois and currently residing at 9 Courtwright Road, Etobicoke celebrated their 25th wedding Anniversary on August 27th. Out of town guests were Mr. and Mrs. Arliss Casselman.

Birth

Serviss - Carl and Pat (nee Gardiner) are happy to announce the arrival of a son, Kenneth Charles, 7lbs. 10 ozs. on Monday August 19, 1974 at Oshawa General Hospital. Our sincere thanks to Dr. Finch, Dr. Kimberly and staff of 4th and 5th floor. 1p

Village Welcomes Dentist To Iroquois Medical Building

Reeve Lloyd Davis and Council this week extended a sincere welcome to Dr. Kun Y. Diu, a Doctor of Dental Surgery, who has opened his practice in the new Iroquois Medical Building opposite the shopping plaza parking lot.

Dr. Diu was born in Hong Kong where he received his primary and secondary school education. In 1967 he came to Canada and studied at the Unviersity of Ottawa. In 1970 he received his Bachelor of Science Degree in Biochemistry and then enrolled in the Faculty of Dentistry at the University of Toronto where he graduated in May with the Degree of Doctor of Dental Surgery.

The telephone number for Dr. Diu is 652-2289.

The Post joins with the community in welcoming Dr. Diu to Iroquois and wishing him every success in his dental practice and in becoming a member of the community.

THE EDITORIALS

The Iroquois Post

AND MATILDA ADVOCATE
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Gloom and Doom - Boom or Bust?

In recent years Canadians have been wondering where they stand in the inflationary trend around the world and if we listen to prophets of the day, we are even more confused.

On the one hand an "expert" will say that we are headed for a collapse of the economy, another will say that we are just heading for a recession for a couple of years, and still another will say the first two don't know what they're talking about and that Canada is one of those countries that will weather the financial crisis far better than any other country in the world.

The whole issue is something like the people who have for centuries predicted the end of the world. A few years ago these people crowded a mountain top in California waiting for the end. When it didn't materialize, they went home happy in the thought that they were just mistaken in the date.

Certainly we all realize that things are not what they should be in the world of economics but just how serious are things today? We're read recently of the collapse of banks in Europe. The Royal Bank says they collapsed due to mismanagement and that they were private banks, completely unlike the banking system in this country where the banks are chartered by the federal government and in many ways controlled by the same government. A percentage of the monies invested with the banks in Canada must be protected by law and reserve funds give this protection.

Canada is one of the countries of the world that gives protection to the people who invest their money with the banking system and this gives far greater assurance of protection than could ever be done with privately owned banks.

The economy of Canada is no different than most countries; we depend heavily on trading with other countries and as prices increase in countries with which we trade there is certain to be an effect on our economy. Keeping this trading "in balance" seems to be the difficult task today.

Perhaps one of the evils of our democratic system is rearing its ugly head in Canada. For some time Canadians have felt that some large industries have been creating "shortages" to keep the price on the rise. This practice may not easily be detected and even when it is decided that an indictment may be possible, by the time a case ends up in court and a fine is paid, the offending company has made so much profit that the fine means nothing.

Governments are going to have a real task in keeping down their spending, of trying to establish when companies are creating false profits and protecting the population from exploitation. It will not be easy but when companies are caught they should receive a punishment extensive enough to deter others from doing likewise.

The public must be protected and with this protection may come another means of combatting inflation. Each step in this direction is worth the effort.

Road To Love

Be kind, for all the world needs kindness,
Be true, for truth is blessed indeed,
Be seeing, for nothing hurts like blindness,
Be loving, for 'tis love we need.
Be mindful of the cry of torture,
Bring joy to all who suffer pain,
Take time to feed and nurture,
All those who suffer pain.
Pass smiles to those that we are meeting,
Cry tears with those who suffer pain,
Clasp hands with friends in joyous greeting
Embrace all things that lead to love.

Addie Eichner

Kemptville Nursery Forest Open House

The place where thousands of eastern Ontario trees spend their formative years will be open to the public Wednesday, August 28 from 1:00 to 8:00 p.m.

The Ontario ministry of natural resources Kemptville Nursery Forest will hold an open house featuring walks along nature trails in the 1,380 acre forest, tours of the compartments wher seedlings are nurtured for planting on Crown and private land and a variety of exhibits and slide shows.

Tours will depart on the hour. Last tour--7:00 p.m. Free refreshments will be provided. For further information telephone (613) 258-3413, extension 213.

Nursery staff have already welcomed more than 3,000 visitors so far this summer

HANESVILLE

Mr. and Mrs. Don Dugan of Cardinal spent Saturday at the home of Mr. and Mrs. Clifford Fader.

Mrs. David Fawcett of Dixons has been spending some time with Mrs. Frank Cutter.

Mrs. Clifford Warren is a patient in the Winchester District Memorial Hospital having undergone surgery. We wish her a speedy recovery.

Mrs. Marion Warren, Mr. and Mrs. Eppie Bosma and children visited with the formers brother Mr. and Mrs. Wilfred Coons of Cardinal on Monday last.

Mr. and Mrs. W.B. Reynolds attended the sale at South Mountain of her late brother - in-law Russel Beggs.

Mr. Johnson Fader and Mother Mrs. Maud Fader had dinner on Saturday with her son Mr. and Mrs. Clifford Fader, it being the occasion of Mrs. Fader's birthday.

The children of the community are all back to school again for another year.

Mr. Stanley Barkley who has been in Brockville General Hospital for quite some time, returned home on Saturday. Best of luck Stan!

Mr. and Mrs. Ed Dellingwater returned to their home in Lucan after spending a few days with Mrs. Marion Warren.

Personal

IN HOSPITAL

Mrs. Ted Marsters is a patient in the Winchester Memorial Hospital.

Ball Pictures

Ball team pictures in last weeks Post were by M. J. Cole. Copies may be purchased by calling 652-4564.

Bill Smiley



I SIZE UP STUDENTS BABY CLIMBS UP ME
by Bill Smiley

End of summer notes: back to work; babies; the speed limit; and anything else that crops up.

It's good to get back to work. For a month. At first there's a general feeling of excitement as the fall term begins at school Bonhomie among the staff as summer experiences are exchanged and tans are compared. The challenge of facing a hundred and some new faces in the classroom. The fine September weather.

Even the students are happy to get back. For a month. They, too, exchange summer anecdotes, greet old friends, and begin making new ones. There is a feeling of liveliness in the air.

One of the favourite pastimes for the students as school re-opens is sizing up the teachers.

"Yeah, he's not a bad guy, but you can walk all over him. His classes are a mob scene."

"She's a good teacher, knows her stuff, but she's so dull, no sensa humour, it makes your teeth ache."

"He's a real mean (deleted). Makes ya work like a dog."

And so on. They're usually pretty shrewd in their assessments. What they don't realize is that their teachers are doing the same. "There's a bad little devil; have to keep an eye on him. Oh, no, not Joe repeating his year. Why did they put him in my class again? There's a bright girl; good-looking too." And so on.

Utterly bewildered for a month are the new kids in Grade 9. They come in all sizes, from tiny shrimps to hulking giants. Some of them come from small country schools. To be dumped in a huge, complex building housing daily about 1700 people, including staff, is rather frightening for them.

They get lost. That's reasonable; even some of the teachers get lost. But the kids lose their books, forget where their lockers are or if they find them, have forgotten the combination for the lock. They have to unravel all the do's and don'ts of a huge and baffling new system.

But they get sorted out and after a month, they're old hands, just as cocky as all the others.

Now for babies. Thank goodness I'm not a young mother. We've been having a visit from our grandbabby, and when it was over, I felt ten years older.

He's a beautiful child and a healthy one. But he's as active and agile and slippery as an eel.

Unfortunately, his gran had cracked ribs, was in considerable pain and could scarcely hold him or lift him. As a result, she wasn't much good, as an over-sized toy. That's all grandparents are, when you're eight months old. They're far better than a rattle. They're softer (in more ways than one), they make the appropriate noises, they pick you up and kiss you when you fall down, they sing to you and joggle you on their knees, and so on.

Well, Nicov Chen "took a shine", as they say, to me as his new toy, "Ah, look. He loves his grandad". the women would coo, when he'd crawl straight to me, look up imploringly and begin to ascend me as though I were Mount Everest.

His technique was impressive. I was wearing nothing but shorts most of the time. He would reach up from the floor, grab me by the hair on my legs with a grip like an orangutan, pull himself to his feet, grinning with triumph and swaying around, ready to fall, bump his head and start yelling.

Another beseeching look, and I'd hoist him onto my knee. Then he'd turn around, grab me by the hair on my chest, and pull himself up for a little jump, jump, jump, facing me. When he got tired of that, he'd start grabbing my nose and trying to pull it out, or poking at my eyes, or tearing at an ear.

Suddenly, he'd squirm around and want down. On the floor, he'd head, at startling speed and with a demonic grin, straight for a standing floor lamp. He loved it because when you shook it, from ground level, it made a nice jingling sound. It is also heavy enough to brain a baby.

So grandad leaps across the room and grabs the lamp in the nick of time, points the kid in another direction and sinks wearily into his chair. Sixty seconds later, he feels a painful twisting of the hair on his legs, and off we go again. One of us never got tired of this little routine.

He's a happy babby, but, on the occasions when he isn't you could hear him two blocks away. Whenever his Mum went shopping, I baby-sat and enjoyed it thoroughly, but did my sitting in a constant state of fear that he'd get unhappy. I'm glad, once again, that I'm not a young mother, but an old grandad.

Finally, the speed limit. There is a proposal that it be reduced from 70 on the big highways to 55 m.p.h. This was done in the U.S. and Germany, among others, during the oil crisis. There is quite a lot of opposition here. I'm all for it. It's been proved that it cuts the carnage on the highways. Save lives, save money, save energy. How can anyone be against it? And what's the big rush, anyway? It's time we slowed down.

The Argyle Syndicate Ltd.

Passengers would survive 40 m.p.h. front-on crash



Nissan ESV

A sedan designed to protect its four passengers in a 40 mile-per-hour collision with a brick wall made its debut June 4 at the Fifth International Technical Conference on ESV in London.

ESV means "experimental safety vehicle", and Nissan Motor makers of Datsun cars and trucks, displayed the firm's latest ESV innovations. The vehicle exhibited in London is the third edition of the ESV from Nissan.

"Human engineering" studies have helped Nissan develop better handling characteristics for the ESV, and added protection is given by a radar-controlled auto-brake system, an alcohol interlock system and dozing prevention devices.

Seats are scientifically designed to minimize injury to passengers from impact in any direction and the vehicle will protect passengers against moving barrier rear-end collisions at speeds up to 30 miles-per-hour (50 km/h) and against 40 mile-per-hour (65 km/h) frontal barrier collisions.

The unique composition grill and bumper is designed to protect pedestrians. Windshield design provides improved driver visibility unimpeded by front pillars.

Other safety innovations include an anti-skid device, explosive-type air bags and safety tires to keep the vehicle moving even if they are punctured.

Nissan developed the ESV under contract to the Japanese government at a cost of over $7.5 million. While many manufacturers were asked to produce ESV models, the Datsun manufacturer was one of the first to actually produce one in the 2,000 pound category. At present, it is a one-of-a-kind experimental vehicle not in production or availab'e for purchase.

Principal specifications are: Overall length, 13.83 feet (4150 mm); overall width, 5.31 feet (1595 mm); overall height, 4.56 feet (1370 mm); wheelbase, 96.80 inches (2420 mm); tread on front, 51 inches (1275 mm); tread on rear, 50.6 inches (1265 mm).

FOR FURTHER INFORMATION CONTACT

Starword Communications Ltd.
165 University Avenue M5H 3B8
Toronto, Ontario
(416) 863-1754

THE STORMONT, DUNDAS AND GLENGARRY COUNTY ROMAN CATHOLIC SEPARATE SCHOOL BOARD

requires immediately

Principal's Relief teacher needed part-time for St. Cecilia's School, Iroquois.

Apply stating qualifications and name of last superintendent to:
Mr. Percy Beaudette,
AREA SUPERINTENDENT OF
ENGLISH-LANGUAGE SCHOOLS,
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CORNWALL, Ontario, K6H 1N6

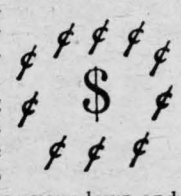
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DOLLARS & GOOD SENSE

by WILLIAM J. MARTIN
Special Consultant to
Avco Financial Services

I've been talking about home buying recently and how difficult it has become for some. Is purchasing a home the right answer for you?

Although it has been a goal of the so called average family to someday own a home of their own, many families prefer renting. They can live in a spacious modern apartment, located either in the suburbs or right in town and eliminate some of the problems of home ownership.



It's really a matter of personal preference. Do you enjoy doing odd jobs around the house? Do you like mowing your lawn and working in the yard?

Some people do, but not all. Apartments offer many advantages. Residents can just come and go as they please without maintenance and yard worries, and security benefits are also available. In addition, many new apartment units offer social centers featuring well equipped recreation rooms and social activities.

What's best for you? Only you can answer, of course, but it's more than just a case of moving up from apartment to house. Both types of homes offer advantages and disadvantages. Consider each of them carefully.

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

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

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

ST. LAWRENCE COLLEGE SAINT-LAURENT

CONTINUING EDUCATION PROGRAMS

DUNDAS COUNTY

Iroquois

Registration: Tuesday, September 24, 7:30 p.m., Seaway District High School

Courses Offered: Starting Tuesday, October 1.

Typing
Bookkeeping
Judo
Weaving
Woodworking
Automotive Repair
Sewing
Conversational French
Bridge
Painting & Drawing
Pottery

WATCH FOR MORE COURSE DETAILS IN NEXT WEEK'S NEWSPAPER

Morrisburg

Registration: Wednesday, October 2, 7:30 p.m. Morrisburg Public School

Courses Offered: Wednesdays, October 9 to March 5 (unless otherwise noted)

1. Sewing - Beginners to advanced, Fee: $15
2. Leatherwork - For beginners, Fee: $15
3. Fitness - For men and women. Exercises and recreation to keep you fit. Fee: $10
4. Macrame - The art of decorative cord-knotting in a five-week course. October 9 to November 6. Fee: $5

Winchester

Registration: Wednesday, September 18, 7:30 p.m. Winchester Public School

Course Offered: Starting week of September 23.

1. Physical Fitness and Fun - For men and women, one or two nights per week depending on the interest of those registering.

South Mountain

Registration: Tuesday, October 15, 7:30 p.m., Nationview Public School

Courses Offered: Starting Monday, October 21

Pottery
Sewing
Fitness and Fun
Conversational French

WATCH FOR MORE DETAILS IN FUTURE ADVERTISEMENTS

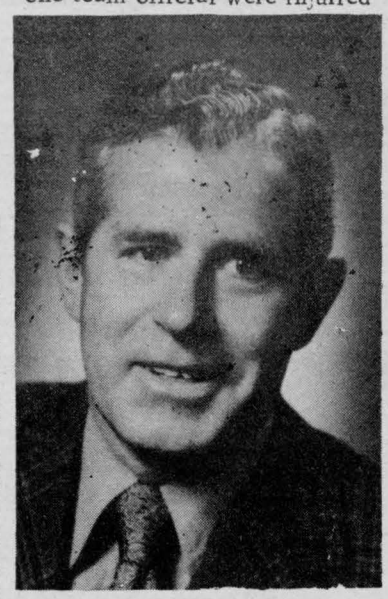
Tom Butkovich, Co-ordinator, Continuing Education
Cornwall Campus—Telephone 933-6080, Ext. 207

CLIP THIS AD FOR FUTURE REFERENCE

Violence In Amateur Hockey!

In the past few years, there has been a disturbing trend towards violence in our national sport - hockey. This violence has reached into the minor leagues and is affecting every player involved. The causes and effects of violence in sport have been a source of increasing concern to a great many people. For this reason, the Ontario Government, through the Ministry of Community and Social Services, directed that an inquiry be carried out to investigate violence in amateur hockey. The commissioner of the Inquiry was William McMurtry. In the next couple of columns, I would like to discuss the findings and recommendations of the investigation.

The initial inquiry involved investigation of violence which took place in a Junior B game last winter between Bramalea and Hamilton. In this game, 189 minutes of penalties were handed out to various players. But all the witnesses of the game said that even more penalties should have been called. Vicious fights which took place were met with only minor penalties, and other fights received no punishment whatsoever. Five players and one team official were injuried during the game, and a fight in the hallway of the arena involved players, officials and fans. When the hockey game itself became violent, so did the fans, and at one point fourteen police officers were required in the arena. No one team, or group of individuals was entirely to blame. The violence of the game represented a trend in all amateur hockey - a trend which will continue unless we take immediate steps to control it.



HON. DONALD IRVINE M.P.P.

There are many causes of violence in amateur hockey. I would like at this time to outline some of those which were set forth by the recent inquiry. The influence of professional hockey (especially the National Hockey League) was believed to be one of the major causes. It is natural for young amateur players to look up to and emulate the NHL players. Youngsters have been told that the NHL players are the best, and so they try to copy them. And yet the examples which are set by the major leagues are questionable. The NHL has a tendency to stress winning and the use of violence to achieve this goal. Skill and finesse in hockey are secondary to brute force in the professional league. One of the reasons for the stress on violence to achieve this goal. Skill and finesse in hockey are secondary to brute force in the professional league. One of the reasons for the stress on violence is the attempt to sell hockey to an audience in the United States which understands brawling more easily than the intricacies of the game. As a result, we see the glorification and admiration of the brawlers - the Eddie Shacks and the Dave Shultzes of the league. With violence so apparent among the professional players, it is no wonder that such behaviour has eroded into the amateur teams.

All the players who were interviewed during the study felt that most advertising of hockey tends to place too much emphasis on fighting and violence rather than on the skill involved in the game. For example, in an advertisement for the NBC Game of the Week, a film clip of a hockey fight was shown.

The stricture of the rules in professional leagues further contributes to violence at all levels of the sport. Hockey is perhaps the only game which tolerates and even encourages violence as "part of the game". The professional players who were interviewed stated that they felt great pressure from their peers, and from their fans to stand up and fight. The players believed that they would lose face if they did not retaliate when provoked by an opposition player. Under the present rule system very little attempt is made to prevent provocation, and so fighting is not only tolerated, it is encouraged. A player has no reason to turn his back and refuse to fight.

Many of the players involved in the inquiry played in college or international hockey under the "no fighting" clause. All of them felt that it was more rewarding to play in a league where violence was not praised or even tolerated. Such a "no fighting" rule has been instituted in Ontario in Toronto Public School Hockey. This is an example which the rest of the sport should attempt to follow.

Another cause of violence in amateur hockey is the lack of direction within the minior leagues. The Ontario Hockey Association Constitution does not clearly define the objectives or purpose of amateur hockey, and much more guidance is needed.

The referee in hockey often sets the tone. A game may become violent if rules are not enforced, or are not consistent. Many witnesses of the Bramalea-Hamilton game felt that a failure to call major infracations in the first period contributed to the violence displayed.

The coach plays perhaps the most important role in amateur hockey. He is responsible for motivating his players, and establishing their attitude to the game. Some coaches tend to stress the violent side of hockey rather than the skills which are needed.

Parents also play a large part in influencing the attitude of their children to sport. If parents demand victory at all costs, then a child can receive a distorted view of the game.

In my next column, I will discuss some of the recommendations of the inquiry. These recommendations will have a great effect on amateur hockey in the future.

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10-4c

Tourism means jobs.

This is what Ontario is doing to keep the tourists coming.



Tourism is good for Ontario. Tourists take nothing away except happy memories, but they leave plenty of money behind them.

That's why your Ontario government seeks to attract visitors to our province, and asks for your help in making them feel welcome.

Already, tourism is Ontario's 3rd largest industry. It provides jobs for over 154,000 people, quite possibly including you and your neighbours. What's more, by 1978 Ontario expects to play host to enough visitors to create 85,000 *additional* jobs.

A worthwhile goal, certainly. But how can all this be accomplished? Here are some of the things that your Ontario government is doing:

We're making loans for the development of tourist facilities—through the Ontario Business Incentives Program, Ontario Development Corporation, Eastern Ontario Development Corporation, and Northern Ontario Development Corporation.

Ontario now has Tourism specialists in London (Eng.), Los Angeles, Frankfurt, and Tokyo.

We are working with airlines, railroads and bus companies to promote the pleasures of Ontario.

We are striving to bring conventions to smaller as well as larger communities, and to resort areas, especially during off seasons.

We are supporting your local Travel Associations, with ample money to promote local tourism.

We are promoting the attractions of our Province by advertising throughout Ontario and nearby U.S. states.

You can help us welcome visitors by greeting them in a friendly manner, and showing them genuine hospitality.

Encourage visitors to come back, and to bring their friends.

If we all do our share, we can increase the number of tourists who come here, and that's not only good for the tourists—it's good for Canada, good for Ontario, and good for you.

For more information or specific advice, write to:

Tourism Development
Division of Tourism
Ministry of Industry and Tourism
Queen's Park
Toronto, Ontario

Claude Bennett, Minister

Government of Ontario

William Davis, Premier

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TODAY'S HEALTH

Stress can be handled if you learn to relax

by David Woods

Some weeks ago the normally placid U.S. Secretary of State, Henry Kissinger, erupted in an emotional outburst at a press conference in Salzburg, Austria.

According to an Ontario psychiatrist, Kissinger was probably reacting classically to intolerable stress—blowing up.

The textbooks define stress as any condition that makes the body mobilize its resources and burn more than normal energy. This can happen with overwork, prolonged exposure to heat or cold, or severe pain.

One of the world's authorities on stress, Dr. Hans Selye of Montreal, believes that a certain amount of stress is an essential ingredient of life; but unduly prolonged or unnecessary stress is a major contributor to physical disease.

Stress starts out with what the psychiatrists call an alarm reaction — sweating, increased heart rate, insomnia, irrational fears. Then comes a resistance phase in which the individual depletes his emotional resources by trying to endure stress.

So it is a condition that, in a sense, builds on itself. Tranquilizers may help, but they tend to mask the problem rather than cure it.

The real solution, according to a Ministry of Health psychiatrist, is to learn how, when and where to find enjoyable recreation and relaxation.

Stress, he says, is a part of life for all of us; everyone encounters a measure of stress when performing some task like public speaking, taking an exam, keeping an appointment, or wrestling with rush-hour traffic.

Certain types of occupation have stress built into them; professional sport, the armed services, construction, transportation and management are examples. Even having no job at all—in retirement, as well as in periods of unemployment — can also be stressful.

But stress is mainly related to personality; some people are prone to it, some can cope with it better than others.

The stress-prone individual is likely to be perfectionistic, ambitious, worrying, conscientious, a slave to the puritan work ethic. If he's an executive, he's liable to work all hours, to feel indispensable —and be unable to delegate authority.

Such people are unable to let go, to develop meaningful patterns of leisure.

The answer is to take stock once in a while; know your own needs and limitations; develop counterweights to stress such as hobbies, sports, or 'getting away from it all' holidays—even for a long weekend. As the saying goes, all work and no play makes Jack a dull boy. It also makes him a tense one.

And, if you are under stress, don't be afraid to talk it out with someone. Dialogue — with a doctor, a friend, a relative — is a useful part of therapy. It'll help you pin down the unnecessary stresses in your life, and do something to avoid them or get rid of them. Without swallowing drugs, bashing the kids—or holding a press conference.

Hyperventilation Linked To Drownings

Having ust finished a number of sprint laps, an outstanding swimmer took several deep breaths and began swimming underwater. He was soon found motionless in the shallow end of the supervised pool. Autopsy showed blackout following hyperventilation.

The body contains special sensors that detect low levels of oxygen and high levels of carbon dioxide. When these danger levels are sensed, the body is urged to breathe. But the signal can be supressed.

Hyperventilation lowers carbon dioxide tension in the body but doesn't change the oxygen stores greatly.

A swimmer, having enthusiastically hyperventilated, submerges with a reduced carbon dioxide tension. As he swims vigorously under water, his low oxygen stores are used before carbon dioxide tension can rise enough to stimulate an irrespressible urge to breathe.

Deprived of oxygen, the swimmer becomes unconscious, often continues his swimming movements, then starts breathing Unless promptly rescued and resuscitated, he will aspirate water and drown.

But some live. Having breathed deeply for 2 minutes, a 27 year old swimmer attempted to swim 200 feet under water. He reached the end of the pool and surfaced, but remembered nothing after passing a pool ladder 40 feet back. He had lost consciousness at that point.

And some don't live. A young college swimmer was found at the bottom of the pool's deep end. He could not have been there more than a munute. The instructor immediately gave him artificial respiration, followed by mouth to mouth breathing. He was unable to move any air. A machine resusitator revealed the lungs to be full of water. The swimmer had been trying to swim 150 feet underwater.

Hyperventilation can counteract the built-in warning that urge underwater swimmers to survace and breathe. The Ontario Safety League believes that this may well explain many of the deaths by drowning of experienced swimmers. Hyperventilation can also result from vigorous exercise.

Overbreathing before swimming underwater can lead to needless drownings, even in healthy and competent swimmers.

HEAT-RAIN REPORT

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Aylmer Choice Cut

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Aylmer Cut

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Colgate Regular 50ml. Tube

Toothpaste 49¢

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Creamery Butter 93¢

Sungold Pak of 5 Envelopes

Orange Crystals 5/99¢

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Pickles 69¢

Schwartz

White Vinegar

128oz.

85¢

Provigo Pure 64oz. Bottle

Orange Juice 89¢

Jergens Pak of 4 bars

Facial Soap 67¢

Mary Lou 1 lb. Parchment

Margarine lb.46¢

Tender Leaf Orange Pekoe

Tea Bags

Pak of 60

77¢

Kraft 16oz. jar Smooth

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Delsey 2 Roll Pak

Bathroom Tissue 39¢

Del Monte Mini

Puddings

Butterscotch - Chocolate - Peach

Pak of 4 - 5 oz. Zip Top Tins

4/59¢

Head & Shoulders 2.5 g. Tub

Shampoo 87¢

Provigo Chocolate

Cake Mix

19oz.

55¢

Heinz 10oz. Condensed

Tomato Soup 20¢

Provigo 48oz. tin

Orange Juice 49¢

Brimfull 19oz. tin

Beans

With Pork

39¢

Crisco

Cooking Oil

38oz. bottle

$1.79

Habitant 32oz. bottle

Table Syrup 90¢

Libbys 48oz. tin

Tropical Punch 39¢

Windex

20oz. size

2/$1.09

COOL

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Luncheon

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EATS
Fresh Picnic
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ld Meat 39¢
Burns Golden
sh Coil lb. 89¢
urns Alpine 2 lb. Pack
rger 2–lb. $1.59¢
69¢
Meat

Hunters and Naturalists Join In Workshop

If it works, it could be the beginning of the end of what has often been a war between hunters and the so-called "Bird Watchers"

Ontario ministry of natural resources staff at the Gananoque Provincial Wildlife Area will be hosting a two-session experimental workshop Sept. 19 and 22 for hunters and non-hunters who want to learn more about hunting ethics and wildlife management.

Although the province is hosting, most of the instruction will be given by experts from the 200-member Kingston Field Naturalists, the Ontario Federation of Anglers and Hunters, and other local groups.

"I think the extremists in both groups have exaggerated things," said Jack O'Dette an O F A H executive from Kingston. "Essentially we have the same interests. We both want to see wildlife species around -- for different reasons -- but those reasons are not as conflicting as a lot of people on both sides would like to think" he said.

"Naturalists have a lot to teach hunters about appreciating all aspects of a trip into the field. They also are very aware of environmental damage and what can be done about it," said Mr. O'Dette.

Bob Stewart, Kingston Field Naturalists, said the workshop was a chance for a lot of naturalists to come out of the "shell of complaints" and start actively working with hunters.

Naturalists may know a lot about species and life histories, but we have a lot to learn from hunters about habitat and management," he said. "We don't know everything."

Del Benson, a natural resources extension biologist from the Toronto head office, said the idea of hunters and naturalists getting together on common projects is one of the most exciting things to happen in the field for years.

He said the workshop won't be just another chair-bound series of mind-numbing lectures.

Highlights of the two-day session will include a retriever dog display, practical lessons in hunter ethics, give-and-take debate during coffee sessions and group sessions in the 2,000 acre wildlife area.

Participants in groups will get on-site practical explanations of how plant and animal communities work together in not only wetland, farmland and forest land sites but in the transition ones between habitats

"If we can ge people out in the field and have them put their hand on a 30-year old aspen and show them how this makes a difference in the life of a ruffed grouse, they'll enjoy outings just that much more," Mr Benson.

"And when you're learning about wildlife and management" he siad, "the only way that sticks is the 'dirty hands' method.

Participants in the workshop will be limited to 50 hunters and non-hunters.

Application forms may be obtained at the Brockville district office of the ministry of natural resources, 101 Water St., Brockville or the Gananoque Provincial Wildlife Area or by writing or telephoning either office.

Closing date for applications will be September 10, 1974.

PITTSTON

Mr. Archer, a former Presbyterian minister Montreal called on Mrs. P J Moutgomery and other friends.

Mr. and Mrs. Bill Newman and family, Mountreal, spent holiday week-end with Mrs. P. J. Moutgomery, Dale and Addison also Michael Newman, College student of Edmonton Alta.

Mr. and Mrs. Jack Carmicheal, Kemptville, and son Mr. and Mrs. David Carmichael, B.C were callers on Sunday at Mrs. P. J. Moutgomery.

Mrs. Clarence Marlatt called on Miss Annie Tindal and Miss Rosealie, Cardinal, recently.

Mrs. Larry Conlin and family visited Mr. and Mrs. Wallace Anderson Sunday.

Ted and Veto Jakielaszek spent the week-end at their home here.

Pittston U. C. W. held their September meeting at the Church at 8p.m. Mrs. Roddick opened the meeting and Mrs. Robert Sloan gave devotions. "The Day of Small things" Hymn 388 was sung, closing with prayer. Business dealth with. Final plans for fair. Collection taken and dedicated and the word Harvest will answer roll call for October. Mrs. Cecil Warren based study on Stewardship, closing with alphabetic Bible contest, Mrs. Roddick closed meeting with benediction. October meeting will be at Mrs. Robert Sloans.

On Friday evening, September 6th, friends and neighbours gathered at Mr. and Mrs. Robert Sloan's to honour newly weds, Mr. and Mrs. Ron Sloan. Program consisted of readings, humorous monolgue and an oral game. A piano solo by Heather Montgomery. Two numbers were also sang by Carol and Heather entitled "Give A Little Kindness, and Sinking Of The Ship Titanic" accompanied by guitar by Carol. These were given a big applause. Their chairman Reg Couners called on Mrs. Willis Moutgomery who read address to the couple and were presnted with a shag lamp, stainless steel cutlery and footstool. After singing Jolly good fellows, Ron replied with Thanks, a delicious lunch bringing the evening to a close with the social hour.

AS SOON as you return from holidays -- broke -- is time to sell something you don't need - for extra cash. Call in a Classified advt.

CALENDAR OF EVENTS

Badminton

Badminton season opening again. Starting the middle or latter October. Please join as soon as possible so badminton birds can be purchased and gym rental fee can be paid. Iroquois Club welcomes students and adults. For further information contact Jeff Beaupre 652-4985 or store Beaupre Jewellers 652-4340.

12-3-c

Died

From Page 1

from Fitzsimmons Funeral Home to St. John's Anglican Church, Tuesday, September 3rd at 2:30 p.m., Rev. F. Gooch officiating.

Iroquois Lions Club members formed a guard of honour at the church.

Pall bearers were: Allen Armstrong, Ed. Casentree, A.A. Fraser, M.D. Fetterly, Cecil Abrams, Frank Rooney.

Left to mourn in addition to his wife Dorothy, are Martin and Robin Greaves, Perth; Terry and Robert Havemeyer, Stamford, Conn.; Meg and Chris Piper, London, Ont; a niece, Mrs. Robert Anderson, Lancaster, Penna.; a nephew, Oscar Laurie, Chatham, N.J. and ten grandchildren.

Area man winner of trip

Wilburn Robinson, well known resident of the Chesterville area, awakened to a pleasant surprise on Thursday morning, when he was advised by telephone that he was the winner of a 10-day vacation for two in Hawaii. Mr. Robinson won his prize in a draw sponsored by Morrisburg Temple Board, and his ticket was drawn on Wednesday night by Morrisburg Reeve Earl Baker. Seller's prize of $200.00 went to William Disotell Sr.

Personals

I wish to thank all the friends and neighbors for the many kindnesses and help given to my sister Margaret in her recent illness.

Also the nurses and doctors at the Ottawa Hospital and at the Winchester District Memorial Hospital.

J. Webster Kaine and Family
Heuvelton, N. Y. R.D.I.
12-1-p



WINCHESTER THEATRE

Shows Start at 7:30

Thurs., Fri., Sat. Sept. 12, 13, 14
"DAISY MILLER"

This picture is very new and made to order for those who would like a great show as they used to be.

Cybill Shepherd is terrific as Daisy The music such as "I Wandered One Day to the Hill Maggie" is a delight.

Mon. Tues. Wed. Sept. 16, 17, 18
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2nd - Michael Kane - Yamaha - Nedrow, New York U. S. A.
C Stock -
1st - Laurent Gingras - Mercury - Iberville, Quebec.
2nd - Jime Primrose - Moto Ski - Iroquois, Ontario.
D Stock -
1st - Gilles Tetrault - Ski Doo - Iberville, Quebec
2nd - Laurent Gingras - Mercury - Iberville, Quebec.
E Stock
1st - Gilles Tetrault - Ski Doo - Iberville, Quebec.
2nd - Willy Craven - Ski Doo - North Gower, Ontario.

A Modified -
1st - Steve Farr - Chaparral - Syracuse, New York
2nd - Edward Henry - Yamaha - Tully, New York.
B Modified -
1st - Steve Farr - Chaparral - Syracuse, New York.
2nd - Ross Fedorki - Ski-Doo - Prescott, Ontario.
C Modified -
1st - Marcel Lamothe - Alouette - Longeuil, Quebec
2nd Stan Shead - Alouette - Streetsville, Ontario.
D Modified - Sponsored by Molsons Breweries
1st - Marcel Lamothe - Alouette - Longevil, Quebec.
2nd - Michael Gray Jr. - SnoJet - Clay New York.

E Modified - Sponsored by Gates Belts and Lakeland Auto Parts.
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2nd - Nelson Machemer - Arctic Cat - Constantia, N.Y.

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Knox P.Y.P.S. Opening Meeting

The first meeting of the Knox P.Y.P.S for the Fall season was held in the church-hall on Monday evening, September 9th, at which time the President Joan Ladouceur, welcomed twelve new members, and gave leadership in the opening act of worship. The spirit song "To God be the Glory" was sung, followed by a "round" of readings from the Scriptures, and leadership in prayer by Melvin Yee. The offering was received and dedicated by group prayer.

Mrs. Lorraine Norton and Melvin Yee conducted the study for the evening on "The Personhood of Jesus Christ"(Who is he?) and in relationship to the question "Who are you?" Problem solving groups were formed to relate existing problems in the world today to the ministry of the Christ, and a report-back was given by the Minister, the Rev. John Hibbs, and Miss Rose Marie Lavallie, on behalf of the groups. The spirit song, "Called to Walk in the Way" concluded the study portion of the meeting.

Roll Call was answered by 22 members, and the minutes of the June meeting were read and duly adopted. Gwen Smollett gave the treasurer's report showing a successful summer season and a brief report was given on the first Apple Jelly sales, with over 80 bottles of jelly being made this year from the church-alcove tree. John Dewit, Norman Ladouceur, and Joan Ladouceur were appointed to sell jelly on the next occasion.

A discussion on a Fall Outing resolved a trip to Quebec City in the latter part of October, with arrangemnts and plans being worked-out by the Executive and Mary Lyn Waddell, to report on at the October meeting of the P.Y.P.S. The sale of 1975 Church Calendars, marking the 100 Anniversary of the Presbyterian Church in Canada, was discussed, and the young people will again handle this project for the congregation.

There being no further business before the group, an enjoyable time was held in the lower church-hall playing ping-pong, billiards, and darts, followed by a refreshment time, served by the appointed members. The meeting closed with the Mizpah Benediction.

Ladies Aid

Knox Ladies Aid held their monthly meeting on Monday September 9, at 2 p.m. at the home of Miss McGowan's.

The President opened the meeting with hymn 270 followed by prayer. The Scripture lesson second psalm was read in union. The minutes of June meeting was read by Mrs. H. B. Bradley and approved. Roll Call ensued and all correspondence dealt with. The next meeting to be held in the Church Hall on Monday October 7th instead of 14th which is Thanksgiving Day. The Treasurer's Report given by Mrs. J. B Fenton.

The Sunshine Bags to be collected and brought in at the November meeting. A number of items of business were discussed. The meeting closed with Hymn 109 and Lords Prayer in union.

PLEASANT VALLEY

Mr. and Mrs. Preston Gilmer and boys and Hilliard Gilmer recently returned from camping in the Bay of Quinte district.

Mr. and Mrs. Rae Merkley and Mr. and Mrs. David Gilmer attended the parade at Cardinal on Monday.

Messrs. Isaac McShane and John Beuley have returned from a trip to the East Coast.

Mr. and Mrs. Chester Gilmer visited Hilliard Gilmer on Tuesday evening.

Sympathy is extended to Mrs. Carl Grant in her recent bereavement.

Died

From Page 1

and a elder and helped in any way that she could.

The funeral was held in her own Church, with Rev. Brian Gee conducting and the choir augmented by members of Cardinal United Church Choir. Mrs. Florence English sang at Margaret's request "Beyond The Sunset" and the closing hymn "Breath On Me Breathe Of God" was also of her choice.

The pall-bearers were Ambert Brown, Clarence Curter, Don Hare, Mack Fetterly, Harry Gilmour, John Wylie.

The largely attended service and the many memorials to her memory attested to the esteem in which she was held.



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MINOR HOCKEY REGISTRATION

Registration for the 1974-75 season of Iroquois Minor Hockey Association will be held SAT, SEPT. 14 and SAT., SEPT. 21 from 9 a.m. until noon.

This is open to all ages up to and including Midget, with a special appeal to the very young, the younger they start, the younger they'll learn. It is open to any boy living in Matilda Twp.

The fee is unchanged from last year
$7.00 for the first child—$3.00 for each additional child

Please register on these dates as it will enable the coaches to have all teams picked and ready to go at the first of the season. Any late registrations will be subjected to an extra cost.
12-2c

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

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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

SUNDAY SERVICES

IN THE CHURCHES

IROQUOIS AND MATILDA

CHRISTIAN REFORMED CHURCH

Rev. John Depater, Minister

9:30 a.m. — Galations 6 — Verses 1 and 2 — Theme: Bearing each other's burden

10:30 a.m. — Sunday School

8 p.m. — Belgic confession— Articles 14, 16, 16, 17 — Theme Man: Created, fallen and found. Come and Worship The Lord With Us

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Anglican Church of Canada Parish of Iroquois and Morrisburg

Rev. Francis N. Gooch, B.A.
Telephone 543-2867

September 15th - Trinity 14

ST. JOHN'S - IROQUOIS

11 a.m. Morning Prayer

Other Services

St. James' 8 and 11 a.m.
Holy Trinity 9:30 a.m.

IROQUOIS PASTORAL CHARGE UNITED CHURCH OF CANADA

Rev. W. Brian Gee, B.A., B.D., ThM.

Organist: Mrs. George Fowler

Worship at 11 a.m.

Sunday School starts this Sunday Sept. 15, in the same manner as last season.

THE PRESBYTERIAN CHURCH IN CANADA

KNOX CHURCH, IROQUOIS

The Rev. John J. Hibbs, B.A., B.D., M.Th., Pastor
Mrs. M. Casselman, Organist

MINISTRY OF WORSHIP, EDUCATION AND OUTREACH
Midweek Youth-Adult Program

SUNDAY

Church School ..... 9:45 a.m.
(Kindergarten thro. Grade 12)
Worship Service ..... 11 a.m.
(Adult Nursery Supervision for Children 4 years and under)
VISITORS AND NEW CHURCH FAMILIES WELCOME!

ST. ANDREW'S CHURCH
South Mountain
Mrs. Arnold Shaver, Organist

SUNDAY

9:30 a.m. ..... Service of Worship
(Adult Bible Class Following)
YOU ARE MOST WELCOME!

UNITED CHURCH OF CANADA
Matilda Pastoral Charge
Rev. L.D. Joyce, M.A., Ph.D., Th.D

9:45 ..... BRINSTON
11:00 A.M. ..... HANESVILLE
8:00 P.M. ..... HULBERT

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

Saturday ..... 7:30 p.m.
Sunday ..... 8 a.m. & 11 a.m.
Confessions: Thursday 8-9 p.m.

ST. CECILIA'S CHURCH

Sunday ..... 9:30 a.m.
Confessions: Thursday, 7-7:45 p.m

Lawn Bowling Ends For Another Year

Rolling Bowls on a beautiful carpet of green grass has been at its peak during the past few weeks, but soon we will be retiring the sport for another year, as the season is all too rapidly drawing to a close.

On Saturday August 24th, A. Brown and Bill Fulton were successful in taking the one game high in a Mens Tournament in Cornwall.

August 31, a local tournament with twenty-eight ladies from district 16 participating wound up with Claire McRae (Skip) and Dorothy Howitt of Brickville winning the trophy (41 points) Second game winner was Elva Watt and partner from Perth. Vi Milne of Kemptville skipped her team to a one game high prize. This was the first ladies tournament held in Iroquois since 1971.

The weatherman was most co-operative in giving the area a much needed rainfall, then clearing beautifully on Wed. September 4th permitting the Iroquois Club to host a mixed doubles, Tournament on the local green. It is always more enjoyable to win games away from home, but this tournament finished with two local teams taking top honours. Ambert and Nelda Brown with Jane Graham playing one game were the Iroquois Post. Trophy winners followed closely just four points back were Ross Jamieson and Donelda Banford, second three game winner.

The two game high was won by Orville C'ements and his wife Doris from Almonte.

One game winner was a Smiths Falls team Doug and Doris Pardoe of Brockville.

During the afternoon it was a real pleasure to have Ma Keeler drop over to the green and meet many of her bowling friends. Eric Casselman and his wife of Chesterville also made a call. We were all very sorry that due to illness Eric had to withdraw his entry earlier in the week.

On Saturday a ladies rink went over to Brickville taking part in a Triples competition. Gwen, Jane and Nelda had a good day but no trophies or prizes come home. Sorry ladies, better luck next time.

The local club each year compete in a trophies, mixed tournament for the Keeler Trophy, one of the highlights jof theyear. Two games were played on Sunday afternoon, and once again Ma Keeler came over to enjoy some keen competition in a sport she herself enjoyed for many years, and is still very much interested. Nice to have you Ma.

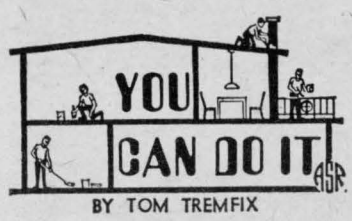
Between the second and third game a most, delicious pot luck supper was enjoyed by all. Following the completion of the third game, everyone gathered in the club house for coffee, while the scores were tallied.

The Keeler Trophy winner was Theresa Cougler, Nelda Brown and Frank Bates(skip) 36 points.

Two game winner was Jane Graham, Lloyd Ashenhurst, John Haldane (skip) 44 points.

The high one game winner, Brenda Loucks, Nelda Gilmer, Ambert Brown (skip) 35 points.

On Sunday September 22, there will be competition for a new Trophy given in memory of Helen Davidson has had her Fathers Bowles beautifully mounted on a wood base and presented them to the club for annual competition. We are sure to have keen interest in this Memorial Trophy. Mixed doubles will be the draw.



BY TOM TREMFIX

Question: We plan to make part of our basement into a recreation area. Is there a paint that will provide a tough, durable surface for the floor?

Answer: Yes, there is. Try Tremco Colortread concrete paint, a rubber-base paint that seals out moisture and dampness and provides a tough, long-lasting finish. It will not only beautify your floor but stop musty odors and concrete dusting as well.

Colortread will usually cover in one coat and dries in about 2 hours to a tough, high-gloss finish that is easy to clean and has the durability and toughness to withstand floor traffic.

Just make sure that the concrete surface is as clean, dry, and dust-free as possible before applying the paint. Should you decide to tile the floor later on, you can tile directly over the Colortread with no special preparation.

Colortread is easily applied with brush, spray, or roller and is available in five decorative colours: red, light gray, silver grey, light green, and sand. One Imperial gallon will cover approximately 400 square feet.

For more free information on concrete paints write to Tom Tremfix, TREMCO, Toronto, Ontario M4H 1G7.

PITTSTON

Mr. Wilkins, Brockville visited with Mr. and Mrs. Willis Moutgomery, Carol and Heather.

Miss Dianne Dean has resummed teaching for another year at Edwardsburg School, Shanly.

Mrs. Hilda Wilson, Earl Marlatt visited Sunday afternoon with Mr. and Mrs. Clarence Marlatt.

Stacey Sloan, Brockville, spent the weekend with his grandparents, Mr. and Mrs. Robert Sloan.

Mr. and Mrs. Larry Sloan visited the Ex. also called on latter's uncle. Harry Anderson Vernon.

School started Tuesday, for some, it was their first.

Mr. and Mrs. Morris Hendrik and family attended their Son's wedding and reception at Russell Ont. on Saturday. Andrew Hendrick also attended.

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The Iroquois Post

652-4806 IROQUOIS, ONTARIO

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MORRISBURG
PHONE 543-2271

SERVING DUNDAS COUNTY SOUTH
GORDON FAIRBAIRN, President
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tfc

LISTINGS WANTED

Residential and Farm Properties are in great demand in Dundas County, and we have ready buyers looking for a property to suit their needs. Give us a call today for prompt, efficient service.

Small acreages with or without buildings are especially being sought.

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REAL ESTATE BROKERS

WINCHESTER, ONTARIO — PHONE 774 2106

KEN KIRKBY

IROQUOIS: 652-4806 — 652-4395

45-4c

KNOX PRESBYTERIAN CHURCH
"Christian Education Program 1974-1975"

(A religious education program for youth, relating to home, school and community)

COMMUNITY

SCHOOL HOME CHURCH

MIDWEEK

(Graded inter-related program in personal growth and social responsibility, including creative projects, fellowship and outings)

Children of the Church (6-8 co-ed — 3:45 p.m.
(last Wed. of mos.)
Explorers (9-11 co-ed) — 7:30 p.m.
(1st and 3rd Wed. of mos.)
Junior Choir (9-13 co-ed) — 3:45 p.m.
(every Wed.)
Explorer Jets (12-13 co-ed) — 7:30 p.m.
(2nd and 4th Wed. of mos.)
P.Y.P.S. (teens co-ed) — 7:30 p.m.
(1st Mon. of mos.)
Senior Choir (14 and up co-ed) — 7:00 p.m.
(every Thurs.)

SUNDAY

Church School (Kindergarten 4-5 to Grade 12 co-ed)
9:45 - 10:45 a.m.
(Graded team-teaching, creative work, take-home biblical studies)

THEME OF STUDIES — "Discovering, Caring, Creating"
(The Church in the World)
Worship Service — 11 a.m. — The Family Together
(Nursery — up to 4 yrs. — Adult Supervision)

— — —

REGISTRATIONS:—Church School — Sun., Sept. 15, 9:45 a.m.
—Mid-Week Groups—Per Days and Times.

— WELCOME —

11-2c

New Waterfowl Management Agreement

A cooperative agreement for the management of waterfowl for interpretation, viewing and hunting with the St. Lawrence Parks Commission, Ontario Hydro and the Ontario Ministry of Natural Resources has been reached and is now in effect.

Planning is being undertaken for a total Waterfowl Management Programme within the Lake St. Lawrence Wildfowl Extension Landowner Agreement Area. The Eastern extremity of this area is County Road #15 and the western boundary, County Road #8 on the south, the International Border on the north, Highway 2.

Under this Agreement, the new Regulations will apply for the 1974 wildfowl hunting season All hunting will be "offshore" with the Upper Canada Migratory Bird Sanctuary totally restricted.

A designated hunting point system will be implemented. Within the area, related to the Agreement, there will be 6 vehicle parking areas and each parking area will have parking space numbers. The number of the vehicle parking space will correspond to the number on a stake indentifying the particular hunting point. All hunting points will be available on a first come first serve basis.

A pattern of signs will direct hunters to each of the designated parking lots and from there to each hunting point.

Boats will be necessary to reach most of the hunting points. While there will be no charge for hunting, the normal vehicle Parks entrance fee will apply until October 15.

Wildfowl hunters may obtain further information from the Ministry of Natural Resources, Cornwall, telephone 933-1774 and from the St. Lawrence Parks Commission, Morrisburg, telephone 543-2951.

Controlled Wildfowl Hunting, as part of the overall Management Programme, will insure the continuance of hunting in this area for the future.

W.C. MacDonald & Associates
REAL ESTATE LIMITED

REAL ESTATE BROKERS *WINCHESTER, ONTARIO*



THIS HOME IN CARDINAL is located on No. 2 Highway facing canal. Downstairs has two bedrooms, living room, kitchen and bath. Separate outside entrance for upstairs with one bedroom, sitting room, kitchen and bath. Asking $27,000. Give us an offer. This is a well built home.

FINE COUNTRY STONE HOME near Brinston. This home is situated beside a creek, five acres of land, well treed lot. 3 bedrooms, large kitchen, double living room, den, one and one-half baths, large summer kitchen, attached garage. Stone has been recently repointed. Asking $37,000.

CLIENTS LOOKING FOR rural properties and village properties within ten miles of Iroquois. Client also requires small property in South Mountain-Hallville area. Doesn't mind if property needs some work but house must be basically sound. For ACTION on your property give us a call.

NEW LISTING. An excellent Men's and Ladies' Wear Country business on Highway 31. This business is one of the best of its kind in the area, drawing clientel from a large area and expanding yearly. Only those sincere in wanting to go into business need apply for an appointment to see the property. $100,000 will give you the stock, a home to live in, the business premises and plenty of land for expansion.

COUNTRY HOME with three bedrooms, living room, dining room, modern spacious kitchen, 4-pc. bath upstairs, powder room downstairs, summer kitchen, excellent basement. Eight miles north of Iroquois on paved road.

RENTAL INCOME makes this property interesting. Two apartment building in Brinston, side drive and good back lot. Priced to sell at $15,000. Owner will take back mortgage for half at 10%. Give us an offer.

SMALL FARMS wanted within easy distance of 401 highway, and small acreages with or without buildings that have severance completed.

KEN KIRKBY

Sales Representative

IROQUOIS - Ph. 652-4395

Days - Night - Weekend



Marsh World

Ducks Unlimited (Canada)

A TIME TO GROW — One of several phenomena which helps to explain the northward migration of birds is the greater daylength in the northern hemisphere during the summer. While the length of the season is shorter in the north than near the equator, the longer days provide additional time for feeding, thereby promoting rapid development of the young.

140 - '74

Bridge Winners

Ladies:
Mary Fletcher
Mae Waddell

Gents:
John Dixon
Bill Campbell

Smile!

Cheerful people, the doctors say, resist disease better than glum ones. In other words, the surly bird catches the germ.

CONSEIL D'EDUCATION DES COMTES DE

STORMONT, DUNDAS & GLENGARRY

COUNTY BOARD OF EDUCATION

EXECUTIVE ASSISTANT TO THE DIRECTOR OF EDUCATION

Applications are invited for the position of Executive Assistant to the Director of Education & Secretary of the Stormont, Dundas and Glengarry County Board of Education.

THE POSITION

This opening is to replace an employee who is retiring on pension. The Executive Assistant relieves some of the administrative detail from the office of the Director & Secretary of the Board.

This person must have the ability to work on a sustained basis without supervision; the ability to earn and hold the confidence of trustees, administration, school personnel and the media.

Specially, the duties of the Executive Assistant are to be found under three general areas:

1. Administration
11. Trustee Assistance and Liaison
111. Communications.

APPLICANT

The successful candidate should be familiar with and have worked in the Public Relations field. Experience in the field of education would be an asset but not necessary.

THE SALARY

The salary will be commensurate with qualifications and experience. Reply in confidence, including personal data, a complete resume of experience and references by September 25, 1974, to:

T.R. Leger,
Director of Education
&
The Stormont, Dundas & Glengarry
County Board of Education,
305 Baldwin Avenue,
Cornwall, Ontario K6H 5S6
Tel: (613) 933-6990

K. Fraser Campbell,
Chairman of the Board

12-1c

Advertise the Action Way! The Want Ad Way!

CALENDAR OF EVENTS

Iroquois Golf Club will hold a Dance at the Civic Centre on September 21st. 9pm - 1am. Music by Country Cousins. Refreshments. Tickets available from Directors. $3.00 per couple. 11-3-c

Bottle Drive

Iroquois Girl's Midget Baseball team will hold a bottle drive on Saturday September 14 beginning at 10 p.m.

Please donate your bottles, the money will go towards equipment and uniforms for next year's team. Thank you for your co-operation.

Iroquois W. I.

Iroquois Women's Institute will hold their meeting on Thursday September 19th 1974 at 8 p.m. in the Civic Centre.

Mr. G. Patrick of Cornwall, district administrator for the C.N.I.B. will be present to up-date us on the new and continuing services of the C.N.I.B.

Anyone interested in these services would you please try to attend. Everyone Welcome!

12-2-c

Bring the family to the Snowmobile Grass Drags at the new Winchester Air Park, Highway 31, 3 miles south of Winchester, Sunday September 22. Registration till noon. Races start at 1.00 p.m.

Admission -
Adults $2.00
Students $1.00
Children under 12 free

12-2-c

Your personal news are always welcome at The Iroquois Post.

HANESVILLE

Visitors on Saturday at his cottage on Graham Lake of Mr. Johnson Fader were his mother Mrs. Maud Fader, Mr. and Mrs. Frank Cutter and family of Iroquois, Mr. and Mrs. A. Hanes and children of Brockville, for the day and spending the past week, were his daughter Mrs. Dwain Fawcett and children and Mrs. Brian Webb and children of Hamilton. Dwain and Brian W. joined the family and spent the weekend returning to their home in Hamilton on Sunday.

A miscellanous shower was held at the home of Mr. and Mrs. Gary Lewis of Brinston in honour of the recent marriage of Mr. and Mrs. Jack Fawcett of Hanesville. They are going to reside on the road north of Brinston.

Deepest sympathy is extended to the bereaved families of the late Russell Beggs of South Mountain who passed away in the Winchester Hospital last week.

We are glad to report Miss Sharon Cork has excepted a position in the Kingston General Hospital as a registered nurse. Good Luck Sharon!

Legion Branch 370
LADIES NIGHT
Sat. Sept. 14
Legion Hall
Music Supplied by Rythm Incorporates
Couples Only

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Williamsburg, Ontario
Phone 535-2683

INVITATION TO TENDER

WINCHESTER DISTRICT MEMORIAL HOSPITAL
WINCHESTER, ONTARIO

SEALED TENDERS, clearly marked as to contents, are invited for the following commodities and services. Quantities stated are average (estimated) consumptions and they may vary and are dependent upon percentage occupancy rates incurred during the year.

(a) BUNKER OIL, No. 6, 100,000 gallons (size of tanks: 10,000 gallons).

(b) FIRST QUALITY BREAD, 24 oz. loaf, white or brown, sliced and wrapped, regular and saltless, 8,000 loaves.
Other baking products, rolls, etc. as required.

(c) MILK, pasteurized and homogenized, 12,000 quarts in cartons, plus 10,000 quarts in bulk for use in Arnett dispensers and skim milk 1,500 quarts.

(consideration of this part of the tender will be based on total cost of the individual items in section "c" and on the basis of a 5-day delivery schedule.)

Period of supply for the above commodities will be for 12 months from January 1, 1975, and all bids are to be based on delivery at the hospital.

(d) SNOWPLOWING — hourly rates only should be quoted. Further details as to the scope of the work involved, insurance requirements, etc. may be obtained from the undersigned at the hospital.

CLOSING DATE FOR TENDERS WILL BE FOUR P.M. FRIDAY, SEPTEMBER 20, 1974.

LOWEST OR ANY BID NOT NECESSARILY ACCEPTED.

The Administrator,
Winchester District Memorial Hospital,
Winchester, Ontario

12-2c

Public Works Canada / Travaux publics Canada

INVITATION TO TENDER

SEALED TENDERS for the projects or services listed below, addressed to the Regional Manager, Finance and Administration, Capital Region, Department of Public Works, Room 108, 66 Slater Street, Ottawa, Ontario, K1P 5H1 and endorsed with the Project Name and Number, will be received until 3:00 P.M. on the specified closing date. Tender documents can be obtained through the plan Distribution Office, Room 110, 66 Slater Street, Ottawa, Ontario, K1P 5H1 on payment of the applicable deposit.

SERVICES

Caretaking and Interior Cleaning Services, Post Office Spencerville, Ontario

Tender documents are also available from the Postmaster, Post Office Building, Spencerville, Ontario.

Closing Date: Thursday, September 26, 1974.

Deposit: NIL

INSTRUCTIONS

Deposit for plans and specifications must be made in the form of a certified cheque, drawn on a bank to which the Bank Act or the Quebec Savings Bank Act applies, payable to the Receiver General of Canada and will be released on return of the documents in good condition within one month from the date of tender opening.

To be considered, each tender must be submitted on the forms supplied by the Department and must be accompanied by the security specified on the tender documents.

The lowest or any tender not necessarily accepted.

J.J. Carette
Regional Manager,
Finance and Administration,
Capital Region.

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education
invites applications for the position of
OCCASIONAL TEACHERS
in the
FRENCH PROGRAM AT THE ELEMENTARY LEVEL
—Kindergarten - French Intensive
—Grade 1 - 40 minute programe
—Grades 3 to 8 - 20 minute programme
Applicants should specify:
(a) their area of interest, in order of priority (see above)
(b) the geographical areas they can or are willing to serve; and
(c) availability of a car.
Written applications will be received by:
J.J. Comtois,
Superintendent of Education
305 Baldwin Avenue,
Cornwall, Ont. K6H 5S6
Tel: (613) 933-6990
K. Fraser Campbell,
Chairman of the board.
T. Rosaire Léger,
Director of Education.

12-1c

Conseil d'Education des Comtes de Stormont, Dundas & Glengarry County Board of Education
requires
MUSIC TEACHER
for
VISCOUNT ALEXANDER PUBLIC SCHOOL
and
WEST FRONT PUBLIC SCHOOL
(This is a 3/5ths time position)
Applications will be received by:
Mrs. Eleanor Marshall,
808 Tollgate Road,
Cornwall, Ont. K6H 5R6
K. Fraser Campbell,
Chairman of the Board
T. Rosaire Léger,
Director of Education.

1c

ELIMINATE HAZARDS
ERRORS cause ACCIDENTS

IROQUOIS
MEALS ON WHEELS
A COMMUNITY SERVICE PROGRAM
FOR
SENIOR CITIZENS, DISABLED AND POST-OPERATIVE PERSONS

(If you require a daily hot noon-hour meal in your home, and are on a regular or a sugar-salt free diet, call the number listed below for particulars)

652-2141
(Between 5-7 p.m.)

10-4c

Ontario — Ministry of Transportation and Communications

NOTICE TO CONTRACTORS

Contract for - Application of Asphalt Roofing Shingles

Contract No. 9-74-113 To install asphalt shingles as per Ministry of Transportation & Communications' specifications and plans at the following locations:

1—Ministry Patrol Yard Morrisburg - 1 mile north of Hwy. 401 on Hwy. 31

2—Ministry Patrol Yard Lancaster - west of Hwy. 34 Village of Lancaster.

SEALED TENDERS on forms supplied by the Ministry will be received by the District Engineer, Ministry of Transportation and Communications, 530 Tremblay Road, Ottawa, Ontario, until 12 o'clock noon local time Wednesday, September 25, 1974. On the same day the Tenders will be publicly opened and read at the District Office, 530 Tremblay Rd., commencing at 1:30 p.m. local time. Specifications, Tender Forms and Envelopes may be obtained in person or by mail from the District Office at the above address.

The lowest or any tender not necessarily accepted.

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FOR SALE

QUALITY BEEF by the side 79c Lb. Ready for Freezer. 652-4104 11-4p

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

FOR your Sporting Goods needs visit Charlie's Sport Shop —— Bikes, Baseball, Hockey, Fishing, Camping, Tennis, Golf, Clubs, Jackets, Sweaters. All year. Morrisburg, Ont. 543-2137 41-6m

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

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

FOR SALE — Quality Heifer & Steer Beef by the side lb. 74c. 652-4795 12-2p

FOR SALE — In Morrisburg on Lakeshore Drive. Double House 42-44. Each side has living room, dining room, kitchen, den, 4 bedrooms, bathroom and full basement. For information contact:— Dalton Smith, Box 192, Morrisburg. Phone 543-2510 12-2c

FOR SALE — 1974 Duster 318 8 cyl. Red with white interior. Bucket seats and console. Very low mileage. 652-4707 12-3p

FOR SALE — Tomatoes—Pick your own at $1.00 for 11 qt. basket or $3.00 per bu. DENTZ FRUIT FARM 12-1c

SEPTEMBER 20 PERCENT SALE
Ball Gloves by Cooper and Spalding, Greb Golf Shoes, Fishing Tackle, Bauer and Addidas Ball Spikes, Soccer Shoes.
ALL 20 PERCENT OFF
Winchester Sporting Goods

1965 Rabler Classic $200.00 or best offer—As Is. Phone 652-4748. 12-1c

FOR SALE — Tomatoes, carrots, sweet corn, grade 1 top soil, hand hewn square beams, etc. H. Byker, Brinston, 652-4722 12-2p

YEARLY heifer left at my premises. Owner may have same by proving ownership and paying expenses. Lorne Henderson, Brinston Phone 652-4245 12-3c

Winchester Hospital Births

August 27/74 Mr. and Mrs. Donald Campbell, Winchester, Ontario. A Daughter

August 28/74 Mr. and Mrs. David Verstrepan, Ottawa, Ontario. A Son

August 29/74 Mr. and Mrs. William Dame, Finch, Ontario A Son

August 30/74 Mr. and Mrs. Lynne Brydges, Winchester, Ontario. A Son

August 31/74 Mr. and Mrs. Steven Knapp, Winchester, Ontario. A Daughter

September 2/74 Mr. and Mrs. Robert Clark, Winchester, Ontario. A Daughter

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

NEW LISTING: Historic stone home facing St. Lawrence River, 4 bedrooms, bath, 30x40 living room, picturesque dining room, 2 fireplaces, situated on 25 acres with 300 feet along highway 2. Large extension on home could be salvaged for four more rooms and garage. House built in 1780 reflects elegant living.

$$$$ TO BE MADE with this 40 acres of gravel and bush, with close to 700 feet frontage on paved road, 3 miles from Iroquois. Side road along boundary of property adds to value of this property.

25 TO 35 ACRES OF BUSH on paved county road, close to Iroquois. Several good building lots. Make an offer.

2 MILES TO SHOPPING PLAZA in Iroquois, some acres and a partly fin[SOLD]terized cottage. Ele[SOLD]eating, well and septic tank. Asking $12,-000.

3 BEDROOM BRICK HOME is worth the entire price asked for this property which includes a good sized barn, double garage, 50 acres of land and over 40 producing apple trees. Asking $31,000. Terms.

IN CARDINAL. A fine retirement stone block home, well-kept property. Now has apartment upstairs but could be changed back to 3 bedrooms, livingroom, dining, kitchen, 2 baths. Will take offers.

CLIENT requires good property on Elizabeth Dr. in Iroquois. Occupancy need not be rushed. Likes river view.

Sales Representative
KEN KIRKBY
Iroquois 652-4806; res. 652-4395

WANTED

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

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.

BODY Repair man with collision experience preferred. Top wages. Apply Rene's Body Shop, Morrisburg. Call 543-3163 1212c

Excellent earning opportunity for you. Work mornings or afternoons at your convenience in your own neighbourhood showing world famous Rawleigh products. Inquire now. Write Box 400, Iroquois, Ontario. 11-2p

WILL do babysitting in my home Monday through Friday, by the day and by the hour 652-4573 11-2p

WANTED — A good home for an eight week old male beagle. Call 652-4822 1p

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FALL SHOES NOW ARRIVING
Work Boots — Steel Toes — Safety Sole
WET WEATHER FOOTWEAR
SHOES YOU CAN DEPEND ON"
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REAL ESTATE BROKER
P. O. Box 280 - 286 King St. W.
Prescott, Ont.
Tel. 925-2889 - AC 613

Owners are leaving the country—anxious to sell — This spacious four bedroom home is of solid brick and offers large kitchen with abundance of modern cupboards and small walk-in pantry. Dining room has built-in china cabinet with wall space for large dining room suite. Family-room off kitchen has access to enclosed lawn or garden area. Oversized two car garage and paved drive add to the value. Your offer will be considered. Please call.

Three bedroom bungalow, stucco and masonary construction 31' x 40' with access to river located on Highway No. 2 west of Cardinal. Property is in excellent condition and was built new by owner in 1959. Beautiful view of the river. Living-room 16'x24', kitchen 12' x 16'. Hot water heating. Asking price $39,000. All reasonable offers will be considered.

BUSINESS opportunity in Iroquois. Ladies wear, modern building in shopping plaza, good clean stock. Please call for further details.

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

CARDINAL FIGURE SKATING CLUB

Cardinal Figure Skating Club election for 74-75 season, Thursday, September 12, 8 p.m. Community Center. All adults welcome. Unless parents take more active part, the club will have to discontinue. 1p

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

SOUTH MOUNTAIN — 3 bedroom frame home requires some work yet well worthe the asking price, new 4 pc. bathroom, new O.H.A. furnace, sunroom, garage, excellent well. Taxes $116. Asking $16,500.

TWP. WINCHESTER — Approx. 50 acres, 30 workland — excellent young cattle or hobby farm, 3 bedroom, very attractive, well kept, home in excellent condition, O.F.A. heating, carpeted throughout. Attached two car garage.

IROQUOIS AREA — One year old 3" pine chalet home on large lot with a dandy well, 4 bedrooms, 4 pc. bathroom. OHA furnace, taxes $138.

MORRISBURG AREA — On 100' x 137' lot a 10' x 50' Cranbrook mobile home with insulated family room 12' x 24' and enclosed porch 12' x 26' drilled well and pressure system, T.V. aerial, furniture, fridge, stove, etc. Asking $16,000.

GARAGE — 150' x 160' lot, good drainage, 40' x 60' concrete block building, straight and structuraly sound with good concrete floor, large overhead storage, automative stock, 2 portable floor jacks, assorted mechanics tools and equipment, air compressor. Drilled well.

SALESMEN

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

FOR RENT

FOR RENT — 6 room Apt. bath, water, tile floors. Immediate possession in Brinston. 5 room apt. gas heated. Phone 652-4710 12-2p

APARTMENT for rent — Suitable for couple, Hot water heated. All modern services. Garage. Immediate possession. Along Highway 2, between Iroquois and Cardinal— Tel. Long Sault 534-2621 after 7 p.m. 9-tfc

FOR RENT — 2 bedroom — wall to wall carpeting in living room. All modern conveniences —Stove and fridge supplied.— 652-4533 12-1c

FOR RENT — Available October 1st, 2 bedroom upstairs apartment — Heated and hot water supplied. Call 652-2134 1p

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SAVE $8.99 Get an additional 144 day supply when you purchase the 288 tablet bottle for just **$14.99**

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