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The Morrisburg Leader

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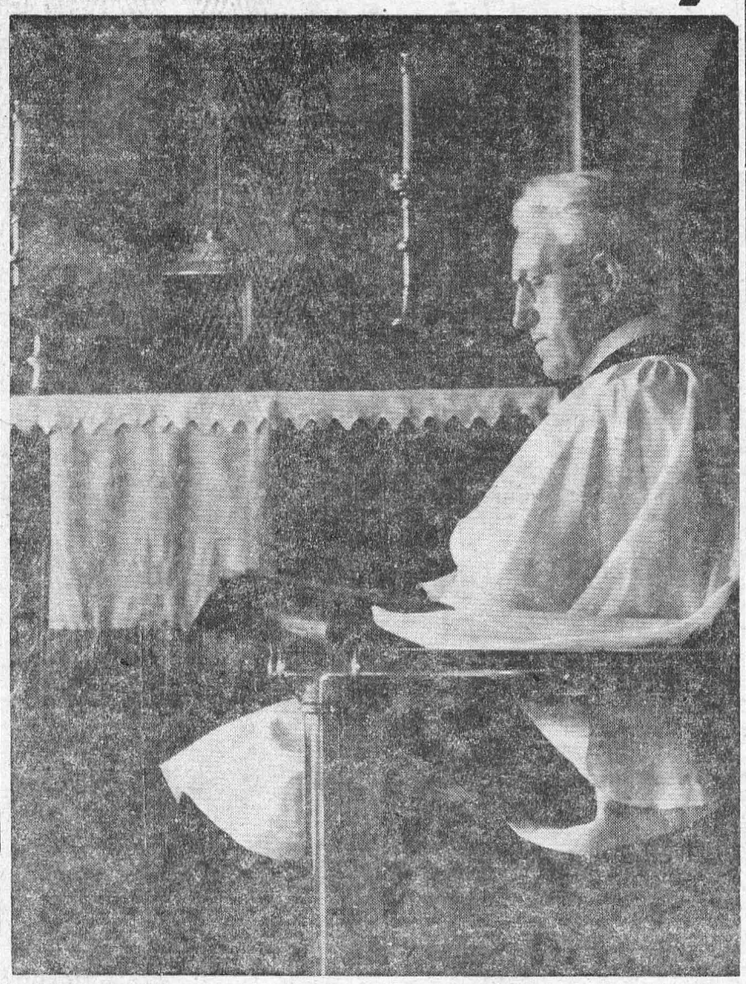
Final Tribute Paid to Beloved Pastor Sunday

As briefly reported in last week's Leader, Rev. Ferdinand Louis Howald, beloved pastor of St. Paul's Lutheran Church, Morrisburg and St. John's Church, Riverside Heights, for 28 years, passed away suddenly last Thursday morning at Winchester Memorial Hospital.



REV. FERDINAND L. HOWALD

The late Mr. Howald was loved and revered over a wide area, by many both within and outside of his congregations, as a kindly and considerate clergyman, a good friend, an outstanding sportsman and an exemplary citizen.

Mr. Howald was born in Zurich Ont. in Huron County on August 18, 1896. He was a son of the late Bartholomew Howald and his wife, Mary Schilbe. He became the first member of St. Peter's Lutheran Church, Zurich, to prepare for th egospel ministry. He attended Zurich Public School, Kitchener Collegiate Institute and Waterloo College and Seminary, graduating in 1921. He earned his Bachelor of Divinity degree in 1925 and his Master of Sacred Theology degree in 1926, receiving both from Wittenberg College at Springfield, Ohio.

Rev. Howald was ordained in 1921, after accepting a call to the Manheim - New Dundee Parish near Kitchener. He served that parish until 1928, when he resigned to accept a call to theElmwood - Brant Parish. And in both of these parishes, he conducted services in both English and German regularly.

During his stay in New Dundee, he married Celia J. Hess on August 21, 1921 at St. Peter's Lutheran Church Zurich Ontario. From the time of his marriage, he was ably assisted in his duties by his wife.

In 1941, Rev. Howald joined the Canadian Army, becoming the first Lutheran Chaplain in the history of the Canadian Forces. He attained the rank of Captain, serving at Camp orden from 1941 to March 1942, when he was posted to Englard. Military training overseas included the handling of weapons and vehicles, plus conduct during gas warfare and enemy air attack. While in England he survived two bombing attacks on his military camp. During his oversas tour, he was promoted to the rank of Major.

He returned to Canada in 1945 and served as Chaplain at Camp Borden, where he was appointed Senior Chaplain in 1946. Upon his discharge in October 1946 he accepted a call to the St. Lawrence Parish here, which he served for 28 years, until the time of his death. While in Morrisburg, he was instrumental in helping to establish mission congregations in Brockville and Cornwall.

Rev. Howald had always taken a great interest in sports and in community affairs. Until he entered the army, he was an active and outstanding athlete, competing in soccer, hockey and baseball, where he xcelled as a pitcher at the senior level. In Morrisburg he worked at organizing the Morrisburg Recreation Committe and became Recreation Director at its organization in 1947, a position which he held for more than 25 years. He also held an honorary membership with the Morrisburg Recreation Committee. He was also active in coaching minor hockey, baseball and softball teams, and enjoyed golfing and curling when he could find the time.

A further example of community interest is found in his participation on the local school board and also as chairman of the board for a period of time. He contributed much to the activities of Morrisburg youth and was affectionately known to most of them as 'Rev".

His interest in community affairs also included more than 25 years as Senior Chaplain of Br. 48, Royal Canadian Legion, Morrisburg. Eventually he was honoured with a life membership.

In recognition of his services to the community, a group of citizens honoured him by establishing the Rev. F. L. Howald Citizenship Trophy, of which he became the first recipient in 1967. This trophy is presented annually to persons who contribute valuable service to the community.

Besides his wife, Rev. Howald is survvied by t wo daughters, Marian and Grace, one son, Robert and six grandchildren.

Funeral service for Rev. Howald was held at 2:00 p.m. on Sunday at St. Paul's, conducted by Rev. Dr. Otto F. Reble, assisted by Rev. John Boehmer. Both the church, and the adjacent Castleman Memorial Hall were filled to capacity with sorrowing friends from all congregations and from all walks of life, come to pay a final tribute to this good man of God. Following the service, interment was made at Mount Pleasant cemetery.

Pall bearers were: Russell Schwerdtfeger, Ralph Marcellus, Graham VanAllen, Richard Casselman, Lloyd VanAllen, Volker Gruetzner.

Tradition Dies a bit At McIntosh Sale

DUNDELA — The McIntosh apple tradition, which began here in 1796 and spread worldwide, died a little with the auction at the McIntosh farm Saturday.

Olive McIntosh, wife of Samuel McIntosh who died in January, sold the historic farm, 50 miles south of Ottawa near Williamsburg, on Sept. 1.

The auction was held to sell off much of the farm equipment and all of the family furniture, much of it antique.

More than 350 persons registered for the auction. Cars lined the small road fronting the farm for a half-mile on both sides.

While clearing land for the farm in 1796, John McIntosh found an apple sapling and grafted it to a crabapple plant. The resulting hybrid, with its crisp, sweet-and-sour taste, became one of the world's most popular apple varieties.

Mrs. McIntosh sold the farm because she has been unable to carry on with farming since her husband died.

Too much work

"It's too much for me," she said. "I was doing just about everything — spraying the orchards, being the hired man, even milking 16 cows a day sometimes. She cited rising equipment and fertilizer costs and the difficulty of "finding help" as factors in her decision to sell.

Only about 20 of the farm's 160 acres are still orchards. Samuel McIntosh had turned the farm into principally a dairy operation.

This year's apple crop was lost to "scabs" an apple disease caused by insufficient spraying.

Contrary to what might be expected, the McIntosh family never grew rich from the apple hybrid it created. Allen McIntosh, the son of the founder, apparently had no head for business and simply gave the McIntosh seedlings to anyone who liked the apple.

"Every McIntosh orchard in the world originated right over there," said McIntosh cousin Ken Strader. He pointed a few yards west of the huge, two-storey clapboard farmhouse ringed with auction-goers.

"But the family never made any money from it. The seedlings were goodwill things to them," said Mr. Strader. "They just gave them to everybody."

While the apple trees spread across southern Ontario, into New York's Mohawk Valley, and to British Columbia by 1910, the McIntoshes lived comfortably, nothing more. While other farms modernized and brought in migrant workers to pick their fruit, the McIntosh farm remained a small scale, family operation.

The irony of the apple's worldwide popularity and Mrs. McIntosh's having to sell the ancestral farm did not escape some of those at Saturday's auction.

Soon after Samuel McIntosh's death, Heritage Canada was asked by the family to make the farm a historical park. Heritage Canadainitially showed interest but later begged off the project, citing "budget problems.

Mrs. McIntosh seemed on the verge of tears as she talked of the negotiations. She refused to disclose the farm's sale price.

"The farm is gone. There is no need to talk about that now," she said. "They seemed interested but they didn't do anything about it."

The farm's new owners, Mr. and Mrs. Robert Darrach of Oshawa, say they "realize the historical importance of the farm" and will try to prserve it.

The original farmhouse burned to the ground in 1903. The fire also destroyed the first McIntosh apple tree. A stone marker was placed where it grew.

Earl VanAllen Died at 77

VAN ALLEN, EARL — Entered into rest at the Douglas Hospital, Verdun, Quebec, on Saturday, September 21st, 1974, Earl VanAllen in his 77th year was the beloved husband of Grace Derone, dear father of Willis Edgar and Arlene Frances (Mrs. G. Viennеau), loving brother of Mary Glew, Hilda (Mrs. W. Reilly), stepfather of Stanley, Keith and Donald.

The funeral was held at J. F. Wilson & Sons Funeral Home on Wednesday, September 25th at 10 a.m. All donations were sent to the Shriners' Children's Hospital in Montreal. Interment was in Fairview Cemetery, Morrisburg.

The late Mr. VanAllen was a former well known resident of the Morrisburg area, and has many friends here who learnd with regret of his passing.

Capacity Attendance at 4th Trade & Home Show

Capacity crowds attended the successful fourth annual Morrisburg Trade and Home Show sponsored by the Morrisburg Chamber of Commerce at the Community Centre on Thursday, Friday and Saturday.

Opening the show on Thursday evening was Ed Lumley, MP for Stormont-Dundas. In his remarks he stated that Morrisburg is a very active community, using all their facilities at all times. He and Mrs. Lumley were welcomed by Reeve Earl Baker and Mrs. Edie Sprague, president of the Chamber of Commerce. General Chairman of the show was Bill Marshall.

Over thirty exhibitors participated, displaying colourful exhibits which included furniture, cars, mobile homes, sports equipment, electrical equipment and appliances, monuments, auto parts, giftware, fabrics, flowers, food and banking and travel services. Many exhibitors were community organizations including the Boy Scouts, Hospital Auxiliary, United Church, library, arts and crafts group and Old Timers Hockey Team.

O'Bie O'Brien, magician from Canton, N.Y. delighted audiences on Thursday and Friday evenings with clever performances of magic for all ages. During each evening door prizes of $20, $30 and $50 were drawn as well as many merchants' draws. The Kuntry Kusans Square Dancing Group, Winchester entertained on Friday evening with displays of several sets of dancing.

Entertaining on Saturday evening in a nautical theme were the Seaway Singers under the direction of Mrs. Marion DeGray. High light of Saturday's program was a fashion show of fall and winter styles by Edie's House of Fashion Casselman's Shoes and My Little Hat Shop. Commentating on these ensembles were Mrs. Sprague and Steve Casselman with music by Fawcett's Organs and Pianos, of Winchester. The models were Barbara Belanger, Helen Fraser, Saralyn Mabo, Wendy MacGregor, Sylvia Marston, Diane Mason, Anne Marie Smith, Mary Tennant, Pam Tindal and Erol Welton. Appearing in the male "comedy chorus line" were Fred Hill, Dick Welton, Les Cruickshank, Perry Dolan, Gordon MacGregor and Ken Felker.

Following Saturday's program, Reeve Earl Baker presented the key of the Village of Morrisburg to Chuck Collins of Rothman's Caravan, master of ceremonies for the three-day show. He also welcomed Peter Fee of Pennsylvania tour director of the American Air Stream caravan. Members of the caravan were special guests for the evening. Mr. Fee presented Reeve Baker with a honourary membership in the organization. Winner of the $1000 Zamboni Bond Draw was H.A. Eamon. Morrisburg.

Photos (courtesy of the Chesterville Record), show, at top, a young couple looking over the skiing equipment in the fine display by Charlie's Sports Shop. In the lower photo, Mrs. Elizabeth Peterson, R. R. 2, Ingleside, in the Morrisburg Arts and Crafts booth, demonstrates pottery making to: (l. to r.) Donald Black, Michael Laurin, Jeff Jarvis, Chris Mitchell.

Ed Lumley, M.P. is Can. Club Speaker

"We are happy with the quality and style of life in the three United Counties so we must plan wisely to keep it this way," said Ed Lumley, MP of Stormont-Dundas at the opening of the Morrisburg and District Canadian Club. "The potential in these counties is about to be maximized and the point of no return has been reached Growth and diversification will be steady and one which we can handle."

Speaking on his personal views of the three United Counties, Mr. Lumley presented a very positive picture of the socio-economic progress of the area. He said that we all are very fortunate to live in the Seaway Valley area and we should constructively analyze how fortunate we are with relatively few problems as compared to other parts of the country.

He stated that he considerd this area "middle Canada" with its two founding cultures living side by side. There is a tremendous advantage in the geographic location and the respect that the urban and rural societies have for each other. Found in the area are the most travelled highways, railways and waterways with adjacent airways. "My helicopter trip during the election campaign gave me a new awakening as to the contribution I could make to the area he said.

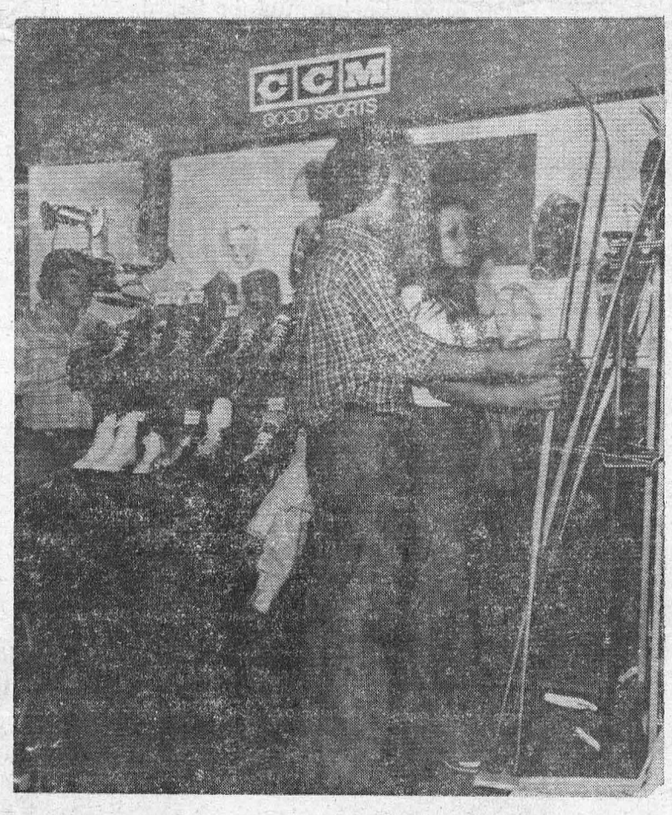
Joint work and co-operation is the reason for success in the last few years as Mr. Lumley pointed to the increase in manufacturing jobs in the three counties, as well as the lowest unemployment figures in the area in years. Construction records have been set; housing, industry and tourism are all up. To have this growth and diversification continue, it is essential that all work and co-operate together.

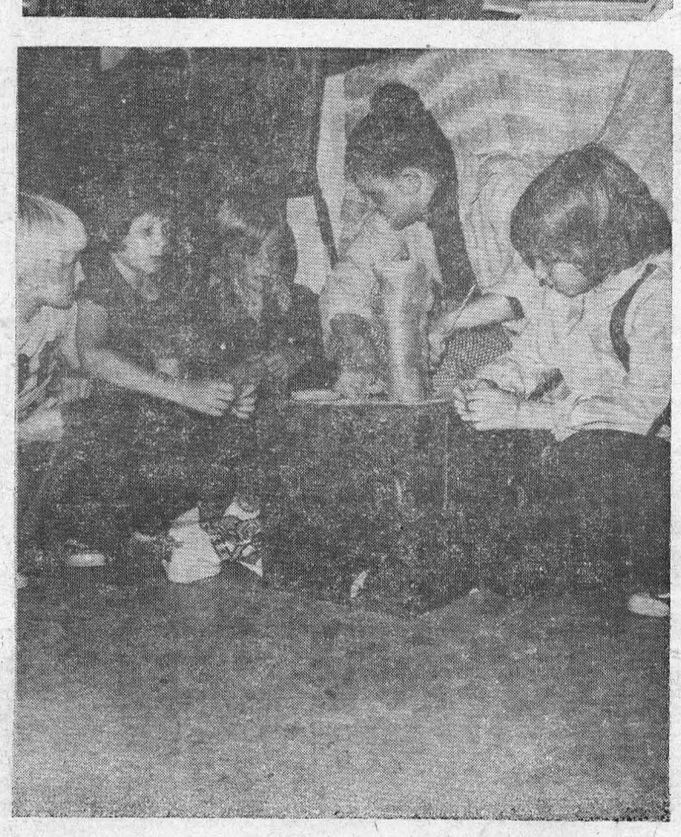
Commenting on the formation of a regional industrial committee he said that industry must be dispersed to various areas and all places in the area. "There must be interplay within the three counties in industrial growth". He also encouraged everyone to actively take part in regional planning where industry is going to locate, as wll as participating in more public input.

"We also respect the problems of agriculture", he said," and should encourage the stands of our agriculture ministers in the provincial and federal governments."

During his remarks, Mr. Lumley paid tribute to Reeve Earl Baker for his contribution to municipal and county politics. In closing, Mr. Lumley emphasized that by working together the area is a great place to live, to grow and to prosper. "Close to my heart is what we are going to do here in the three United Counties"

Dr. Graham Houze presided and introduced the speaker. Also introduced was Michael Howarth, Ottawa, secretary of Canadian Clubs, Canada. Bill MacDonald thanked the speaker who later officially opened the fourth annual Morrisburg Trade and Home Show at the Community Centre.







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30-32c.

Province Announces new Coaching Program

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

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

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

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

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

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

The first phase, Level 1 Theory, will begin in October. The Course will be 2 hours each week for 8 weeks. To accommodate coaches who do not live close to a community college or universities, some courses will be arranged on weekends.

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

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

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

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

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

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

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

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

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

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

Course instructors have been selected because of their knowledge of coaching principles and experience in teaching and coaching.

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

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

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K. FRASER CAMPBELL, Chairman of the Board

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DENTAL TOPICS

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No Need For Bad Breath

Anyone can have halitosis (bad breath) for a long time without being aware of it. The air expelled by the lungs does not come in contact with the nerves of the sense of smell. These nerves are located in the upper part of the nostrils, whereas the air being expelled goes through the lower area of the nose.

Sometimes one may be alerted to this problem if the bad odour is caused by the secretions which come from bacteria-trapping crypts in the nose, throat, and sinus areas and from the lungs or if he wakes up every morning with a foul taste in his mouth.

Because the patient is generally unaware of his condition it becomes almost a social duty to tell him. This burden should be assumed by somebody close to him, and it should be done tactfully. It is then up to the sufferer to seek treatment. He should consult his dentist and also his physician so as to determine the cause and seek treatment.

If the trouble, stems from the mouth. the dentist will restore the gums to good health, by performing all the dental operations that are necessary. More frequent and more thorough brushings of the teeth, and the use of mouthwashes or mouth baths may also be recommended.

If halitosis stems from the nose, throat, sinuses or lungs, the treatment will vary with the causes of trouble. It generally is a medical problem, and the physician is the one who will prescribe treatment.

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The 2nd FORTY

Happy Housewife

Dear Margaret Brookfield:

Are Women's "Libbers" a different breed of women? My feminist friends claim a full-time career is a rewarding experience. But I hate my job and on Sunday nights I'm exhausted after a week end spent doing the errands and chores I've neglected all week. I can't afford to quit, but I yearn to be a happy housewife. Is there something wrong with me? A.C.

Dear A.C.:

No, many women find the domestic role completely satisfying; others find stimulation in car eers. Your attitude towards your job, however, may be due to the work itself. A tedious job can be fatiguing. Why don't you s e e k vocational guidance or job training to steer you toward a more challenging position? Here's a sug gestion to start you off: send 10 cents to the U.S. Department of Labor, Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. and request the pamphlet entitled: "Job Training Suggestions for Women and Girls."

Tale-Bearer

Dear Margaret Brookfield:

Please settle an argument. We have a friend who brags that her 18-year-old daughter does not smoke cigarettes. We know she smokes, behind her mother's back I think I should inform the mother and end the hypocrisy. My friend says it's none of my business. Who's right? W.I.

Dear W.I.:

I'm inclined to agree yith your friend. The problem is a parental one, to be settled by the mother and daughter. Also, the girl's mother may resent hearing the news from you.

Bereft Widower

Dear Margaret Brookfield:

I'm single and in my forties. About six months ago an old friend died. Her widowed husband, left with three daughters, was at loose ends. Out of affection for my late friend, I pitched in to help. I took his younger daughters shopping for clothes and helped the oldest cook occasionally. I was dismayed recently when the husband proposed, and I refused him. And now I've stopped seeing the children to avoid an awkward situation with their father. What can I tell them? M.G.

Dear M.G.:

Talk to their father, explaining that you wish to continue to help his children during this upsetting period of their lives, but that you are content with your life as it is. You're to be commended for all you have done for the family and I'm sure he'll understand your position. But bear in mind that many widowers find the burden of raising a family ovrwhelming, and often remarry within a year or two. Can't you introduce him to a few eligible women?

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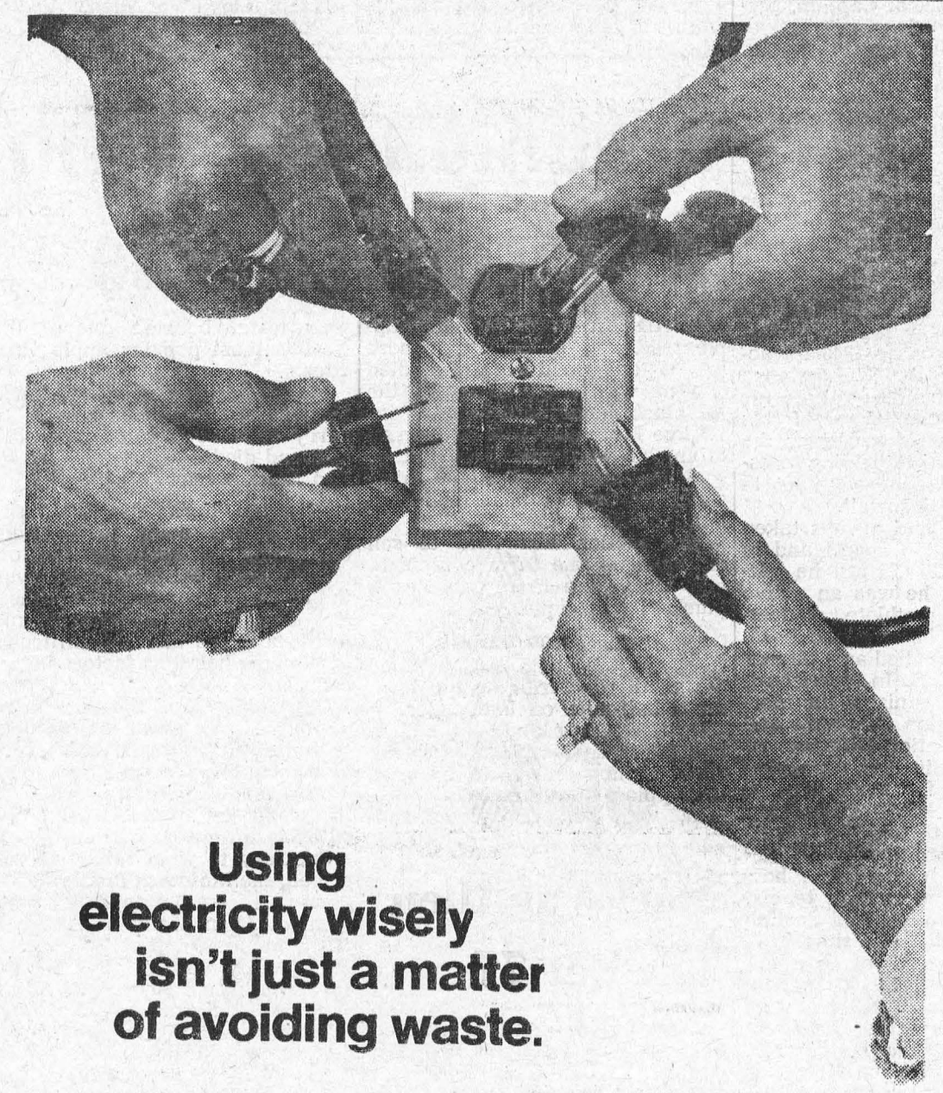


Using electricity wisely isn't just a matter of avoiding waste.

Being watchful to avoid the frittering away of kilowatthours is everyone's concern, in the interest of economy and conservation of valuable energy resources.

But for some people, living in older homes with outdated wiring, restricted use of appliances is not always a matter of choice. They do not have sufficient circuits to serve normal needs without resorting to 'octopus' outlets and extension cords. The result: overloading and blowing of fuses.

These conditions also tend to diminish the performance of appliances and shortens their life.

Inadequate wiring is not only inconvenient, it can be a safety hazard. If you have any doubts about the capacity of your home's wiring have it checked by a qualified Electrical Contractor. Then, use electricity wisely... and safely.

your hydro

MB-4557A

Ont. Home Renewal Program

Feature Story - Part Two

How does a homeowner with a run-down house take advantage of the Ontario Home Renewal Plan (OHRP), which provides loans for repairs? The process is simple, since the owner deals only with his local City Hall.

Details of the low-interest loan program for repairing below - standard houses were announced Thursday (Sept. 19), and they work like this:

Applicants must own the houses they live in, and those homes must be below local housing standards. The owner-occupants must earn $12,500 a year or less and the repairs needed must be for exterior or structural work or for fixing faulty plumbing, electrical or heating systems. It doesn't cover such "extras" as building garages or installing second bathrooms.

Interest on the loans is worked out on a sliding scale. Families with an income of $3,000 or less don't pay any interest at all, and the largest interest is eight per cent for those earning between $8,001 and $12,500. The maximum loan is $7,500, with up to 20 years to repay.

The entire loan need not be paid back; a "forgiveable" portion is also calculated on a sliding scale based on income and to "earn" it the owner must continue to live in the house for a specified number of years after the repair work has been completed.

Local municipal offices have the details. The procedure works as follows:

Once an owner-occupant feels he meets the above conditions, he talks to the people at his municipal office and fills out an application. An inspector will likely visit, advise on construction methods and review other details of the proposed repair work.

The owner then gets quotations from contractors and submits them to the municipality. (The owner and his friends can do the work themselves and be paid for materials and labor, provided the result will be of professional calibre and meet building standards.)

The municipal clerk meets with the homeowner and, if everything checks out, draws up the loan contract. This will include having assurance of the borrower's financial responsibility, arranging a lien on the house as collateral, establishing the interest rate, terms of the forgiveable portion and the repayment schedule. (An existing mortgage on a house is not a barrier toward obtaining an OHRP loan, provided the added burden in payments can be afforded.)

The work is then carried out by the contractors; as it progresses, the municipality carries out inspections to assure that it's being done properly. The loan funds are paid out as phases of the work are completed.

The loan, principal and interest is then repaid to the municipality in instalments, usually monthly, as agreed in the loan contract. If the house is sold before the loan is fully repaid, the forgiveable amount is proportionately reduced. When sold, any amount owing on the principal, interest and unearned forgiveable portion must be paid off in one lump sum.

Would you be eligible for an OHRP loan? Here are some case histories:

Mr. and Mrs. Sam Simpson are upset. Their annual income is $8,000 and they have just been told by a local housing inspector that the wiring in their house, while adequate 30 years ago when the house was built, is now below standard and dangerous when used with many of today's appliances.

The Simpsons must have the repairs done, but can't afford them at today's interest rates. Will they be eligible for aid under OHRP when their city receives provincial funds under the program?

Yes, they will.

Or take Mrs. Anne Jones, 65, a widow supporting herself by old age and war widow's pensions. She recently moved into a dilapidated cottage in a small Ontario town and needs money quickly to meet the costs of repairing her bathroom and kitchen plumbing. The town does not have any health and safety standards. Is Mrs. Jones eligible?

Yes, provided that the town adopts standards of building maintenance, health, safety and sanitation and then participates in the OHRP Program — and that the plumbing in Mrs. Jones' house is found to be below those standards.

Matt Shrier is a bachelor who owns a triplex in downtown London, Ontario, a city taking part in OHRP. Shrier lives in a self-contained apartment in the basement and rents the remaining two floors. The building needs work, especially on the exterior facade and in the plumbing of his apartment. His income, including the rent he collects, is $12,400. Does he qualify for OHRP assistance?

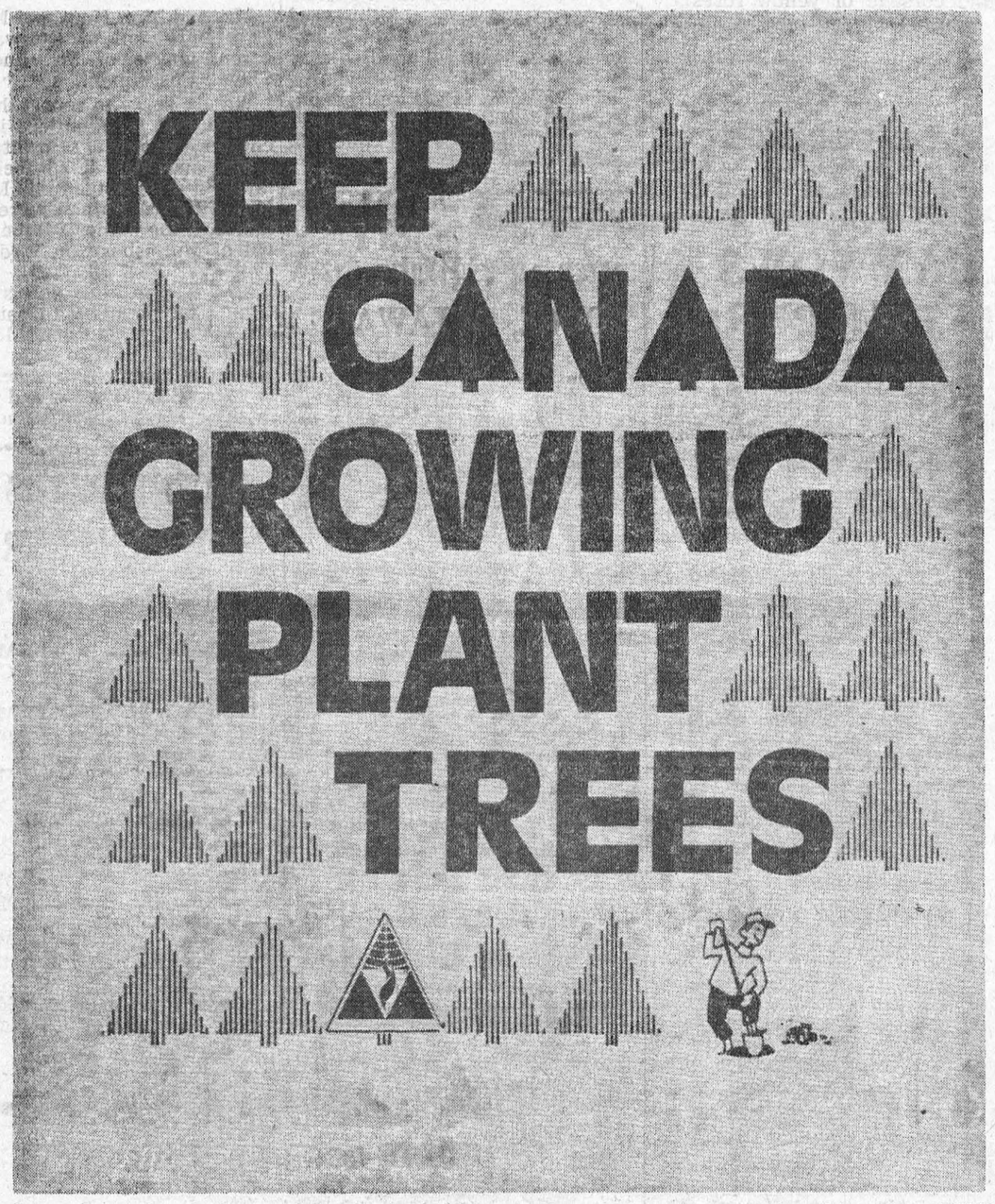
pair work within his own apartment. Thus he could borrow through OHRP for his plumbing, but not for the exterior work.

A final case history: Mrs. Sharon Campbell owns two houses. The one in which she lives is in good order, but the other is 40 years old and one wall is caving in. She is in danger of losing her tenants if she does not act promptly. Does she qualify? No, because she does not live in the house on which she seeks to do repair work

Further details are available from the municipal clerk's office, including whether or not your municipality is taking advantage of OHRP.

For homeowners in unorganized municipalities, information can be obtained from the Community Renewal Branch, Ministry of Housing, 801 Bay St., Toronto.





Food Facts & Fallacies

(A public service of The Ontario Dietetic Association)

Q. Are Carbohydrates more fattening than protein?

A. Both carbonydrates and protein are fattening if taken in amounts greater than that required. All surplus calories are stored as body fat regardless of the food source whether it be broiled steak or apple pie.

Q. Should fat be eliminated in a reducing diet?

A. No. Some fat is necessary both for its nutrient value as well as for its satiety value in staving off hunger.

Q. Can you have a diet without eating meat?

A. Yes, provided some high quality protein sources such as milk, egg or cheese are included. A large variety of fruits and vegetables should be used especially some dried vegetables or legumes.

Q. Is food eaten before you go to bed more likely to cause weight gain than if the same food were eaten for breakfast?

A. No. The energy requirements of the body must be met whether awake or asleep. Food eaten at bedtime will not put on weight if the calories supplied do not exceed the daily caloric requirements for the given body weight. However leaving out breakfast tends to make one hungry later in the day and eat in excess.

Q. In weight reduction, does it make a difference if a person eats fast or slow?

A. Most overweight people eat too fast. They consume large amounts of food without even realizing it. One should always eat slowly and chew food well. This allows the body to act on the appetite — regulating centers which reduces appetite and hunger during the mal and allows one to be satisfied with less food.

Q. Should one drink less water while dieting?

A. No. Water intake does not interfere with the loss of fat during weight reducing. Sufficient water - an average of 6 glasses —should be included in the daily diet.

Q. Does pork liver have more nutritive value than calf liver?

A. No, all kinds of liver - calf, pork, beef, lamb — are excellent sources of good quality protein and other nutrients such as iron, riboflavin and niacin. However, pork and beef liver would be more economical than calf or lamb liver.

Q. What is the value of wheat germ?

A. Wheat germ is the centre of the grain kernel which is the richest source of vitamins and minerals. It is a good source of the B vitamins - thiamin, riboflavin and niacin and the mineral iron. It can be sprinkled on or mixed with hot or cold cereal or mixed one part with two or three parts of regular flour for home baking.

Q. Are canned vegetables good sources of vitamins?

A. Yes. There is a small loss of vitamins in the heating during the canning process but the maximum value can be obtained if the vegetable juice is also used in soups or gravy.

Q. What is the best, most economical form of milk to serve children?

A. The cheapest form of milk is skim milk powder which can be quite acceptable if mixed ahead and served very cold. Another alternative would be to mix reconstituted powdered milk half and half with fluid milk for a more acceptable flavour. Also in baking and cooking where mixtures of ingredients are used, powdered skim milk can be used to advantage.

Q. What would be some sample snacks for my pre-school child?

A. Snacks supplying nutritional value as well as energy are best such as small pieces of fruit, cut-up raw vegetables, cheese cubes, crackers spread with cheese or peanut butter.

Q. My daughter won't eat eggs. What else can I prepare for her breakfast?

A. There is no reason why eggs must be used for breakfast.— Breakfast foods should supply energy from a balance of protein fat and carbohydrates. — These nutrients will maintain your daughter's vitality through out the morning. A whole grain or enriched cereal with ½ cup of milk does provide protein, carbohydrate, some fat calcium and "B" vitamins. For a change why not try a toasted cheese sandwich, or yogurt, sausages or cold meat or peanut butter with muffins.

Short Takes

Blood Kinsmen

Arabs and Jews are both blood kinsmen, both being descended from Abraham—the Arabs through Ismael and the Jews through Isaac.

* * *

Whence Its Name

Scotland Yard gets its name from an ancient structure where visiting Scottish kings stayed in London between the 960s and the 1100s.

* * *

Source of Stimulant

The foxglove is used in the treatment of heart disease. The flower is a valuable source of the powerful heart stimulant, digitalis.

* * *

Markings, Not Sex

The name "tabby" refers to the markings on a cat and does not mean that the cat is a female. The striped tabby is the oldest type of cat yet discovered.

* * *

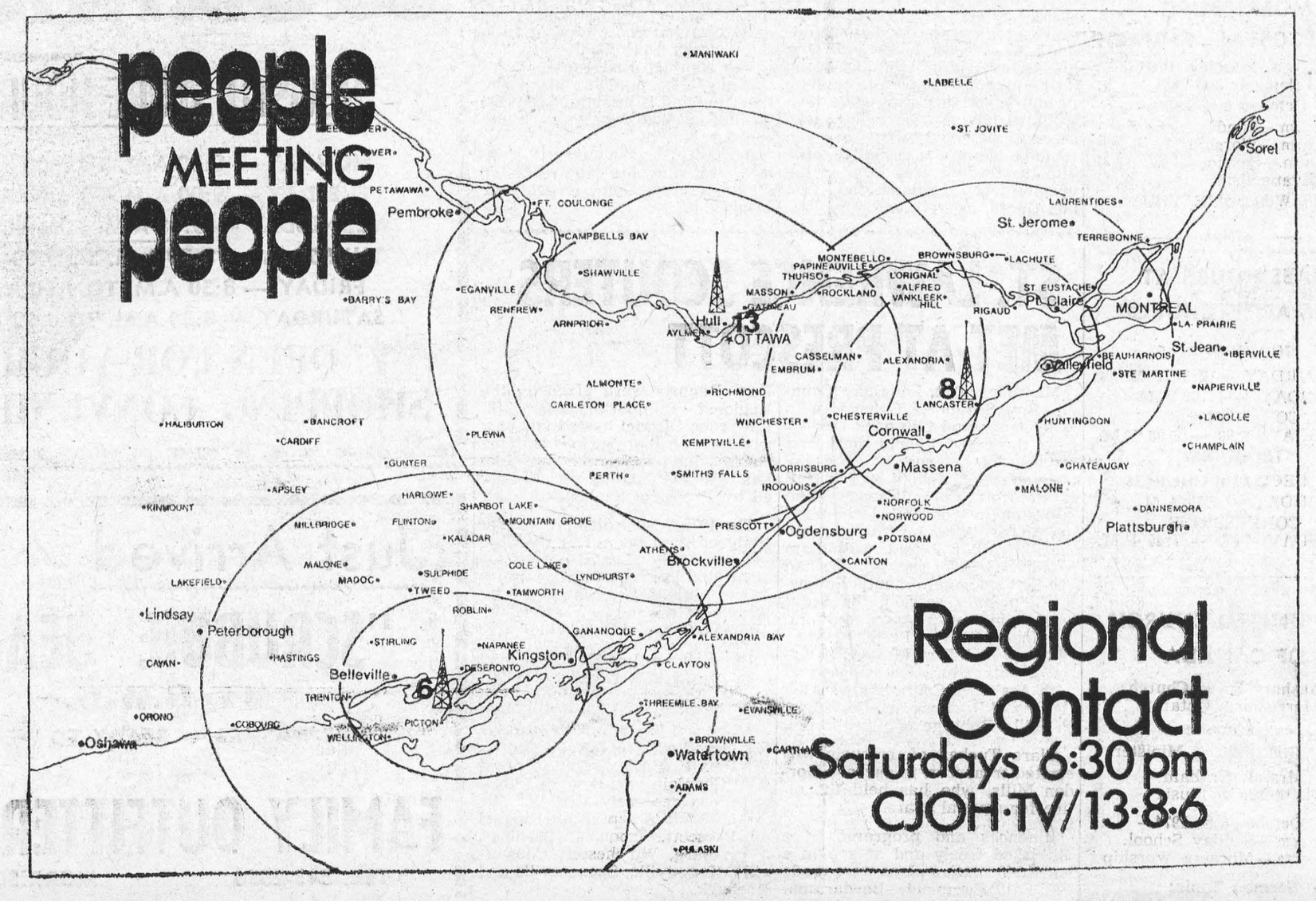
No Difference

There is no difference between a groundhog and a woodchuck. In America, this member of the marmot family is called by either name.

* * *

Still Highest

Various claims have been made with respect to Asian peaks, but as yet Mt. Everest is still the world's highest accepted mountain peak.



H. S. Lannin Ltd.

LOCAL AND GENERAL

The United Counties Bookmobile will be at the following locations in the area on October 18th: Riverside Heights, 9:45 to 11:15; Boucks Hill 11:30 to 11:45; Sunnybright 2:15 to 2:30; Dunbar 2:45 to 3:00; Gravel Hill 3:30 to 4:00

Mrs. Hattie Clark, an aged and respected resident of Morrisburg died on Wednesday, October 2nd at Winchester Memorial Hospital. Mrs. Clark, widow of Henry Clark leaves a daughter, Mrs. Hugh Shennette, a grandson, Gary Shennette and three grandchildren. Remains resting at the Fairbairn Funeral Home, Morrisburg, until Saturday, October 5th when funeral service will be conducted by Rev. John Boehmer at St. Paul's Lutheran Church at 11:00 a.m. Interment will be at Roselawn Cemetery, Maitland.

Visitors at the home of Mr. and Mrs. Jim McCullough, 1 Orchard Way, this week, are Mr. and Mrs. Ronald McCullough, of Calgary, who are returning home from a honeymoon trip spent in the Barbadoes and Trinidad. They were married on Sept. 14 in First Baptist Church in Calgary. Mr. and Mrs Jim McCullough and Mrs. Maureen Hess attended the wedding in that city.

BIRTH ANNOUNCEMENT

VINER — Mark and Rhona (nee Pinkus) are delighted to announce the birth of an 8 lb., 12 oz. baby daughter on September 17th, 1974 at Riverside Hospital, Ottawa. The proud grandparents and great grandmother are Mr. and Mrs. Fred Pinkus, Mr. and Mrs. Joseph E. Viner, and Mrs. Lydia Azimov.

Mrs. Edith Fleming of Vancouver is visiting her nephew, Mrs. Garnet Prunner, Mrs. Prunner and other relatives in the district.

Mr. T. DeLeeuw, just retired Secretary to the President of Philips, and his wife from Eindhoven, Holland, visited Mr. and Mrs. K. Polak last Saturday on their vacation through Canada and the United States. Philips is one of the largest electrical concerns in the world and employs presently about 400,000 people and their annual turnovr amounts to 20 billion guilders (approx. $8 billion).

IMPERIAL OIL V.P. TO ADDRESS DIST. CANADIAN CLUB

Next meeting of the Morrisburg and District Canadian Club will be held on Thursday, October 10 at 7:00 p.m. in the Civic Centre. Speaker for this occasion is Doug MacAllan, vice president of Imperial Oil.

Mr. MacAllan is a brother-in-law of Harry Allison of Chesterville, a long-time Canadian Club member. He is alsc a member of the Canadian Economic Council, and a good turnout of members is anticipated for this meeting on Thursday next.

THE LOYALIST HOTEL

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EVERY WEDNESDAY, FRIDAY AND SATURDAY NIGHT

FULLY LICENSED DINING ROOM

IN THE CHURCHES

ST. LAWRENCE EVAN. LUTHERAN PARISH

Sunday, October 6th, 1974—

10:00 a.m.—Regular Service
11:00 a.m.—Sunday School.

Congregational meeting following the service.

THE PRESBYTERIAN CHURCH IN CANADA

KNOX CHURCH, MORRISBURG
Rev. John Hibbs, Iroquois
Interim Moderator
Mrs. J. DeGray, Organist

Sunday, October 6th, 1974—

9:45 a.m.—Sunday School.
11:00 a.m.—Morning Worship.

ANGLICAN CHURCH OF CANADA

PARISH OF MORRISBURG AND IROQUOIS

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

HARVEST THANKSGIVING SERVICES
SUNDAY, OCTOBER 6th

St. James, Morrisburg—
8:00 a.m.—Holy Eucharist
9:45 a.m.—Instruction Classes
11:00 a.m.—Sung Eucharist
Each Wednesday—
10:00 a.m.—Holy Eucharist

Holy Trinity, Riverside—
9:30 a.m.—Morning Prayer

St. John's, Iroquois—
9:30 a.m.—Holy Eucharist

Thank - Offering of tinned or packaged foods to be shared with others in need

MORRISBURG PENTECOSTAL CHURCH

Rev. A. J. Edgeley, Pastor
Telephone 543-2681

Sunday, October 6th, 1974—
10:00 a.m.—Sunday School
11:00 a.m.—Worship
7:30 p.m.—Service of Evangelism.
WE WELCOME YOU

MASS HOURS AT ST. MARY'S CHURCH

MORRISBURG
SATURDAY — 7:30 P.M.
SUNDAY — 11:00 A.M.
CONFESSIONS
THURSDAY: 8:00 — 9:00 P.M.

IROQUOIS
ST. CECILIA'S CHURCH
SUNDAY — 9:30 A.M.
CONFESSIONS
THURSDAY: 7:00 — 7:45 P.M.

THE UNITED CHURCH OF CANADA

Lakeshore Drive Church
Morrisburg, Ontario

Rev Charles E. Massey, B.A., B.D., M.Th., Minister
Mrs. J. Graham
Director of Music

Sunday, October 6th, 1974—
10:45 a.m.—Sunday School.
11:00 a.m.—Morning Worship

Sermon Topic:
"THE TABLE IS FOR EATING"

Pretty Wedding at St. James Church

St. James Anglican Church, in Morrisburg, was the scene of a very pretty wedding on Saturday August 10th, 1974, at 1 30 p m., when Miss Susan Hope Merkley, daughter of Mrs. Robert A. Auckland and the late Robert Charles Merkley, Morrisburg, was united in marriage to David Brock McIntosh, son of Mr. and Mrs. G. Ralph McIntosh of Winchester Springs

Baskets of melon gladioli decorated the church and altar for the occasion.

Given in marriage by her brother, Arthur W. Merkley, the bride looked lovely in a floor length gown of silk organza over taffeta, made with high neckline, leg of mutton sleeves, fitted bodice and full skirt Bodice and sleeves were of Chantilly lace, while the skirt was also trimmed with matching lace, as was the floor length mantilla, held in place with melon coloured rose buds She carried a bouquet of mauve orchids and melon coloured rose buds.

Mrs. Arthur W. Merkley acted as matron of honour, while the bridesmaids were Mrs Esther Barkley and Miss Gail Whittaker

The bridal attendants were gowned alike in pale yellow appliqued voile gowns over taffeta, with matching picture hats. They carried bouquets of pink and white carnations, yellow daisies and melon rose buds

The flower girl, Miss Jennifer Merkley, was gowned in pale green and carried flowers same as the bridesmaids.

Mr. Ronald Johnson acted as groomsman, and the ushers were Messrs Keith Barkley and Brian McIntosh.

The organist was Mrs. Ruby Bell, and the wedding march was Beethoven's "Joy".

Following the ceremony, the reception was held in the Canadian Room in New Parkway Hotel at Cornwall Guests were received by the mother of the bride, in a turquoise French chiffon gown with matching picture hat and accessories. She wore a corsage of red roses. She was assisted by the mother of the groom in a mint green and mauve chiffon gown, matching picture hat and corsage of yellow roses.

Guests were present from Toronto, Ottawa, Nova Scotia, Montreal, Kemptville Winchester, Williamsburg and Morrisburg.

For her wedding trip to Northern Ontario, the bride wore a beige and green costume, with brown accessories.

BUTER-CASSELMAN VOWS HEARD AT WILLIAMSBURG

A pretty wedding was held at Saturday, September 1, 1974 when Williamsburg United Church on Dianne Casselman, only daughter of Mr. and Mrs. Orval Casselman of R R. 3, Williamsburg, became the bride of Andries Buter, son of Mr. and Mrs. Hemmo Buter, of R R. 3, Williamsburg Rev. Adam performed the 7 p m. ceremony.

Given in marriage by her father, the bride wore a full length, peau de soie gown, styled with high bodice, sheer neckline, with lace neckband and cuffs, with a matching deep ruffle encircling the hemline, extending into a sweeping chapel length train. Floral lace headdress with pearls held her chapel veil in place. Her bouquet was red roses and white carnations

She was attended by Mrs. Elaine Bennett as matron of honour, and bridesmaids were Mrs. Donna Casselman and Miss Ann Buter. They chose floor length gowns of silk organza, fashioned similarly to that of the bride, the maid of honor's being blue and the bridesmaid's yellow, with matching flowers in their hair The maid of honor carried a basket of blue daisies and pink carnations, and the bridesmaids baskets of yellow daisies and pink carnations

The groomsman was Brian Whitteker, and ushers were Dale Casselman and Ralph Buter.

Later a reception was held at Boucks Hill Legion.

Guests attended from Williamsburg, Chesterville, Ottawa, Spencerville, Vernon, Cornwall, Newington, North Bangor, New York, Guelph, Brockville and Holland.

THE GEESE ARE COMING

The vanguard of the fall migration of Canada Geese have arrived at Upper Canada Migratory Bird Sanctuary. Located off No. 2 Highway, 11 miles east of Morrisburg, the sanctuary is possibly the only place in Eastern Ontario where people can enjoy, at leisure, the full spectacle of Canada's national wildfowl during migration.

During the migration period of about eight weeks an estimated 90,000 Canada Geese use the sanctuary for rest and food. In addition 5,000 or 6,000 ducks, including blacks, mallards, teal and wood ducks take advantage of the safety and hospitality offered in the wildfowl haven. The wild ducks seem to be more wary than the Canada geese and usually come into the feeding area later in the evening when the numbers of Canada Geese, as well as the number of visitors are much less than in the earlier part of the afternoon.

Each day a ton of corn on the cob is distributed at 2:30 p.m. in the feeding areas and during the peak migration flow about 2,000 Canada Geese are fed daily. On some days the number will exceed 3,000. Her and there among the Canada Geese visitors will ofter see 2 or 3 Snow Geese and a few Blues. While peak migration periods are directly influenced by the far northern weather, they usually occur in the second and the third weeks of October.

The summer resident flock of Canada Geese numbers about one thousand and is maintained by 400 goslings raised each year in the sanctuary area.

A visit to the sanctuary is a unique and enjoyable experience for all the family. Don't forget your camera.

ST. LAWRENCE SCOUTERS MET AT PRESCOTT

Members of St. Lawrence Council, Boy Scouts of Canada, with Scout troop and Cub pack leaders from the District, held their first meeting of the season Tuesday evening at St. John's Parish Hall in Prescott. Commissioner Allan Thom of Prescott called the meeting to order and presided until the arrival of President William Sheldrick of Morrisburg, who had an earlier commitment. Following a plenary session, the Scout section met with Assistant Commissioner George Lewis of Morrisburg, and Ron McLean, District Scoutmaster. Cub leaders met with Assistant Commissioner Bob Bryden of Roebuck and secretary, Priscilla Roberge of Chesterville.

Clare Tucker of Iroquois was elected treasurer, to succeed Gordon Mills, who has held the office for several years.

Finances and programs were discussed freely and at some length. Tentative plans were made for Fall Camp-out, Bowlarama, Klondike Derby and Winter Sports Day. Reports were given on the Regional Camporall, which St. Lawrence District hosted this past summer; on Blue Springs training courses and provincial convention. Leaders participating were thanked by President Sheldrick.

The 1975 Scout calendar was introduced, and quantities distributed among the several groups for local circulation. Invitationals received included camporees by Kingston-Gananoque district, St Thomas, Ont. and Greenville, N.Y.

Plans were launched to send boys from the District to the World Jamboree in Norway in 1975. Refreshments were served by the local committee. The meeting closed with prayer offered by the Rev. E. Earle Eaton, Chesterville Chaplain and District Public Relations representative.

Communities represented included Prescott, Iroquois, Cardinal, Morrisburg, Winchester, Chesterville, Kemptville, Spencerville and Roebuck.

The St. Lawrence Medical Clinic

announces that

DR. ANN CHANDE

will resume her practice in the Morrisburg office on

October 21st, 1974

WM. J. LEMAIRE IS HONOURED ON HIS RETIREMENT

William J. Lemaire, well known Morrisburg resident was honoured by his fellow workers on the occasion of his retirement September 2nd. Mr. Lemaire spent 32 years at his chosen work, 5 years in the Canadian Merchant Marine and 27 years as a crew member of the Canadian Coast Guard Ship "Simcoe".

The officers and crew members of the "Simcoe" presented their retiring crew mate with a barometer, and members of the yard gang at the Department of Transport Depot, Prescott, made a presentation of a sum of money.

Mr. Lemaire in his retirement, plans to spend some more time along the water, but this time, in fishing.

CANCER SOCIETY MET AT GRIMES LODGE, OTTAWA

The annual meeting of the Eastern Ontario District of the Canadian Cancer Society which was held in the Maurice Grimes' Lodge at Ottawa was attended by Mr. Robert Coleman, President of the Dundas County Unit and Mrs. Harry Allison, Secretary. Representing the Morrisburg Branch were Mr. and Mrs. A. Edgerton, Mrs. John Benoit represented the North Stormont Branch.

Mr. W.E. Tufts, Ottawa, was appointed President for the coming year with Mr. Gordon Thom, Morrisburg, and Mr. Wm. Skorenky, Pembroke. First and Second Vice President respectively.

Mr. W. F. Bull. retiring President, expressed his appreciation to all in Eastern Ontario who have given assistance to the Canadian Cancer Society through hard work and contributions.

Give Blood
CALL YOUR RED CROSS

NEWS OF WILLIAMSBURG

Mr. and Mrs. Randy Byskon, Mark and Karan and their parents Mr. and Mrs. Peter Byskon and two of their grandchildren all of Ottawa were guests of Mrs. Ben Bowman on Sunday.

Mrs. T. J. Keyes of Winchester Springs visited her sister, Mrs. G.L. Barclay on Friday.

Miss Olive Forbes of Ottawa, formerly from Chesterville was a week end guest of Mr. and Mrs. Frank Whitteker.

Mr. and Mrs. Hunt and Mr. and Mrs. Burke all of Ottawa were recent guests of Mr. and Mrs. Claude Casselman.

We are sorry to report that Victor Riddell is a patient in Winchester Memorial Hospital.

Mr. and Mrs. John Wells and Mrs. Fred Beckstead and Mr. and Mrs. Howard Eamon were entertained at the home of Roberta Duval of Morrisburg on Wednesday evening.

Mrs. Elburn McIntosh is spending a few days in Toronto with Mr. and Mrs. Gordon McMillan and family.

Heartfelt sympathy is extended to Mrs. F.L. Howald and family in their recent bereavement.

RECENT BIRTHS AT WINCHESTER MEMORIAL HOSPITAL

September 27, 1974 to Mr. and Mrs. Herman VanWylick, Chesterville RR3. A son.

September 27, 1974 to Mr. and Mrs. Michael Shaver, Iroquois R1 A daughter.

September 27, 1974 to Mr. and Mrs. Raymond Montroy, Morrisburg, RR1. A son.

Mrs. John VanBridger, South Mountain. A daughter.

September 27, 1974 to Mr. and Mrs. Ronald Neville, Ingleside, RR3. A son.

September 28, 1974 to Mr. and Mrs. Sidney Sytsma, Chesterville. A daughter.

September 28, 1974 to Mr. and Mrs. Donald Wallace, Winchester. A son.

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FRIDAY — 8:30 A.M. TO 9:00 P.M.
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"SCRUBBIE" JEANS

BY G.W.G.

PRE-WASHED — READY TO WEAR

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FAMILY OUTFITTERS Ltd.

TEL. 543-2856 MORRISBURG

Public Library Month

This year as public libraries in Eastern Ontario mark October as Public Library Month, they face a dilemma.

The theme of the month is "Your Public Library - Doorway To The World". But, for most public libraries in our Eastern part of the province, this theme is more a dream than a reality; more a goal to be achieved than an accomplished fact.

In 1972, "The Learning Society" Report of the Commission on Post - Secondary Education in Ontario envisaged that public libraries become an integral part of an "Open Academy".

This would mean that public libraries would provide all necessary facilities and multi-media materials - films, records, microfilm, videotape, programmes — to meet the growing demand for continuing education and cultural enrichment in an unstructured setting.

It was emphasized that this was a particularly important concept for public libraries serving areas where formal institutions such as colleges and universities are not readily accessible. Of course, this includes an overwhelming number of the more than 85 public libraries in Eastern Ontario.

Thus, the dilemma faced by most of our public libraries. They agree with the provincial government's "Open Academy" role for public libraries. All would like to, and some are striving toward these goals.

However, for most, it is mainly a struggle to keep up with inflation to meet present public demands. Many are doing this, too, lacking adequate staff, operating with devoted volunteers because they cannot afford to pay Ontario's minimum wage.

Since public libraries have long been "low man" on the totem pole for provincial funds, they need not only continuing, improved grants from the province but also, in most cases, increased financial support at the local municipal level.

Provincially they suffer from disparity in population and thus amount of per capita grants necessary for essential services equal to other areas of the province. Municipally, many may soon face yet another roadblock in their efforts for adequate support.

The provincial government proposes to "deconditionalize" grants for public libraries. This would mean no more direct grants. Instead, funds would be given to municipalities in a lump sum along with monies for community recreation, centres for the elderly, health facilities and agencies, and several other endeavours.

Municipalities alone would juggle funds to meet the needs of all competing worthwhile, needy community services. While some may do it well, past experience shows that many will not, and once more the public library will be left by the wayside to flounder.

This is why the Eastern Ontario Library System, representing all public libraries in Eastern Ontario, is opposed to the provincial government's proposed "deconditionalization" of grants.

During October - Public Library Month, the public will also have an opportunity to support their local library by signing "Support Slips" against stopping direct grants, and for continued public library growth and development.

Given present financial conditions and threatened loss of direct provincial grants, can many of our struggling Eastern Ontario public libraries hope to be a real "Doorway To The World" or an important part of Ontario's "Learning Society"? No way!

Public libraries' staff and trustees have been stating their case to both provincial and municipal authorities. The public must now show its interest and support.

THEIR USE DEMANDS CARE GUNS LETHAL WEAPONS;

R. W. O'Brien, Prov. Const.
Community Services Officer for Dundas County

Of all the equipment that is used for sport and pleasure in the outdoors, a gun is the most deadly as it is manufactured for one specific purpose — TO KILL. The necessity of strict gun handling rules as taught in the "Hunter Safety Training Program" for the safe use of firearms cannot be ovr emphasized. These rules must become a habit and used at all times; one mistake could be a fatal one.

With hunting season under way the following rules may be some assistance in checking to see whether you have developed any bad habits:

Treat every gun as if it were loaded. It is the "unloaded" gun that frequently causes a fatality.

Guns taken into a camp or a home or transported in a car or boat must be unloaded. They should be taken down or have the actions open and carried in cases to the shooting area.

Make sure barrel and action are clear of obstructions. Any obstruction in a barrel could cause the weapon to become lethal to the shooter.

Use an aproved method when carrying a firearm. Always be able to control the direction of the muzzle, even if you stumble. Keep the safety on until you are ready to shoot.

Be sure of your target before you squeeze the trigger. Identify the game you are shooting beyond any doubt.

Never point a gun at anything you do not intend to shoot.

Do not use alcoholic beverages or drugs while handling firearms. Be alert. Don't handle a gun unless you are physically and mentally in good condition.

Ammunition must be the right size for the gun. The stock and forearm should be in perfect condition while all other parts of the gun must be tight for safe use.

Many so-called hunting accidents could have been prevented by adhering to safety rules and using common sense. No doubt we hunters in Ontario are being scrutinized carefully by those in places of authority. If hunting accidents and the indiscriminate shooting of some do not decrease we can expect more stringent controls over the use of firearms.

THANKOFFERING IS HELD BY KNOX WOMEN'S GROUP

Knox W.M.S. held their Fall Thankoffering Thursday evening in the Church at 8 p.m. Mrs. T. Mott presided and gave the welcome to everyone present. Mrs. T. Smith led the devotions.

Hymns used during the service were "Lord, Speak to Me" and "The day Thou Gavest Lord is Ended".

Miss Anne-Marie Smith rendered two beautiful selections "God's Love" and "Joy is Like the Rain" which everyone enjoyed.

Mrs. L. Kinkaid introduced the speaker Miss Joy Randall. Miss Randall, a graduate nurse, is a native of Coburg, Ontario, graduating in 1965, serving 1 year as a V.N. in Alberta and has been in Taiwan for 5 years. She plans to return next year following her course in Administration in Canada and will resume her duties as Assistant Director in Nursing.

Miss Randall showed beautiful slides of the people, country, churches and hospitals in Taiwan and noted how the buffalo is still used to plough fields.

Mrs. Marion Degray graciously thanked Miss Randall for her beautiful message and everyone gathered in the lecture room for an hour of fellowship and refreshments.

RIVERSIDE SCHOOL NEWS REPORT

"Yesterday afternoon we were busily at work on a science exam when suddenly — BRRR! — the fire alarm roared! Everyone sprang from their seats and marched outside in a quick orderly fashion. Our teacher checked to make sure the windows and door were closed and that she had the register. We evacuated the entire school in 40 seconds which is quite good. I think fire drill is essential to the safety of the pupils and staff of our school."

O.P.P. REPORT

Provincial Constable O'Brien, Community Services Officer for Dundas County, recently attended a seminar at the Ontario Provincial Police Training and Development Centre in Toronto.

The seminar dealt with different types of crime and how to prevent them. A series of programmes covering a variety of subjects have been developed which will be introduced to various groups and organizations.

Constable O'Brien when visiting business establishments will be discussing counterfeiting, fraud break and enters, shoplifting and security of premises.

When speaking to women's organizations, discussions will revolve around purse snatching, how to avoid being attacked, and what you can do if you are attacked.

There are programmes designed for home owners dealing with various types of locks and securities which can be installed in your home. One programme deals with marking your valuables for fast and accurate identification of your property should it be stolen and then recovered.

The whole concept behind the programme is to make the public aware that certain safety precautions can help prevent a crime from occurring.

PIONEERS TAKE SERIES AND CASS TROPHY

Williamsburg-Brinston Pioneers finished up the fastball season just before the snow came, when they defeated Brockville Commercial Stars 3-0 and 4-2 to win the series 4 games to 2 and receive the F.M. Cass Trophy. League President Bob MacDonald presented the trophy to Big Doug Casselman and Gord McMillan. Pioneers last won the trophy in 1969.

Last week Pioneers won 3-1 in a game never finished, but Brockville protested that Ted Smith was illegal (this was his 5th game but had waited 5 games before they protested. The Pioneers being shorthanded, picked up Ted from the Morrisburg Loyalists on the assumption that they were allowed to bring up intermediate players. At a league meeting, it was pointed out that no such rule exists in the league, so the 5th game was thrown out. Monday night the game was replayed — with the Pioneers winning again 3-0 to take a 3-2 lead in the series. Big Doug Casselman hurled a 1-hitter (this came in the 3rd inning but the batter never reached second base), and struck out 6. Roger Hodgkinson tossed a 6-hitter, walked 5 and struck out 10. Eleven Pioneers were left on base.

Coming right back Tuesday night, Big Doug hurled a 4-hitter, walked only 1 and struck out 12. Hodgkinson gave up 8 hits, two walks and struck out 7.

In the bottom of the first inning Paul Beckstead drew a walk. Roger Morrell bunted, the second baseman dropped the ball, and everybody was safe. Big Doug singled to load the bases. Gerry Belanger then singled to right fild, where the ball was bobbled, with 2 runs scoring. Bill Hogaboam singled to left, to score the third run.

In the bottom of the 2nd, with 1 out, eckstead singled to left, moved to second on a sacrifice by Morrell, moved to third on a wild pitch and scored on another wild pitch.

In the top of the 9th, Gary Bates drew a walk, Hodgkinson homered (his first of the series) over the left field fence to stave off a shutout. Stars had 4 left on base, Pioneers had 8.

Brockville won the league last year and were pennant winners this year, losing out in the Ontario Semi-Final Playdowns to Welland.

Morrisburg Loyalists defeated Levis of Cornwall 4-3 in Cornwall on Sunday to win the North Stormont League finals 4 games to 3.

The above paragraph is an excerpt from a composition on fire drill written by Paul Binks in Grade 8. It describes his impressions of our second fire drill this term. Another Grade 8 student, Scott Campbell, mentioned the following in his composition:

"Most provinces have laws (for schools) to have a fire drill at least three times in the fall term. In our school, the firs ttime fire drill is conducted, everyone is warned ahead of time. The second time only the teachers and principal know. The third time no one knows except the principal. In our school there was a fire drill that we didn't know about in the middle of a science test. It gave us quite a scare! Every school should have fire drills regularly."

NOTICE RE: SUNDAY OPENING

Commencing on Sunday, October 20th, one of following stations will be oben on Sunday (in rotation):

OCT. 20 — STRADER MOTORS
OCT. 27 — G. & A. ESSO SERVICE
NOV. 3 — NORM'S GULF
NOV. 10 — LES' SUPERTEST
NOV. 17 — R. S. HOPE & SON

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ILLUSTRATED HISTORICAL ATLAS OF STORMONT, DUNDAS & GLENGARRY

(originally published in 1879)

with detailed maps listing names of property owners. Pictures, portraits and sketches depicting the past.
Facsimile edition. 86 pages. Linen binding. Size 18" x 14½"
Price $15.50 post paid. Order from:

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P. O. Box 536, 200 Stanley St., Belleville, Ont.
(Also available: Carter: The Story of Dundas — $20.00 p.p. and Croil: The County of Dundas — $12.00 p.p.
FREE: Consumer guide book — value $2.50 — with every order until December 20, 1974.



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MEAT BUY OF THE WEEK! — BURNS SHAMROCK BRAND FRESH — POUND

SHOULDER PORK ROAST - - 79¢

BURNS' FRESH PORK BUTT ROAST. Pound	83c
BURNS' FRESH PORK BUTT CHOPS, Pound	93c
BONED AND ROLLED BUTT ROAST Pound	89c
BURNS' FRESH SLICED PORK LIVER, Pound	49c
BURNS' FRESH MEATY PORK HOCKS, Pound	43c
BURNS' PRIDE OF CANADA WIENERS, 1 Lb. Pkg.	79c
BURNS' FRESH PORK RIBLETS, Pound	53c
BURNS' BOLOGNA, (By the Piece) Pound	53c

BEST GROCERY VALUES

RED ROSE ORANGE PEKOE TEA BAGS, 60s	1.09
MAXWELL HOUSE INSTANT COFFEE, 10 Oz. Jar	2.59
MIR LIQUID DETERGENT, 24-Oz. Size	2/95c
BICK'S SWEET MIXED PICKLES, 15-Oz. Jar	59c
PURE SPRINGS GINGER ALE, 26-Oz. Btls. (deposit extra)	4/1.00
CHEER POWDERED DETERGENT, 5-Lb. Box	1.89
IVORY LIQUID DETERGENT, 32-Oz. Btl.	1.09
CRISCO OIL (All Vegetable), 38-Oz. Btl.	1.89
ZEST HAND SOAP, Bath Size	3/89c

The Finest Produce at The Lowest Prices

CANADA NO. 1 FRESH GREEN SPINACH, pkg.	37c
ONTARIO NO. 1 COOKING ONIONS, 10-Lb. Bag	89c
ONTARIO NO. 1 CABBAGE, Solid Heads, Pound	11c
CANADA NO. 1 CRISP RADISHES, 6-Oz. Pkg.	2/25c
CANADA NO. 1 McINTOSH APPLES, 3-Pound Bag	65c
FROM CALIFORNIA — SUNKIST ORANGES Size 88s. Dozen	99c

VALUES EFFECTIVE TILL SATURDAY, OCTOBER 5th, 1974.

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Now Hear This

A black comedy about the stupidity of war, The Generals' Tea Party, by the late French playwright Boris Vian, is the feature presentation on CBC Stage, Saturday, Oct. 5. It portrays a group of bumbling French generals who are ordered by their prime minister to start a war, in order to improve the country's sad economic situation. The problem is, whom to declare war against? The play was adapted and directed for radio by a fellow Frenchman, now making his living in Toronto, Fran cois Jourdan.

Britons go to the polls again on Thursday, October 10 and that evening CBC Radio will broadcast a British election special, with CBC's London correspondent Tom Earle making his reports live to the network.

CBC Radio will also go live for the broadcasts of the Team Canada '74 hockey games from Moscow on Saturday, Oct. 5 and Sunday, Oct. 6, and from Prague, on Tuesday, Oct. 8.

Sunday, Oct. 6, The Bush and the Salon turns the pages of Grip, the humor magazine, comparable to Punch, which flourished in Toronto between 1873 and 1894. It was founded by J.W. Bengough, one of Canada's finest political cartoonists of the time, an outspoken critic of the power wielders of the day, and a champion of women's rights.

From The Earthly Paradise: Colette In Her Own Words will be repeated on Part Two of CBC Tuesday Night, Oct. 8. It's a recreation of the French writer by actress Denise Pelletier who won an ACTRA Award for her role in this production first broadcast in November, 1973.

Music of Our People begins another season on CBC Radio, Monday, Oct. 7. Each week this series of folk melodies from around the world features such outstanding groups as the Ivan Romanoff chorus and orchestra, soloists such as Malka (who will be reunited with her former partner Joso for one occasion), and the lush arrangements of Czech-born conductor - composer-arranger Milan Kymlicka, recorded live in the studio.

ATTEND THE CHURCH OF YOUR CHOICE THIS SUNDAY!

What kind of young person today chooses to become a minister or priest? On Wednesday, Oct. 9 talks with Dr. Moelwyn Merchant canon of Salisbury Cathedral about his life as a man of the cloth and how his faith has helped him. host Warren Davis of Concern

CUT OUT HERE

RESCUE BREATHING (MOUTH-TO-MOUTH)

THE CANADIAN RED CROSS SOCIETY

Start immediately: The sooner you start, the greater the chance of success.



Open airway by lifting neck with one hand and tilting the head back with the other hand.

Pinch nostrils to prevent air leakage. Maintain open airway by keeping the neck elevated.

Seal your mouth tightly around the victim's mouth and blow in. The victim's chest should rise.

Remove mouth. Release nostrils. Listen for air escaping from lungs. Watch for chest to fall.

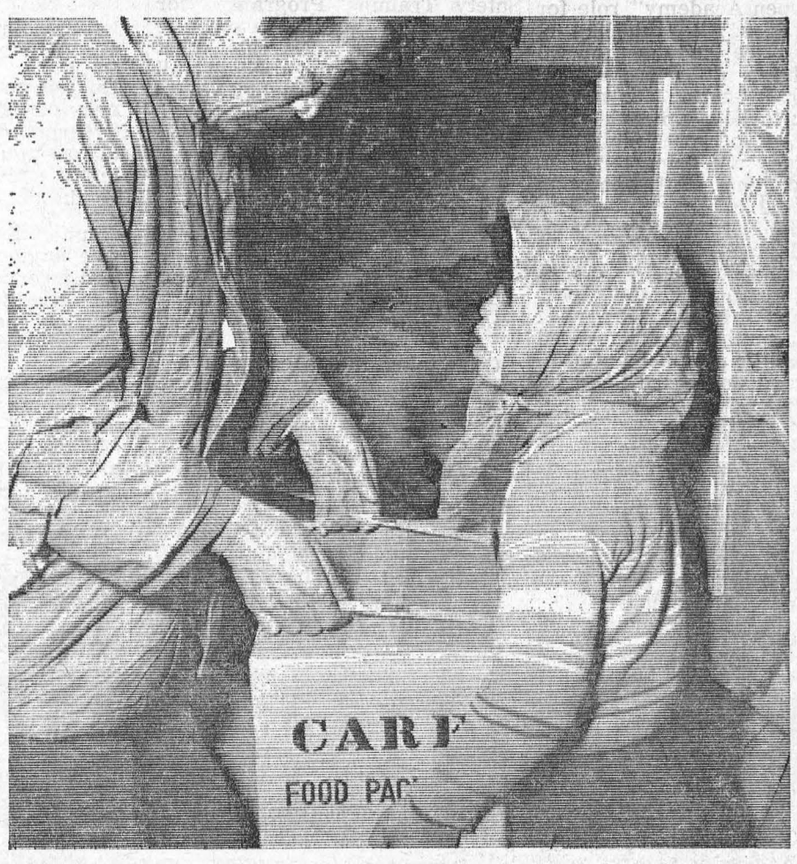
CUT OUT HERE CUT OUT HERE

REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE.
IF AIR PASSAGES ARE NOT OPEN: Check neck and head positions, CLEAR mouth and throat of foreign substances.
For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air about 20 times per minute.
USE RESCUE BREATHING when persons have stopped breathing as a result of: DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.
Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.

CUT OUT HERE

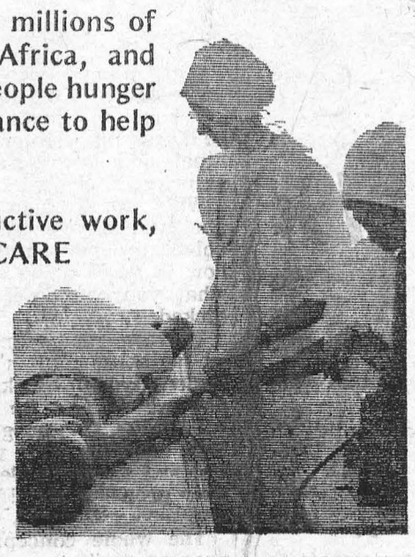
CARE is more than just a package

It's people helping people



Each day CARE feeds millions of hungry families in Asia, Africa, and Latin America. But, these people hunger for more than food: the chance to help themselves.

They yearn for productive work, for education, for tools. CARE works to satisfy these hungers.



Throughout the developing world Canadian CARE teams co-operate with local people in an effort to provide better nutrition, safe water, permanent housing, less illiteracy, more and better medical services, and information about family planning.

Through CARE's partnership program local governments give what they can and the people volunteer their labour.



It all starts with YOUR contribution to CARE. For two dollars CARE can provide nourishing food to 180 children. Five dollars provide a CARE MEDICO team with enough suturing material for 20 operations. Ten dollars provide enough cement to mold 400 construction blocks.



CARE is people helping people to help themselves. But most of all, CARE is YOU making all this possible.

CARE is a non-governmental, non-profit organization and all donations are tax deductible.

Send your dollars to:
CARE of Canada, Dept. 4,
63 Sparks Street, Ottawa, Ontario, K1P 5A6



Please cut out this coupon and return it with your donation. CARE will send you an official receipt and a report on current programs overseas.

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YOURS SINCERELY

BY MRS. WELLWOOD ADAM

He was one of the hundreds of good folk who have sojourned for a time in Morrisburg, and now he has gone to his long rest, his spirit at one with God Whom he served faithfully and well.

He slipped away quietly the oth er day, and I feel, with those who knew him well, that it was the way he would have chosen. Having survvied a severe breakdown physically, a year or so ago, his indomitable spirit refused to bend under what might have been a great handicap to those of lesser spirit. His well-known figure has been seen each day, right through the cold of last winter with its icy roads, and right through the hot and rainy days of this last summer . . . ever walking, sometimes with a strong cane, sometimes without. He had even driven the miles daily to the hospital to be with his beloved wife for the last eight weeks of his life. She is still there, receiving care and treatment for the splintered bone she suffered after a nasty fall.

His church services continued, despite these set-backs, and a number of his people in his two congregations continued to rally round, together with certain retired clergy assisting him. In spite of the recognised shortage of active clergymen in every religious denomination, the Lord's work MUST go on.

And, you know, no harvest was ever gathered without sowing the seed, so I, for one, am very sure that there will be a great harvest among those he served in Morrisburg and elsewhere. Very especially among the young people, the boys and girls of his day.

I wondered just how long he had been in this area, and the answer came radily from a lady, she said: "He baptised Andy (her son) in May 25 years ago!" So the countryside has been privileged to know him for well over 25 years. A long time, indeed.

He moved among the underprivileged and poor, and those in hidden poverty and need. He encouraged the young ones from early juniors up to teens in sport-hockey and soft ball, and taught the values of true sportsmanship, and how to become a good loser when it happened. To keep on trying, and to "win the straight race" in life was his own goal, too. In other words he tried to practice what he preached. He worked, tirelessly, for the sports' equipment, for without this, there would not have been any sport for the young fry, at all.

A lovable man, he will be greatly missed, and I would think very much so by some of our present teen-agers, for they respected and loved him highly.

Today, I read about a newspaper publishing an obituary on a certain actor. He had been quite a favorite on T.V. It said, and quote: "He was never a great actor, but he was very, very reliable; indeed he was invaluable in small parts." (end of quote).

It really would be very difficult to find a better appreciation of any life. It is given to very few to play great parts, whether in the fine arts, in civic or national life, etc, and sometimes to those who have been gifted this way, only a brief time of glory comes their way.

I think that it is far better to play a smaller part in life and to play it well and truly, all along the years, as this dear and well beloved pastor has done. Wouldn't you agree?. He has tried to play his part all through the years, with honour and the respect of those with whom he came in contact, young and old together.

Most ministers' wives work willingly and quietly behind their husbands, unpaid, and they do not expect to be paid, either.

Her gentle strength in the background, her constancy in her church-life and in the home, have done so very much towards the success of her husband's efforts in the work of and for the Almighty One. It is this gentle, but powerful strength from God which will sustain her in the lonely future ahead, in spite of her physical frailty.

For her and her immediate family, and indeed for every lonely one in need of comfort and assurance, I quote the following words:

"If we could see beyond our present sorrow, beyond our present grief, as God can see it, we would be braver, knowing some tomorrow will still hold happiness for you and me.

We can be, for a time, blinded by a moment's sorrow, so hurt by any trouble, any pain, . . . that we forget the peace that will be ours some day again." (end of quote).

TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

Roger has just turned 13 and has just started Grade seven. He is a lively, enthusiastic boy with many interests but paramount now is his desire to be part of a family. "As soon as possible, please" is his request.

Roger is black and white in descent with dark eyes, brown hair and medium complexion and in perfect health. He does average work in school and has a real desire to learn new things, both in school and out.

An engaging personality wins friends readily for Roger — children find him fun and adults say he is most likable. He can be mischievous and he enjoys teasing but is not normally a discipline problem.

Roger is keen on sports and a good athlete. Last term he competed in gymnastics at school and won first prize on the trampoline. He has played left field on a first place Little League baseball team for two summers. He also plays hockey and is involved in track and field where he runs and competes in both long and high jumps. In reading Roger usually chooses novels with sports themes.

Roger enjoys the kinds of things families do together. He loves camping and likes helping with chores around his foster home. He's been trying his hand in the kitchen with some success in baking. He is understanding and patient with small children.

A family who will value his background and can give him much love and encouragement will find Roger a splendid son.

To inquire about adopting Roger, please write to Today's Child, Ministry of Community and Social Services, Box 888, Station K, Toronto M4P 2H2. For general adoption information, please contact your local Children's Aid Society.



HE'S A GOOD ATHLETE

Todays Health

Cardiovascular disease — most of us call it simply heart disease —can have different causes. A lack of physical activity, heavy smoking, and excessive stress can all contribute and a family history of heart trouble may be significant.

But while there's no cut-and-dried answer to whether diet is the major factor, doctors agree that people who constantly mainstand the best chance of cmfwyp tain their proper body weight stand the best chance of avoiding cardiovascular disease.

So many respected scientists attribute the disease to a high fat-intake that the case against their pet villain, cholesterol, cannot be lightly dismissed. There's no doubt that the steady build-up of fat in the arteries, causing them to become less elastic — the condition called atherosclerosis —can eventually leac to thrombosis, or blockage of the arteries.

And while some argue that this accumulation has little to do with the actual consumption of fat, it's more than a possibility. Most of us eat too much of it, anyway.

To do that effectively, you have to know what fat is. It's not just a matter of avoiding those gobs of greasy stuff — butter and margarine, and the fat on bacon and other meats. There's fat in lean meat, too, as well as in milk, eggs and salad dressings.

Then there are saturated and unsaturated fats. The saturated ones generally remain solid at room temperature, tend to raise cholesterol levels in the body, and come mostly from "animal" foods The exceptions in this general category are fish, chicken, turkey and veal, which all have quite low fat levels.

The unsaturated fats are found mostly in vegetable foods, stay liquid at room temperature, and, if they're highly unsaturated, like corn oil — the polyunsaturated group — they tend not to raise the body's cholesterol when they are used to replace animal fats.

Cholesterol, incidentally, is not entirely villainous. It's a waxy substance found naturally in the body and is used in many of the body's chemical processes. A certain amount of it is essential.

But what's important is the overall quality of your diet, and the actual quantity of fat you eat. It's all a matter of the difference between moderation and excess.

The arguments about the effect of fat on vascular or any other disease are far from conclusive, and you shouldn't leap into an entirely fat-free eating pattern, or into any fad diet, except on a doctor's advice.

So continue to view cholesterol with suspicion, and concentrate on a diet that's varied, balanced and —above all—moderate.



Question: My steel chain-link fence needs repainting. Is there any way I can renew its appearance and durability without going through the laborious process of sanding and priming the rusty areas?

Answer: There certainly is! Try Tremco Tremclad, a rust-inhibiting paint that can be applied directly over solid-rusted metals without priming. Just remove all loose, flaking rust and peeling paint with a wire brush and make sure that the fence is clean and dry. Tremclad actually penetrates solid rust and binds to the base metal.

It can be easily applied to your fence with either power spray, long-napped roller, or brush. Tremclad dries completely in 6-8 hours (2-3 hours to touch) to a long-lasting finish that resists rust and fading.

Tremclad is available in aluminum and green (both of which would be ideal for your fence), and 8 other popular colours, and comes in Imperial gallons, quarts, pints, or aerosol spray cans.

This unique paint is perfect for new, rusty, or previously painted iron or steel. Typical applications include playground equipment, outdoor furniture, ornamental iron, garden tools, machinery, and storage sheds.

Complete instructions on using Tremclad are on the back of the can.

For more information on Tremclad rust paint, write to Tom Tremfix, TREMCO, 220 Wicksteed Avenue, Toronto, Canada M4H 1G7.

WINCHESTER DISTRICT MEMORIAL HOSPITAL AUXILIARY

FINANCIAL STATEMENT

FROM SEPTEMBER 30, 1973 TO SEPTEMBER 30, 1974

RECEIPTS

Balance October 1st, 1973 ..... $ 7,623.35

	Members	Membership	Donations	
Chesterville	218	109.00	791.50	
Golden Valley	7	3.50	400.00	
Morewood	71	35.50	244.50	
Morrisburg			120.00	
Metcalfe	23	11.50	500.00	
Ormond	30	15.00	75.00	
Summers' & Cass Bridge	64	32.00	203.83	
Williamsburg	2	1.00	200.00	
Winchester	485	242.50	581.50	
Vernon Women's Institute			100.00	
Donation to Anniversary Tea			13.50	
Donation — Mrs. Constance Black			15.00	
Donation — Mrs. S. F. Morgan			50.00	
Donation — Finch Women's Institute			10.00	
Proceeds — Hot Plate, Picture & Cards			176.35	
Proceeds Dessert Party			158.50	
Proceeds — Picture & Pillow Cases			218.00	
Proceeds — Band Concert			136.60	
Proceeds — Garden Party			2,713.52	
Rec'd Parke Davis			68.75	
Tuck Cart Receipts			1,943.35	
Rec'd Heinz Community Service			30.00	
Show Case Receipts			756.95	
Sale of 5 Smocks			43.00	
Bank Interest			198.70	
	900	450.00	9,748.55	10,198.55
				17,821.90

DISBURSEMENTS

Ont. Hos. Ass. Pins & Certificates	112.40
Meals Teenage Vol. 1973 & 1974	483.03
Reg. & Expenses for delegates Toronto	221.00
Ont. Ass. Directors Volunteers Dues 1974	10.00
Hos. Aux. Ass. Dues 1974	45.00
Ont. Hosp. Ass. Reg. & Exp. of 2 vol. to Conv.	260.00
Reg. 2 Del to Spg. Conf. in Ottawa	6.00
New Smocks	68.65
Goodie Bags	140.55
Retail Sales Tax	14.96
Hudson's Bay Wholesale	1,427.54
Misc. Tuck Cart Exp.	112.24
Misc. One East Exp.	80.14
Readers' Digest Renewals	13.91
Auditing Books	110.00
Children's Ward - Toys	50.00
Durant's Flowers - Vases	37.40
Postage	8.00
W.D.M.H. - Electrosurgical Machine	2,552.50
Cubicle Curtains	1,587.00
Sect'rys Expenses 1974	5.25
R.L.S. Wholesale - Wool	303.75
Miscellaneous Expenses	120.42
Iroquois Post	3.00
Chesterville Record	33.14
Morrisburg Leader	32.97
Winchester Press	103.38
Reg. 6 Delegates to Fall Conf.	18.00
Transfer to Savings	8,000.00
Balance in Bank	1,861.67
Balance in Savings Account	8,000.00

MRS. F.M. CASS, President — MRS. R. SUMMERS, Treasurer

MEMORIAL FUND STATEMENT 1973-1974

Balance in Bank Sept. 30, 1973		$ 8,903.33
Bank Interest	596.55	
Donations	1,649.50	2,246.05
		11,149.38
Transferred to Term Deposit Account		9,700.00
		1,449.38

LETTA M. ACRES, Treasurer

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- DANCING
- JUDO
- MIXED BADMINTON
- LADIES FITNESS
- INSTRUMENTAL MUSIC
- APPLIED ELECTRICITY AND APPLIED ELECTRONICS
- WOODWORKING
- INTRODUCTION TO PSYCHOLOGY AND SOCIOLOGY

REGISTRATION: Monday, October 7th 7:30 to 9:00 p.m. at NORTH DUNDAS DISTRICT HIGH SCHOOL
FEE $10.00 in general
CLASSES START OCTOBER 15

TOM BUTKOVICH, Co-ordinator
Continuing Education,
St. Lawrence College,
Windmill Point,
Cornwall, Ontario.
933-6080 Ext. 207

DONALD McGAHAN, Principal,
North Dundas District High School,
Chesterville, Ontario.
448-2328.

ST. LAWRENCE COLLEGE SAINT-LAURENT

Let WANT ADS work for you

IN MEMORIAM

WELSH — In loving memory of a dear son and brother, Stanley Welsh, who passed away tragically on October 5th, 1973.
Today recalls the memory
Of a loved one gone to rest;
And those who think of him today
Are those who loved him best.
The flowers we lay upon his grave
May wither and decay
But the love for him who lies below
Will never fade away.
—Always remembered by:
MOM & DAD (Mr. and Mrs. Mike Mallette),
Brohter, Norman Welsh and Family;
Brothers, Robert and Bret Welsh;
Brother, Donald and Doris Welsh and Family; and
½ Brother, Ernest Mallette and Family.
39c.

WELSH — In loving memory of a dear friend, Stanley E. Welsh who passed away October 5th, 1973.
Today recalls sad memories
Of a dear friend gone to rest
And the ones who think of him today
Are the ones who loved him bst.
—Always rememberd by
MAUDIE DUVALL.
39c.

CARDS OF THANKS

We wish to thank all our relatives, friends and neighbours for gifts, money, cards and for a lovely party held at our home on September 24th, on the occasion of our 55th wedding anniversary. A special thanks to those who helped to make this such a memorable occasion for both of us.
BRODER AND
ADA MILLWARD.
39c.

WANTED TO RENT

WANTED IMMEDIATELY — 2 or 3 bedroom apartment or house in Morrisburg or surrounding district. Contact:
RONA MAYNARD,
(Caldwell's),
Ph. 652-4816 Local 36
39c.

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ROOM AND BOARD FOR SENIOR CITIZENS. Private rooms.
ROYDEN MANOR,
Phone 543-2458.
37-41p.

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PAINTING, PAPER HANGING, Cleaning, interior and exterior; Storm Windows Washed and put on; Light Carpentry work, etc.
PHHONE 543-3354.
37-40c.

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CALL 543-3139.
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THE WINCHESTER THEATRE
7:30 P.M. — MON. TO SAT.

Thurs., Fri., Sat. Oct. 3-4-5
"LADY KUNG FU"
With Angela Mac
"THE DEADLY TRACKERS"
Starring Richard Harris and Rod Taylor. Bank robbers kill the wife and son of a Texas sheriff. One by one, the sheriff tracks the killers. (Adult).

Mon., Tues., Wed., Oct. 7-8-9
"THE MIDNIGHT COWBOY"
Starring Dustin Hoffman and John Voight. This show is a reissue and a Great Theme Song—Restricted to 18 years and over.

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PHONE 543-2254.
39p.

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PHONE 543-3156.
39p.

SHRUBS—½ PRICE CLEARING Yews, Junipers, Cedars.
43 Kyle Drive, Morrisburg
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SANYO CASSETTE TAPE RECORDER, good condition $15.00
PHONE 543-2067
39p.

BEAUTIFUL POODLE PUPS 3 left. Reg. small miniatures. 1 silver female; 2 apricot males. 6 & 8 weeks old. $125.00 each.
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LARGE SIZE FRIGIDAIRE ELECTRIC RANGE. Has a deep well cooker, large oven and storage space.
PHONE 543-2725,
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ONE 2-BEDROOM HOUSE suitable for a couple; paved driveway.
HARLAND VEINOTTE,
PHONE 543-3315.
13tfc.

5-PIECE GREEN SECTIONAL Chesterfield.
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POTATOES — Excellent Quality. 50-Lb. Bags. Ready for winter storage. Apply
FORD PATTERSON,
Metcalfe, Ph. 821-1230.
38-43c.

PUREBRED SCOTCH COLLIE, 9 Months old, Male. Vaccinated.
PHONE 543-2571.
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READY FOR NEW SIDING — See this 3-bedroom Bungalow, located at Riverside Heights, and reduced to sell at only $18,000. M.L.S.
WILFRED AMELL,
Realtor,
PHONE 613-932-1611.
38-9c.

FIREPLACE and STOVE WOOD delivered in 2-cord lots. Cedar for starting included. Apply to:
HAROLD PEMBERTON,
535-2771, Williamsburg, or
GARY PEMBERTON,
Elma 448-2226.
37-9p.

1½ H.P. JOHNSON OUTBOARD MOTOR. Used very little. Like New. Apply at
LES' SUPERTEST,
Morrisburg, Ontario.
35tfp.

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RALPH COULTHART,
Morrisburg, Ontario.
50p.

FRESH SHOP HOGS — By the side. 60 to 70 Lbs. — Cut and wrapped for Freezer. 75c lb.
COUNTRY MEAT MARKET,
DUNBAR, ONTARIO
PHONE 448-2123
6tfc.

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PHONE 543-2190.
36tfc.

WANTED TO BUY

USED DAIRY or CHEESE FACtory Equipment. Tanks, Trays, Screens, Pumps, Pasteurizers, Piping, etc. Please call:
TEL. NO. 822-7950.
36-9c.

COMING EVENTS

MORRISBURG BADMINTON CLUB
Playing Dates for October, 1974
Sundays — October 6, 13, 20, 27
Wednesdays — October 16, 23
Place: Civic Centre Auditorium
Time: 8:00 P.M.
39c.

SNOWMOBILE DRAGS

Sponsord by the Chesterville Chamber of Commerce, will be held at Chesterville Fair Grounds on Sunday, October 13th. Registration 10 a.m. to 12 noon. Drags start at 1:30 p.m. Prize money and trophies. Admission, adults, $1.00; students 50c; children under 12, free.
39-40c.

BOY SCOUTS PAPER DRIVE SATURDAY, OCTOER 26/74
39-42p.

WOMEN'S INSTITUTE

The Morrisburg Women's Institute will hold its regular meeting on Thursday, October 10th at 8:00 o'clock in the Senior Citizens Room.
39p.

MORRISBURG BROOMBALL LEAGUE

will hold their first meeting of the season on Tuesday, Oct. 8th at 7:30 p.m. at Mutual Products. Anyone wishing to enter a team for the 1974-75 season, please attend, or contact Walt Wagemans, 543-2577.
38-9c.

MEETING OF LADIES' CURLING CLUB

The Fall Meeting of the ladies of the Morrisburg Curling Club will be held at the Club on October 8th at 8 p.m. All members and interested ladies are invited to attend and help plan the events for the year.
38-9c.

BINGO!

Bingo will be held in the Chesterville Legion Hall, every Wednesday night, starting Wednesday September 25 at 8 p.m. Cash Prizes. Special Games, Winner Take All, 300 Jack Pot. Admission $1.00
38-40p.

CASH BINGO!
EVERY WEDNESDAY, STARTING OCTOBER 13
Bouck's Hill Legion Hall
8:00 p.m.
39-41c.

MORRISBURG CURLING CLUB MEN'S MEETING
to be held October 8th at 8:00 p.m. in the Curling Club. New members welcome.
39c.

ANTIQUES FAIR
IROQUOIS CIVIC CENTRE
FRIDAY, OCT. 18th 6-10 p.m.
SAT., OCTOBER 19th 11-5 p.m.
Admission One Dollar. Snack Service. Auspices Anglican Church.
39-41c.

MORRISBURG CHAMBER OF COMMERCE BREAKFAST

Lee's Restaurant, 8 a.m., Tuesday October 8th. — Exhibitors of the 1974 Trade & Home Show are invited to attend and offer suggestions for the improvement of this event in 1975. We ask all exhibitors to complete payment of space rented to Dale Barkley, Chairman of this committee, or Glen Keyes, treasurer of the Morrisburg Chamber of Commerce, in advance of this breakfast meeting. We also ask anyone with expenses applicable to the Trade & Home Show to present their bills before October 8, 1974. Plans will be discussed for the fall months and preliminary plans for our Santa Cluas Parade and the Morrisburg Winter Carnival.
39c.

NOTICE

The Second Instalment of taxes is due and payable on or before October 31st, 1974.
Your October payment slip is attached to the bills in your possession.
Kindly present them when making your October payment.
(Signed):
LLOYD D. BARKLEY,
Clerk-Treasurer,
Village of Morrisburg
39c.

APPLES
□
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and
READY TO BUY
$3, $4, $6
A BUSHEL
SATURDAYS & SUNDAYS
MON., WED., FR.,
(P.M. ONLY)
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LAKESHORE DRIVE

ONLY $5.00 DOWN

YES, THAT'S ALL YOU NEED — to hold the gift of your choice till you are ready for it at Christmas. This year we have a finer selection than ever of Diamonds, Watches, Jewellery, Silver and many others. — SEE THEM TODAY!

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MORRISBURG — River & Park view just beautiful. New steel-covered, nicely kept, delightfully pleasant 3 bedroom home; Spacious double livingroom with fireplace, excellent working kitchen, diningroom. Patio, T.V. tower. Garage. Priced right.

WILLIAMSBURG — 3 bedroom, 2 storey frame home with 11' x 16' kitchen - has sink and cupboards, diningroom and livingroom, 3 pc. bathroom, garage. Lot 70 x 332'. Asking $16,000.

MORRISBURG AREA — Comfortable, well maintained two-bedroom Trailer with 12' x 24' insulated family room and an enclosed 12' x 20' porch. Furniture, fridge, stove, etc. 100' x 137' lot. Drilled well. $16,000.

MORRISBURG—Neat 3 bedroom Brick Bungalow offers easy, comfortable, pleasant living. O.H.A. heating, large nicely landscaped lot. $35,000.

DIXON'S CORNERS — Excellent building lot 175' x 415'. Electricity available. On paved road — $3,000.

SALESMEN

John Allison	543-2989
Alton Bolton	543-2002
Harold Fisher	543-2213
Bill Marshall	543-3200

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HUNTERS' SPECIAL
FRIDAY AND SATURDAY
BACON & EGGS, TOAST & COFFEE
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UPSTAIRS APARTMENT. TWO Bedrooms. Stove and Frig. No pets. Available now.
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39tfc.

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5 FIFTH STREET,
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39p.

AUCTION SALE

VanALLEN'S AUCTION & APPRAISAL SERVICE
Just West of Iroquois on Hwy. 2
MONDAY, OCTOBER 7
6:00 p.m. Sharp

G.E. Refrigerator, 13 cu. ft.; Dish Washer; 2 wringer washers, one with daily dipper attachment; 1 Portable Washer apt. size, like new; Norge Dryer; Gas Stove; Electric Stove; Copper Tone Kitchen Table and Chair Set; Electrohome TV Stereo Radio Combination; Portable TV and Stand; 1 Large Desk; Used Desk; Play Pens; Rug Shampooer and Polisher Combination, Hoover; Bissell Carpet Sweeper; Set Bunk Beds; Single Beds, light green sliding door on head board; two Johnny Poles; Pole Lamp, very nice; Cedar Chest; Spool Type Corner Portable Electric Sewing Machine; Brass Fireplace Screen; Fire place Basket; Spraying Equipment; Compressor; Misc. Table & Chairs; Several Exceptionally nice stripped rocking chairs and other chairs, including 4 spindle back floral; Captain's Chair; Arrow Back Chair; 2 Vacuum Cleaners; 2 Day Beds; Spinning Wheel; Some nice dishes; Wooden Shovel; Crocks; Copper Boiler; Iron Pots; Gas Lamp with White Shade; Baby Carriage; Dressers and Chests; Bicycles; 4 h.p. Snow Blower in good condition; Beautiful Prism Table Lamp; Antique Piano Stool; Several Rugs; Antique Rope Pulleys, brass trimmed; ¼ ton chain falls; Carpenter Tools; Many other articles. There are some exceptionally nice pieces in this sale.

TERMS — CASH
REFRESHMENTS
R. E. VanAllen, Auctioneer
Phone 652-4533

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BEEF CHUCK ROAST FARMER STYLE
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B.B.Q. PORK RIBS
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FRESH FISH FILLETS
5 LBS — $3.55

FRESH TASTY WIENERS
Lb. 59c

FRESH GROUND HAMBURG
10 LB. TRAY PACK
Lb. 69c

IN STOCK
WELL AGED STEER BEEF
Cut and Wrapped for Freezer
Sides 85c
Hinds $1.15
Fronts 74c

Effective to Sat. Nite, Oct. 5

★

Open Hours:
Thurs., Fri., — 1:00 to 6:00 p.m.
Sat. — 8:00 a.m. to 6:00 p.m.
Until Further Notice

★

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