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Scout cookbook gets help

At their most recent general meetings, both Iroquois and Matilda Township councils voted to buy advertising space in a cookbook of local recipes being sold to raise funds to operate Beavers and Cubs organizations.

At Iroquois council last Tuesday, Oct. 9, councillor Peter Swank led discussion in favor of buying advertising space.

Mr. Swank said council sponsors ads in local newspapers for such special events as Fire Prevention Week and felt the children deserve at least the same consideration.

"If we can do that for the firemen, for the Legion, I don't see why we can't support those kids," he commented.

Councillor Rick Leroy was the lone voice opposing the expenditure. While council sponsored an advertisement in the Upper Canada Theatre promotional booklet last summer, he said it was done with the objective of bringing more business into the community.

He suggested the request be turned down and a letter be sent to the organization's group committee explaining the children are allowed free use of the civic centre hall.

Reeve Frank Rooney, who earlier indicated a conflict of interest, said council should purchase an ad. "I can't see you going to far wrong with that," he said.

Mr. Swank's motion to buy a \$35 ad was seconded by councillor John Haldane and passed.

At Matilda Township council Thursday, Oct. 4, it was voted to buy a \$50 ad.

Councillor Sandra Johnston pointed out that about half the children enrolled in the boy's organization are residents of the township.

Lorne Mellan, deputy-reeve, commented that it is a good organization that helps boys become responsible and that it needs financial assistance from time to time.

Reeve wants suggestions for closed service station

[IROQUOIS] - Reeve Frank Rooney asked council members at their regular meeting Oct. 9 to come up with suggestions for the future of the closed service station facing Hwy. 2 between Elizabeth Drive and the shopping plaza.

"I've had my eye on that for years as a tourist information booth," Mr. Rooney told council.

However, he added, its not economically feasible for the village to buy it for tourism only as the building costs in the \$40,000 range.

He suggested council could use a portion of the space for a permanent tourist booth and rent the remainder of the building for another business.

"It's an ideal spot for a tourist booth," he commented.

Other councillors balked at the idea and the price.

"It's an ideal spot for a highway commercial outlet," councillor Rick Leroy rejoined.

Added councillor Peter Swank: "You can't spend \$40,000 for a tourist booth."

Mr. Rooney said he wouldn't want to spend that amount simply for a tourist booth but wants council to think about options for the building.

Reassessment plans put on temporary hold

[IROQUOIS] - Proposals to bring residential and commercial assessment in line with 1984 market values have been put on hold until municipal council meets with assessment officers on Oct. 30.

Launching into the subject at council's regular meeting last Tuesday, Reeve Frank Rooney said he is in favor of updating assessment roles. He noted that

he, too, would likely have an increase in taxes because of work done on his house recently.

Clerk Betty Marlin told council the province discourages municipalities from falling more than four years behind on assessment. The most recent update was based on 1978 market values, she noted.

Houses that have had renovations worth \$5,000 or less don't have automatic reassessment, Mrs. Marlin added.

"In other words, anybody renovating to the tune of \$5,000 gets off free," she said.

Village foreman Ray Delegarde said assessment procedures are unfair. He said officers do a thorough assessment of four houses in a specific area and

base all other assessments on those four homes.

"As a taxpayer I feel their evaluation isn't worth a damn," he said.

Councillors Joan Saver and Peter Swank argued that Mr. Delegarde attends council as works' foreman and should only comment on those matters.

Reeve Rooney, however, maintained Mr. Delegarde has the right to speak up as a village ratepayer just as any other residents have that right if they attend council meetings.

Mrs. Saver said taxpayers may speak out at proper times but aren't allowed to interrupt council deliberations.

At any rate, councillor Swank said, he was unaware assess-

ments were done without examining each home individually. He said assessors aren't able to judge the value of a home unless they go inside.

Councillor John Haldane said he thinks the assessors would examine each home the next time they do the job.

The method of assessment isn't the issue, said councillor Rick

Leroy. "This is not our jurisdiction," he remarked. "Its obvious we need to continue updating assessment."

Reeve Rooney suggested assessment officers be invited to council's special meeting Oct. 30 to explain procedures of assessment.

"You have lots of questions and I can't answer them," he said.

New fire truck delivery expected in March

[IROQUOIS] - A 1985 fire truck, combining tank and pump operation, should be received by March next year, municipal council announced Oct. 9.

Reeve Frank Rooney said council had a special meeting with Fire Department representatives Willard Duncan, chief, Garry Banford, Deputy-chief, and Perry Robertson last Thursday at which the decision to purchase was made.

The truck, to cost \$59,987, will be bought from William Lowry

Fire Trucks Ltd. of Almonte, which quoted the lowest price of three truck dealers contacted. Both the other quotations were slightly over \$60,000.

Councillor Peter Swank pointed out that no money will be borrowed to finance the purchase. A previous agreement with Matilda Township sees that municipality chipping in \$25,000 of the total cost and the remainder will come out of the village's truck renewal fund and other operating funds, he noted.

"It won't cost the taxpayer anything at all," said councillor Swank.

The new truck is essential as the old tanker is 26-years-old and in bad shape, said councillor Joan Saver.

An advantage of the new truck is a faster hook-up to the water supply that knocks-off about five minutes preparation, noted Councillor John Haldane.

Currently, when fighting rural fires, the department uses generators to pump the water from the

tanker to the hoses and, if more water is necessary, to pump from nearby streams.

In this case, the pumper is drive by the power shaft and eliminates the need to set up generators.

Reeve Rooney noted the new vehicle can also act as an adequate replacement for the department's present pumper truck should it need repairs.

He also had words of praise for the department which scoured the countryside for the best available

deal. That type of commitment is exemplified by the Iroquois firemen winning the Cardinal Fire Department Trophy at last week's Leeds-Grenville Mutual Aid Fire Prevention Parade for being the best appearing fire department from outside the two counties.

Mr. Rooney, who sat as a judge in the parade, said he didn't attempt to sway the judges but he was proud of the Iroquois department when they voted for it "because there wasn't a speck of dirt to be seen on the truck."

Purchase offer for Hydro land

[IROQUOIS] - Municipal council has moved ahead with an offer to purchase land from Ontario Hydro in the village's east end above Hwy. 2.

Purchase price for the land is \$11,770.

Council originally hoped to zone the property as industrial to attract a United Counties nursing home but concern over lack of housing properties caused it to rezone the land for residential construction.

Now that the property will be owned by the village, councillor Peter Swank urged fast action at

council's regular meeting Oct. 9 to get its development underway.

"I don't want to sit on this for year after year," Mr. Swank said.

"I want council to make a decision on what to do with this land at the next meeting."

Council previously indicated it will put the land up for tender and if there isn't any private interest, then it will develop residential lots there itself.

As well, at a public meeting last month, several residents

called for similar development as Island Park Drive which was undertaken by the municipality without going through a third-party developer.

Reeve Frank Rooney cautioned council last week that the village might not be able to support tow subdivision developments and suggested the price of individual lots in the east end could go upwards to \$20,000 after services are installed.

(Some residents have balked at suggested lot prices in the 17,000 range for property in the proposed, but as yet unstarted, Elizabeth Heights subdivision.)

Councillor Swank noted that the east end development would give health competition to the Elizabeth Heights subdivision and its developer, Norvan Grant of Milles Roches Development.

"Right now he has us over a barrel," said Mr. Swank. "Another subdivision might smarten him up."

One out of two isn't bad

[IROQUOIS] - Village foreman Ray Delegarde said he is pleased with municipal council's decision Oct. 9 to buy a new overhead door for the south entrance to the works' building on Dundas Street.

Mr. Delegarde asked council to consider purchasing a door to replace one on the east side that's in deplorable condition and gets frozen-in during winter when melted snow runs off the roof and freezes overnight.

"I'm not hard to get along with," Mr. Delegarde said. "I'll take one door this year and one next."

"That's what I was going to suggest," remarked councillor Peter Swank.

Approximate cost is \$1,200 and the door will be purchased from Cornwall Door Systems Ltd.

Meeting postponed

[IROQUOIS] - A scheduled meeting for last night (Tuesday) of Iroquois council, Matilda Township council, marina proponent Art Elliott and objector George Jackson has been postponed indefinitely.

Iroquois council said at its regular meeting last Tuesday that it hadn't prepared a site-plan control bylaw which was to be the main point of discussion.

[BROCKVILLE] - Conciliation talks between the CUPE Local representing four Matilda Township municipal employees and the township government began here yesterday (Tuesday) and at press time there was no word of the progress of the talks.

Reeve Lorne Strader told The Chieftain that the talks had been delayed from an anticipated

Monday start because the Ontario Labour Board conciliator was unable.

The conciliator was only available for meetings yesterday and while Mr. Strader said he was hoping for a breakthrough by the end of the day, he wasn't optimistic about the chances for success.

The reeve said the conciliator

will study the positions of the employees and municipal council and recommended areas of compromise if a breakthrough is possible.

Otherwise the two parties will wait until a report on the meeting is prepared.

The decision to go to conciliation came after the union local refused to respond to an undisclosed offer from council.

Lab facilities should soon be operating

[WINCHESTER] - New laboratory facilities for Winchester District Memorial Hospital are expected to be in operation within three weeks, hospital director H.P. Stel told a media tour last Thursday.

The new facilities will more than double present lab space of 1,300 square feet to 2,800 and relieve the congestion of the present facilities where 13 workers compete with machinery and equipment for space.

"That amounts to about 100 square feet per worker and that's not including space required for equipment," hospital treasurer Wayne Burns said.

Mr. Stel added that the new facilities won't likely improve speed for analysis as the lab is operated very efficiently now. "Speed shouldn't go up appreciably," Mr. Stel noted.

He added the lab conducts some 14,000 to 15,000 tests each month or upwards of 200,000 tests per year.

In the past 10 years, Mr. Stel continued, the laboratory has benefitted by about \$1 million in equipment purchases about half of which has come through public donations.

Renovations to the old lab facilities, which are spread out through at least four different rooms, won't be complete until

January, 1985, added Mr. Stel. The old lab will be converted into treatment rooms and office space, he said.

Laboratory supervisor Ina Thompson said the consolidation of the lab facilities into one large, open area is something the hospital has long needed.

"We've really been waiting for this," she explained.

The present facilities have been in use since the early 1960s, she noted, and the need for new lab space has grown considerably.

Meanwhile, Mr. Stel pointed out the estimated cost of the laboratory addition has dropped by \$40,000 in the wake of downward adjustments for equipment costs.

Total estimated cost now stands at \$538,304.20 of which \$529,601.44 has been pledged in donations and government assistance.

The Ontario Ministry of Health came through with \$261,002; the United Counties Council - \$100,000; total grants from individual municipalities - \$32,000; service clubs - \$47,152.84; hospital auxiliary - \$40,000; individual donations - \$15,356; estates and bequests \$10,000; Royal Canadian Legion branch donations - \$9,750.

The balance of pledges comes

See Page 11

Todd Gill sent back to Windsor

[TORONTO] - The Toronto Maple Leafs hockey club announced yesterday (Tuesday) that defensive prospect Todd Gill has been returned for another season of junior hockey with the Windsor Spitfires of the Ontario Hockey League.

Gill, an 18-year-old second-round draft pick of the Leafs last summer, is a native of Cardinal.

Leaf coach Dan Maloney praised the youngster's play in pre-season games which earned him a

shot at making the big club.

However, Gill received no playing time and wasn't dressed for any of the team's three regular season games before his demotion.

Under NHL rules, he will remain at Windsor the balance of the season and can only be called back to Toronto in case of an emergency caused by injuries.

At this point, however, it looks doubtful he will have that opportunity as the Leafs have nine

defencemen vying for a permanent roster spot including Gill's exhibition blueline mate, Al Iafate of the United States, who's also 18-years-old.

Coach Maloney says Gill is a fine prospect for the Leafs. "We feel he just needs experience to be a good NHL defenceman and a player of his calibre will probably play a great deal in junior hockey," Maloney told a Toronto newspaper.



Natural Gas is coming to the Iroquois Civic Centre as municipal council attempts to cut its heating bill for the building. Workers installed

the line to the building last week with an underground borer drawing the plastic lines to the open cuts in the ground where workers completed the connections.

Snow removal services could be contracted

[IROQUOIS] - At the suggestion of village foreman Ray Delegarde, municipal council is looking into the possibility of contracting village snow removal services.

Mr. Delegarde told council's regular meeting Tuesday, Oct. 9 that the village could save as

much as \$25 per hour by tendering the services to local contractors.

During last year's major snowstorms, the bill came to about \$70 per hour because village employees were often called in on week-ends and holidays. In informal

talks with some local contractors, Mr. Delegarde said they indicate a price range of about \$50 per hour to supply services.

In one three-week stretch last winter that included work over the Christmas holidays the village paid out \$4,000 in overtime wages, said Mr. Delegarde.

He noted the works' crew is down to three full-time positions and said he doesn't want to increase the staff but just hire on temporary help when needed.

With one less full-time position to pay and the potential savings on overtime payments, Mr. Delegarde said, council can cut

expenses substantially. "Its gotten to the point its more economical to contract," the forman said.

If council does move to contract the work, Mr. Delegarde noted, the truck at the village garage will be kept ready for snowfalls just in

case a contractor isn't available at certain times.

He added that in his talks with contractors he didn't find out if there would be a stand-by charge to have the vehicles ready to clear the snow.

Councillor Peter Swank said council should determine the

costs of last year's total snow removal budget and come up with figures for potential savings before tendering the work.

He offered to work with Mr. Delegarde to put the figures together and draw up a draft agreement for contracting the work.

Councillor Rick Leroy said such items as the quality of the snow removal machines and insurance liability should be included in the agreement and suggested a tender document of other municipal snow removal services be obtained for use as an example in setting up the village document.

OBITUARIES

Elizabeth Liezert died at Dundas Manor

A long-time Iroquois resident, Elizabeth Liezert died at Dundas Manor Nursing Home, Winchester, Ont. Oct. 8, 1984.

Mrs. Liezert, who lived for several years at the manor, was 96-years-old.

On March 4, 1976, she was predeceased by her husband, Everett. She was also predeceased by a daughter, Evelyn VanAllen, and a son, Gerald.

Mrs. Liezert is survived by grandchildren, Kathleen Haystead of Toronto; Anne McKee of Pine Falls, Manitoba; Bruce Van-

Allen of R.R. 2, Iroquois, Roger VanAllen of Mississauga; 10 great-grandchildren and great-grandchildren.

She was born Feb. 14, 1888 in Scotland to the late James and Mary Fullerton. Funeral service was held Oct. 10 at 11 a.m. at the C.W. Marsden Funeral Home, Iroquois with the Rev. Herb Klaehn presiding.

Interment followed at United Church Cemetery, Iroquois Point.

Wayne Yule, Joe Corbett, Terry Haystead and Frank Rooney acted as pallbearers.

Laura M. Brontmire died at Montford Hospital

A former area resident, Laura May Brontmire passed on at Montford Hospital in Ottawa on Oct. 11, 1984.

Miss Brontmire, 91, was born in Matilda Township to the late Joseph and Ella Brontmire on Jan. 8, 1893.

While in Iroquois, she taught school and also worked as a machine operator at Caldwell Linen Mill.

Funeral was officiated by the Rev. Herb Klaehn at 10 a.m. Oct.

13 at the C.W. Marsden Funeral Home, Iroquois.

Interment followed at the United Cemetery, Iroquois Point.

OOP

The Chieftain regrets the omission of The Bank of Montreal Bursary of \$100 presented by the Manager Bob Warren to Nancy Goupil, in last week's report of the Seaway U.S. Commencement.

Blind African Choir tours Central Canada

[BROCKVILLE] - The school motto reads: We cannot see, but we will conquer.

They are the children of the Milton Margai School for the Blind in Sierra Leone, West Africa. Thirty-five of the school's students, teachers and graduates comprise the choir which began its tour of central Canada in September.

This Monday, they take their performance to the First Presbyterian Church here for a show at 7:30 p.m.

For many students, a school motto is an empty phrase. For the children of Milton Margai School, however, the motto is a challenge

and inspiration. Before coming to the school, many of these children were the poorest of the poor, helpless and alone as they faced a blind life on the streets.

Milton Margai School was founded 25 years ago by Sam Campbell and is the only school for the blind in Sierra Leone, a country of 3.5 million people. It is attended by 60 primary students while 30 other students are integrated into schools throughout the nation.

Five graduates are now enrolled in university and training institutions and others are

employed in the workforce, avoiding traditional fate of the blind who are unable to earn a living because they have no vocational training.

Taking this into account, the Milton Margai School stresses practical, employable skills. Its main subject areas include English -- the working national tongue of Sierra Leone -- handicrafts, carpentry and industrial skills. Like the students, school staff are also blind and serve as an example. The school founder, Sam Campbell, is perhaps the best example.

Blind since 12, he has been headmaster since 1959 and holds

degrees and diplomas in teaching and administration of the visually handicapped from four different countries.

In Sierra Leone he began a program to integrate blind students into normal schools, colleges and universities and formed a placement service to aid graduates.

Mr. Campbell represented Sierra Leone at international conferences for the handicapped on many occasions and on recommendation of the government, he

received the Insignia of the Most Excellent Order of Member of the British Empire in 1970.

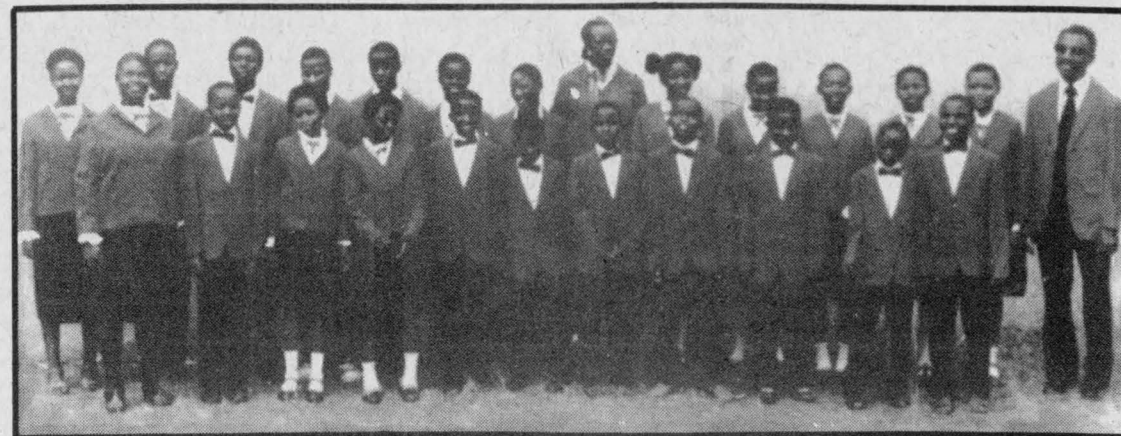
The school and Mr. Campbell's accomplishments wouldn't have been possible without the support of Christian Blind Mission International. Vital support for this school and 100 others for the blind around the world is provided by CBMI.

Last year, CBMI missionary doctors performed simple cataract operations that gave sight to almost 106,000 blind

people. The organization supplied about 146,000 persons with eye-glasses and provided full treatment to more than 173,000 leprosy patients.

CBMI is known as the love-in-action ministry and the Christian Blind Mission African Choir is an outgrowth of just one of their projects.

These children know they are fortunate and their performance sings and tells their story to Canadians: We cannot see, but we will conquer.



Dundas Farm News

by R.A. Humphries
Agricultural Representative
Dundas County

Our three weather keepers reported a killing frost on September 27 with 2895 corn heat units accumulated since May 10. A sharper frost on October 6 dropped temperatures to minus 8 degrees C making sure that all field crops stopped growing.

We have received reports of soybean yields that were below average. Quality appears to be above average in terms of size and moisture at harvest.

Many farmers have enquired about harvesting haylage in October. Hay can be harvested in the late autumn if the weather cooperates. Sufficient stubble should be left to hold the snow over the alfalfa crowns.

We have also got some calls about applying phosphate and potassium fertilizers to hay fields at this time of year. Since the legumes store food reserves during September, putting fertilizer on after September will be of little value. The ideal time to spread P 0 K fertilizers is during the last week of August.

Our office has been busy moisture testing shelled corn for dairymen ensiling ground ear corn. The difference between kernel moisture and ground ear corn is around 5 per cent. If a kernel tests 28 per cent moisture, the ear will be 33 per cent moisture which will provide a good quality grain silage once it is ground.

Every year some farmers have a surplus of high moisture corn that can be sold to neighbours. Although our office is not in the business of pricing high moisture corn, we can do a moisture test and give some guidelines on determining price. There are many ways to price a standing crop, one way that saves a lot of grief is to weigh the loads leaving the field.

If you would like us to do a moisture test please bring a 2.5 lb. (1 kilogram) sample of shelled corn to our office.

The lack of moisture during September has left the soil very hard to plough. It has also slowed down the number of soil samples going to Guelph. The soil test service is offered to farmers without charge and will provide some excellent benchmarks for next year's crop program.

Fall ploughing also gives one the opportunity to evaluate weed control in the row crops. Many weed escapes are now mature and are more readily identified than seedlings in the spring.

As more of the county is planted to corn and soybeans we seem to see more exotic weed species. One weed that has really spread in the last five years is Velvet-leaf. This weed can grow over ten feet high and each mature plant can produce 7700 seeds. This weed can be controlled by selective herbicides.

Recently, I mentioned our feed analysis service for livestock producers. Beef and sheep producers enrolling on the Ontario Red Meat Plan will get two free forage samples done this year. Details are available at the Agricultural Office.

UPCOMING EVENTS

October 23 - Celebration for Rural Women, Chesterville Legion Hall, 9 a.m. to 3:30 p.m.

November 9 - Dundas Holstein Club Centennial Dinner Dance, 7 p.m. at Matilda Community Centre, Dixon's Corners.

November 14 - Holstein Show

at Royal Winter Fair, Toronto at 9 a.m.

November 24 - Dundas DHIA Awards Banquet & Dance at 7 p.m. at MTAS Hall, South Mountain.

November 30 - Dundas 4-H Awards Night Banquet, 7 p.m. at Matilda Community Centre, Dixon's Corners.

Mainstream Canada

Newton's Law and politics

By Tony Carlson

When the apple fell on Newton's head it produced, along with a bump, a flash of insight that earned him undying fame.

But the illumination which followed is not strictly limited to the world of physics. Take for example, his third law of motion (still in effect) that for every action there is an equal and opposite reaction.

In politics too, there is a reaction for every action of government, but its strength and direction are seldom predictable.

Hence the caution with which the new Conservative government is settling into office.

To be fair, however, the Tories have acted decisively in some areas. For example, the plug was swiftly inserted into two black holes which between them have sucked more than \$60-million out of the public purse.

Taxpayers took a bath in the Sports Pool which was losing \$1.5-million a week. And the Canadian Unity Information Office employed 80 people to create propaganda at a cost of \$16.5-million a year.

These boondoggles will not be missed except by the bureaucrats who called them home away from home.

But in other areas, caution has been the watchword, which is not, in itself, a bad thing.

The federal spending and hiring freeze, although temporary, should allow the new cabinet, most of which is new

to Parliament Hill, time to get the lay of the land.

And although the prime minister moved quickly to set up a task force to examine departmental spending, he has given its leader, Erik Nielson, six months to diagnose areas where a little fiscal nip and tuck might be prescribed.

In Finance, Michael Wilson has amended his pre-election promise of an economic statement and a budget before Christmas, realizing the need to do a little more looking before leaping.

Likewise with plans for the Foreign Investment Review Agency and the National Energy Policy.

In short, the Conservatives are making haste slowly, probably with good reason.

They will not have that luxury for long. There are issues bubbling close to the surface now which will demand attention as soon as the government moves out of its adjustment phase: the post office troubles, the deficit, the mess in unemployment insurance.

There are also broader concerns in these times of structural economic change, brave new policies needed to put venture capital into the hands of those who are fueling the growth—smaller firms.

Difficult times demand tough decisions. And the government, with its massive mandate, must be prepared to eventually make those commitments and then let the apples bounce where they may.

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Here's how to improve the dairy lifecycle

[DIXON'S CORNERS] - Lowering costs and improving milk production are the goals of any dairy farmer.

To help your herd get proper nutrition during each stage of life, here are a few tips from Ron Froom of C & L Feeds Ltd.

Stage One: Birth to Four Days

"The first concern for a newborn calf is to stay alive," says Mr. Froom. "Out of every 100 calves born, 18 will die before they reach the milking string. Twenty-five per cent of these deaths occur before the end of their first week."

To combat this loss, Mr. Froom suggests dairymen:

- Remove the mucus from the calf's nose and mouth at birth;
- Use artificial respiration (compress chest wall), if the calf does not start to breathe immediately;
- Clip, tie and disinfect navel;
- Wash the cow's udders and teats before nursing, lessening the chance of scours;
- Help the calf get up if it doesn't stand within the first hour after birth;
- If it is cold outside, rub the calf with a sack or cloth to dry it and stimulate circulation;
- Use colostrum when feeding for the first three days. It's more important to the calf than any feed.

Stage Two: Fourth Day to Second Month

"This is considered the fast growth stage in the calf's development," says Mr. Froom. "Proper feeding and adequate facilities during this period are the keys to later production."

He recommends calves be put in their own stalls from the fourth day through the first month. "This will facilitate handling while the calf is on milk replacers."

During the first two months, hay should not be fed because the calf's rumen is far from fully developed. Instead, and easily digestible feed should be provided. Specifically, Mr. Froom advises dairymen feed calves a high protein, medicated nurse feed for maximum gains and to reduce the chance of scours.

At the fourth or fifth week, replacement heifers should be put into a group pen. "They'll be strong enough to compete with

other calves at this age," says Mr. Froom. "But make sure that no more than 10 calves are placed in the pen and that the pen's area is at least 25 square feet, with two linear feet of feed bunk available per calf."

Stage Three: Third to Sixth Month

"When a calf enters its third month, the rumen has developed enough to handle roughage," Mr. Froom says. "She should now be fed a high quality hay, free choice."

At this time, minerals, which are deficient in hay, must be supplemented. A mineral block and plain salt, therefore, should be provided.

Stage Four: Sixth Month to Pre-Freshening

This is a critical transition stage, requiring a feed versatile enough to complete the calf's development into a fully-grown ruminant.

"But, milking rations should not yet be used," Mr. Froom says. "Such rations have an excessive protein and energy content and fail to meet the vitamin and mineral needs of the calf. Instead, use a palatable dry cow ration. It contains the necessary vitamins and minerals that a milking ration can't provide, but without the high-protein content."

Improper feeding at this time can result in measurable economic loss, warns Mr. Froom.

"Ketosis, milk fever, displaced abomasum, calving and reproductive problems and the fat-cow syndrome have all been linked to improperly fed dry cows," he says.

Stage Five: Pre-Freshening

Challenge feeding during pre-freshening will prepare the cow for greater milk production, if done correctly. To challenge feed, gradually increase the dry cow's feed intake. Then, 10 - 14 days prior to freshening, switch to a milking ration at the increased consumption level.

Mr. Froom has seen two benefits arise from challenge feeding. "The cow will reach a production level peak six to eight weeks following freshening, and she will

maintain a good production level throughout the remainder of her 10-month lactation period."

Through lactation, the cow should be challenge fed, but not in the milking parlor. "Cows don't have enough time in the parlor to maintain a high level of production," Mr. Froom notes. "The quality of feeds, breeds of cows and types of milking parlors are all factors that affect performance and length of time in the parlor," he adds.

"Another factor in milking production is the type of milking ration used. They vary according to protein levels, vitamin and mineral content," says Mr. Froom. "But, depending on the type and quality of roughage used, a 14 to 20 percent protein ration should be best. Balance is the key."

"I told you so" OFA tells FCC

[TORONTO] - The study of 6,000 farmers by the Farm Credit Corporation (fcc) just proves what farm groups have been saying all along, the president of the Ontario Federation of Agriculture (OFA) said.

"Farm groups can tell political decision makers, 'I told you so', because we've been warning them all along that the crisis in farming isn't due to poor management," said Harry Pelissero.

The study of the FCC relates productivity to debt. It shows that the one-third Canadian farmers with high debt loads and low equity in their farming operations produced about half of Canada's food last year.

"Politicians who have hemmed and hawed because they didn't have the cold, hard facts must take decisive action immediately.

The situation might not be as serious now if they'd listened to us in the first place. If they had provided long-term, low-interest loans when farmers first started feeling the squeeze, the statistics might not be as startling as they are," Mr. Pelissero said.

"The formula for the success of agriculture is a two-part equation," he continued. "The first part is long-term, affordable credit and the second part is providing farmers with adequate returns for their products."

The OFA recommends several courses of action for the federal and provincial governments. At the federal level, the federation has recommended an agri-bond program to provide with affordable credit at less than market rates. The FCC should be restored to a preferred source of long-term credit and its high-interest

loans should be refinanced. An effective stabilization program must be put in place as soon as Parliament reconvenes.

At the provincial level, the OFA is lobbying for a program to freeze interest rates on operating loans, and reorganization of the Ontario Farm Adjustment Assistance Program.

The FCC study shows that the most productive farmers are carrying the most debt. "Consumers benefit from farmers' ability to produce high quality food in abundance and at reasonable prices. Any government action to help farmers staggering under this debt load would help everyone," Mr. Pelissero said.

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United in marriage at IroquoisUnited

On August 4, 1984 Janice Kolff and Donald William Poland, both of Toronto were united in marriage at the Iroquois United Church. Jan is the eldest daughter of Mr. and Mrs. James Kolff of Iroquois. Don is the son of Mrs. Edith Poland and the late Mr. James Poland of Toronto.

Rev. Allan Tysick of the Brinston United Church officiated at the ceremony. The organist was Betty Casselman of Brinston

and the soloist was Joyce Gelynse of Inkerman. The church was decorated with a floral archway of carnations and daisies and was a lovely setting for this summer wedding.

The bride, given in marriage by her father, wore a beautiful floor length white chiffon gown with flowing train. Lily of the Valley lace adorned the bodice and cuffs of her long sleeves. Seed pearls

accented the high neckline and sleeve cuffs. Her headpiece was composed of ostrich feathers and pearls with a fingertip veil scattered with seed pearls. The bride carried a cascade bouquet of orchids, red roses and miniature pink carnations with trailing ivy.

Nancy Carcone, friend of the bride was maid of honour. Barbara Kolff, sister of the bride, and Lesley Poland, niece of the groom were bridesmaids.

The bride's attendants wore long rose chiffon gowns with a ruffle off-setting the one shoulder bodices.

Jacque Poland, great niece of the groom, was the flower girl. She wore a long white chiffon gown trimmed with ruffles, lace applique and seed pearls.

The bride's attendants carried nosegays of white, pink and rose carnations against a background of lacy fern.

John Poland, brother of the groom was best man. The ushers were Randy Poland, nephew of the groom and Maurice Kolff, brother of the bride.

The groom, his attendants and the bride's father were attired in white dinner jackets and shirts

with black pants.

The bride's mother wore a long blue crepe gown with matching hat and a corsage of blue tinted white carnations.

The groom's mother wore a long grey and pink floral jersey gown and a corsage of pink baby sweetheart roses.

The bride's grandmother, Mrs. John Geurkink, Sr. of Brinston attended wearing a two-piece blue crepe outfit, her corsage was of pink baby sweetheart roses.

Following the ceremony, a dinner was catered by the Queen's Grant Hotel of Brockville was served at the Iroquois Civic Centre. John Kolff, brother of the bride, was master of ceremonies and Bob Wilson of Toronto was the DJ for the evening. Connie Brown was hostess for the bride and groom.

The wedding was attended by guests from the surrounding area, Toronto, Montreal, Michigan, U.S.A., and the Netherlands.

The bride and groom left for a honeymoon trip motoring through Europe. They are now residing in Toronto.



No. 1 quilting club changes name to Kwaky Kwilters

The second and third meetings of the Matilda No. 1 quilting club were held on October 6th and 13th.

On meeting 2, the seven members worked on the first quilting sample. The club name is the Kwaky Kwilters, a name

which won by a 4-3 vote.

Taught in meeting 3 was string quilting. Each member also had

to make a sample of this technique.

The next meeting is to be on October 20th.

UCW holds thank-offering

[CARDINAL] - The St. John's United Church Women held their annual fall Thankoffering last Wednesday.

Beryl Riddell conducted the worship part of the service and introduced the guest speaker, Dr. Carol Bullard-Bates.

Dr. Bullard-Bates, a psychologist, spoke on stress and how she has dealt with it in her own life through her religion.

Dr. Bullard-Bates is the wife of the Rev. Harvey Bullard-Bates,

the United Church minister at

Bishops Mills. Following the thank-offering

service a light lunch was served in the church hall.



Them's some spuds. Home gardeners have produced some exciting vegetables this year as exemplified by the size of these potatoes brought into The Chieftain offices last week. On the left, this six-inch wide redskin potato weighs 2 lb. 10 oz. and was grown by the Latulippe family. On the right, this white-skin potato of similar size and weight was grown by Charlie Bellinger.

United Church Women met Oct. 11

The United Church Women met in the church parlour October 11, 1984 at 2 p.m. President Mrs. Shirley Moffatt opened the meeting. Minutes were read by secretary Mrs. Leila Carter. Our treasurer Mrs. Ruby Van Camp gave the treasurers report.

Upcoming events were discussed. Ladies please keep in mind our Fall Bazaar November 24. Your donations to the various tables will be greatly appreciated.

This being our Thankoffering service Mrs. Marjorie Fowler gave a few selections on the piano, while we meditated on things to be thankful for. Mrs. Shirley Moffatt read a poem followed by hymn 578. Mrs. Edith Norton read the scripture. Hymn 577, then the offering was received and dedicated by Mrs. Shirley Moffatt.

We were gathered around a long table, beautifully decorated with fruit and fall flowers. It was requested that each member bring a poem for or short reading pertaining to the harvest season. Each took their turn reading their article. Mrs. Ruth Fetterly gave a reading. A musical number by Mrs. Marjorie Fowler and prayer by Mrs. Shirley Moffatt closed the meeting.

A glass of apple cider with cake brought a pleasant afternoon to a close.

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Dawley reappointed to drainage tribunal

[TORONTO] - Winchester farmer Basil Dawley was reappointed for a one-year term to the Ontario Drainage Tribunal.

Mr. Dawley is one of three members whose re-appointments were announced by Agriculture and Food Minister Dennis Timbrell on Oct. 10.

Ernest Brisco of Chatham will serve another three-year term as vice-chairman while Robert Drummond, a dairy farmer from Smiths Falls, will serve a two-year term.

The tribunal hears appeals over outlet drains under the Ontario Drainage Act.

Come On Home!

to Harold Leikin, as the



Valley Farmer

presenting a comprehensive, up-to-date, regional livestock and market report and analysis, every Sunday afternoon.

SCHEDULED TIMES FOR THIS FALL

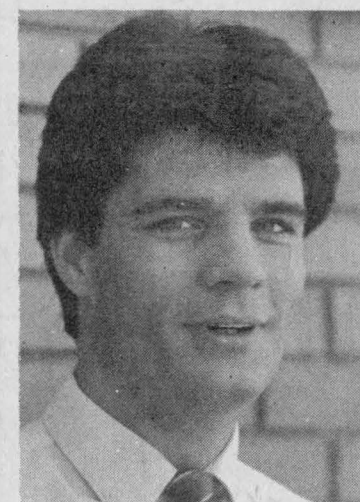
Oct. 21	12:30-1:00 PM
Oct. 28	12:30-1:00 PM
Nov. 4	12:30-1:00 PM
Nov. 11	1:30-2:00 PM
Nov. 18	12:30-1:00 PM
Nov. 25	12:30-1:00 PM
Dec. 2	12:30-1:00 PM

CJCH

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Richard Day



Michael Rowe

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Editorial Page

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Mrs. Thatcher may lead the way

After the attempt on the lives of British Prime Minister Thatcher and her government at a seaside resort in England, she has announced that she is in favour of the return of capital punishment to that island country. If she goes through with her intentions, it could have an effect on a similar decision in Canada, our impression of this based on the fact that our legal system is similar to British law in its founding nature, and many of our citizens have already made it known they favour a return to capital punishment in Canada.

While Mrs. Thatcher hasn't disclosed in detail what she has in mind, she did note that she favoured its return only for certain types of crimes.

Policemen in Canada have been "under the gun", so to speak, in the past few months and Canadians in general support them in seeking Parliament to act in bringing back capital punishment in Canada for crimes such as murdering of policemen and guards and others serving the public. All the data and studies in the world saying that capital punishment is not a deterrent to crime, won't bring back those dead policemen killed in Canada in the past nor wipe away the sorrow felt by their wives, children and other family and friends.

It may well be that we are all thinking of an eye for an eye but out of frustration for a system that is breaking down and definitely not working, then the alternative is to hit back as hard as we can against those who take someone else's life.

Canadians, we feel, are generally not seeking revenge as much as they are seeking justice. When we hear of prisoners out on day passes committing crimes, of a person sentenced to ten years doing much less and out on parole, as law-abiding people, we get more than annoyed.

Our society is supposed to be "just" for all... but most of us feel that our society needs a shaking up, that most of us have been asleep at the switch while others have had laws passed taking away much of our protection, rights, and privileges... in the name of being "just" to those who would rob, steal, murder.

The time may well be at hand to "right" some of the wrongs we are seeing. The first step, in this writer's mind, is to give the police the support they are seeking... write your members of parliament. Even one line "I support capital punishment" will be a start. Sign your name. Stand up and be counted.

Ken Kirkby

Queen's Park report

THE HONOURABLE NORMAN STERLING, M.P.P.

CARLETON-GRENVILLE

Provincial Secretary for Justice

LEGISLATIVE ASSEMBLY

EXPORT SUCCESS FUND

Last fall, the Ontario government established the Export Success Fund to help small and medium-sized businesses develop export strategies and overcome barriers to selling abroad.

The response from export-oriented business across the province has been overwhelming, and as a result, the funding budget has been increased in only one year from \$1 million to \$4 million.

Clearly, if Ontario businesses are to maintain a sound economic position, they must be in a position to compete in the world market. Through its many trade offices world wide and the Export Success Fund, the Ontario government has made a commitment to export endeavours.

Providing a maximum of \$35,000 a year, the fund matches the expenditures of companies to research a new export market.

perform an on-site evaluation of the market, modify or repackage a product or develop a merchandising program.

Also included under the fund is the Ontario International Corporation, which can provide loans up to \$50,000 per year to groups such as consulting engineers and architects, contractors and manufacturers of capital punishment. This aspect of the fund is designed to pave the way for Canadian companies to become involved in major foreign capital projects.

One company in Carleton-Grenville which has benefitted from the Export Success Fund is Norsun Solar Inc. of Manotick, employing 25 people, Norsun has been producing solar collectors for the Canadian market for the past seven years using a design which was developed at Queen's University.

Despite the huge potential for market development of such pro-



ducts in the U.S., particularly in sunbelt states such as Florida, California and Arizona, Norsun is the only Canadian company supplying residential solar water heaters to the U.S.

To take advantage of this opportunity, however, it was first necessary to upgrade and redesign their product for exporting purposes at a cost of over \$39,000. Through the Export Success Fund, Norsun was able to obtain \$19,868 to help defray those costs.

There is no better way to ensure jobs and a rapid recovery of our economy than to have businesses, manufacturers and producers concentrate on exporting, and already Ontario's efforts to stimulate exports are paying off. The Norsun story is just one example of the ways in which the Export Success Fund has been used to help innovative Canadian companies compete in the international marketplace.

NOBLE VILLENEUVE

Looks at recent developments in Agri' food

October has been declared Agri-Food Month to pay tribute to the fundamental place agriculture holds in Ontario's economy. This is especially true for the Three United Counties where farming is an important way of life. In this column I would like to look at some of the recent developments of our agri-food business throughout the province.

As you know, a national tripartite farm income stabilization program is Ontario's first priority. Although four provinces - Alberta, Manitoba, Saskatchewan and Ontario - and the federal government have formally agreed to the plan, we are awaiting passage of the necessary federal legislation. If a national tripartite program is not in place by January 1, Ontario will introduce

an interim bipartite farm income stabilization plan.

The proposed bipartite plan would be funded by producers and the province to cover slaughter beef, background beef animals, cow-calf operations, hogs and sheep. Producers would participate voluntarily. The bipartite plan would provide a safety net for producers and is designed to be easily rolled over into the national plan once it is implemented.

The Agricultural Council of Ontario will undertake a comprehensive study of farm incomes in this province as its first project. The study will include such things as unpaid family labour, the importance of off-farm income and the difference between the

services available in rural and urban areas. It will also consider the issue of the depreciation of assets in the 1980s and how this relates to the farmers' ability to borrow.

The council decided to examine farm incomes in Ontario to gain a perspective that would help it to offer effective policy advice to the government. The study is expected to be completed by the end of spring, 1985.

Finally, the Ontario Task Force on Health and Safety in Agriculture is beginning a series of public hearings in November. The task force was established by the Ministry of Agriculture and Food

and the Ministry of Labour to investigate and report on the need for protection of the health and safety of farmers, their families and farm workers.

Individuals and representatives of organizations are invited to present their concerns about health and safety; the hearings and briefs will provide important input to the preparation of a report on the Health and Safety of Agriculture. A meeting will be held for our area in Casselman on December 13.



SPINE OF STEEL

DONATO TORONTO SUN

Bird Notes

by E. G. AVERY



Cedar Waxwings continue to make the news. A large flock has been spending most of each day among the trees on Victoria St. Our kitchen window looks out on some of these trees, beautiful in their Autumn colours; Maples, a huge Weeping Willow, a Birch, now "pure gold", and of course, plenty of Cedar which is known to be attractive to Waxwings. At this time of year when fruit and berries are scarce, the birds were darting into the air to catch insects, flycatcher fashion. They seemed to be young ones, very light in colour and masks not as black as the adults. Cedar Waxwings do not undertake a long migratory trip in this part of their range where they are permanent residents below the Great Lakes, and along the south shore of the Saint Lawrence.

Blue Jays are with us Summer and Winter, and are now moving into town, checking around to see if any feeders are out yet. Their sharp call can be heard wherever we go.

Visitors to the birdbath have been few this week, except for the Sparrows.

Canada Geese are wending their way to winter homes, while wild Ducks seem to have left some time ago.

As October passes the mid-point, it is time to think about the Winter feeding program, get the

feeders in order, and make important decisions as to where to locate them.

New feeders always take a little longer to be discovered, but once found, will usually attract the much-desired regular customers.

A good field-guide bird book is a must for anyone who plans to feed the winter residents. Our favourite is "Birds of North America" by Robbins, Brown and Zim, with excellent illustrations by Arthur Singer. This book has the range-maps on the same page as the birds illustrated, and shows female and young of each.

Planning for investments

By Rory T. Keilty, CA

Most people in our society are investors, simply by virtue of opening a savings account or buying Canada Savings Bonds. It is when you plan your investments to achieve specific aims, however, that investment really comes into its own.

All planned investments have the common goal of earning income in order to accumulate money for current and planned expenditures, to provide adequate retirement income and sometimes to build up wealth for heirs.

One of the first prerequisites in planned investing is to find an investment niche for yourself according to the money you have to invest; the degree of risk you are prepared to accept (to some extent a matter of your psychology); and the breakdown between short-term and long-term investments (the quick kill in the stock market vs accumulating money in Registered Retirement Savings Plans.)

In addition, as you go from low-risk investments like Guaranteed Investment Certificates, Canada Savings Bonds and blue-chip stocks and get into the high-risk tax shelters, you should understand that the complexity is increasing in the same proportion as the risk, and sophisticated investment and tax advice is essential.

We're talking here about such shelters as Multiple Unit Residential Buildings (better known as MURB's), oil and gas partnerships, "flow-through" shares, scientific research and development ventures, and film and TV productions.

With such shelters, keep in mind that the quality of the investment should be considered first, the tax advantages second.

This week through the past

1974 - Lorraine Edgar and Kevin Keyes were named Seaway District High School's outstanding students at convocation ceremonies. Susan Heriman was valedictorian.

Iroquois prepared for a busy weekend at the Lions Club annual trade fair, the final day of the International Cup grass drag races and the official opening of the Iroquois medical building.

1964 - The body of Wayne Clifford Shea, 28, of Iroquois was recovered from the Iroquois lake area. He had been missing for nine days.

Klaas Byslma was the lone Ontario scholar of Iroquois High School's 14 graduates from grade 13. He was awarded more than \$2,000 in bursaries for his achievements.

Five geese trapped in their pens at the Upper Canada migratory bird sanctuary were viciously shot by a hunter. The geese were part of a flock that acted as decoys to attract migrating geese to the sanctuary.

The flock was also a source of geese should anything happen to wild flocks. Police were searching for the hunter.

Junior Citizen nominations due by October 31st

If you know of a "good kid" who deserves an award for community work, bravery or striving to overcome a physical limitation, nominate them for an Ontario Junior Citizen of the Year award before the end of October.

Bicentennial history books, airline trips across Canada, a reception with Ontario's Lieutenant Governor, plaques and lapel pins are the prizes awaiting Ontario's 1984 Junior Citizens.

"We are seeking to honor Ontario's outstanding young people -- not just the superheroes, but also the good all-round kids who are working today to become our leaders of tomorrow," said Dave Wenger of Mount Forest, Chairman of the Junior Citizen program.

Nomination forms are available at community newspaper offices and the deadline for nominations is October 31.

The Junior Citizen program, co-ordinated by the Ontario Community Newspapers Association, is sponsored by CP Air. Lieutenant Governor John B. Aird is the program's patron and additional support is being received this year from the Bicentennial Program operated by the Ontario Ministry of Tourism and Recreation.

In its first three years, the program received a total of 428 nominations and organizers are hoping for a new record in numbers nominated in 1984.

The 12 outstanding nominees and their families will be guests of Ontario Community Newspapers Association at its annual convention in Toronto next March, when Lieutenant Governor Aird will make the presentations and host

a special reception for the visitors in his Queen's Park suite. Each of the 12 nominees will receive a CP Air ticket to any Canadian destination, a family portrait with the Lieutenant Governor, a plaque and lapel pin.

An additional 12 top-ranking nominees will receive an airline ticket and a certificate, to be presented by their local newspaper publisher. All the young people nominated in 1984 will receive a Bicentennial book. Groups and individuals can be nominated if they have performed single or continuing acts of courage, shown ingenuity, resourcefulness, fortitude or selfless service.

Nominees may also be involved in worthwhile community service, have overcome disabling physical or psychological handicaps, or have performed acts of heroism -- perhaps endangering their own lives.

Any nominee from previous years who continues in their noteworthy endeavors is eligible to be nominated again. A Junior Citizen can be aged 6 to 18 years and any citizen resident in Ontario can submit a nomination.

This Week in Canada

On October 26, in 1774, the U.S. congress invited Canadians and Nova Scotians to join them, and in 1850, Royal Navy Captain McClure discovered the Northwest passage.

On October 27, in 1676, Holland named Cornelius Steenwyck Governor of Nova Scotia, and in 1812, Selkirk settlers arrived at Red River in present-day Manitoba.



Heat and Rain Report

OCTOBER 7 - 13
Chest. 7. Stn. 5.8. Mor. 3.0. 4.8
Rainfall 391.6 341.9 413.2
Acc. to Date



The race is on to Christmas and there's hardly a day goes by that we aren't urged to get started on the annual buying spree. First to appear are the mail order offers: order now for delivery by Christmas. The magazines are among the worst. We've received half a dozen offers to renew our subscription or to start one for someone else as a gift. The mail last week contained three separate renewal notices for the same magazine, and it's already paid up until well into next year. There have been offers of books, and food and toys and a dozen other items.

Then there are the catalogues. The mail order houses you hear from only once or twice a year go wild at Christmas. Last week's offering included a few items that no home should be without. One particularly tacky item is the jolly red toilet seat cover with a life-size picture of Santa. At five bucks, it could prove to be a painful reminder of someone's poor taste every time you visit the bathroom. And if that isn't bad enough, you can get an ash tray that is a miniature toilet which flushes a bit of water to put out the burning cigarette. Then there's the special toilet paper with holiday greetings on it. If Freud were still around he'd have a good time analyzing whoever put together this catalogue.

Another gift, based on the assumption that your pet can read, is a dinner dish with his name on it. It's sold with the suggestion that you buy it to show your pet that you care about him by buying him a personalized bowl. Also included are every item that was ever invented to cut, shred or mutilate vegetables or cookie dough. The collection is rounded off with the time-honoured beer glass in the shape of a naked lady. All this talk of Christmas makes you want to snuggle up in your favourite chair in front of the fireplace and toss in the catalogue for a little extra warmth.

But before we get to Christmas there are still leaves to be raked and ghosts and goblins to be entertained. The annual quest for Halloween costumes has begun and all over town, closets and trunks are being uprooted to look for clothing and accessories to help create this year's costume. Along with the traditional witches and cowboys there'll be a crop of Gremlins and Care Bears and Boy Georges and Michael Jacksons. With school parties and church parties and Halloween night itself, a mother's patience could wear thin. If she took the whole business very seriously. Our little ghosts come up with a new costume idea for every day of the week. That makes it a little tricky to plan anything that they'll want to wear. The only approach is to settle on something that is safe and sensible and relatively easy to create. Then in the true spirit of democracy you give the little tykes a choice. Simply say "wear this or stay home". It works every time.

The bottom line: experience is the best school, but the tuition fees are high.



The Iroquois Public School senior boys' soccer team outlasted Maple Ridge in the Dundas County tournament final game

held at IPS last Thursday to win the championship trophy. Members of the victorious team are, front, L-R, Dennis Merkley, Eric Pietersma, Justin Mayhew,

Andrew Adams, Timmy Lewis, Hubert Merkley, Scott Cherry and Billy Strader. In back are manager Michael Merkley, coach Jacques Boucher, Brent Claxton, Robbie McLean, Reg Latulippe, Bruce Anderson, Chris Theijse-meijer, Chris Merkley, Randy 'Tug' Mullin and Nikil Chande.



Junior girls from Iroquois Public School won the Dundas County soccer championship at Winchester Oct. 9 after winning four one-goal matches. IPS beat Riverside Heights 2 to 1 before winning

three overtime games against Nationview (1 to 0), Morrisburg (2 to 1) and Winchester (1 to 0) to take the title and trophy. Members of the team from left, front row, are: Crystal James, Tasha Char-ette, Mary Dulmage, Carrie Barkley, Melanie Thompson and Brenda Van Allen. In second row are Amberzine Fawcett, Anna-bella Fawcett, Wendy Shaver, Tricia Gillard, Becky Fawcett, Janis Bouck and Debbie Borris. In back are coach Brooke Leightizer, Tammy McEwen and Marianne St. Pierre.



Morrisburg cheer leaders won the senior cheerleading competition held during the soccer tournament at Iroquois Public School last Thursday. Kneeling are, L-R, Nicole Hamilton, Nicki Mallette, Jennifer Baker and Laurie Helmer. In back are Cindy Laurin, Catherine Carruthers, Jennifer Disheau and Elizabeth Jones. Team coach is Marilyn Salmon.



The best junior cheerleading squad at the Dundas County elementary school competition at Iroquois last Thursday is from Dixon's Corners Public School. From left, on the ground are Julie

Devries, Monica Sluiskens and Michelle Ault. Second row is Tina Liezert, Annette VanBeilen and Laurie Jollotta. In back are Karen Fossitt, Karen Dalrymple and Kim Fossitt. Gail Beckstead is coach.

Cardinal says farewell to Burwells

[CARDINAL] - Approximately 125 people stayed for the luncheon held at St. John's United Church on Sunday to say farewell to Arnold and Vera Burwell and their family.

The Burwells were very active in the church and community for many years until Arnold was

transferred to head office of Casco Company in Toronto a few weeks ago.

George Brown, chairman of the worship committee, said a few words about the Burwells and how they would be missed. He then presented them with a Charlie Gilder print of St. John's

United Church on behalf of the church members.

Mrs. Willie Peterson presented the family with a plaque from the Choir and Irah Brennan presented Vera with her life membership pin to the United Church Women.

Reeve James McLaughlin, Rev.

David Buglar of the Anglican Church, Rev. Urhart of the Presbyterian Church, councillors Ken Booth, and Frank Seeley gave the Burwells best wishes on behalf of the people of Cardinal.

The Burwells said they would

miss Cardinal greatly and it will always be home to them.

During the church service, a cloth for the Communion table was given in memory of the late Jennifer Maginnis by the Burwell Family.

\$300 award to teen volunteer

by Rose Campbell Press Reporter

[WINCHESTER] - The First Winchester Hospital Auxiliary teen-volunteer award of \$300 will be received by 19-year-old Laurie MacMartin, a second-year medical secretary student at St. Lawrence College, Cornwall.

She is the daughter of Mrs. Beverley MacMartin and the announcement was made by Gail Vanoy, awards committee chairperson, at the regular meeting of the auxiliary.

The September meeting of the auxiliary was a beehive of interest in the display and preparation of doll clothes and dishes for cabbage patch dolls to be sold at the bazaar on November 24 from 1:30 - 3:30 p.m. in the auditorium of Winchester Public School.

Mrs. Willard brought in the two newly dressed used dolls, which will on display along with the jams, jellies, honey, crafts, books, baking, cider and apples. Admission to the bazaar is free but the tea is \$2.

The good folks from the Summers Cass Bridge and Maple Ridge areas have joined forces and in future will be known as the Summers Cass Bridge Maple Ridge Unit.

Twenty-seven teen volunteers will receive pins and engraved spoons at an appreciation party later this month with director Jean Holmes as hostess.

There will be two cabbage patch dolls drawn for at our bazaar and tickets are on sale in the hospital gift shoppe.

Ethelwyn Carkner, who is in charge of the rehabilitation program in one-East, reported that patients are showing a special interest in music, games exercises and poetry reading.

Twelve hundred dollars was received from the gift shoppe and \$200 from the Gay Nineties Club of Vernon.

December 11 is the date for the Christmas party for patients in One-East with Evelyn Cowan in charge of the program.

The next blood donor clinic is Nov. 14 from 2-8 p.m. at the hospital.

The fall workshop at the Civic Hospital Oct. 25 will have Carolyn Dawson, Betty Wilso, Norma Hill, and Ruth McCulough as delegates from the auxiliary.

Winchester Unit invites everyone to their Rummage Sale Oct. 26.

Paperbacks

Creature Comforts by Stephen Kritsick and Patti Goldstein makes no bones about its debt to James Herriot and his many books celebrating the life of a country veterinarian. Most of Kritsick's and Goldstein's experiences, however, are in a quite different locale - New York - where animals are roughed-up just as much as people are. As the book takes place in the emergency room of the Animal Medical Centre, these are not common tales of pets getting vaccines or being spayed. All kinds of animals are delivered to Dr. Kritsick's care - a rabbit with a broken leg, cats dying of cancer, beaten dogs, shot dogs, and the usual array of animals not so critically ill. The tales are told with compassion and are satisfyingly complete, i.e. the treatment of the pet while in for emergency care is not graphic, but it is detailed. Keep a box of tissues handy (Berkley, \$3.95).



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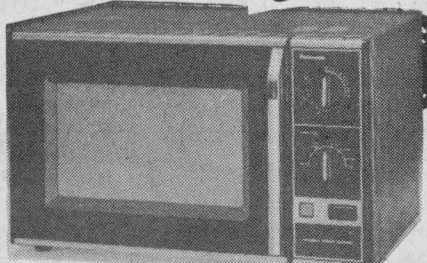
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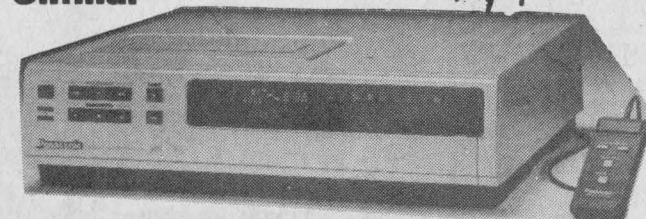


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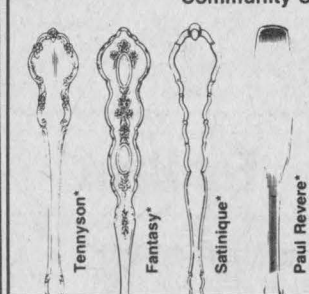
	SALE	Regular
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1881® Rogers™ Silverplate	135.00	180.00
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CLOTH CORNER has an excellent selection of Christmas prints from \$2.99 m. up, quilted placemat and Christmas stockings panels, straw wreaths, Santa heads, jingle bells, dried flower bouquets, assorted patterns and books. 58 Buell St., Brockville. 20-1p

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1 BELLY PAD, arm Pads, 1 GM Nine Trapper. Call 652-2227 after 6 p.m. 19-1p

APPLES FOR SALE. Wilson's Apple Orchards. North on Brinston Rd. to 4th Conc. 1 mile East, turn left at white house, one half mile north on this road (Ridge Road). Fresh apple juice on weekends. Bring own containers. John C.S. Wilson 652-4405. 19-2c

GARAGE, Sales lot 165 x 130'. Garage approx. 3400 sq. ft. Sell with / without equipment. Owner retiring. Price negotiable. (403) 523-4551. Nat.-nc

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UNSPRAYED SCABBY APPLES Pick Your Own Windfalls \$2.50 bushel. Quantity is limited. Fridgen's - Highway 2 west of Iroquois. 20-1p

HOUSE FOR SALE - 2 storey, 2 bedroom frame house on 1 acre of land. Close to school and church. Located 1 mile north of Shanly. Phone 652-4932. 19-1c

WINTER POTATOES, red Dutch potatoes, Gery Oosterhof 652-4962. 19-1c

NOTICE

WANTED TO RENT for November 1st, 1984. 2 or 3 bedroom apartment or house in Williamsburg, Morrisburg, Iroquois, or surrounding area. Call 543-3321. 20-1c

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NOTICE

KITTENS FREE to good home. 6 weeks old. Phone 652-2306 19-2p

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3 BEDROOM HOUSE FOR RENT, 4 miles south of South Mountain, and available December 1. References required. Phone 989-5420. 20-2c

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APARTMENT TO RENT - spacious 3 bedroom upper duplex apartment. Call 652-4044 after 5 p.m. 20-1c

BUNGALOW FOR RENT in Brinston. Gas heated, bath - working couple. Phone 652-4710. 18-3c

30% OFF REPRINTS at Gilmer's Pharmacy, Iroquois Shopping Plaza. Hurry in now and take advantage of this great offer.



High Ilima

Bev Sunderland of Longleaf Park in England holds the latest addition to the unique British zoo.

Paperbacks

The Innocent Millionaire is the long-awaited novel by Stephen Vizingzey, the Canadian author of *In Praise of Older Women*. Vizingzey took 12 years writing this extravaganza of a novel. The result is a philosophical, leisurely tale of a young man with a dream: Mark Niven believes he is destined to uncover the lost treasure of the Spanish ship *Flora*, and be forever rich. Mark's youthful mind was influenced by bouts of poverty brought on by his father, a sometimes out-of-work actor who, when flush, moved the family into villas, then when poverty struck, moved them to more appropriate dwellings. Mark grew up believing that money equals freedom and respect. His quest for the sunken treasure sends him to the West Indies where he takes a job as a clerk in an exclusive hotel, close to the woman he has fallen for. This alliance brings Mark notoriety, some good, some life-threatening. Yes, he finds the treasure, but also finds that the rich have too. A long, serious novel about all kinds of obsessions (Seal, \$4.95).

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NOMINATIONS are being received now, for Ontario Junior Citizen of the Year awards. Contact this newspaper to nominate an outstanding young person aged 6 to 18, who deserves more than a pat on the back. Nat.-nc

HOUSEKEEPER REQUIRED IMMEDIATELY. Five minutes from Cardinal One day per week. References. Call Saturday morning. 652-3488. 20-1c

Cardinal area businesswoman requires person to supervise two children age 12 and 14 on occasional basis. References. Call Mrs. Smith at 258-3445. 20-1c

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IROQUOIS AREA - With 957 sq. ft. of living space, this 7 yr. old bungalow is ideal for the smaller family. Clean, convenient electric heat. Three bedrooms, eat-in kitchen, living room. Lot 100 x 160. Asking only \$43,900. (4881).

INTERESTED IN THE BRINSTON AREA? Be sure to check out this newly listed two storey frame home, with three bedrooms, newly remodelled kitchen and large living room. The wood burning stove greatly reduces heating costs on this low maintenance vinyl clad home. Asking \$32,500. (4875).

THE LARGE OR GROWING FAMILY will find plenty of space to move around in this 5 bedroom, 1 1/2 storey older home, located in the Village of Iroquois. Recently renovated, this home boasts a large kitchen, dining room, double living room and more. The newly installed megasave gas furnace is a real money saver. Asking only \$45,000. (4871).

EARN EXTRA INCOME, on this beautifully located Hobby Farm-Orchard, right on Highway #2, just west of Cardinal. In addition to the lovely 3 bedroom bungalow, there are 50 acres of land, with 8 1/2 acres in apple orchard. Very good, mature trees. Good view of the St. Lawrence River. Call for details. (4877).

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Eastern Ontario Health Unit

Notice Of Cancellation

Immunization Clinics and Child Health Conferences formerly held in Iroquois at the Civic Centre on the 1st Wednesday of each month are now cancelled.

This Week in Canada

On October 24, in 1852, the Toronto Stock Exchange opened, and in 1929, nearly 13 million shares were sold on stock markets, five days before the crash.

This Week in Canada

On October 25, in 1798, the St. Croix River became the boundary between New Brunswick and Maine, and in 1854, Lieutenant Alexander Dunn of Toronto became the first Canadian to win the Vic-

toria Cross for Bravery during the Charge of the Light Brigade at Balaclava.

AUCTION SALE
HOUSEHOLD EFFECTS,
TOOLS AND
MISCELLANEOUS ITEMS
Sale to be held in former
Cardinal Construction Building
Corner of Hwy. No. 2
and Shanly Road
Village of Cardinal
SATURDAY OCTOBER 20
12:00 noon

Household Effects - Combination freezer and refrigerator; Hotpoint portable dishwasher; Hotpoint automatic washer - 4 months old; Motorola colour TV; Magnus electric organ; Chesterfield and - matching chair - like new; 2 pc. Chesterfield suite, coffee tables, end tables, desk lamps; Lazy-boy chair, desk and chair; rocking chair; small tables; footstools; Singer treadle Sewing Machine; 2 dressers with oval mirrors; single bed, trunk, dressers; halftree, TV tables; 3 pc bedroom suite - consisting of bookcase bed, dresser, and chest of drawers; assorted chairs, knick knacks; electric fans, plus other assorted good household effects.

Tools and Miscellaneous Items: B & D Radial Arm Saw; 1/2" drill, skill saw, router, vibrator sander, whipper snipper, pipe wrenches, hedge trimmer; wrenches, hand screws; extension cords, Lawn Boy lawn mower - with bagger; shovels, forks, pinch bars, plus many other articles not listed.

TERMS - CASH
Proprietor:
Bill & Marg Richardson
Auctioneers
Hugh Fawcett
7/4-3363
James Cooper
657-4448
Auctioneer's Note: Mr. and Mrs. Richardson have sold their home and are moving to an apartment. Everything listed is in excellent condition.

UNRESERVED AUCTION

in the Acres building,
(watch for signs)
WINCHESTER, ONTARIO
Saturday, October 20th, 1984
at 11:00 a.m.

The undersigned Auction Company has been commissioned by Ward Mallette Inc. to sell by unreserved auction from the assets of SANROB HOMES the following:

Household: (4) G.E. refrigerator, (4) G.E. elect. range, (4) G.E. in counter dishwasher, (4) G.E. washing machines, (4) G.E. Dryers, (5) Nutone exhaust fans; 5 pc. bedroom suite (box spring with mattress and head board); (2) night tables; ladies dresser and mirror; chest of drawers; maroon love seat; maroon sofa, maroon chair; 2 pc. L-shaped couch; sofa and chair; brass serving table; brass/glass coffee table; (2) brass/glass end tables; brass pole lamp; round brass/glass coffee table; (2) oval brass/glass end tables; matching brass lamps; brown chair; blue chair; (2) 5 kitchenette sets; overhead wall lamp; wood end table; wood plant holder; pink chair; chrome lights; light brown couch; picture frames; glass stand; brass lamp; glass vase; (2) end tables; misc. chrome chairs; bedspreads; pillows; horizontal blinds, sheer curtains; large quantity of misc. chairs; large assortment of light fixtures; mirrors; pole lamps; The household furniture are out of model homes and are all new.

Office equipment and supplies: (7) metal desk; (4) secretary desk; (7) wooden desk; filing cabinet; (2) drawer, (4) 3 drawer, (7) - 4 drawer; (3) calculator; (3) typewriter; (4) secretary chairs; (25) misc. office chairs (stating chairs, executive chairs, arm chairs); tables, dictaphone; office dividers; photo copier; file box; bookcase; bifold closet doors; cabinets; racks; paper; small office supplies.

Miscellaneous equipment: electric heater; ladder; asphalt sealer; Lawn mower; shop vacuum; lumber; 46 lengths of 12' copper pipe; (4) rolls of soft copper pipe; tar paper; (2) propane construction heater; fire extinguishers; nails; bolts; jacks; shovels; rakes; misc. small tools.

Plus many more items too numerous to mention.

Vehicles: 1979 AMC Concord; 1974 Dodge 500 truck w/stake body 3 ton.

Auctioneer's note: If you are looking for good household furniture or office equipment don't miss this sale.

TERMS: CASH

Inspection dates: Thursday, October 18, 1984 from 10:00 a.m. - 5:00 p.m.

Friday, October 19, 1984 from 6:00 p.m. - 9:00 p.m.

Announcements made the day of the sale overrules all previous advertisements.

Auction Company not responsible for any accidents on day of sale.

RIDEAU AUCTIONS INC.

WINCHESTER, ONTARIO

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"PENNY-ROLLERS" Wrap pennies, nickels, dimes and quarters quickly and easily! One wraps all. Uses free bank wrappers 15.95 post paid. Send cheque, M.O. Penny Roller Products, P.O. Box 405, Fort Erie, Ontario L2A 5N2. Nat.-nc

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Notice To Creditors

PERSONS having claims against the estate of KATH-ERINE ELIZABETH NOAKES late of 127 Lakeview Drive, Iroquois, Ontario, deceased, who died on or about the 7th day of July, 1983, are required to file proof of claim with the undersigned solicitors by the 16th day of November, 1984, after which date the estate will be distributed with regard only to the claims of which the Administrator shall then have notice.

DATED at Brockville, Ontario, this 10th day of October, 1984.

HENDERSON, JOHNSTON, FURNIER & HAMMOND
Barristers and Solicitors,
61 King Street East,
P.O. Box 217,
Brockville, Ontario,
K6V 5V4.
20-3c

HALLOWEEN DANCE

Sponsored by
Matilda Recreation

Saturday, October 27th

9:00 a.m. - 1:00 a.m.

Matilda Hall-Dixon's Corners
Music by
George Barkley and the Country Cousins

Tickets at Clerk's Office, Brinston 652-4403 or recreation members at 652-2490 - 652-4630 - 652-2235, 989-5618 - 652-4116 or 652-4116 or 652-2027

\$8.00/couple \$6.00/couple in costume (Prizes Awarded)

Coming Events

HALLOWEEN DANCE, Oct. 27, 1984, Matilda Community Hall, Dixons. George Barkley and the Country Cousins \$8.00 per couple or \$6.00 per couple in costume. Prizes awarded. 9:00 to 1:00 a.m. 17-5c

Knox Ladies Aid, Iroquois will hold their **FALL BAZAAR FOOD SALE AND TEA** Saturday October 20, 2:30 to 4:30 in Presbyterian Church Hall. Miscellaneous and Candy table. Come and enjoy a time of fellowship. Everyone welcome. 19-2c

Heritage Valley CRAFT SHOW "Christmas" Trinity Anglican Church Hall, 2nd St. Cornwall, Nov. 1st - 2nd, 1984. Thursday 10:00 a.m. - 9:00 p.m., FRIDAY: 10:00 a.m. - 5:00 p.m. 20-3c

Brinston United Church **ANNIVERSARY SERVICE,** Sunday October 21, 1984 at 11:00 a.m. Guest speaker the Reverend Herbert Klahn. Musical evening service at 8:00 p.m. 19-2c

Brinston United Church **ANNIVERSARY SUPPER,** Wednesday October 24, 1984 at 5:00 p.m. at Matilda Community Hall. Adults \$6.00 - children under 12 - \$2.50. 19-2c

Help recognize Ontario's outstanding young people; nominate someone today who qualifies for an **ONTARIO JUNIOR CITIZEN OF THE YEAR AWARD.** Contact this newspaper for details. Nat.-nc

Iroquois Fraternal Hall Board **DANCE,** Iroquois Civic Centre, Saturday November 3rd, 1984 from 9:00 o'clock. Ken Miller Orchestra \$12.00 per couple. 20-3c

Don't miss your chance to win a weekend for two at Chateau Montebello. To win just make a reservation at Thom Travel. Draw is December 17. Call 543-2133 for details.

Iroquois Women's Institute will hold their **REGULAR MEETING** on Thursday October 18th, 1984 in the Civic Centre. Guest speaker "Computers in the Schools". Rev T. Theijnsmeijer. Visitors welcome. 20-1c

40th ANNIVERSARY - Friends and relatives of Mr. and Mrs. David Patterson cordially invited to come and celebrate their 40th wedding anniversary at Morrisburg Legion Hall, November 3, 1984 at 8 p.m. Best wishes only. 20-3p

HULBERT-VALLEY ANNIVERSARY SERVICES. On Sunday October 28th at 11 a.m. Hulbert-Valley United Church will celebrate their 110th anniversary. Mr. and Mrs. Frank Hare of Ottawa will be guests. Mr. Hare as guest speaker with Mrs. Hare joining in on special music and singing.

Evening service at 8 p.m. will consist of musical numbers by "The Belles of St. Mary's of Morrisburg. A "Quintette from South Gower; a "Trio" from Winchester Springs.

In Tuesday October 30th starting at 5 p.m. the Anniversary Supper will be served; Adults \$5.00 - Children \$2.50.

Looking forward to seeing you on October 28th and 30th. 20-2p

DANCE - Saturday October 20, 1984. Gary and Mickie Code and the Running Kind. Matilda Township Hall. Tickets available at the door. 20-1p

MAKE A DATE TO LOSE WEIGHT. You've got an appointment to keep - with a slimmer, trimmer you! The cost is \$5.00 to join and \$2.00 for each meeting. For more information call Louise Shaw at 652-2152. Come and join us at "Slim Forever" every Thursday night at the Iroquois United Church at 7 p.m. 20-1c

Dundas Holstein **CENTENNIAL DINNER DANCE** on Friday, Nov. 9 at Matilda Hall, Dixon's Corners. Music by The Company. Social hour 6 to 7 p.m. Dinner 7 p.m. \$12.00 per person. Tickets available from Dundas directors or the Agricultural office. Centennial dress optional. 20-2c

SEAWAY VALLEY SURVIVAL GAME - Field Opening October 20 - 21. Advance bookings being taken now. Come out and play the fastest, growing game in North America. Learn more about yourself in two hours than most will learn in a lifetime. Rugged, exciting, outdoor sport played by all. Phone 652-4116, 652-2294, 652-4630. 20-1p

RUMMAGE SALE: Over 1000 articles on sale at Thrifty Shop, Morrisburg. Winter coats \$5.00 Daily - Monday - Saturday 9 a.m. to 6 p.m. 543-3720. No reasonable offer refused. **DON'T FORGET** - Come make your own Halloween Costume. 20-1p

YARD SALE - October 19 - 20 - 21 Rain or Shine, 68B Ellis Drive. 14' Chain Saw Remington, Lawn Mower - Toro, Household Furnishings, Luxury Items, Bikes, Humidifier, Heater, Antique Dresser, Sewing Machine, etc. 20-2p

JEHOVAH'S WITNESSES ONLY. Our next escorted tour to Japan and China. For info: write or phone Peter Janzen, Suite 201 - 5560 Minoru Blvd. Richmond, B.C. V0X 2A9 (604) 274-3375. Res (604) 271-0024. "Don't delay call today." Nat.-nc

FALL BOOK FAIR, Sunday October 14, 1984 11 a.m. to 5 p.m. Concert Hall, 888 Yonge Street, Toronto. Rare and second hand books, maps, prints, and related items. \$2.50 entrance. (416) 977-4654. Nat.-nc

VICTORIAN BED AND BREAKFAST with workshops. For newsletter send stamped self addressed envelope to "Gables School of Arts", 433 Norfolk Street South Simcoe, Ontario M3Y 2W8. Nat.-nc

K of C Newspaper BINGO

1	16	36	48	63
2	17	38	49	65
3	22	40	51	66
4	23	41	52	68
6	19	44	54	69
7	20	45	59	74
9	27	43	46	75
10	28	42	55	
12	30		58	
13			53	
15				

This week's numbers

Tues. Oct. 16 - 124; Wed. Oct. 17 - B8; Thurs. Oct. 18 - B5; Fri. Oct. 19 - G57; Sat. Oct. 20 - 062.

Numbers published for dates following the number that allows a verified BINGO are declared nul and void. Declare winners by calling 652-4954 between 7 and 11 p.m.

This could be your **LAST CHANCE** play to win all or part of **\$1,000.00 CASH**

Players must be 16 years of age, or over. One number drawn each day, Tuesday through Saturday, published in this column until a Bingo is declared and verified. Full Card to win. In event of more than one verified declared winner the prize will be equally divided. All committee decisions will be final. Bingo Cards Available \$1.00 each, 6 for \$5.00 at the following locations: Iroquois: The Chieftain; Johnny's Spot; Red and White Food Store; S & F Markets Ltd.; Cardinal: Elka Bakery; Jimmy's Restaurant; Sponsored by Council 6882 Knights of Columbus. Lottery Licence 407722 - Ministry of C & C.R. 13-1c

Coming Events

FAMILY NIGHT sponsored by the Matilda Bi-centennial Committee at Matilda Community Hall. This evening includes: *Presentation of awards, *Film, *Local Entertainment, *Social Following. There will be no entry fee, and all are welcome. Oct. 26, 1984 at 8:00. 17-3c

YARD SALE - Sat. Oct. 20 - 10:00 - 5:00 Flagg Road and Highway 2. Dishes, furniture, blankets, clothing, furniture, skates, B & W T.V.. 20-1p

Auditions for Glen Productions next presentation, **"THE KING AND I"** will be held on the following dates and at the following times: Monday, Oct. 22nd, 7 to 9 p.m. Friday, Oct. 26th, 7 to 9 p.m. Sunday, Oct. 28th, 1:30 to 3:30 p.m.

These auditions will be held at the Glen Building, situated on the Water Street Arena parking lot, Cornwall. We are looking for men and women in acting and singing roles, as well as children from age 6 and up.

For further information, call 933-5957 or 938-2329. 20-1nc

Thank-You

A very sincere thank-you for all the cards, visits, calls and gifts I received while I was a patient at W.M.D.H. Also thanks to the nurses on 2nd floor for the excellent care they gave me. To all the visitors I've received since returning home. A very special thanks goes out to Mrs. Dorothy Fawcett for all of her "chores" she performed for me.

Your kindness will also be remembered. Thanks again. Hilda Wilson 20-1p

Fawcett - Faron and Elizabeth (nee Martelle) thank God for the safe arrival of their daughter, Heather Elizabeth, Born at Winchester District Memorial Hospital on Friday, September 28, 1984. Weighing 7 lbs. 1/2 oz. Proud grandparents are Mrs. Constance Martelle of R.R. #1 Cardinal and Mr. and Mrs. James Fawcett of Iroquois. Great-grandmothers Mrs. Agatha Montroy of R.R. #1 Cardinal and Mrs. Mabel Fawcett of R.R. #1 South Mountain. Special thanks to Dr. Rosenquist and the maternity staff. 19-1p

In Memoriam

BRADFORD - In loving memory of a dear husband and father, Peter Bradford who passed away Oct. 17, 1982.

We watched you suffer We heard you sigh, and all we could do, Was just stand by. For when the time came we suffered too. For you never deserved what you went through. God took your hand, and we had to part He eased your pain, but broke our hearts. Although we smile, and seem carefree, No body misses you more than we. Sadly missed and always remembered by Linda and son's Jeff and Barry. 20-1p

Frank G. Tatton

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MATILDA RECREATION COMMITTEE Annual

BINGO

At The Matilda Hall,
Dixon's Corners, Ontario

All Bingos Must Be 2 Lines
Except The Jackpot

Winner Take All

Players Must Be 16 Years Of Age Or Over

Doors Open 6 P.M. - Game Starts 7 P.M.

Game Card Colours To Be Called

THURSDAY,

October 18, 25,

and November 1, 8, 15, 22, 29

NOTE: All Prize Money
In Canadian Money

Canteen
Available

Jackpot Total
\$500.00

Total Prize
Money To Be
Given Away
Approximately
\$1,000.00

Your Stars This Week

BY STELLA WILDER

week of October 22, 1984

LIBRA: (Sept. 23-Oct. 7) Consider a friend's marital status before bringing up what you think may be faults. (Oct. 8-Oct. 22) Serious consideration of your own future is indicated. Don't take anything for granted at this point.

SCORPIO: (Oct. 23-Nov. 7) Domesticity is the focus of the week. Weekend, however, yields a different story. Sunday brings a startling event. (Nov. 8-Nov. 21) Make certain that your deepest concerns are part of the scenario now. Don't leave yourself in the lurch!

SAGITTARIUS: (Nov. 22-Dec. 7) Your natural executive ability comes forcefully into play at this time. Don't neglect to delegate some authority. (Dec. 8-Dec. 21) Your attention to duty yields success in full measure by the weekend. Direct attention toward the young.

CAPRICORN: (Dec. 22-Jan. 6) Members of the opposite sex have a definite say in your future this week. Listen! (Jan. 7-Jan. 19) One who seemed to avoid you in the past takes the initiative on your behalf this week. Recognize that fact openly, graciously.

AQUARIUS: (Jan. 20-Feb. 3) A figure prominent in the community comes to your rescue during a time of trial at midweek. Accept the helping hand. (Feb. 4-Feb. 18) Money matters are at the heart of both difficulties and solutions this week. Consult a financial expert before week's end.

PISCES: (Feb. 19-March 5) Reconsider your position on the employment scene. You may be taking too much for granted. (March 6-March 20) Discretion is essential if you are to be the recipient of confidences. To break trust this week is to lose both friends and position.

ARIES: (March 21-April 4) An increase in income potential is the result of hard work and exceptional insight. Neglect neither. (April 5-April 20) Surprise may spoil what otherwise could have been exceptional advances in the area of your main concern.

TAURUS: (April 20-May 5) Relationships with younger family members intensify, but they don't necessarily get better. Attend to discord. (May 6-May 20) An increase in expectations on the part of others puts additional burden on you. Face duties bravely.

GEMINI: (May 21-June 6) The privileged few anger you even as they move ahead. Fight for your own rights and those of the young. (June 7-June 20) Praise from superiors must not put you off your guard. You must continue to keep your nose to the grindstone and your shoulder to the wheel.

CANCER: (June 21-July 7) Minor wishes come true. Allow yourself the benefit of any doubts and you'll see yourself a major winner by week's end. (July 8-July 22) Creative communication yields new friendships and keeps old enemies at arm's length. Be open, articulate, imaginative.

LEO: (July 23-Aug. 7) News of a basic change of lifestyle brings a bit of fright and a lot of excitement to this week. Be hearty, courageous. (Aug. 8-Aug. 22) You may have to prove your loyalty early in the week to benefit from it later on. Don't insist on anything but fairness.

VIRGO: (Aug. 23-Sept. 7) Recently neglected friends prove their value by forgiving, even forgetting. Make use of your own new skills. (Sept. 8-Sept. 22) Think about approaching changes carefully before taking concrete steps to adjust to them. Good choices bring financial gain.

Paddy's Inn

HIGHWAY 2 MORRISBURG

NOTICE

All Services Are Open and Fully Operational

until after our Brunch on
Sunday, Nov. 4th when we
will close for the season.

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Brand	\$8.49 - 4L Jug (Al Pro) Prestone
Name	\$3.99 - (popular) Oil Filters, Thermo stat \$3.99 Up
Product	\$4.99 - (Popular) Air Filters
	\$2.50 - (Popular) Spark Plugs
	\$5.95 - 4 L. Jug 10 30 (up)

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IROQUOIS 652-4566

Royals begin drive for five

[CORNWALL] - The Cornwall Royals begin their own drive for five Thursday when they board the bus for Peterborough.

That's where the Royals, who are off to their best start ever in the Ontario Hockey League with four wins and one loss, seek their fifth consecutive victory.

The Royals, under new coach Floyd Crawford, are the surprise of the OHL's young season. The early success can be traced to three sources, hard work, balanced production and solid goal-tending.

Coach Crawford has instilled a work ethic pride that's been sorely lacking the past few seasons. Every coach talks about having his troops battle just as hard in the final minute of the game as the opening minute and the Royals are carrying the conversation into action.

Offensive output is coming from all hands as shown by the past three victories. Dave Waldie, who centres Dave Shelington and Doug Archie, scored three goals including the over-

time winner as the Royals shaded Belleville 6-5.

In the next outing the line of Mike Stapleton, Tim Ferguson and Jeff Smith clicked four times in a 7-3 decision over Peterborough. The trio of Mike Bukowski, Mike Tomjak and Ray Sheppard finally got untracked with four goals Sunday in a 7-6 win over rugged Kingston.

The Royals victimized the opposition for five powerplay goals in that one as the Baby Habs learned if you want to rough the Royals up you must do it cleanly.

Balancing the books in this total team effort is rookie net-minder Steve Titus, who's started all five games to date. He was named third star in the victory over the Pates. The honor came mostly for work in the first period when Titus foiled a dozen good Peterborough chances and was able to go to the dressing room with a 1-0 lead.

It seemed last season that scene was continually played in reverse.

Angie plans to try again next year

[TORONTO] - Undaunted by failure to place among the eight finalists in the first annual Canada Quality Teen Pageant, Angie Whitteker intends to return to the competition next year.

The 15-year-old, grade 10 student at Seaway District High School spent Oct. 4 to 7 at the

Lakeshore Inn here for three days of activities and competition.

Seventeen contestants from coast to coast were judged on scholastic achievement, volunteer service, talent or speech, interview and formal presentation in which organizers term the pageant for Teens Encouraging



After the annual meeting of area fire departments' ladies auxiliaries in Cardinal last week, Cardinal auxiliary secretary-treasurer Jackie Merkley, left, presented Betty Kannon and Sherrie Kinneird with a \$200 cheque for Ronald McDonald House in Ottawa.

Excellence Nationally (TEEN).

Angie said the pageant was such a good experience that she decided while in Toronto to return again next year. She was one of four 15-year-olds entered and there was one girl a year younger but the average age was between 17 and 19 years.

"It was fun meeting new friends and being able to talk to the audience," Angie told The Chieftain Monday.

Going through the preparation and program the first time has helped her confidence, she said. A Toastmasters' seminar on public speaking and a whirl at modelling fashion clothes also served to boost her confidence.

Angie said she was nervous when the program began but felt better when she saw the other girls were as nervous as she was. Over the course of three days, she

said, she became more relaxed and talked more freely with other contestants, pageant organizers and the audience.

Her talent in the competition was a combined dance-gymnastics routine.

One of the more memorable events outside the program was a tour of Toronto sponsored by the pageant organizers. The tour included a visit to the CN Tower and Casa Loma, a mediaeval castle located atop a hill.

While it wasn't her first trip to Toronto, Angie said it was a first for several contestants including her roommates from British Columbia and Newfoundland.

Friendships she made with these girls in particular and in general with the other contestants is also something she said she won't soon forget.

Library show on next Friday

[IROQUOIS] - The municipal, public library will present an evening with David Archibald on Friday, October 26 at 8 p.m. at the civic centre here.

A singer and songwriter from Kingston, Mr. Archibald wrote and performed for several shows for children while a music director for Theatre 5 of Kingston.

He has performed extensively throughout Ontario for adults as well as children. Accompanying himself on guitar, banjo and piano, this program for adults and young adults takes the audience on a journey from pioneer days in rustic and rural Upper Canada to the upscale life in the urban sprawl.

David Archibald's performance is sponsored by the library, the Eastern Ontario Regional Library System, the Ontario Arts Council and Outreach Ontario, a program of the Ministry of Citizenship and Culture.

Country super singer Waylon Jennings has joined the growing ranks of celebs opening museums, a phenomenon especially prevalent in Nashville. Waylon's collection will include such gems as Buddy Holly's motorcycle and Muhammad Ali's boxing gloves.

Annual ladies auxiliary meeting

[CARDINAL] - The Cardinal Fire Department Ladies Auxiliary hosted the annual Ladies Auxiliary meeting last Thursday at St John's United Church.

The auxiliaries represented were Iroquois, Morrisburg, Long Sault, Ingleside, Edwardsburg and Cardinal.

better than anyone else in his field has come up with lately.

Rick Wakeman has been signed to score Ken Russell's new movie *Crimes of Passion*. Rick you will recall also scored Russell's *Listomania*.

Concert promoter Don King did double duty while in Toronto recently. King, of course, was in town with the Jackson Victory Tour and while there he took time out to make a cameo appearance in *Head Office*, a comedy film being shot there. King reportedly sent an invitation to Queen Elizabeth, who is on a successful tour of her own, to attend the Jackson concert. Her Majesty graciously declined. I guess she just couldn't fit it into her schedule.

Jack Nicholson has bought the rights to the bestselling novel *The Murder of Napoleon*. This is the one where they say the emperor did not die of cancer, but was murdered by slow poisoning. Jack will not only produce the film version but will also star.

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Graffiti is the Italian word for "scribbling."

was discovered to have leukemia a few years ago.

She said she was lucky because her parents were able to visit her daily which helped her tremendously to deal with her hospital stay.

Betty Kannon showed photos and blueprints of Ronald McDonald House. She described the homey atmosphere they have

tried to put into this "love house" and the amount of time volunteers have put into help make it possible.

Following the talk, Jackie Merkley presented the guests with a \$200 donation towards the house on behalf of the Cardinal auxiliary.

The next annual meeting will be held in Long Sault.

Broomball starts in November

[CARDINAL] - The Mens Broomball League will start its new season the first week in November.

Any men who wish to be placed in a draft or place themselves on a team may do so by calling either

Donald O'Brien at 657-4844 or

Walley Douglas at 657-3021.

Broomball is played on Thursday nights and Sunday mornings.

A draft will take place on Sunday at 1:30 p.m. at the Royal Canadian Legion hall.

Celebrate October Cheese Festival

SPECIAL FEATURE

2½ lb. blocks of our Premium Aged Award Winning

Cheddar

\$2.89 per lb.

\$6.37 kg



Cloverdale Cheese House

Hwy. 31, Cass Bridge, Winchester, 774-6542

OPEN:
Mon. - Thurs., 9am to 6pm
Fri. - Sun., 9am to 7pm



Canadian Crossword

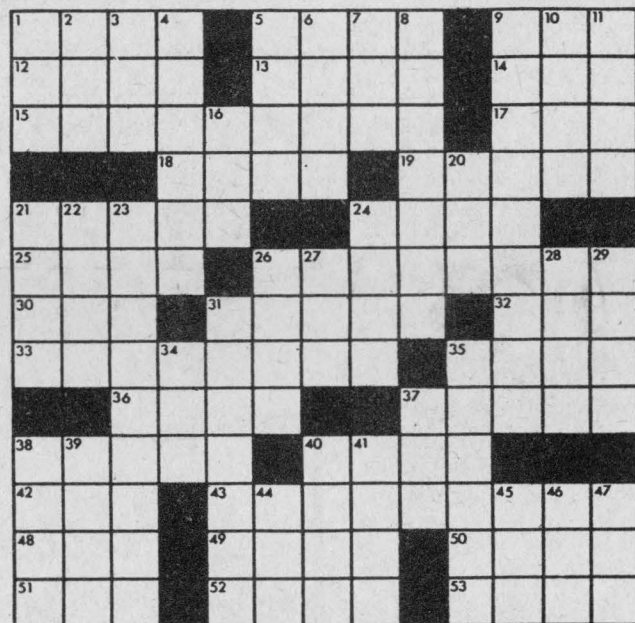
BY MARIAN MORRISON

ACROSS

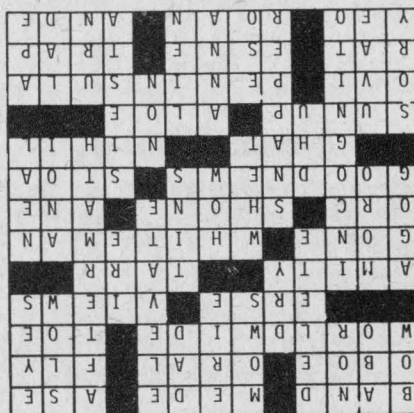
1. Orchestra
5. Ancient Asian
9. Perr Gynt's mother
12. Chanter
13. Not written
14. Aviate
15. Global
17. Digit
18. Gaelic
19. Aspects
21. Friendship
24. Tease
25. Left
26. Paleface
30. Whale
31. Glistened
32. Soul: Fr.
33. Gospel
35. Portico
36. River bank
37. Nothing
38. Dawn
40. Tonic
42. Prefix: egg
43. Avalon —, Nfld.
48. Traitor
49. Slave
50. Ambush
51. Bodyguard
52. Horse
53. Tribe

DOWN

1. — River, Alta.
2. Finn. seaport
3. And not
4. Erase
5. Cuts down
6. Fort —, Ont.
7. Family member
8. Glorify
9. Consequences
10. Inch by inch
11. Peepers
16. Thirsty
20. Exasperation
21. Keen



22. Finch
23. Disguise
24. Cans
26. Sharpen
27. Know —
28. Mine: Fr.
29. Masc. name
31. Turtle
34. Black: Celtic
35. Nap
37. —fiction
38. Vitriolic earth
39. Raisins, grapes, etc.
40. Fem. name
41. Right of retention
44. Prefix: within
45. Jar
46. Youth
47. Copy



A DOUBLE FEATURE YOU CANNOT AFFORD TO MISS

Sunday, October 21, visit the Upper Canada Bird Migratory Sanctuary (Nairn Island) and view the huge flocks of Canada Geese.



AND AFTER, VISIT THE

Canada West Lounge & Restaurant
Upper Canada Golf Course,
for an absolutely super
Harvest Buffet

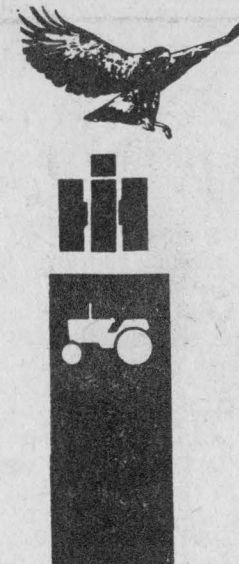
12 NOON to 7 P.M.



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MORRISBURG, ONTARIO

\$9.50 PER PERSON

\$3.95 CHILDREN UNDER 10

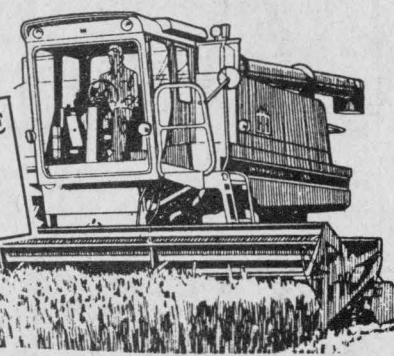


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October '84 Specials

ALL THESE MACHINES JUST TRADED!

144D COMBINE, just traded. 28Lx26 rice, cab and air, stored inside since purchased in 1980. Priced to sell this month at\$49,500
815 COMBINE, gas, hydro, adapter available to handle 900 series corn headers, priced at\$14,900
915 COMBINE, diesel, hydro, 6-row narrow 13' grain table. Compare this machine at\$15,900
615 COMBINE, gas, hydro, 3-row 10' grain, excellent\$14,900

Used Tractor Specials

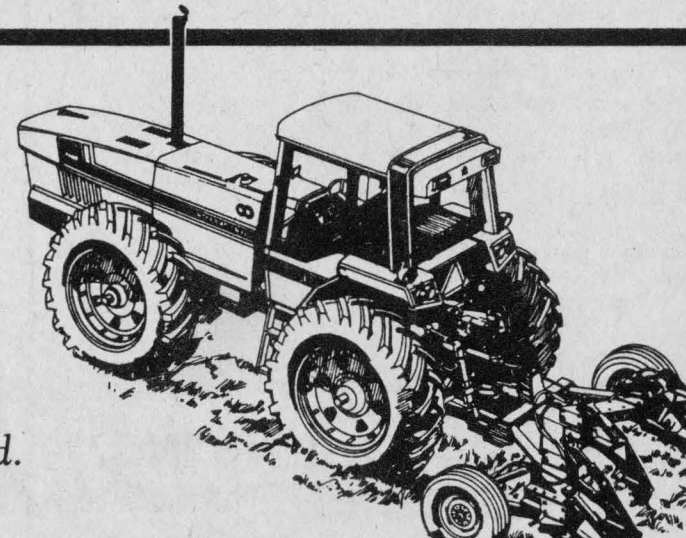
THESE UNITS MUST GO BY OCTOBER 31, 1984

384D, c/w 1850 loader\$10,700
674D, like new\$10,500
674D, good tractor, 68 hp\$10,250
684D, 1,800 hrs.\$11,500
786D, ROPS, 1,100 hrs.\$18,700

1466D, 18.4x38 rice\$16,700
1086D, 4x4, 2,500 hrs.\$26,500
30 MH\$500
4030 JD, cab and air, rebuilt\$16,900
1690 Case, cab and air, 310 hrs.\$20,700

Special Event October 18-19

The all new 7288 4WD Tractor will be here for two days only. This prototype unit can be driven in our field.



Whizword

THE LITTLE TRAMP

Solution: 21 letters

(3 Words)

THEME WORDS

- | | | |
|--|--|---|
| A A Busy Day
A Dog's Life
Arbuckle | K Kelly
Kennedy
Keystone | R Raye
Riesner |
| B Bergman
Bloom
Brando
Buster
By The Sea | L Limelight
Lita
Lloyd
London
Loren | S Sennett
Shanghai
Swain
Sydney |
| C Cherrill
City Lights
Conklin
Coogan | M Mabel
Mack
Mann
Miller
Modern Times
Myers | T The Bank
The Circus
The Cure
The Fireman
The Gold Rush
The Great Dictator
The Idle Class
The Kid
The Rink
The Tramp
The Vagabond
Tomania |
| E Easy Street
Essanay | N Napaloni
Normand | U United Artists |
| F Fairbanks | O Oakie
O'Neill
Oona | W Waite
Wilson
Work |
| G Goddard
Grey
Griffith | P Pay Day
Pickford
Police
Purvis | |
| H Hale
Hetty
Hynkel | | |

ANSWER NEXT WEEK
Last Week's Answer: LEGENDS FOREVER

T	E	T	I	A	W	T	G	D	R	O	F	K	C	I	P	N	N	A	M
C	E	S	H	T	H	E	G	R	E	A	T	D	I	C	T	A	T	O	R
U	A	E	S	E	H	T	Y	B	I	L	A	I	N	A	M	O	T	I	A
N	N	M	R	A	M	Y	E	R	S	F	I	G	R	E	Y	O	R	N	N
I	D	I	L	T	N	P	B	N	E	S	F	M	R	N	A	G	O	O	C
L	N	T	T	S	S	A	L	C	E	L	D	I	E	H	T	S	S	L	N
K	O	N	P	E	N	Y	Y	O	I	R	F	E	T	L	T	L	L	A	B
N	B	R	K	K	D	D	S	T	A	E	O	L	N	H	I	I	M	P	C
O	A	E	S	N	S	A	A	A	H	K	L	L	E	W	R	G	C	A	I
C	G	D	W	E	A	Y	R	T	E	I	I	K	R	R	R	H	N	T	
T	A	O	O	R	B	B	D	T	E	H	I	E	E	E	H	E	T	T	Y
H	V	M	R	G	U	Y	E	N	I	D	Y	H	B	L	C	N	H	E	L
E	E	I	K	C	S	L	O	H	E	S	C	N	L	H	O	S	E	C	I
T	H	L	K	Y	Y	L	G	N	T	Y	T	O	K	R	P	E	C	N	G
R	T	L	O	D	D	E	I	O	O	O	Y	S	M	E	O	I	I	A	H
A	E	E	O	E	A	K	N	F	D	D	M	A	B	E	L	R	R	I	T
M	A	R	N	N	Y	E	P	N	E	D	N	S	W	A	I	N	C	V	S
P	S	H	A	N	G	H	A	I	E	D	A	O	M	A	C	K	U	R	L
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E	L	A	H	K	B	S	T	H	E	G	O	L	D	R	U	S	H	P	N

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About 40 firefighters from Eastern Ontario marched to St. John's United Church Sunday

morning to attend service. The church parade officially closes Fire Prevention Week, but fire prevention should be practised all-year-round.



Cardinal Boy Scouts paid a visit to the municipality's fire station as part of Fire

Prevention Week. Showing the boys the hazards of fire are Lieutenant Robert MacDonald, left, and firefighter George Mallette.

2 ÷ FUN 4 =
+ WITH
1 0 FIGURES
By: J.A.H. Hunter

"You had more than these," said Don, putting down the picture. "What happened to the

others?"

"Sold," replied Mike. "If two-thirds of those I've got had been sold, and if I had half those I sold, I'd have sold four more than what I would have left. But if I'd sold half of those I have and if I had two-thirds of those I sold,

then I have two more than I would have sold."

Well! Don had only asked a friendly question. But how many had been sold, and how many remained unsold?

ANSWER: 12 unsold, 9 sold.



Gary Dunford

QUESTIONS AND ANSWERS

Why do civil servants never use pay phones? There's no hold button.

Why do buses and trolleys always travel in twos and threes? Only the first one knows where it's going.

What do Dennis Lamp and Michael Jackson have in common? They both wear a glove on one hand for no apparent reason.

THE AGE OF CHIVALRY IS DEAD

The gala dinner for the Queen is over. Her majesty rises and goes to step down from the podium. Ontario's premier Bill Davis rises and leans forward — both hands extended — to help her down.

Suddenly he stops! He whisks back his hands. Davis stands ramrod erect! Egad! He has almost touched the Queen!

Many in the crowd get the giggles. There is audible laughter. Says a source close

to the premier: "He was 12 inches from an international gaffe!"

BREAKFAST OF GYMNASIS U.S. Olympic sweetie Mary Lou Retton's been signed up to hustle breakfast cereals. Starting in November, boxes of Wheaties will carry the little gymnast's face to U.S. breakfast tables for the next few years. She'll also speak for the cereal on TV. Weasels say General Mills is paying Retton \$400,000.

TODAY'S WISDOM Fred Allen was against smoking. Who isn't? Quoth the comedian: "When you smoke cigarettes, you're likely to burn yourself to death. With chewing

tobacco, the worst thing you can do is drown a midget."

TODAY'S SKILL-TESTING QUESTION A survey squad has combed America with pictures of famous personalities, from presidents to TV starlets. President Ronald Reagan was recognized by about 88% of those surveyed. TV's Joan Collins clocked an 84. But one personality was recognized by an astounding 98% of the people shown his picture. Who is this most recognizable guy? Answer in the Did You Know.

DID YOU KNOW? That Smokey the Bear, the firefighting bruin, is North

America's most recognized famous face? Only two out of a hundred people couldn't place old Smokey's puss. He's been the anti-fire spokes-bear since 1944.

That Elvis Presley's personal limousine is for sale? A car broker has the black Mercedes limo listed. It was built for the King in 1969. Asking price: \$200,000.

That when the Washington Post put a Canadian map in the paper to show its readers the province-by-province election results, the map-makers put Ottawa in Quebec — about where Montreal should be. Maybe the artists took a vote on it. Wrong.

That there's a Mick-and-Mikey duet coming on Mick Jagger's new solo album? The senior Rolling Stone and Michael Jackson taped a tune for Mick's upcoming disc, just as they taped a twosome for Mikey's. Surely you haven't forgotten that both record for CBS? Who is this Peter Budge we hear so much about?

That the Jane Fonda conglomerate has yet another book thundering towards us? This one's called Women Coming of Age. It can't be about you-know-who, can it? Hot flashes and all that stuff?

CLEAN ME UP, SPOCK A reader just back from a science fiction convention reports on a hot-selling T-shirt. It shows a little Ghostbusters-style goblin, this one with a garbage bag tie around its head. And the shirt reads: "Dustbusters... in a vacuum, no one can hear you clean."

"Speaking of Canada..." There are, of course, several things in Ontario that are more dangerous than wolves. For instance, the step-ladder. — J.W. Curran in Wolves Don't Bite, 1940

"You know, we French Canadians are improves Frenchmen." — Quebec premier Maurice Duplessis

"Provincial politics is like the love-life of elephants: nothing is done without a great deal of trumpeting; any achievement is at the highest level and there is nothing to show for it for at least two years." — Arnold Edinborough, 1957

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School safety week

Fall is upon us and summer vacation time is fading into memory. It is a wonderful time of year, filled with harvest excitement and special fall colours. It is a time of increased activity and great excitement for our children who find themselves back at school with new and old friends. It is a time when our roadways take on a very special colour too -- the familiar yellow of the thousands of school buses that have been idle during the holidays. It is a time as well for us to be especially vigilant and conscious of our responsibility to protect our carefree youngsters.

The Canada Safety Council, in launching its 1984 School Safety Week campaign has chosen the theme:

A Little Care Makes Mishaps Rare

We very much hope it will encourage everyone to understand that taking an extra minute or two to ensure child safety is an exercise in good citizenship and a sound idea. A little extra effort by parents, teachers, bus drivers, motorists and even by pedestrians will go a long way toward preventing mishaps.

A special plea for this same increased level of care and attention is directed toward those who may no longer have a close association with children and who, in their daily haste might forget their responsibility for their safety. Please remind yourselves of that responsibility and take the time to be careful.

We must all do our part to compensate for the energetic enthusiasm of our school children. Please share our concern for their safety and remember that:

A Little Care Makes Mishaps Rare

W. L. Higgitt
President,
Canada Safety Council

Seven rules of traffic safety

Hey kids, October 17 to 23 is School Safety Week.

This year's theme is, A Little Care Makes Mishaps Rare, and the Canada Safety Council is hoping everyone, including you, will take a little extra care to prevent accidents on the trip to and from school.

Without looking below, can you name the seven traffic safety rules?

If not, here's some help:

1. Look all ways before you cross the street
2. Keep away from all parked cars.
3. Ride your bike safely and obey all signs and signals.
4. Play games in a safe place away from traffic.
5. Walk, don't run, when you cross the road.
6. Where there are no sidewalks, walk off the road on the left to face oncoming traffic.
7. Wear your safety belt at all times while riding in the car.

Teachers, parents and drivers are doing their part to make your walk to school as safe as it can be, but they need your help too. Learn and practice these seven safety rules on every trip to school.

children killed each year

Each year in Canada, about 100 school children of ages 5 to 14 are killed in pedestrian traffic accidents.

Many of these would not happen if children obeyed the rules of pedestrian safety, but all too often they get wrapped up in the excitement of the moment and don't think about the consequences of their impulsive actions.

October 17 to 23 marks School Safety Week and the Canada Safety Council takes this opportunity to remind motorists to drive carefully especially in school zones and residential areas.

Now that autumn is here, nightfall arrives early and students are more difficult to see returning from school. Be on the

alert for the unexpected, like a child suddenly darting into the path of traffic. Stop for flashing schoolbus lights and consider these a warning that children are near.

Be extra careful when passing cyclists, they may suddenly swerve to avoid a pothole or lose balance riding over wet leaves. Allow a full lane when passing a cyclist -- this is the law and good common sense.

The responsibility for child safety on the street is shared among children, parents, educators and motorists alike. This year's theme for School Safety Week is: A Little Care Makes Mishaps Rare. It is hoped it will remind Canadians a little effort on everyone's part goes a long way to ensure the safety of our school children.

Separate board negotiations fact-finder appointed

(TORONTO) - The Education Relations Commission has appointed Norman Bernstein of Ottawa to act as fact finder in the negotiations between the teachers and the trustees of the County Roman Catholic Separate School Board.

Mr. Bernstein will meet with the parties and write a report setting out which matters have been agreed upon and which matters remain in dispute. The report may also contain recommendations for settlement.

Mr. Bernstein is a graduate of Concordia University in Montreal. He taught school from 1962.

1967 and served as vice-president of the Montreal Teachers' Association from 1967-1970.

For the next five years he was an executive assistant for the Provincial Association of Protestant Teachers.

In 1975, he became a member of the Canada Labour Relations Board in Ottawa and remained there until March 1980, and in

1981, Mr. Bernstein became a member of the Ontario Public Service Grievance Board. Since 1980, he has been acting as a neutral in labour relations.

Previous fact-finding appointments include: Timiskaming Elementary and Secondary, Hamilton Secondary, Peel Secondary and Carleton R.C.S.S.

This appointment is made under Section 14 of the School Boards and Teachers Collective Negotiations Act, Revised Statutes of Ontario, 1980.

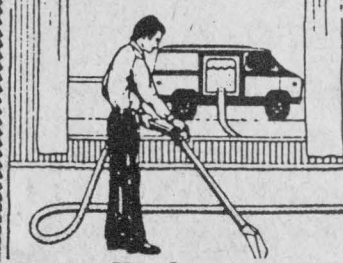
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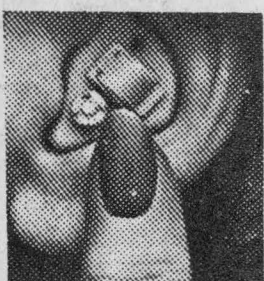
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Peek around corners without being seen! A periscope allows you to look almost anywhere while hiding behind walls, furniture, doors, corners -- wherever.

To make a periscope you need:

- a one litre milk carton
- scissors
- two purse sized mirrors
- masking tape

Directions:

1. Cut the spout end off the carton.
2. Cut a 2 3/4 inch square from one side at the open end of the carton.
3. Tape the square where the spout was to make a flat top.
4. Tape one mirror inside the hole in the carton at a 45 degree angle.
5. Cut a 2 3/4 inch hole at the opposite end of the carton.
6. Tape the other mirror inside the hole in the carton at a 45 degree angle.

Start spying!

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WARD MALLETTE

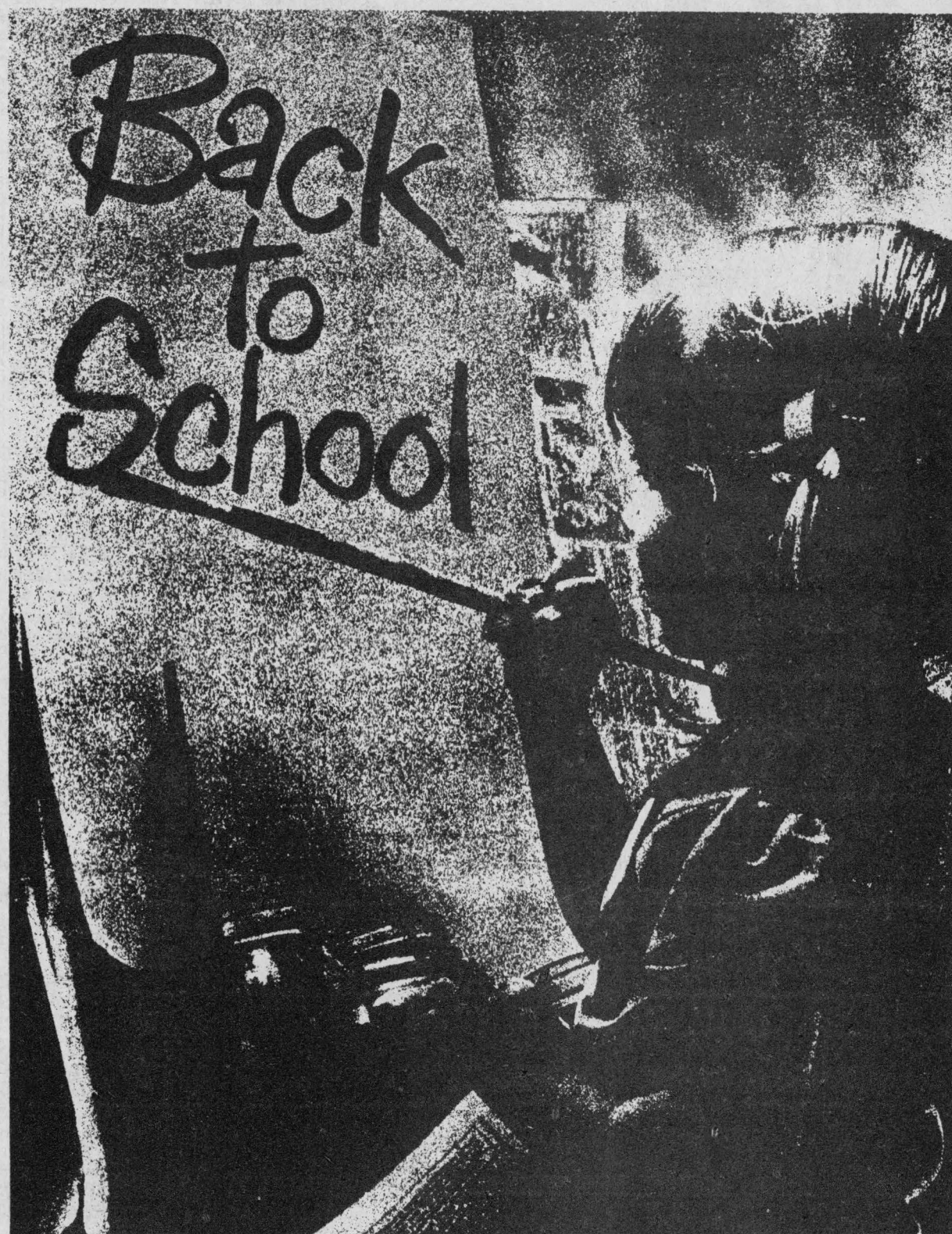
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The Elma Women's Institute made a \$300 donation to Winchester District Memorial Hospital for a commode chair last Wednesday.

Receiving the cheque, left, is board treasurer Wayne Burns from Hilda Dillabough while Tina Carkner, hospital director H.P. Stel and Lois Casselman look on.

Lab facilities

From Page 1
from Eastern Star chapters, senior citizens and other such organizations, business donations, miscellaneous donations and a federal tax refund.
Mr. Stel indicated he expects the balance of \$8,702.76 to be raised by undertimed pledges.

"Leeds and Grenville now have a "Family Home Care" program for developmentally handicapped adults. This is an opportunity for families to share their homes, and for the handicapped person to experience community and family living. To offer your home, or to

refer such a person in need of a home, please call 1-613-345-1290 or write to Family Home Care, Brockville 0 Area Centre for Developmentally Handicapped Persons, P.O. Box 1688, Brockville, Ontario. K6V 6K8."

20-2nc

PARTICIPaction

By Russ Kisby



Eating For Top Performance

Some months ago, a friend of mine replied to a flyer from a company that promised a computer analysis of his diet. The company cashed his cheque for \$35.00, then forwarded a questionnaire.

My friend dutifully recorded everything he ate over a three-day period, then returned the form and waited.

And waited. Just when he thought he had been taken for a sucker, he received, as promised, a computer analysis of the nutrients he had consumed during those three days - plus a detailed description of the components of a healthy diet.

The report provided detailed, impressive facts. My friend could see, for example, that on Day One he had eaten more than the prescribed allowances of certain foods, less of others - and by how much.

He could see both in list form and by a bar graph how much protein, carbohydrate, fat, riboflavin, niacin, vitamin C - and many more nutrients - he had consumed and in what amounts.

Then, the report isolated those nutrients he had underconsumed each day and advised him on which foods would bring him up to par! On Day One, my friend had consumed 1454.4 calories - about half recommended for a man his size and age.

He had consumed 22% of his food as protein, 45% as carbohydrate and 36% as fat. Ideal proportions: 15% pro-

tein, 60% carbohydrate, and 25% fat.

He had underconsumed Vitamin A and Thiamin - and the report suggested thirteen foods under each nutrient that would help him achieve more.

The print-out offered him similar detail for Days Two and Three on which he again overdid it on fat and added calcium to the list he underconsumed.

Among the suggestions contained in the report's accompanying literature: drink more water - about a millilitre for every calorie you consume. That would be nearly three litres a day for my friend.

I asked him whether or not he had received value for his money.

"Yes, indeed," he said. "Like most people, I had a vague idea of what I should eat everyday. Now, I can see in detail where I have to adjust for maximum performance."

"Less fat means fewer calories, more carbohydrate will mean more energy and more water will help flush away impurities and keep me from getting that drowsy, dehydrated feeling."

"I even did a little more research into diet and found that it's best to eat protein in the morning and carbohydrates for supper."

Ah, how important to measure each moment!

Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

2 ÷ FUN 4 =
+ WITH 5
1 9 FIGURES
Sam put down his pen. "No wonder my total was \$13.33"

THE CHIEFTAIN, WED. OCT. 17, 1984 - PAGE 11
wrong," he said. "I entered the dollars as cents and the cents as dollars for Benson's cheque."
Sally smiled. "That wasn't very smart," she commented. "I thought they paid quite a bit more."
"You're right," her husband agreed. "But I also entered it twice, each time making the same darned mistake."
What was the amount of that cheque?
Cheque was for \$40.13
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Third Anniversary



A PLACE FOR KIDS Make a Bottle Garden



To make a bottle garden you need:

- a large bottle with a cork or lid
- pebbles
- dry potting soil
- two long sticks
- some plants - begonias, maidenhair ferns, and zebra leaf plants all work well.

Directions:

1. Put the clean pebbles into the bottom of the jar.
2. Cover the pebbles with about 3 inches of potting soil.
3. Make a hole for each plant with a stick.
4. Lower the plants into the bottle by using the two sticks like chopsticks.
5. Water the plants lightly.
6. Put the lid on the bottle. Your bottle garden will need watering every two or three months. Take the lid off every now and then to let fresh air in!

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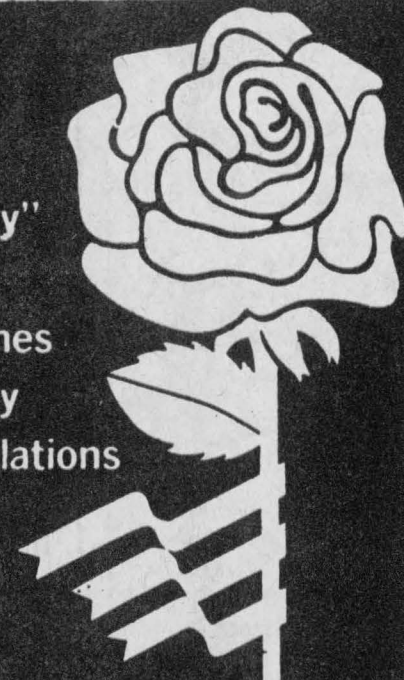
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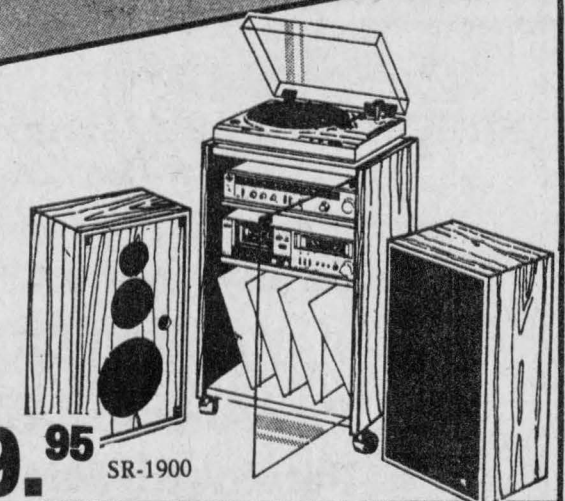
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IPS walk-a-thon benefits local and distant children

[IROQUOIS] - Local and distant children alike will benefit from one of the first major events of the year at Iroquois Public School -- the annual student walk-a-thon on Oct. 25.

Organizer Andre Charlebois says there are three objectives for the walk. One is to raise funds to help impoverished children in Costa Rica, a second is to provide funding for educational trips and the third is to improve the students' fitness.

Mr. Charlebois said last year's walk raised a record \$4,000 and part of the funds went to building a playground in one Costa Rica village where children previously had no opportunity to play on swings, slides or climbing apparatus.

With the assistance of George and Irma Jackson, who operate projects for orphaned and abandoned children in Costa Rica, the Iroquois students share in the satisfaction of helping others who are less fortunate.

Following Mr. Jackson's talk at the school two years ago, IPS students decided to become involved with the project. Each year, Mr. Jackson returns to the school with slides of the project and the children who received assistance.

"This puts the support on a more personal basis," Mr. Jackson said, "and they know their help reached the intended children."

"Through these slides and talks they are also made to feel

they are part of doing some good for people like themselves who don't have the same opportunities," Mr. Jackson added.

He also pointed out that a Costa Rican businessman donated the land on which the playground was built and it is open for all village children to use. "Its busy from sunrise to sunset every day," he noted.

Iroquois students also helped raise funds to purchase sewing machines for a group of abandoned girls living in an institution. This provides them the opportunity to learn a trade and can change their whole life, Mr. Jackson says.

"For encouraging the students to become interested in such a project, the teachers are to be commended," Mr. Jackson says. "Some education cannot be taught from a book and sharing and understanding other peoples' needs is one of these subjects."

Mr. Charlebois adds that steps have been taken to eliminate

bothersome intrusions on the public.

Students who canvass for sponsorship will have display cards showing the school crest. These are given to the sponsors and when they feel they have pledged enough, they can put the card into the door or window and the students will pass the house.

Display cards are also available by calling the school, Mr. Charlebois added.

For this, the only fund-raising

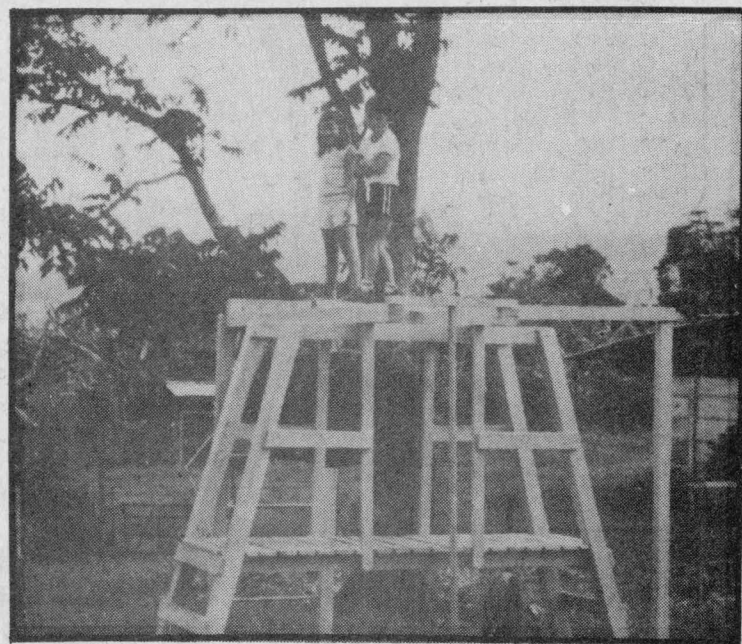
event at IPS, the Seaway High School track will be used, Mr. Charlebois continued. This is mainly due to the safety factor, he said.

Students from kindergarten to grade 8 may participate to a maximum of 50 laps. Sponsorship is solicited on a per-lap basis.

Following the walk, students

return to collect from the sponsors with an initial sheet confirming the number of laps completed.

A school assembly is planned at which time plaques will be awarded to the top fundraiser in each classroom and a school plaque will be inscribed with names of the top ten fundraisers.



This playground equipment was installed in a Costa Rican village as a result of the generosity of Iroquois residents who support the Iroquois Public School annual walk-a-thon scheduled to be held Thursday, Oct. 25.

Second meeting for piecemakers

by Connie Peppers

The second meeting of the Matilda No. 2 Piecemakers was held on Sat. Oct. 6 at the home of our leader, Rina Groniger.

We opened the meeting with the 4-H Pledge.

The roll call was answered by six members -- describe one quilted item or quilt which you have at home or in the family.

The minutes of the first meeting were read and approved. This meeting discussed the fabric sandwich.

Preparation of the quilted sample involved the top, a piece of plain material 20 cm x 20 cm and then tracing a design onto it. The backing was another piece of plain material also 20 cm x 20 cm. The center is a 20 cm x 20 cm piece of batting.

The sandwich was assembled by basting to the corners and sides from the center and then all around the outside. This is done to keep the fabric from moving while you are quilting.

An embroidery hoop 16 cm in

diameter is used to keep the fabric taut. Using a quilting needle and quilting thread the members were taught how to start, making sure to make even and accurate stitches and, finally, how to finish off a thread.

Remove the basting after you are finished quilting your design. The cornstarch method of how to transfer a design onto dark fabric was explained.

Each member is to start a fabric swatch collection of at least 10 scraps for their string quilting sample in meeting three.

In selecting prints for quilting keep in mind, the size of the print, color of the print, and the type of print -- moving or stationary.

The meeting was adjourned at 3:30 p.m.

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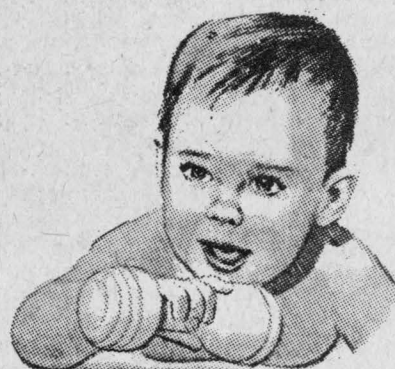
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This Week in Canada

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INSURANCE

South Mountain
989- 5480

S & F MARKET LTD.
IROQUOIS SHOPPING PLAZA

Fresh PORK SALE
Fresh Picnic Pork Shoulder Roast
95c Lb. / \$2.09 K.

Fresh Pork
Shoulder Butt Roast 1.18 Lb./ 2.60 K.

Fresh Pork
Boneless Butt Roast 1.28 Lb. / 2.82 K.

Fresh Pork
Butt Chops \$1.38 Lb. / \$3.04 K.

Fresh
Side Pork \$1.39 Lb. \$3.06 K

Fresh
Spare Ribs \$1.79 Lb. / \$3.95 K

Dinner Hams \$2.89 Lb. / \$6.37 K.

Royal
Smoked Picnic \$1.49 Lb. / \$3.28 K.

Fresh
Pork Liver 45c Lb./ 99c K.

Frozen
Turkey Drumsticks 69c Lb. / \$1.52 K.

Maple Leaf 250 10" 4 variety
Deli Sticks \$1.88 Ea.

Maple Leaf
Polish Coil \$1.89 Lb. / \$4.17 K.

Swift Sliced 4 Variety, Mac Cheese, Mock Chicken, Luncheon,

Cold Meats 98c Ea.

great BAKERY VALUES

Weston's Pak of 6 Fresh Baked

RAISIN Muffins \$1.09

Betty's 675 Grm
Fresh Sliced Bread 59c

Dandee Pak of 6 Fresh
Fresh English Muffins 69c

Dandee
570 Grm
Whole Wheat Brown Bread 59c

PRODUCE Specials

U.S. No. 1 59c Lb.
GRANNY SMITH APPLES \$1.30 K.

C.A. No.1 Large Size 24's
CRISP & GREEN CELERY 39c Bunch

U.S. No. 1 SWEET JUICY RED GRAPES
88c Lb. \$1.94 K.

C.A. No. 1 FRESH MUSHROOMS
\$1.69 LB \$3.73 K.

stock-the-freezer specials

Picnic Frozen Concentrated 355 ML
ORANGE JUICE ea. 79c
Highliner Frozen 270 g.
FILLETS IN CHEESE SAUCE WITH RICE ea. \$1.99
Highliner Frozen 270 g.
FILLETS IN MUSHROOM SAUCE WITH RICE ea. \$1.99
Swanson Frozen 11.5 oz.
BEEF T.V. DINNER ea. \$1.89
Swanson Frozen 11.5 oz.
CHICKEN T.V. DINNER ea. \$1.89
Mrs. Smiths Frozen 24 oz.
CHERRY PIE ea. \$2.29
Mrs. Smiths Frozen 24 oz.
BLUEBERRY PIE ea. \$2.29

Regular Fresh Ground Beef
\$1.49 Lb. / \$3.28 K.

Medium Ground Beef
\$1.79 Lb. / \$3.95 K.

Swift Premium or Lazy Maple 500 g.
Bacon \$2.59 Ea.

Swifts 1 lb.
Wieners \$1.69 Ea.

Maple Leaf to Slice
Chicken Loaf
\$1.69 Lb. / \$3.73 K.

Maple Leaf By the Piece
Bologna
\$1.29 Lb. / \$2.84 K.

Higrade Extra Lean to Slice
Cooked Ham
\$1.98 Lb. / \$4.37 K.

EXTRA SAVINGS

10 oz. ELBEE MUSHROOMS 69c	500 Grm MIRACLE WHIP \$1.39
28 oz. Nova PORK 9 BEANS \$1.15	Aylmer 1 litre CATSUP \$1.69
1 litre FLASK LIQUID DETERGENT \$1.69	4 litre Windshield WASHER FLUID \$1.69
Royal JELLY POWDERS 4/99c	Large Assortment of HALLOWEEN CANDIES
19 oz. Ideal Whole Peeled POTATOES 49c	Yum Yum 400 Grm Bag POTATO CHIPS \$1.79
4 Bar Deal Deodorant Soap ZEST \$2.39	Stirling CREAMERY BUTTER \$2.45
10 oz. White Label Instant COFFEE \$4.99	Dog Food 8 Kg. Bag BUTCHER'S BLEND \$8.99

Kellogg 725 Grm Box
RICE KRISPIES \$2.49
Blue Bonnet Soft
454 Grm (Twin Pak)
SOFT MARGARINE \$1.09

Hall'O'ween - You can be a Rock n' Roller - Dracula - Clown or a host of other disguises
MAKE-UP KITS \$2.89

Nabisco 600 Grm Box
SHREDDED WHEAT \$1.99
Liquid Detergent 500 ml size
LUX DETERGENT 99c

Kraft 12 Singles 250 grm
CHEESE SLICES \$1.59

Sealtest 500 Ml Tub
Sour Cream \$1.09

Cherry Hill Extra Old Colored 227 Grm.
CHEESE STIKS \$1.69

Laundry Detergent 12 Litre Box
TIDE DETERGENT \$8.58

Catelli A Quickie Meal
MAC & CHEESE DINNER 39c

Fleishman's MARGARINE Quarters 907 Grm Pk.
QUARTERS \$2.39

Chase 0 Sanborn 369 Grm Pak
GROUND COFFEE \$2.69

Cleanser 1 litre
MR. CLEAN \$2.19
Stokley's Honey 14 oz. tin
POD PEAS 59c

Grandma Fancy 1.35 Kg.
MOLASSES \$1.99

GULF OIL \$1.19

Red Label Pak of 5 Envelopes
Chicken Noodle Soup Mix \$1.06

BAKING SPECIALS

Gillettes CREAM OF TARTAR 225 Grm Baking Squares	49c
350 Grm CHIPS	\$2.29
350 Grm CHOCOLATE ORANGE	\$2.29
350 Grm CHOCOLATE MINT	\$2.29
350 Grm CHIPS BUTTERSCOTCH	\$2.29