THE IROQUOIS POST

VOLUME LII No. 41 | Price 15¢ | Second Class Registration No. 1361 | The Iroquois Post, Wednesday, April 3, 1974

Join For Holy Week Services

On Thursday and Friday evenings of next week, April 11th and 12th, the congregations of the Iroquois United Church and Knox Presbyterian Church will be hosts to two interdenominational services of worship in Holy Week, and to which there is a general invitation extended to all members of the community. Maundy Thursday will be observed with the drama of the Office of Tenebrae, a 4th century candlelight service, depicting the Passion of Jesus Christ, and concluding with The Lord's Supper, held in the United Church. On Good Friday evening, the drama of the 16th century Covenanters' Service will be observed in Knox Church, proceeding unannounced, and without musical accompaniment for the singing of the congregational responses.

Both Holy Week services will commence at 8 p.m.

Palm Sunday At Knox

The congregation of Knox Presbyterian Church will share in the Lord's Supper within Palm Sunday worship this weekend, April 7th, symbolized also in the appeal of the Inter-Church-Aid Committee of The Presbyterian Church in Canada to assist underdeveloped areas of the world through a special thankoffering during the service. This appeal is being shared with other communions of the Church, as acknowledged in recent announcements and publications - a common outreach by all the churches to enable the well-being of others, usually made during the lenten season of the church-year, and under the theme "Share to Help a Broken World".

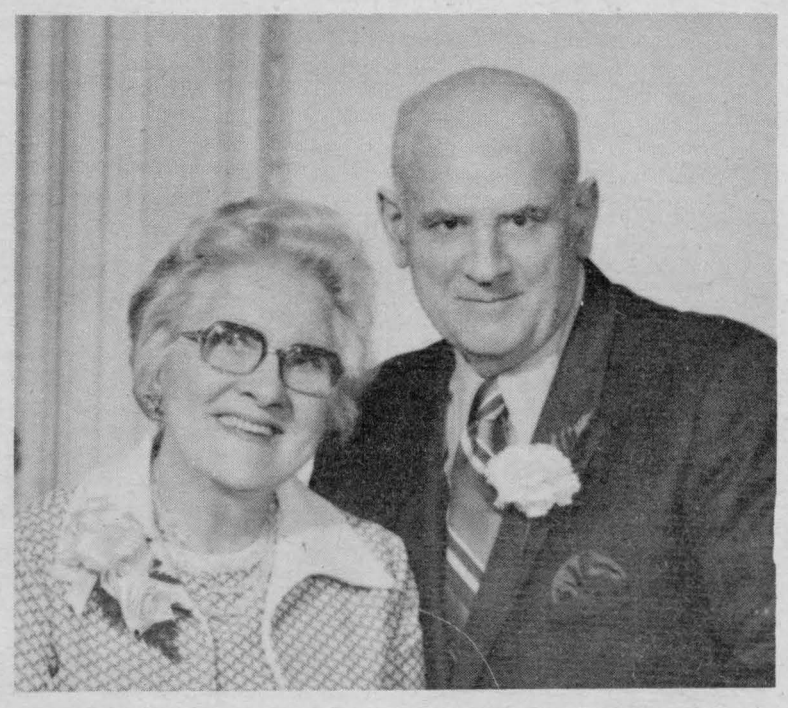
The Senior Choir will be giving leadership in a lenten ministry of music, and there will be the reception of new members, arising out of the Minister's Communicants' Class. In the evening, the closing session of the School of Lent, held every Sunday evening for the past five weeks, will be conducted by the Minister and Elders. Holy Week Services will also be shared on an inter-denominational level with the Iroquois United Church, on Maundy Thursday, April 11, the 4th century Tenebrae Service and in Knox on April 12th, the 16th century Covenanters' Service. Members and friends are encouraged to share in these Holy Week services.

Big Plans Old Home Week

Morrisburg Old Home Week committee are busy making plans for a bigger and better show again this year, with the dates scheduled from June 27th to July 2nd.

The program will include the Red Cap Aerobatic team, helicopter rides, Grand Prix wrestling, California Cuties softball team, etc.

The feature event this year will be The Battle of the Drums, a drum and bugle corps competition, the first to be held in the area and plans are to make this an annual event.



40th Wedding Anniversary

On Sunday March the 17th, Mr. and Mrs. Clifford Murphy celebrated their 40th Wedding Anniversary. A surprise turkey dinner was served by the family and friends. Mr. and Mrs. Murphy received many well wishes and gifts, including a set of travel luggage.

Dick Roberts Passed Away

Well known in the district, William E. Dick Roberts passed away Tuesday, March 26th at his residence in Morrisburg. Mr. Roberts worked for Ontario Hydro during the Seaway project and stayed on in Morrisburg after his retirement from that organization. He had been safety inspector in the counties, local building inspector and active in many area organizations in the past few years. The remains rested at Fairbairn Funeral Home Ltd. Morrisburg, until Friday, Mar. 29th, with service conducted in St. James Anglican Church, Morrisburg.

Oops

Ken Strader's name was omitted in the list of donors in Haddo's Snowmobile Rally last week.

Best of Seven Finals

Game results as played on March 24, 26, 29 and 31:
Metcalfe6, Alexandria 3
Metcalfe 6, Alexandria 3
Alexandria 3, Metcalfe 1
Alexandria 5, Metcalfe 2
Tied 2 games each
April 2:
Metcalfe at Alexandria
Apr. 5:
Alexandria at Metcalfe (8:30 p.m.)
Apr. 7:
Metcalfe at Alexandria at 2:30

ODHA Intermediate Finals
Best of 7 Finals
March 28:
Lanark 6, Morrisburg 4
Mar. 29:
Morrisburg 8, Lanark 7
Tied 1 game each
April 6:
Morrisburg at Lanark 8:30 pm
April 7:
Lanark at Morrisburg 2:30 pm

Winchester Hospital Births

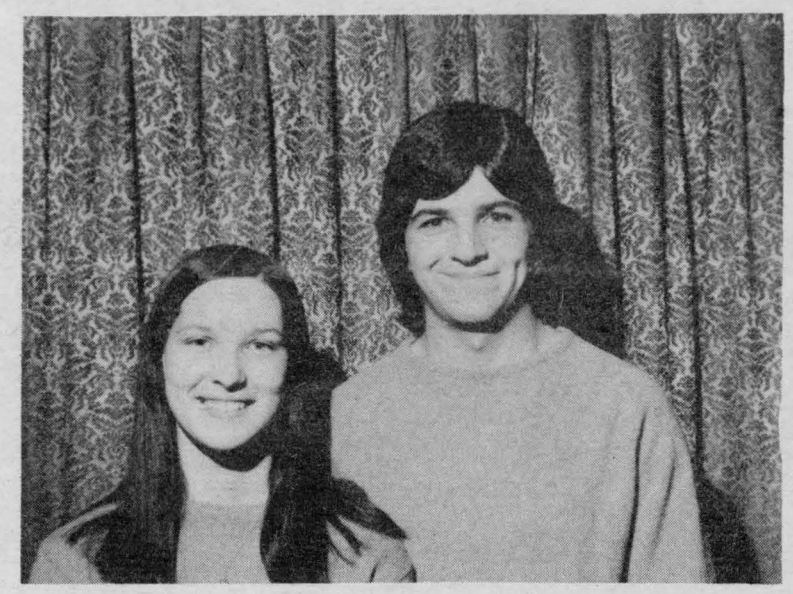
Mar. 18/74, Mr. Mrs. Edward Merkley, Morrisburg, a daughter.
Mar. 19/74, Mr. Mrs. Cornelius DeRooy, Chesterville, a daughter.
Mar. 19/74, Mr. Mrs. Ian Pollock, Lunenburg, a daughter.
Mar. 23/74, Mr. Mrs. Elzeon Raistrick, Winchester, a son.
Mar. 23/74, Mr. Mrs. Renny Van Gilst, Winchester, a daughter.
Mar. 23/74, Mr. Mrs. Kenneth McNairn, R.R. 2, Mountain, a daughter.
Mar. 25/74, Mr. & Mrs. Robert Williams, Chesterville, a son.

Your personal news are always welcome at The Iroquois Post.



Speaks to Lions

Tom Butkovich, coordinator of continuing education for St. Lawrence College, Cornwall campus, talked to Lions members here on the many aspects of adult education offered at the college.



Engaged

Mr. & Mrs. Glenn Somerville are pleased to announce the engagement of their eldest daughter, Karen, to Terry Charbot, Iroquois, eldest son of Mr. & Mrs. John Charbot. The wedding will take place at 12 noon on Saturday, May 11, at Spencerville United Church. 41-1-c

WALTER BAKER M.P. WRITES

A Tribute To Gordon Blair

Recently, Mr. Gordon Blair announced that for health reasons he would not seek the Liberal Nomination in Grenville-Carleton.

Mr. Blair represented this Riding with distinction from 1968-1972 and I would like to pay a warm tribute to him for his work among the people of the Riding.

Although Mr. Blair and I were political opponents, we practiced law at the same Bar and our personal relationship has always been cordial. That cordiality extends to this day.

Mr. Blair's parliamentary career was distinguished by his willingness to publically disagree from time to time with the policies of his Party and his Leader when he believed injury would result to his constituents.

My wife Lois joins me in extending to Gordon and Peggy every good wish for many years of good health and happiness with the time to do those things which they have always wanted to do but which the demands of public office made impossible.

Progressive Conservative Annual Meeting Report

They said it in different ways, but they all said it. The annual general meeting held by the Progressive Conservative Party in Ottawa this week was the best and most successful in the Party's history. I was honoured to be a Co-Chairman of that meeting with my distinctive colleague, Mr. Claude Wagner, M.P.

SEE PAGE 11

THE EDITORIALS

The Iroquois Post

AND MATILDA ADVOCATE
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CRIPPLED CHILDREN CAN USE YOUR HELP
. . . EASTER SEALS IN MAILS SOON

Each year the Iroquois Lions Clun conducts a campaign for funds for the crippled children of this province through the sale of Easter seals. It is a once a year call for help by this organization at the local level to help youngsters all over Ontario make their way back to a normal life.

It takes a great deal of money to provide the necessary equipment, doctors, research and all that goes into extensive care...and your dollars can help make it all possible.

When you receive your seals in the mail, please don't lay them aside. Use them on your letters and cards and send your donation to the Lions Club in the enclosed envelope.



THE COMMUNAL CAULDRON (The Meal N' One Dish)

Every nation has a stew of its own. Often they started out as meals for peasants, but soon the nobility learned of their good taste — they were fit for kings.

An ancient stew of the Magyars of Hungary consisted of whatever fresh meat, vegetables and seasonings the nomads gathered on their daily travel. The communal cauldron was set out and each man dropped his contribution into the pot on his return to camp at night.

The small ground beef balls have an intriguing flavour, your family and friends will ask for more.

Although it is a conventional stew, it has a true beef flavour enhanced by wine and seasonings. A good way to stretch a dish such as this is to serve it over rice or add another vegetable. Ground beef certainly helps stretch your food dollars and is handy to have in the freezer for busy days or unexpected guests.

QUICK GROUND BEEF STEW Serves 6-8

A stew that isn't a stew, a hearty and easy to make dish — Quick Ground Beef Stew

- 2 pounds ground beef
- 2 onions, finely chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon dry mustard
- ½ teaspoon thyme
- ¾ cup red wine
- flour
- beef fat
- 1 - 10 ounce package frozen carrots or other vegetable, partially cooked
- 1 can sliced mushrooms

Method:

- Combine first 6 ingredients with ¼ cup wine; make into balls 1-inch in diameter.
- Dust lightly with flour, brown in hot fat.
- Add vegetables and remaining wine, heat through.
- Serve with parslied potatoes or rice or, even easier, use heated canned potatoes.

CRUNCHY KABOB HAMBURGERS

If you like meat broiled on a skewer, try this version with ground beef.

- 1 pound ground beef
- ½ cup chopped nuts (not peanuts)
- 1 onion, finely chopped
- ½ cup chopped parsley
- 1 egg
- 1 teaspoon each, salt, pepper, oregano
- French dressing

- Mix all ingredients together except dressing.
- Mold onto 4 or 6 skewers in cakes 6-7 inches long and about 1½ inches in diameter.
- Soak in dressing 1 hour before cooking.
- Broil or grill quickly, turn often.
- Serve with Rice Pilaf and French Fried Onion Rings.

POTATO BEEF KABOBS

Cut a lengthwise wedge (¼) from each baking potato — bake in 400°F. oven 50 minutes.
Meanwhile marinate beef cubes in:

- ¼ cup each soy sauce, honey, sherry, lemon juice plus 2 teaspoons fresh ginger and 1 crushed garlic clove

Place pieces of meat, tomato, green pepper and onion on skewer.
Place inside partially cooked potato;
Bake 20 minutes longer basting with marinade.

GOULASH WITH SAUERKRAUT Serves 6-7

- 2 pounds stewing beef cut in 2" cubes
- oil
- 1 cup chopped onion
- 1 clove garlic, crushed
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon marjoram
- ⅛ teaspoon caraway seed
- vegetable stock, tomato juice, water or combination
- 2 cups sauerkraut, drained
- 1 cup sour cream

- Brown beef cubes in hot fat.
- Add onion and garlic, cook until juice is absorbed; add next 4 ingredients.
- Add enough liquid to cover meat; cover, simmer 1½ hours or until meat is tender, add extra liquid if needed.
- Heat the sauerkraut and sour cream together, add to meat mixture just before serving.



THIS WEEK

from Ottawa

PM IN SASKATCHEWAN

Prime Minister Trudeau will be in Saskatchewan on April 4 and 5.

The Prime Minister will attend a public reception in North Battleford. He will also address the Chamber of Commerce in Weyburn and will spend some time in Gravelbourg. In addition, Mr. Trudeau will make brief stops in Regina and Saskatoon.

111,000 JOBS CREATED

111,000 new manufacturing jobs were created last year by the federal government's two-year writeoff for corporate capital investment, Finance Minister John Turner told the House of Commons.

The minister pointed out that this was 8,000 more jobs than in the previous three years combined.

ECONOMY GROWING

The Financial Times of Canada reported last week that "evidence is now coming in that the Canadian economy got off to a good start this year and economists are taking a second look at their 1974 growth forecasts and revising them upwards."

ARCTIC PIPELINE

The construction of the proposed Alaska natural gas pipeline would create 7,500 new jobs in Canada's North.

The 2,625-mile pipeline could be delivering Arctic natural gas to Canadian and U.S. markets by 1979. The pipeline would increase supplies in North America by about seven per cent.

A consortium of 27 Canadian and multi-national companies is seeking permission from the National Energy Board and the federal government to begin construction by the winter of 1976-77.

STUDENT EMPLOYMENT

Treasury Board President Charles Drury reported in the House of Commons that less money has been allocated to 1974 summer student employment programs because of a better student employment situation this year.

IMMIGRATION UP

Manpower and Immigration Minister Robert Andras announced that immigration to Canada rose to 184,200 during 1973, an increase of 51 per cent over the 1972 total of 122,006.

Join your local
league of
ARTS AND CRAFTS
at an
EXHIBITION AND SALE
During Morrisburg
Old Home Week.
Registration is at
Perso Cleaners
No later than
April 30th, 1974
Everyone is welcome

Bill Smiley



ABOUT MY WIFE, KIDS AND GERMANY

by Bill Smiley

This is going to be a shot-gun column, instead of the usual coherent, unified, lucid examination of a single topic.

I'm going to aim in all directions at once and pull both triggers. Reason is I've got to get ready to go to Germany on Sunday and have a lot to do. Like shine my shoes, and change $12 into rubles or whatever they use, and get my wife to iron some shirts, and, uh, get her to pack my bag, and, uh, well, a lot of important things.

First of all, I've rediscovered a maxim that was already ancient when Moses looked out over the promised land: women are not only unpredictable, but unreasonable.

My wife had known for about a month that I might be going to Germany on the winter break. She thought it was great for me. "It'll be a nice change for you. And it'll do you good to get away from me for a few days. You must get sick of me."

I lied politely, as usual. Told her I didn't need a change, that I could scarcely bear the thought of being separated, and that the very idea of being sick of her was nauseating.

Then I came home one day and told her it was all set, but that she couldn't go. "When? ", she queried, knowing it would be several months off, and that there might be an earthquake or a flood or something in the meantime.

"Oh, I guess Sunday night", I responded casually, serene in the knowledge that she was in favour of the trip. She burst into tears.

My next topic also deals with the family, and with an aqueous event. Aside from a rainstorm, have you ever been soaked from a great height? I have. Last Sunday.

I was thoroughly enjoying playing with my grandson. He's old enough now to be played with, without fear that he'll break. I had him under the armpits and was hoisting him in the air, making those ridiculous sounds that would make grandfather blush crimson if they ever heard them on tape.

A look of pure glee passed across the kid's face, and I thought, "By golly, he knows me, and he's enjoying his grandad." Next second, I was soaked from shoulder to knee. It was warm, and at first I thought I'd burst a painless blood vessel. But it was the wrong colour.

It's not unpleasant at first. Rather like taking a warm, salt bath with your clothes on. It's when it begins to cool . . .

There's not much more to be developed there, so I'll turn to topic three: exams, which we have just gone through a session of.

Nothing is more depressing than starting to mark a set of exam papers, and finding that the first five you mark are failures. You are filled with self-doubt. "Have I not taught them anything? I'm a failure as a teacher. I should go back to the shoe factory. If everybody fails, I'll be fired, because in this system, if you're teaching failures, you're a failure as a teacher, regardless of any other factors."

Then you pick up a paper and the student has understood what you've taught, and applied it, and used some brains of its own, and it's a ninety percenter. Hallelujah! And you're hooked for another year.

There is only one thing worse than marking exam papers. That is supervising the writing of them. The quaint old word for this function is "invigilating." It sounds kind of dirty, but it isn't. Just utterly boring.

You are figuartively locked in a room for two hours with about 35 teenagers. That alone is a fate worse than death, for some people. Personally, I'd rather be locked in with 35 students than with 35 balloons.

Then begins two hours of hell. The kids are supposed to be tense, nervous, straining every brain cell to do well. They're about as tense as a hibernating bear. Susie takes off her shoes, assumes a yoga position, and looks out the window. Jack's crutch, a relic of skiing and a broken leg, falls on the floor, and you jump a foot, while the victims snicker.

You resort, after the first hour, to such things as counting greasy hair versus washed hair, bras versus braless, big clumsy boots versus sneakers.

You look up at the picture on the wall of the Queen, on whom somebody has drawn a moustache. You fill in, with your imagination, sideburns, and realize the Queen would have been pretty dashing in 1580.

You look out the window at the dirty snow-banks and dream of a beach or a trout stream. You whip around, aware you were drifting, to see if anyone is cheating. Nobody is. Except Joe, who has given up after half an hour of tongue and pen working together, and is sound asleep, head on arms. An early fly buzzes.

Warned you this would be a shotgun column. But I think I've covered everything on the home front.

Next despatch will be from Germany. I promise it will be loaded with fraulein, gemutlichheit, blutwurst, putsches and other Teutonic goodies.

Let's see now, if I remember my Deutsch. "Was maken sie hier? "Wie vil hur ist es? Nich rauchen bevor der zug halte. Ich bin ein krieggefangenner. Wo bist die scheisshaus? " Reckon I'll get along.

St. Lawrence Scouters Meet

Leaders of Boy Scout troops and Wolf Cub packs in the St. Lawrence District gathered in the gymnasium at St. John's United Church in Kemptville Tuesday evening to plan Spring and early summer events. With Winter Sports Days and "Klondike" Derbys behind them, their thoughts turned to Spring Camporees and Cubarees, camp-outs, Bowlarama, and Regional Camporee. St. Lawrence District is hosting the Regional Camporee in early July, at Morrisburg. Three hundred Scouts from the several districts are expected. The theme will be "Heritage". "Pioneer Days" will be the theme of the Cubaree, which will be held in Iroquois in May. "Trees for Canada", the Scout conservation project, also came in for discussion. The emphasis of the discussions centered about Scouting's outdoor program. Allan Thom of Roebuck, District Commissioner presided. George Lewis of Morrisburg, Assistant Commissioner for Scouts, met with Scout leaders. Bob Bryden of Spencerville, Assistant Commissioner for Cubs, met with Cub leaders Bill Sheldrick of Morrisburg, District President, spoke briefly of Scouting's program and opportunities. The meeting closed with prayer, offered by the Reverend E. Earle Eaton, Chaplain of Chesterville Group and District Public Relations representative. Delicious refreshments were served by the local Scout Auxiliary. St. Lawrence Scouters will meet again in April, in Morrisburg. The District embraces the communities of Prescott, Cardinal, Iroquois, Morrisburg, Kemptville, Winchester, Chesterville, Spencerville, Johnstown and Roebuck.

MATILDA BOWLING LEAGUE

Team	Points
Yamahas	67303
Arctic Cat	66893
Alouette	66492
Ski-Whiz	66482
Ski-Doo	65688
Moto-Ski	65576

High Singles:
Percy Robertson 292
Cecile Lalonde 266
High Triples:
Percy Robertson 823
Joan Toupin 643



Trees trimmed or cut down, chimney and roof repairs, airless spray painting by contract or by gallon, my paint or yours. Truck with hydraulic boom and bucket for high work.

TOM DUCOLON
346-2026

28tf

SAVERS' MM

THE SIGN OF SAVINGS

IROQUOIS SHOPPING PLAZA

Bicks Baby Dill With Garlic 24oz.
PICKLES 67¢

Kismet 100% Vegetable Oil
MARGARINE lb 59¢

Heinz Tomato 20oz.
KETCHUP 55¢

Kraft 32oz.
MIRACLE WHIP 95¢

Fab 5 lb. box
DETERGENT $1.99

Hersheys Instant 2½ lb. tin
CHOCOLATE $1.31

Carnation Instant Skim 3 lbs.
MILK POWDER $1.64

Vel Liquid 32oz.
DETERGENT 79¢

Toilet Bowl Cleaner 34oz.
SANI FLUSH 58¢

Maxim Instant Freeze Dried 9 oz. jar
COFFEE $2.59

Post Alpha-Bits 10oz. pkg.
CEREAL 61¢

Instant Bathroom Cleaner 34oz.
SANI FOAM 58¢

McCormicks Assorted Marshmallow 7½oz. pkg.
COOKIES 43¢

Facelle Royale Jumbo Roll
PAPER TOWELS 61¢

Stokleys 28oz. tin
PUMPKIN 35¢

Book
MATCHES
pkg. of 50's
31¢

Family Pack Loin 9 to 11 Chops per pkg.
Pork Chops lb 85¢

Short
Rib Roasts lb 89¢

Beef Blade
Steaks lb $1.09

Mary Miles Skinless
Wieners lb 79¢

Schneiders English
Sausage lb 99¢

Burns Campfire Sliced
Side Bacon lb 98¢

FRESH DAILY! produce

Red Delicious Size 100's
Apples lb 33¢

Pascal Size 24's
Celery 33¢

Iceberg Size 24's
Lettuce 33¢

Rosebud 6oz. pkg.
Radishes 3/33¢

Tender Sweet 3 lb. pkg.
Carrots 33¢

Sunkist Choice
Lemons 4/33¢

Catelli Ready Cut
MACARONI
16oz. box
39¢

TWO GREAT STORES UNDER ONE ROOF

SUNDAY SERVICES

IN THE CHURCHES

IROQUOIS AND MATILDA

IROQUOIS PASTORAL CHARGE
UNITED CHURCH OF CANADA

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

11 a.m. — Worship in Iroquois United Church

Church School during church hour

Organist: Mrs. George Fowler

CHRISTIAN REFORMED CHURCH

Rev. John Depater, Minister

9:30 —
10:30 a.m. — Sunday School
2:30 p.m. —

Come and Worship The Lord With Us

Anglican Church of Canada
Parish of Iroquois
and Morrisburg
Rev. Francis N. Gooch, B.A.

Telephone 543-2867
New Sunday Schedule in effect

PALM SUNDAY — APRIL 7
Saint John's - Iroquois
9:30 a.m. — Holy Eucharist

HOLY SATURDAY - APRIL 13

Deanery of Stormont Service at St. Peter's, Ingleside 11 a.m.
Speaker: Bishop Stephen Neill

THE PRESBYTERIAN CHURCH IN CANADA
KNOX CHURCH, IROQUOIS

The Rev. John J. Hibbs, B.A., B.D., M.Th., Pastor
Mrs. M. Casselman, Organist
MINISTRY OF EDUCATION & WORSHIP
Midweek Youth - Adult Program
SUNDAY
Church School ..... 9:45 a.m.
(Kindergarten to Senior)
Worship Service ..... 11 a.m
(Supervised Nursery Class)
You Are Welcome to Share In Our Ministry And Outreach

ST. ANDREW'S CHURCH
South Mountain
Mrs. Arnold Shaver, Organist
SUNDAY
9:30 a.m. ..... Service of Worship
Adult Study Group 10:30 a.m.

YOU ARE WELCOME TO SHARE WITH US!

UNITED CHURCH OF CANADA
Matilda Pastoral Charge
Rev. L.D. Joyce, M.A., Ph.D., Th.D
9:45 a.m. ..... Hulbert
11 a.m. ..... Brinston
2:30 p.m. ..... Hanesville

ST. MARY'S CHURCH
Rev. F.M. O'Connor, P.P.
Saturday ..... 7:30 p.m.
Sunday ..... 11 a.m.

Confessions: Thursday 8-9 p.m.

ST. CECILIA'S CHURCH
Sunday ..... 9:30 a.m.

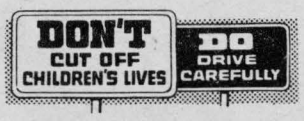
Confessions: Thursday, 7-7:45 p.m

Opening Dates Revised

As a result of favourable weather and ice conditions, the opening dates for the Seaway system as outlined in Seaway Notice No. 1 of 1974 are amended as follows:
Montreal-Lake Ontario: March 26/74
Welland Canal: March 29/74
The opening date for the Canadian Sault Ste. Marie Lock will remain April 4/74.
Navigation will open at 0800 hours E. S. T. on these dates.
Seaway Welland Traffic Control will resume operation on March 28, '74, at 0800 hours E. S. T.
All other Traffic Control Stations will resume operations on March 25/74 at 0100 hours E. S. T.
In the Montreal-Lake Ontario Section, it may be necessary to restrict navigation to daylight hours only in some areas until floating aids sufficient to permit night navigation have been installed.

Wanted

HELP WATED — We have openings in the Parts and Automotive Departments. Full time employment for suitable person. Apply in person to Canadian Tire, Williamsburg. 41-2c



Crysler Park Snowmobile Club

Chrysler Park Snowmobile Club had their annual field day on Sunday, March 3rd. Ron Danis of Cornwall won the trophy for most points in events. Sandra Johnson of Iroquois was runner-up. Other trophy winners were Grant Dey of Russell, Alex Parette, Dave Guindon, Ron Danis, Shirley Danis, all of Cornwall; Steve Shaver and Sandra Johnson of Iroquois and Junior Ferguson of Riverside Heights and Paul Hill of Morrisburg.

Thanks to Riverside Snowmobile Club, Lakeland Auto Parts, Cassells Sports Shop, Dominion Stores of Morrisburg and Jean Leroux of Cornwall for donations for this event, and special thanks to Paul Hill of Hill's Trailer Sales for his help.

The Last Line

(This poem was in the monthly Newsletter of the Ontario Municipal Recreation Association, March Edition)

The Last Line

Wouldn't this old world be better
If the folks we meet would say,
"I know something good about you!"
And then treat us just that way?

Wouldn't it be fine and dandy
If each handclasp warm and true
Carried with it this assurance,
"I know something good about you!"

Wouldn't life be lots more happy,
If the good that's in us all
Were the only thing about us
That folks bothered to recall?

Wouldn't life be lots more happy,
If we praised the good we see?
For there's such a lot of goodness
In the worst of you and me.

Wouldn't it be nice to practise
That fine way of thinking too?
You know something good about me!
I know something good about You!

CARD OF THANKS

I would like to express my heartfelt thanks and appreciation to my relatives, friends and neighbours for the expressions of love and concern shown me while I was a patient in Winchester Memorial Hospital and since returning home, your flowers, cards, letters, treats, visits and phone calls have brightened each day.

Words can never say how much they really meant to me.

Special thanks to Drs. Chande, Diemert, Domanko and also to the nurses and staff of the first floor and to the visiting clergy.

Thank you again.

Agnes Brinston 1p

For Sale

FOR SALE — Tent trailer, Sony stereo tape recorder, reel to reel. 8 track car tape deck and FM radio combined. Portable Cassette Stereo player and recorder also with AM and FM radio. Reasonable. Phone 652-4586.



Village of Iroquois AUDITOR'S REPORT

To the Members of Council, Inhabitants and Ratepayers of the Corporation of the Village of Iroquois

We have examined the 1973 financial statements of the Corporation of the Village of Iroquois and its local boards which are listed on the attached Index. Our examination included a general review of the accounting procedures and such tests of accounting records and other supporting evidence as we considered necessary in the circumstances.

In our opinion, these financial statements present fairly the financial position of the Corporation of the Village of Iroquois and its local boards as at December 31, 1973 and the results of their operations for the year then ended, in accordance with accounting principles generally accepted for Ontario municipalities applied on a basis consistent with that of the preceding year.

We wish to commend your Clerk-Treasurer, Mr. F. T. Lloyd, for the excellent manner in which he maintains the books and records of your Village and its Boards.

FRAZER AND OTTON
CHARTERED ACCOUNTANTS

OTTAWA, Ontario.
March 13, 1974.

VILLAGE OF IROQUOIS

STATEMENT OF REVENUE AND EXPENDITURE

for the year ended December 31, 1973

	1973	1972
Accumulated net revenue at the beginning of the year	$ 8,872	$ 7,578
Expenditure		
General government	31,674	25,794
Protection to persons & property	15,488	10,200
Transportation services	38,260	32,469
Environmental services	38,148	51,840
Conservation of health	196	285
Rec. & com. services	22,237	53,972
Com. planning & development	4,692	10,317
Financial expenses	4,223	4,492
Region or county — share of expenditure	51,806	63,687
Education	128,339	109,006
	$335,063	$362,062
Revenue		
Taxation	248,112	255,383
Contributions from other governments	65,190	80,242
Other	25,401	27,731
	$338,703	$363,356
Accumulated net revenue at the end of the year	12,512	8,872

VILLAGE OF IROQUOIS

STATEMENT OF CAPITAL FUND OPERATIONS

for the year ended December 31, 1973

	1973	1972
Capital outlay		
Capital expenditure		
General government	722	
Protection to persons & property	9,866	
Transportation services	3,047	7,355
Environmental services		11,931
Recreation & com. services		9,481
	$ 13,635	$ 28,767
Capital financing		
Contributions from other governments	8,827	1,700
Contributions from the revenue fund	4,808	21,365
Contributions from reserve funds and reserves		5,702
	$ 13,635	$ 28,767

VILLAGE OF IROQUOIS

CONSOLIDATED BALANCE SHEET

as at December 31, 1973

ASSETS	1973	1972
Current assets		
Cash	$ 15,941	$ 4,825
Accounts receivable	17,420	19,927
Taxes receivable	12,675	17,669
Other current assets— investments	77,600	73,192
	$123,636	$115,613
Capital outlay to be recovered in future years	2,678	3,348
	$126,314	$118,961
LIABILITIES		
Current liabilities		
Accounts payable and accrued liabilities	$ 10,631	$ 13,450
Other current liabilities	444	10
	$ 11,075	$ 13,460
Net long term liabilities	$ 2,678	$ 3,348
Reserves & reserve funds	100,049	93,281
Accumulated net revenue and unapplied capital receipts	12,512	8,872
	$126,314	$118,961

VILLAGE OF IROQUOIS

STATEMENT OF CONTINUITY OF RESERVE FUNDS

for the year ended December 31, 1973

	Total	Golf Club	Park Maintenance
Balance at the beginning of the year	$69,655	$8,209	$61,446
Revenue			
Interest earned	$ 4,126	$ 678	$ 3,437
Donation Royal Canadian Legion Br. 370	1,136		
	$ 5,262	$ 678	$ 3,437
Expenditure			
Contributions to revenue fund	$ 2,833	$ 550	$ 2,283
	$ 2,833	$ 550	$ 2,283
Balance at end of year	$72,084	$8,337	$62,600

MEDICAL BUILDING

Balance at the beginning of the year

Revenue

Interest earned	$ 11
Donation — Royal Canadian Legion Br. 370	$1,136
	$1,147

Expenditure

Balance at the end of the year	$1,147

VILLAGE OF IROQUOIS

NOTES TO FINANCIAL STATEMENTS

Charge for net long-term liabilities

Total charges for the year for net long term liabilities were as follows:

Principal payments	$ 670
Interest	240
	$910

The total charges shown above were paid from the general revenues of the municipality and are included under the heading "Protection to persons and property."

Provisions for reserves

Provisions for reserves amounting to $4,000 are included in the Statement of Revenue and Expenditure. Of this amount $2,500 is included under the heading Transportation Services and $1,500 under the heading Recreation and Community Services.

Basis of Consolidation

The Consolidated Balance Sheet reflects the assets and liabilities of the revenue fund, the capital fund and all reserve funds of the municipality. Assets and liabilities of the local boards of the municipality have not been consolidated.

Contractual Obligations

During the year, the municipality entered into an agreement to purchase certain lands within the municipality from the Ontario Hydro Electric Power Commission at a cost of $10,600. The municipality also entered into an agreement with the Ontario Housing Corporation to resell a portion of the above lands for $3,728, and to subsidize any future operating losses of the Senior Citizen housing to be constructed thereon to the extent of 7½% of such losses.

Subsequent to the year end the municipality commenced construction of a medical centre on a portion of the land acquired from the O.H.E.P.C. at an estimated cost of $64,795 to be financed as follows:

Forgiveable loan	$18,576
Debenture	26,219
Pledge — Iroquois Lion's Club	10,000
Royal Canadian Legion, Iroquois Branch	10,000
	$64,795

Operating results of local boards

	1973 Revenues	1973 Expenditures	Accumulated Surplus Dec. 31, 1972	Accumulated Surplus Dec. 31, 1973
Water Supply System	$ 19,946	$ 15,822	$17,632	$21,756
Hydro Electric System	113,480	116,915	41,565	38,130
Public Library Board	7,186	5,735	1,727	3,178

The water and sewer systems have not been taken over from the Hydro Electric Power Commission of Ontario

Brucellosis in Dundas County

We highly recommend to the Dundas County Dairy farmers that if they have not been vaccinating, then they should not start to do so. There are reasons why, but, just lets clear up some other points.

Contrary to various news stories there is no major outbreak of brucellosis in Eastern Ontario. In fact, the total percentage is less than ¼ of 1%. This is less than has occurred in the past years. The Health of Animals Veterinarians have been working with several herds in Eastern Ontario which do have a brucellosis problem.

The Health of Animals checks milk samples quarterly from all the milk herds in Canada. If this ring test shows some brucellosis then the herd is blook tested. If some cows are positive then they are recommended for slaughter. The herd is quarantined until the herd has a negative test. When under quarantine, the farmer can still ship milk and should only ship cattle for slaughter. If these cows go into other herds, then brucellosis can spread.

The Health of Animals is trying to get rid of the disease and vaccination does not cure the disease. Vaccination masks the problem, preventing abortion but does not get rid of the problem. Because of vaccination the vets are unable to detect carrier cows, and therefore the disease is spread. Also many of the export buyers do not want vaccinated cattle.

The Health of Animals recommends that if you buy cattle from truckers or sales barns that you isolate these animals and have them blood tested. Also, keep a record of where these cattle came from. The Health of Animals in the future will be doing a fast market cow test at the sales barn. Any reactor cow will be sold for slaughter only. With this test and the assistance of the drovers, the disease can be controlled and eradicated.

But again we recommend that you do not vaccinate. If we continue to vaccinate, we will always have the disease. To get rid of it, the cows must be tested and the reactors marketed.

CARDS OF THANKS

Our sincere gratitude for all the cards, letters and phone calls we received during our recent bereavement in the loss of a dear sister. 1p
Pete & Marge Shaver

I would like to take this opportunity to thank my many friends and relatives who remembered me with cards and visits whilst I was recently in the Winchester Memorial Hospital. Their good wishes were much appreciated and a great joy to receive.
Clifford Greaves 41-1p

I wish to thank all my friends who sent cards, letters and inquired for my health while a patient at the Ottawa Civic Hospital. 41-1p
Frank Marcellus

I would like to express my sincere thanks and appreciation to all my friends, neighbours and relatives who remembered me with cards and treats and visits while I was a patient in the Winchester Hospital. These acts of kindness will long be remembered. 41-1p
Bill McQuaig

Our sincere thanks to the Iroquois Lions Club for their generous donation of $200 to assist Minor Softball in Iroquois. This form of community co-operation will assist greatly in futuring the development of youth in the community. 41-1p
Leona McIntosh

A great big "Thank You" to all organizations in Iroquois who so generously donated cookies for Maurice Grimes Lodge. They were a sight to behold and I know these "Goodies" will be enjoyed. Also, thanks to you all for the gifts, which have started to come in. Hope to have these on display in a public area in town soon.
Thanks again.
Helen Marsters
Service to Patients
1-nc

I wish to take this opportunity to thank all my relatives and friends for their get well wishes and visitations I received during my stay at the Winchester & District Memorial Hospital.
Special thaks to Dr. Domanko, the Clergy and hospital staff.
I am now residing at the Glen-Stor-Dun Lodge in Cornwall. 41-1-p
James Linnen

I wish to express my sincere appreciation to all kind friends and neighbours who sent me get-well cards, letters and phone calls during my stay in Winchester Memorial Hospital. Special thanks to Dr. Houze and the nurses on the second floor. Sincere thanks to all.
Wm. Eckford 41-1c



WATTS FROM WASTE

Toronto garbage collected in some routine pickups will be going back into homes and businesses in a new form — electrical energy — in late '76 or early '77.

During a two-year pilot study, Ontario Hydro will be burning 500 tons of processed garbage a day in one unit at Lakeview generating station in Mississauga. Separation of combustible material from reusable glass and metal and other non-burning content will be handled at an $11.5 million Metropolitan Toronto owned plant being built near Toronto International Airport. The pulverized result will be trucked 10 miles to Lakeview, where Hydro will keep detailed financial and operating records to determine the net value of processed waste as fuel. Modifications to Lakeview costing $3.5 million are expected to be covered by the provincial government, which will also contribute $1.5 million to the separation plant.

A Watts from Waste study team has predicted that the station could ultimately burn about 10% of Toronto's garbage, which now amounts to 1.6 million tons a year.

Ontario Hydro Photo

DUNDAS MILK PRODUCERS ANNUAL SMORGASBORD

Dinner - Dance

Sat., April 20th

North Dundas District High School

Mac Beattie and the Ottawa Valley Melodiers

DINNER 7-9 **DANCING 9-1**

ADM. $3.00 Person — Door Prizes

PRESENTATION OF B.C.A. AWARDS

Tickets may be obtained from the following Milk Committee members:

LORNE STRADER
LEE McINTOSH
CARL SMITH
DOUGLAS IRVINE
HAROLD PEMBERTON
DWIGHT GILMER
ARTHUR MILNE
GARRY BRUGMANS
JOHN WELLS
STANLEY BALDWIN
DOUGLAS COONS

Cut-off Date on Tickets April 17th

EVERYONE WELCOME

41-2c

Kismet 1 lb. tub soft

MARGARINE 59¢

Aylmer 48oz. tin Tomato

JUICE 39¢

Tang Orange

CRYSTALS

Pak of 4 Envelopes

99¢

Salada Orange Pekoe

TEA BAGS

Box of 60

99¢

Dream Whip Dessert

TOPPING

4oz. Box

59¢

Campbells 48oz. tin

V-8 Vegetable Juice **49¢**

Lawry Chicken Noodle

SOUP MIX

1 Pak of 2 Envelopes

26¢

Aylmer 10oz.

TOMATO SOUP 2/25¢

Onion, Minestrone and Scotch Broth

SOUP MIX

1 Pak of 2 Envelopes

39¢

Meat

Short Rib Blade Out

ROAST lb 99¢

Cross Rib

ROAST lb $1.09

Country Club

ROAST lb $1.19

Blade

STEAKS lb $1.05

Imported Lamb

LEGS lb $1.19

Burns All Beef or Pride of Canada 1 lb. pack

WIENERS lb 83¢

Burns Family Pack Approx. 2 lb.

WIENERS lb 79¢

Fresh Pork

RIBLETS lb 55¢

Choice Beef

LIVER lb 89¢

Canada Packers Devon Brand 1 lb. Cooked Slices

HAM lb $1.09

RED BRAND STEAKS lb $1.69

Wing, T-Bone, Porterhouse or Sirloin Steak

Home Style

SAUSAGE MEAT lb 69¢

Mixo 128oz.
LIQUID BLEACH 69¢

Kraft 2 lb. jar
CHEESE WHIZ $1.99

Habitant 28oz.
PEA SOUP 33¢

Maple Leaf 1 lb.
PURE LARD 59¢

Catelli 1 lb. Box
SPAGHETTI 33¢

Blue Bonnet 3 lb.
MARGARINE $1.59

Allens Pure Vitaminized 48oz.
APPLE JUICE 69¢

Berry Box Strawberry or Raspberry 24oz. jar
JAM 75¢

Black Diamond 2 lb. Pak of 48
CHEESE SLICES $1.97

Bicks 12oz. jar
STUFFED OLIVES 79¢

Facelle Jumbo Roll Kitchen

TOWELS 55¢

FOOD BILL UP? BRING IT DOWN HERE

S & F

Frozen Foods

Provigo 12oz. can

Orange Juice 43¢

Blue Water 10oz.

Fish Sticks 75¢

McCain Fresh 10oz.

Green Beans 28¢

Holiday Farm 2 lb.

Beef Patties $2.19

Farmhouse 24oz.

Apple Pies 65¢

Bakery Treats

Weston's 13oz. Golden

Pound Cake 65¢

Weston's Pak of 12 Baby

Burger Buns 47¢

Produce

Florida Size 125's

ORANGES doz. 45¢

Florida Size 24's

CELERY 33¢

Florida Size 24's

LETTUCE 29¢

Lido 2 lb. Pak Spaghetti or
MACARONI 55¢

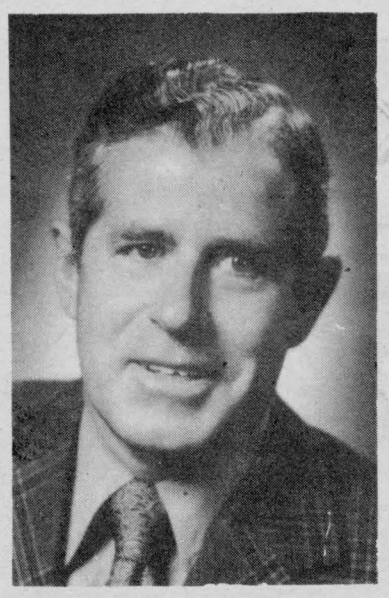
Provigo All Purpose 20lb.
FLOUR $2.79

Nabob 1 lb. bag
COFFEE $1.05

Bicks 48oz. jar Sweet Mix
PICKLES $1.17

Report From Queen's Park

Task Force Reports Good Police Forces



Don Irvine, M.P.P.

Do you believe that a police officer can be a social worker? How many times have you seen an individual policeman participate in a dialigue with other citizens about the nature of policing?

The Task Force on Policing in Ontario recently presented a comprehensive review of all aspects of the police function. Appointed in Nov. of 1972, the Task Force was fully representative of private citizens, police officers and government officials. Its terms of reference were wide-ranging and included such concerns as the role and function of the modern police force, financing, administration and the impact of social and economic developments of the policing function.

The central conclusion that emerged from the Task Force's report was that the Ontario public receives good value for its police services; there is little police corruption; and Ontario's police forces are innovative in their responses to significant problems.

A major problem is police/community relations. The report noted the impact of car and radio dispatch technology on communications between the public and the police. While radios improve police ability to respond to citizens in need, they also take officers out of direct contact with people on the streets.

Social attitudes have also contributed to the problems of the individual officer and police forces. It was against this background that the Task Force made a series of recommendations to improve this public image. Among these recommendations were two very far-reaching ones: greater efforts must be made to recruit women in police work; police forces must reflect the ethnic nature of Ontario society. Priority should also be given to programmes bringing police into direct contact with youth in their own settings, i. e. street corners, drop-in centres and schools.

The Task Force also recommended that improved techniques in recruitment be implemented and that new approaches in updating the education and training of police personnel be undertaken. In these ways, greater contacts and increased communications between police and public would result. The individual policeman would have a changed role, one that would be more community oriented and rooted.

By changing the role and image of the police officer, there would be greater mutual acceptance between the police officer and the citizen.

The report also recognizes the economic aspects of policing--policing is an expensive service. In 1972 alone, the cost of Ontario taxpayers for such services (excluding private services and the R.C.M.P.) was over $200 million. It is forcast that inability to meet the costs would leave municipal forces short by 2,000 officers and $55 - of their required strengths by 1980.

Proposals in the report would see 26 local forces absorbed into regional forces; 86 local forces taken over by county policing provided by the OPP; and 18 forces taken over by district policing provided by the OPP.

I am in agreement with the Task Force's recommendations; certain minimum sizes of police forces are required in order to fully utilize manpower and participate effectively in training and development of an overall modern management style.

I would be most interested to receive any of your personal views on this matter; please feel free to write or contact me at Queen's Park.

DOLLARS & GOOD SENSE

by WILLIAM J. MARTIN
Special Consultant to
Avco Financial Services

It seems that most people like paying bills, or at least they prefer paying a bill themselves to some automated system of withdrawal.

A recent survey conducted by the Bank Marketing Association found that consumers would rather maintain control of depositing their salary checks and paying their bills than use the new Electronic Fund Transfer system now available in some areas.

Only about 15% of those households surveyed indicated they would use an automatic payroll deposit plan. Another 11% said they might join in.



The biggest reason against participation is the desire to personally see the salary check first or the need for part of that check in cash.

The study reported that most consumers do not regard bill paying as some unpleasant chore and spend only about an hour a month doing so.

The desire to retain personal control of such household financial transactions will have to be carefully investigated by the bankers before the so called cashless society becomes a reality.

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

St. Lawrence & Ottawa Valleys Health Unit
REQUIRES
QUALIFIED PUBLIC HEALTH NURSES
for Temporary Staff Replacement
APPLY TO: Dr. R. V. Peters
District Medical Officer of Health,
St. Lawrence and Ottawa Valleys Health Unit,
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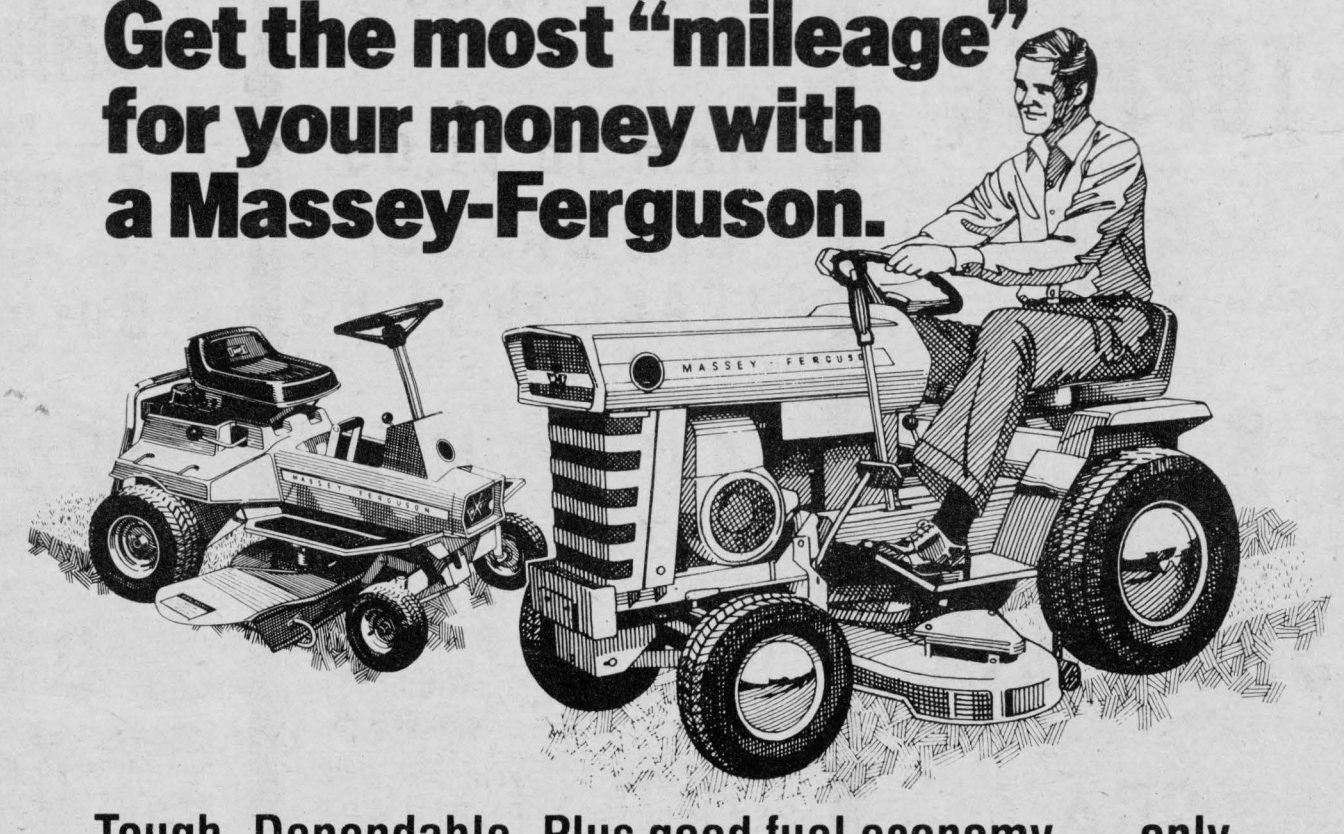

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Queen and Princesses

Sherri Fader and her princesses Wendy Ritchie and Coleen Rooney

Polution Probe 1974

The majority of today's population are concerned in one way or another with pollution, such as air and water problems, energy and garbage crisis, crowded expressways, industrial wastes, etc., and again many individuals who make up that majority say "There's not very much I can do about it". But this is not a fact.

In travels all over Ontario, people in almost every community have shown concern and presented new ideas, and even more important, they are making these ideas work.

Pollution Probe '74 has provided a caravan with opportunities to evoke interest, participation, discussion, workshop on garbage and for recycling ideas.

Dundas County Co-operative, a recycling and salvage business, has arranged to have this van in the local areas of Morrisburg and Iroquois on March 30 and April 2 respectively. Beginning at noon in Morrisburg and at 4 p.m. in Iroquois, a slide will be shown covering most of the ideas already presented and a discussion period will be available. We would like to

Planning In Today's Government

DONALD IRVINE, M.P.P.

You have read and heard a great deal about "planning" in the last few years. I have written about it myself several times in these columns. It seems to me that it might be worthwhile to examine briefly the basics behind the whole thing. What do we mean by planning? Why do we need it and how do we approach the whole thing in general terms?

Forty or fifty years ago we didn't have any planning controls in Ontario. At that time our population was still largely rural, growth was slow and the patterns of imigration to cities and towns was just beginning to emerge. As that momentum increased, our towns and cities opened up new subdivisions and the phenomenom of what we now call "urban sprawl" took hold. It soon became evident that some controls were necessary. Growth, however, was for awhile considered good for its own sake and the controls were applied in a negative sense..that is, only to prevent the worst sort of development.

As our experience developed, we soon realized that isolated developments have far-reaching consequences...like ripples in a pond. A decision to permit a 50 storey office building in a major city or shopping centre at the outskirts of a town may seem to its owner a fairly straightforward investment decision. The municipality, however, is suddenly confronted with new demands on its transportation facilities and streets, the necessity for new water and sewage facilities. That shopping centre will probably encourage housing construction in the vicinity and require additional schools, fire and police protection and even more roads. Agricultural land taken out of production will dislocate people and may result in higher food prices. Meanwhile, downtown merchants suffer a drop in business and to make matters worse the town may not have wished to expand in that direction in the first place. Worst of all, if the shopping centre is over the town line, the town has all the adverse consequences and little of the property tax revenue. The point here is that you can't make unrelated decisions without bringing on serious repercussions.

Applying controls simply to prevent bad development helps but it doesn't go far enough. We must plan positively and creatively in order that we will end up with things the way we want them. This means that people have to decide in advance what they want their community to be. We really have only two basic choices. We can pursue a selfish self-interest and ruthlessly exploit our resources or we can beautify our environment and conserve our resources for the benefit of everyone. And that's why we need planning.

How do we plan positively?

First we accept the inevitability of growth and change. Then we make sure that that growth takes place within a framework of services that can support it. We preserve our inheritance of natural beauty in our lakes and water-courses. We conserve our agricultural land by maintaining the physical integrity of our urban and rural communities. This is all, of course, easier said than done but so far we, in Ontario, have achieved a huge measure of success. Particularly in the field of urban planning Ontario is generally considered without equal in North America. Planning in our rural areas is not, as yet, developed to the same degree.

The problems, here, are different, there is the problem of shopping centres in municipalities adjacent to towns. Land severances can lead to costly strip development. Productive farmland is often neutralized when it is purchased by non-farm, urban commuters. Responses to these problems are, at this stage, negative in their approach. Simply fighting a rear-guard action against urban encroachment is not enough. A complete study designed to assist in establishing new directions in rural planning is expected to be completed by this fall and will be communicated to all rural municipalities for exhaustive discussion.

Every rural municipality has distinctive aspects that will require its own unique solution but, in the final analysis, the resolution of problems and the responsibility for decisions rests with the individual municipality and its residents. The provinces role is to lend a hand where we are needed.

IN MEMORIAM

Shaver - In loving memory of Mrs. Gladys Shaver, who passed away March 28, 1973.
God knows how much I miss her,
Never shall her memory fade;
Living thoughts shall ever wander,
To the spot where she is laid.
Ever remembered by Ted,
Louella and family. 41-1-p

sit down with you for some straight talk, so let us plan to get together, pull up a comfortable chair and look at the slide show. It gives insight into today's environmental problems. Let us find some strategies to control them.

CALDWELL BOWLING LEAGUE

Team	Points
Mutts	119
Bassets	105
Spaniels	86
Poodles	82

High Singles:
Audrey Bailey 314
Duane Helmer 273
High Triples:
Evelyn Seeley 749
Duane Helmer 650

Shop The Stores That Advertise In The Post.

TODAY'S HEALTH

Consumers Concerned about food additives

by David Woods

Space travel, pollution and the TV dinner are all products of modern technology.

More and more people are asking where that technology is leading us — especially where food is concerned.

Of course we can't simply turn back the clock and return to a rustic past where man sustained himself on 'one acre and a cow'. Nor can we find a solution in the so-called natural foods — organically-grown vegetables, for example — because there aren't enough of them to go around.

But you're entitled to know what goes into the food you buy, or what's been removed from it. And how much of the tampering with food is necessary or nutritional.

Let's say right away that most of the processing is done for a good purpose. The technology that gave us canning and freezing, so we don't have to be constantly hauling around sacks full of groceries, has done us a favor.

Similarly, the chemical additives that preserve food are obviously helpful. Jams without benzoic acid, for instance, would quickly go mouldy. Other chemicals are used to stop fats becoming rancid, to improve taste and texture, and to con-

All of the chemical additives that go into our food are tightly controlled by government. And most serve some useful purpose. Technological processes like pasteurization and homogenization have made food safer.

But one researcher at the University of Toronto's School of Hygiene, Dr. T. W. Anderson, says that artificial ingredients are appearing more and more frequently in food — and the only way to be sure what their effects are is to do long-term studies. "In general", he says, "the less intervention, the less *avoidable* manipulation of our food, the better".

What can the consumer do about all this? Well, first of all, try to find out exactly what you're eating to determine the nutritional content of what you buy.

Nutritionists advise avoiding foods like synthetic snacks, artificial creamers, fruit drinks with no fruit in them — and non-enriched cereals with perhaps less nutrient value than the cardboard packages they come in.

They also suggest taking a little more time: balancing diet between the convenience foods and those that need more work but provide more nutrition. For instance, cooking rice from scratch rather than buying it in a package is not only less expensive — it's better for you.

BEAMISH
Iroquois Shopping Plaza
Spring Savings Spree
BIG BUYS
...FOR LITTLE GUYS
Infants Training PANTS
Assorted Colours
100% COTTON
PACKAGE OF 4



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THROUGH SATURDAY, APRIL 6TH

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sizes 5 to 15.

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PANTS
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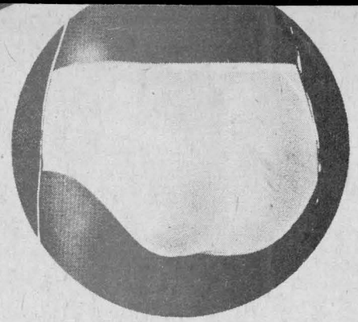
SKIRTS
3.88 Ea



LADIES "JAX"
PANTIES
"FLEX SEAT"
100% Acetate
Elastic leg and waist
White in sizes S.M.L.
Beamish Price
69¢ Ea



Ladies 100% Nylon
SHORT GOWN
Sleeveless, V-Neck or Scoop
Neck Styles. Lace and
embroidery trim.
Pink, Aqua,
Mint or Lilac.
Sizes S.M.L.
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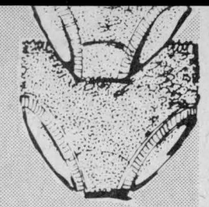

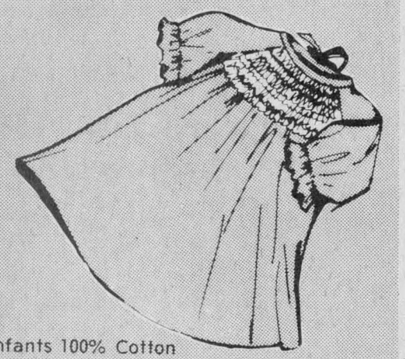

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Infants
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80% Cotton/20% Nylon,
Solid shades
with white trim.
S.M.L.
1.97 Ea



SPRING VALUES FOR 74

trol bacteria.

Much of the bread we buy undergoes a variety of chemical manipulations: flour is milled, then bleached. In the process, much of the nutritional value is removed. Later, the bread is 'enriched' with vitamins to make up for the 'goodness' that was removed.

But with bread, as with other foods, the manufacturer gives us pretty much what we want. We want bread that stays fresh longer — so that's what the baker gives us.

Most manipulation of food has to do with convenience, hygiene, and preservation and storage. Some is done for cosmetic reasons — like artificial coloring, because we want peas to look bright green and margarine to look yellow.

As world food supplies become scarcer, the trend is to more rather than less technology being brought to bear on what we eat. And even to the development of more totally synthetic foods.

Knowing what's in your food is the first step; balancing diet between convenience and nutritional values is the second. And if technology makes this harder to do — you can always grow your own tomatoes. One nutritionist I know grows them in her apartment.

David Woods is a former editor of Canadian Family Physician magazine. He has served on the staff of four medical publications, and written for several others in Canada and internationally.

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INCOME – You too can share in the millions of dollars being earned throughout the world raising Chinchilla.

CONVENIENCE – Chinchilla are generally raised in basements, garages and spare rooms, as they are among the cleanest of animals, odor free, quiet and gentle.

INVESTMENT – The Chinchilla business is one of the easiest and least costly in which to get started. With financing available ◗◗◗◗◗ your down payment need not be large (as modest as $95.00). Chinchilla Ranching also provides tax advantages. If you are facing retirement, or in need of developing a second income and fond of animals, let us show you how CHINCHILLA RAISING can be a sound investment.

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An injury in a factory, a fall at home, the collapse of a heart victim in an office.... suddenly someone needs immediate medical attention. Anyone at the scene needs only to call the local Ambulance Dispatch centre for prompt, efficient assistance. The dispatcher takes the information about the casualty and the address to which the ambulance must go. The Ambulance is called into action and arrives on the scene within minutes.

A modern ambulance is not just a fast vehicle with a siren and flashing lights, racing a victim to the hospital or clinic. It's a vehicle specially designed and staffed to give the right kind of emergency care at the scene and on the way to the hospital. With a full range of modern medical equipment -- oxygen tanks, splinting devices, ventilation and suction apparatus emergency ward on wheels.

Ambulance drivers and attendants are skilled professionals. They have the experience and the know how to make important decisions about the best way of rescuing, treating, and handling a victim. If a victim si badly injured, they will try to stabilize his bodily condition right at the scene, using all the life support equipment available to them. They position him properly, carry him to the ambulance, and drive him to the hospital or clinic as carefully as possible. This is important for they must make sure that no further damage is done to him through bumps and jolts from the road. In most situations, a fast ambulance ride may be the worst thing for a patient.

How to Call an Ambulance

In the Morrisburg, Iroquois, Williamsburg, Ingleside area the phone number can be found in the white pages of your phone book under "Ambulance." The local phone number is 543-2244 or you may dial "O" and ask the operator for "Zenith ninety-thousand," she will connect you with an ambulance dispatcher.

Give the dispatcher exact information about the address where you want the ambulance, so that there will be no delays in finding you. Also tell the dispatcher what seems to be wrong with the victim so the attendant will know what equipment to take from the ambulance to the victim when he arrives.

Further information about Ambulance Services in this area can be obtained by contacting: Morrisburg District Ambulance Service, P.O. Box 1030, Morrisburg.

Maple Syrup Time in Canada

The sweetest sound of spring, in many parts of eastern Canada, is the trickling of sap from thousands of maple trees. Whether it lands in the traditional bucket or the more modern storage tank, its destiny is the same..to become that ambrosial food known as maple syrup.

It's a good time to shake off those late-winter blues and take part in what sounds like something out of Hansel and Gretal; a traditional sugaring-off party.

From mid-March to late April each year, farmers from western Ontario (near Sault Ste. Marie) to Nova Scotia and New Brunswick, reap their special harvest--more than 1,500,000 gallons of maple syrup.

Many of them hold informal parties to which the public is invited. It's an excellent opportunity to view the modern and traditional methods of "milking" the trees and boiling the sap, to sample some of the delicious maple syrup and sugar products and, perhaps, to buy more for use at home.

Some sugar-bush owners werve visitors hearty dishes like fried ham, omelettes, baked beans, mashed potatoes and pancakes all, of course, dripping in syrup.

Essential to most parties is "la tire". To make it, some of the sap is boiled past the syrup stage, then poured hot onto a clean white bank of snow. The cooled taffy-treat is then wound around a stick or fork and eaten as a delicious gooey lollipop.

Dozens of Canadian centres will stage maple syrup festivals or sugaring-off parties this spring. One of the largest is held every year at Elmira, Ont. a small farm community 12 miles north of Kitchener. It usually attracts close to 20,000 visitors from Canada and the U. S. This year's date is April 6.

On Maple Syrup Day, the main street is blocked off while rich, creamy flapjacks smothered in amber-coloured maple syrup are served throughout the day. Nearby are wagons laden with more farm produce, including such delights as cooked cheese, sauerkraut, beefwurst, schmeercase, summer sausage and shoofly pie.

Handmade quilts, hooked or braided rugs, cookbooks, place mats, aprons and home baking are also sold. Local artists display their work and an old fashioned soap-making kettle is kept boiling. Tours through the sugar bush are available.

Visitors will also be welcomed at such places as Crysler Farm, 7 miles east of Morrisburg.

The production of syrup and candy from the boiled sap of the maple tree is exclusively a North American activity. Only two of the 10 kinds of maples in Canada and 13 in the United States give sap sweet enough to make syrup--the sugar maple and the black maple. The former is most common in Canada.

North American Indians first discovered the sweet secret of the maples. Not only did they find its taste pleasing, they found it helped to ward off scurvy (the sap is rich in Vitamin C). Early explorers and settlers copied the gathering methods of the Indians and harvested the maple sap, using the boiled product as a cheap sugar substitute. Today the production of maple products is a multi-million dollar industry in Canada, a profitable activity for many farmers in an otherwise slow season.

Weather conditions have a strong effect on the sap run. The best weather is when there is a hard frost at night followed by a sunny day with the temperatures rising to 40 or 50 degrees F. This usually happens towards the end of March in Ontario and Quebec, a few weeks later in the Atlantic provinces. A good run may last six weeks.

Although "sugar bushes" (groves of the trees tapped for sap) can be found from near Sault Ste Marie in Ontario to eastern Nova Scotia, about 85% of production is concentrated in the province of Quebec. The Eastern Townships, between the St. Lawrence River and the American border is a particularly productive region.

Large commercial bushes, of as many as 20,000 trees, have been modernized in recent years, to cut labour costs. A network of plastic tubing carries the sap directly to the sugar cabin where it is boiled to syrup by oil or gas heat.

Most people, however, find the traditional operation still practised by many farmers, more interesting to watch. It's romantic to walk through the woods and taste the sap as it drips from the spile or spout into a bucket, to see the steamy breath of the horses pulling the gathering tank on a cart or sleigh; and to sniff the mingling aromas of burning wood and boiling sap in the old-fashioned sugar cabin.



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Village of Iroquois Hydro System

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Tribute

FROM PAGE 1

The superb organization of the event was the responsibility of the Party's National Director, John Laschinger, who with a staff of 18, worked approximately three months to complete preparations for the meeting. During the meeting itself, Mr. Laschinger and his staff were supported by 165 volunteers, many of whom came from Grenville-Carleton.

One of the most striking aspects of the meeting was the large number of people of all ages who attended the meeting from all over Canada and who said that they had committed themselves to the Party in the last year.

There was no one who appreciated the effort and the enthusiasm more than Robert Stanfield. He reminded delegates and organizers and workers of a tremendous effort put into the last election campaign and of an even more tremendous effort that will be required this time.

In a Monday, March 18th speech to the meeting, he said he wanted everyone "tc leave here with a winning spirit".

"All that we do here", he said, "has its place and its priority. As important as they are, just let me say to you that my priority represents a singel, over-riding purpose... and that is to form the next government of Canada".

The delegates loved it. And so did the press. It was a call to arms - not only for the Progressive Consersvative Party, but for the country. It was an articulation of Mr. Stanfield's leadership and of his determination to gain support for the Party acros the country, not only with creative ideas, but also with the integrity and hard work that has become Robert Stanfield's trademark.

He has worked hard. Robert Stanfield is the most travelled political leader in Canadian history.

Following the election defeat in 1968, he began to rebuild the Progressive Conservative Party and travelling in everything, from Hovercrafts to "747's ", he covered almost 320,000 miles from January 1, 1969 to August 31, 1972.

Early in 1969, when Trudeau government popularity was still high, Mr. Stanfield covered approximately 59,000 miles - visiting all regions of the country to encourage the rebuilding process.

In 1970, he stepped up the pace again, to cover 87,000 miles - underlining and emphasizing the rebuilding of the Party in Ontario. He introduced a further dimension by undertaking a trip to Europe to examine our trade relations and to discuss other major problems of concern to Canada with government leaders in France, Belgium, Germany, Yugoslavia, the Soviet Union and Great Britain. His meetings also involved talks with NATO officials and EEC officials.

In 1971, as the Party rebuilding effort began to take on pre-election proportions, he travelled some 109,000 miles reaching every province and region of Canada. In addition, he visited Alaska to examine the TAPS oil route and, in July, met with government leaders in Japan and the People's Republic of China. The largest aspect of his domestic travel that year was his coast to coast unemployment tour.

During the first eight months of 1972, Mr. Stanfield visited more than 150 Canadian communities and covered more than 64,000 miles. During the election campaign he travelled an additional 60,000 miles, for a total of 124,000 miles that year - covering every part of Canada.

During 1973, Mr. Stanfield travelled over 59,000 miles. He made 16 individual trips to Quebec in 1973; 22 visits to Ontario; nine to Nova Scotia; seven to British Columbia; five to Alberta and five to Manitoba; three to Prince Edward Island; three to New Brunswick and three to Saskatchewan.

All in all, from 1969 through 1973, Mr. Stanfield travelled a total of 438,000 miles.

All of this contributed to the overwhelming vote of confifence in Mr. Stanfield's leadership taken on Sunday, March 17th, during the first day of the annual general meeting.

It was the largest meeting ever held by the Party. It attracted 2,700 people. Of these, 1,397 were voting delegates; the remainder were alternates, observers and guests.

The massive turn-out lent even more credibility to Mr. Stanfield's Monday evening speech statement that.. "this is a national party, representative of all the provinces, each of the regions, all the strains of the Canadian nationality and representing the pride and the confidence of the Canadian people in their country".

Delegates, alternates, observers and guests were packed into the three main policy stream sessions where debate on the 35 position papers was lively and widely representative of all parts of the country.

They were packed into the Sunday evening bear-pit session when Mr. Stanfield fielded questions from the floor. This was perhaps one of the most dramatic events of the annual meeting.

And the elections to decide on a national executive for the Progressive Conservative Association of Canada were heavily attended. All positions were contested.

The most exciting of these was the battle for the National Presidency between the incumbent, Donald Matthews, a London, Ont. businessman and Michael Meighen, a Montreal lawyer.

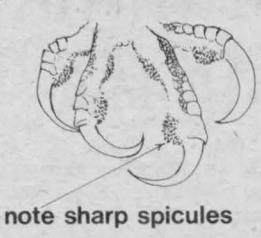
Mr. Meighen, the grandson of former Prime Minister Arthur Meighen, defeated Mr. Matthews narrowly to become the new National President of the Progressive Conservative Party. Mr. Meighen, 34, is a native Montrealer, a graduate of Laval University, and is fluently bilingual. He ran for the Progressive Conservative Party in the 1972 election campaign against Treasury Board President Charles Drury.

Other principal executive officers are Donald Matthews, Honourary Officer and Immediate Past-President; Ralph Sykes, Maritime Vice-President; Del O'Brien, Ontario Vice-President; Roy Watson, Western Vice-President; Arlene Holt, Women's Association President; Jean Wadds, National Secretary; Malcolm Wiskson, Treasurer; Harry Burkman, Youth President; Rob Solomon, 1st Youth Vice-President.

PERSONALS

Mr. & Mrs. Garnet Irving, Prescott, Mrs. Harry Irving, Cardinal and Mr. & Mrs. Kenneth Fader attended the funeral Sunday held at the Tubman Funeral Home, Ottawa, for Peter Brough, beloved husband of Lillian Hyndman.

Foot of Osprey





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The Stormont, Dundas and Glengarry County Board of Education
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—Foods (Levels 10 & 12)
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(2) requires immediately
TEMPORARY FULL-TIME ENGLISH TEACHER
—Drama (Levels 11 & 12)
—English (Levels 11 & 13)
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Written applications will be received by:
Mr. Clifford Hart,
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Cornwall Collegiate and Vocational School,
437 Sydney Street,
Cornwall, Ontario K6H 3H9.
Tel: (613) 932-8360
Fraser Campbell, Chairman
T. Rosaire Leger,
Director of Education. 1c

Beginning next fall, it will be possible for certain high school students to begin taking degree credit courses in arts (the humanities, languages, and the social sciences) from the University of Waterloo. UW is already offering such courses in mathematics and science and reports them successful.

Some of the arts courses can be taken during the evenings; others will be available on a correspondence basis .... audio cassettes of lectures will be sent out to students periodically, along with course study materials and work assignments.

"Our decision to make university level credit courses available to high school people is based on the new system in those schools," says Dr. Ken Davis, professor of history and chairman of the arts admissions committee. "Graduation from high school is now a matter of completing 33 credits, and it is possible for the better students to end up in fifth year with only two or three credits to do. They are not quite qualified for admission to university but they have little to do in their final year; this creates a chasm."

Waterloo feels such students might be better occupied moving along with their university studies; in fact, the new early start program, plus the availability of summer school courses in arts, may make it quite possible for some students to knock a year off their time in university... completing a four year course within three years after completing high school.

While only a small number of students are expected to take advantage of the program next year, the demand might increase substantially in the near future.

To be eligible, a student must have at least two fifth-year secondary school credits plus a 67% average on his fourth year work. And he must be specially recommended by his school. UW's program was worked out in consultation with high school principals and requires their co-operation.

UW has also arranged for January admissions to the faculty of arts for students who finish their 33 high school credits in the September-December period.

The Winchester Theatre

THE HIGH PLAINS DRIFTER
Clint Eastwood, Verna Bloom
A small town is in the grip of outlaws. A drifter rides in who will not be pushed.

GUNS OF A STRANGER
Marty Robbins, Chill Wills
A fine western with many Marty Robbins songs.

Mon., Tues., Wed. April 8-9-10
"TROUBLE MAN"
Robert Hooks, Paul Winfield
When trouble strikes the dice games trouble man is hired to check it out.

THE SALZBURG CONNECTION
Barry Newman, Anna Karina
The story of a sunken chest with names of pro Nazis who would help revive the cause.
An excellent suspense show
Recommended Adult
Thurs., Fri., Sat. April 4-5-6



A Giant Bottle Opener?

Crippled Children Need Your Help

"No, Timmy, it's not a big bottle opener," said sky diver Bill Cole as he showed golfer Bob Panasiuk and young Billy Lynch of Belleville the rip cord of the parachute he didn't have when he made the world's first jump without one.

Cole, who last year broke the Canadian altitude record for parachute jumping with a six-mile drop, is the only man who has jumped on two separate occasions without a 'chute. Each time, he bet his life against his skill and experience in catching up with his team mates in time to pick up his 'chute from them in passing, strap it on and pull that cord before time ran out.

With the Easter Seal campaign past the half-way mark, time is beginning to run out for the Ontario Society for Crippled Children in its efforts to raise $1,800,000 this year and Timmy is hoping it's not going to be a "lost cord" as far as he and more than 13,000 of his handicapped friends are concerned.

Taking a firm grip on the cord, Timmy hopes everyone will pull together until that $1,800,000 is reached.

Fertilize Soon For Healthy Trees and Shrubs

Like other garden plants, the above-ground parts of our trees and shrubs do not show any signs of life until April. But long before there are signs above ground, the roots of hardy trees and shrubs are showing life as they prepare for the new growing season. Early spring fertilizing will get them off to a good start.

"Late March and early April are good times to fertilize our shade trees and shrubs," says Bob Fleming, horticulturist with the Ontario Ministry of Agriculture and Food. "The spring rains will carry the fertilizer down into the soil for the roots to convert into the plant compounds necessary for vigorous growth.

There are several methods of applying fertilizer to established trees. A common method is to drill holes 18 to 24 inches deep in concentric circles around the tree, to just beyond the spread of the branches. Fertilizer is then added to each hole.

"However, spreading fertilizer evenly over the surface of the root area to just beyond the spread of the branches may be more efficient," Fleming says. Specimen trees in lawns should be fed about 10 pounds of 10-10-10 or 12 to 14 pounds of 7-7-7 per 1,000 square feet. If rain does not fall, the area should be watered heavily following the fertilizer application.

A good rule of thumb would be to use one pound of a good turf or garden fertilizer for each inch of trunk diameter of the tree and spread to just beyond the canopy area. The same fertilizers can be used on shrubs at a rate of 1 to 2 pounds for each 10 feet of shrub bed.

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THE IROQUOIS POST



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Fading Phosphates In The Bay of Quinte

Environmentalists who clamored for the removal of high phosphate detergents from grocers' shelves may have some cause for rejoicing over the Bay of Quinte.

But it's a giant-sized "may" according to researchers at the ministry of natural resources Glenora fisheries station near Picton.

Director Jack Christie said since the high phosphate detergents were taken off the market, there seems to have been a sizeable reduction in the amount of phosphates coming into the Picton municipal sewage treatment plant.

"There's been a reduction by ½, compared to what it used to be," he said. "That's what our studies show, anyway," he said.

"We're hoping the volume of phosphates can be cut by 90% in the future," said Mr. Christie.

The "future" he's referring to is the day when all the municipal sewage plants around the bay go to tertiary treatment of wastes. That is scheduled for late 1975.

What's the immediate effect of this phosphate cutback? Nothing, said the station director.

"We hope the phosphates will go down by 90%. If experience elsewhere is a reliable guide we look towards a dramatic reduction in the levels of algae when the appropriate degree of phosphate level has been achieved," he said.

The drop in phosphate input however, will definitely help the improvements take on the job of removing phosphates. Because phosphate input has been cut in half, the job will be that much lighter.

The monitoring carried out by the Glenora researchers is part of "Project Quinte", a joint effort to study the before and after effects of the improved sewage treatment facilities around the bay. Involved are natural resources, Environment Canada, ministry of the environment, and Queen's University.

Few conclusions can be drawn yet said Mr. Christie because the study is still in the "before" stage. But inventory of the bay has uncovered a few surprises for fish researchers.

First, the deterioration of rooted aquatic plants which may have been shaded out by algae bloom has been serious and has no doubt affected fish populations.

"If the algae growth is reduced and the rooted plants which nurture small aquatic creatures come back there could be tremendous ramifications," he said.

"The problem, however, is that we recognize that the community will not return to its earlier condition automatically. Simply improving water quality does not guarantee a return to good fishing conditions," said Mr. Christie.

"We're interested in seeing how far nature will carry the bay in the direction of self-improvement. From that point it will become a question of biological engineering to bring the water back to its full potential for fish productivity."

Another surprise was that in spite of the severe depletions of oxygen that have been caused by the algae in the past, the bay still carries a very large population of fish.

"These fish are of little value for recreation or commerce but they do demonstrate that the Bay of Quinte has a phenomenal capacity to produce fish," said Mr. Christie.

The Glenora Fisheries Station housed in an old stone foundry building overlooking the ferry dock is four miles west of Picton.

Pee Wee B's Fight For League Title

The Pee Wee "B" squad are having a real tough battle with Chesterville as both teams have 6 points in their bid for league supremacy.

Last Sat. in Chesterville, the game ended in a 5-5 draw. Kent Smith put the puck in the net 4 times for Iroquois. 2 goals were unassisted and on the other 2 Earl Nesbitt and Steven Eddy each picked up 1 assist. Brent Mattice from Bruce Graham gave us our other goal.

With 39 seconds left on the clock in Sunday's game, Kevin Smith scored.

Our Novices were "A" finalists at the Cardinal Tournament last Saturday. In the first round, Will Traynor scored the winner as Iroquois defeated Kemptville 2-1. Frank Lee had given us our first goal.

In a tough well-fought battle our boys defeated Brockville by a 4-3 count. The goal scorers were Frank Lee, Darrin Hall, Bobby Kirker and Andy Lee.

In the "A" final, Chesterville proved to be tough competition as they came up with 3 quick goals and held on to take a 3-1 decision. Our lone goal came from the stick of Frank Lee.

The Atom "A" squad lost the first game of the league final 4-0 to Cardinal Friday night.

A large crowd was on hand on Sunday for the 2nd contest and they were not disappointed. Although Iroquois lost a tight 4-3 contest, it was one of the best played finals in some time. The game was a see-saw battle until Cardinal made the most of a break in the Iroquois end near the last of the 3rd period. The first Iroquois goal was scored by Steven Kirker from Kevin Palmer and Scott Brennan. Scott from S. Kirker gave us our second marker and the final goal came when Tim Patterson let go a hard shot that deflected into the Cardinal net off a Cardinal player. Scott Brennan drew an assist on our final goal.

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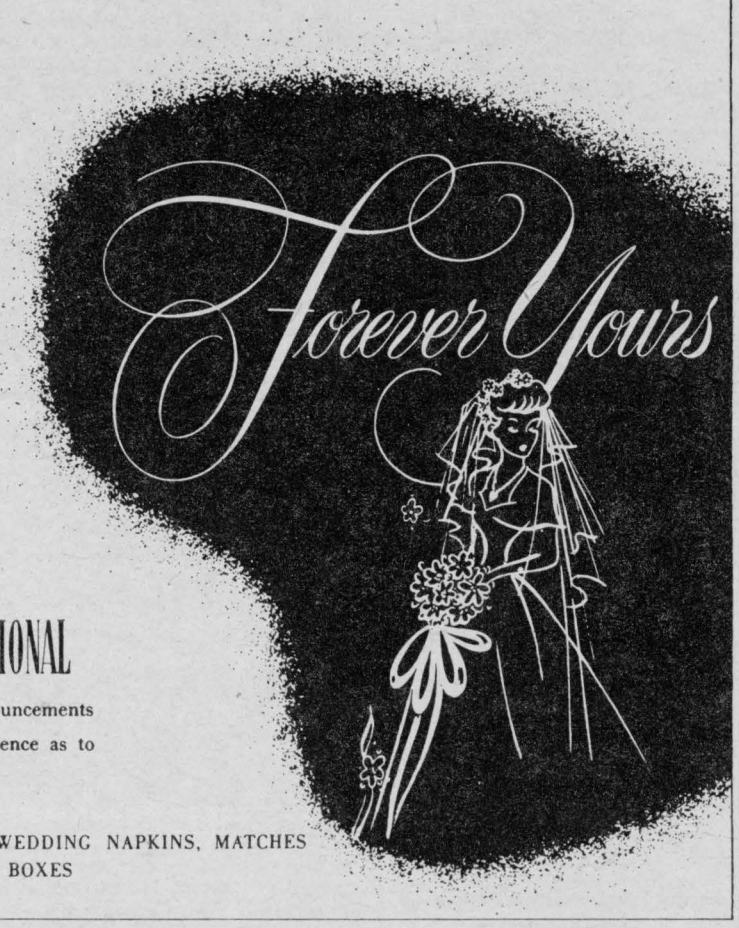

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Haddo Snowmobile Rally Winners

Sandra Johnston receives trophy from Lucille Lalonde at Haddo rally.

Sandy Gibson presents trophy to Dale Keyes at Haddo snowmobile rally.

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Winchester District Memorial Hospital

ON

Monday, April 8, 1974

2:30 - 4:30 p.m.

6:30 - 9:30 p.m.

Postal Museum To Open In September

Postmaster General Andre Ouellet announced that Canada's National Postal Museum will be officially opened on Sept. 26. The museum will be open to the public the following day.

The museum will be temporarily situated on the ground floor of the Sir Alexander Campbell Building at Confederation Heights in Ottawa. Plans are now underway to acquire a permanent building to house the museum by 1978.

The museum will have displays of stamps from all the countries of the world, although those of Canada and British North America will be most prominently featured.

"We believe that we have the finest reference collection of Canadian and British North American stamps in existence" Museum Manager Jim Kraemer said.

Special displays of philatelic themes and postal artifacts, including cancellation devices and post office equipment, and the Smythies' collection of forgeries will also be on view.

A sales counter, completely decorated to resemble a turn-of-the-century post office operating out of a general store, will also be located in the museum.

This old-fashioned office will sell mint postage stamps and first day covers. In addition, all mail sent from the office will receive the special postal museum cancellation.

Numerous contributions of philatelic items have been received since plans for the museum were first announced in 1971.

"Both the public and post offices across the country have been fantastic", Mr. Kraemer said. "The response has been very enthusiastic and every day we are receiving more donations".

Extensive library material has also been contributed and the museum now posseses an outstanding collection of philatelic books, especially of Canada and the United States.

People wishing to do research in the library will be able to do so by special request. A microfilm reader/printer will also be available for research purposes.

The museum will be open from 9 a.m. to 5 p.m. Tuesday to Saturday and from 12 noon to 5 p.m. on Sunday. It will be closed all day Monday. Admission will be free of charge.

Because of the value of the collection, the museum will be protected by modern security devices.

HANESVILLE NOTES

Mrs. Graham Fossitt and Mrs. Mike Link visited Mrs. A. Fader on Mon. eve.

Mr. & Mrs. Mike Link were visitors of his parents Mr. Mrs. H. Link of Pittston recently.

We are glad to know Mr. Ken Barber is home from the Hosp. We hope he will soon be well.

Mrs. Berry Jacobs of B.C. has returned to her home and family where she is convalescing. We wish her a speedy recovery.

Mr. & Mrs. A Holmes and family are moving to Iroquois. We wish them every success in their new home.

Mr. Geo. Cooper has been confined to his home with a bad back. We hope he will soon be feeling better.

Mr. Johnson Fader of Brockville and mother Mrs. A Fader spent Sat. with his brother Mr. Mrs. Clifford Fader, also Mr. Mrs. Don Dugan of Cardinal spent afternoon at the Fader home. Don was home for the weekend from the Kingston Hosp where he has been taking treatments.

PITTSTON

Miss Myrtle Wilkins of North Augusta spent the weekend with her niece, Mr. Mrs. Willis Montgomery, Carol & Heather.

Mr. Mrs. Clarence Marlatt had dinner Wed. with Mrs. Marguerite Huchcroft of Prescott.

Veto Jakielaszek of Montreal spent the weekend with his parents, Mr. Mrs. Albert Jakielaszek.

Pleasant Valley

Mr. Hilliard Gilmer took supper on Tues. with Mr. Mrs. Preston Gilmer.

Mr. Earl Gilmer visited Kenneth & Andrew Thorpe on Thurs. afternoon.

Mr. Hilliard Gilmer spent Thurs. afternoon, supper and evening with Mrs. John McGowan.

Mr. Hilliard Gilmer spent Friday Afternoon in Iroquois and had supper and spent the evening with Mr. & Mrs. Bill Somerville.

LEGION BRANCH 370 BINGO

TO BE HELD

EVERY MONDAY 7:30 p.m.

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15 REGULAR GAMES - $5 PER GAME
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WINNER-TAKE-ALL GAME

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CALENDAR OF EVENTS

Cash Bingo
To be held Every Wednesday Night at Williamsburg Legion Branch 538 (Bouck's Hill). Everyone welcome. Adm. $1.00.
30-June

NOTICE
We find that we are unable to pick up all the papers, etc. that you have been putting out for us. May we ask if you would keep the papers aside and phone one of the following numbers and we will then arrange to pick them up at your home.
Many thanks for your co-operation.
DUNDAS COUNTY CO-OP
652-2263, 543-2411, 989-2019.
37-6c

Lessons in Landscape painting & Palette Knife Techniques by John McDiarmid, evenings, month of April. For details, phone or drop in at Craft House, Iroquois.
41-1-p

Morrisburg, Iroquois District Cancer Society annual campaign luncheon, St. Pauls Lutheran Church hall Monday April 8 at 12:30 p.m. (special guest speaker) on service to patients, all welcome, tickets $1.50 available from Vi Milligan. 39-3-c

COMING EVENT
Iroquois Public School is having a bake sale on April 11th, in the afternoon in store No. 14 beside the Iroquois Post. 41-2-c

KNOX 100TH ANNIVERSARY DANCE SAT. MAY 4
The Knox 100th Anniversary Ball, a Centenary Year event, will be held in the Iroquois Civic Centre Auditorium, Sat. May 4th, with a "Grand March" beginning at 8:30 p.m. Tickets $8.00 per couple ($4.00 single), featuring the "Gordon Durant Orchestra" of Smiths Falls (Brockville Maycourt Ball orchestra). Punch bowl and luncheon. Tickets available from men of the congregation (Mr. Bert Van Boven, chairman). No sales at the door.
-2

BOTTLE DRIVE
Juvenile Boys Softball Team will hold a bottle drive in Iroquois on Monday, April 15th. Please save your bottles to support this local organization. 41-2-p

IROQUOIS I.O.O.F. DANCE
Sat. April 6, Iroquois Civic Centre. Music - Geo. Barkley's Orchestra. Dancing 9 p.m. to 1 a.m. $3.00 per couple.
41-1-p

The Ladies Guild of St. John the Baptist will hold their Spring Fair Saturday afternoon, April 27th. Further particulars will appear at a later date.
41-1-c

GOOD COMPANIONS
Good Companions will meet Wed. April 10th at 12:30 p.m. in the Civic Centre.

COMING EVENT
There will be a musical variety night on Monday, April 15, in the Christian Reformed Church at 8 p.m.
41-2-p

Shop The Stores That Advertise in The Post

SHANLY

Mrs. J. Rannie who spent the past month with her daughter Mrs. Earl Pitt and family, returned on Thurs. to her home in Tweed.
Bonnie Pitt of Kingston spent the weekend with her parents Mr. Mrs. Lyle Pitt.
Mr. & Mrs. Keith Flegg of Hulbert visited Mr. & Mrs. Arnold Pitt on Tues.
Linda Gilmer of Kitchener visited her parents Mr. & Mrs. Charlie Gilmer and Bonnie over the weekend.
Mr. & Mrs. Albert Cross, Douglas and Mark, spent Sunday with Mr. & Mrs. R. Kearns ofPierrefonds, Que.
Congratulations to Mr. & Mrs. Jackie Stover on the birth of a son on Thurs. Mar. 28.
On Sat. evening, Mr. & Mrs. Cecil Bennett and Russell were guests of Mr. & Mrs. Tom Bennett of North Augusta on the occasion of their son Joey's first birthday.
Mr. & Mrs. Wayne Hamilton and boys spent last Sunday with her mother Mrs. Thos. Graham and family of Johnstown and her grandmother, Mrs. John Morton and uncle Mr. Howard Morton of Annandale, P.E.I who were visiting.
Mrs. Harold Lancaster of Mississippi Lake, Ont., spent a few days last week with her brother Willie Pitt.
Mrs. Jerry Jansman who was injured in a car accident on Friday morning on the Shanly road and confined to Hospital in Brockville, was able to return home on Sunday. Although suffering from multiple bruises and lacerations, we are glad to report no broken bones.

FOR RENT

APARTMENT FOR RENT — Suitable for couple. Hot water heated. All modern services. Garage. Available May 1st. Along Highway 2, between Iroquois and Cardinal. Tel. Long Sault 534-2621 after 7 p.m.
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75 ACRE wooded private retreat with small cottage in a very quiet area. Large stream on the property.

Presbyterian Women Evening Auxiliary Met

The Knox P.W.E.A held their monthly meeting March 25 in the Church hall. Mrs. M. Smollett, president, welcomed those present and opened the meeting by singing spirit song "We Gather Together". Mrs. Geraldine Miller read the scripture taken from Acts 1: 1-8 inclusive and lead the group in prayer.

Study # 3 from the text "Power" was under the leadership of Group #1. The business part of the meeting was acted on and Mrs. Madge Ward, treasurer gave a good financial report. The meeting closed with spirit song "Guide us Now O God and Father". The evening concluded with a delicious lunch hosted by Group 1.

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TWP. MATILDA — Treed lot 345'x312' — Approximately 300 spruce and 1500 pine trees 8 to 15 inches in diameter. Logs enough to build a chalet home 30'x50'. $6,500.

66 ACRES of good producing workland with barns, partly surrounding a Seaway Valley Village. Lots could be sold. $20,000.

RIVERFRONT LOT — With approximately 223 feet on Lakeshore Drive road and approximately 221 feet on the River with a depth of approximately 120 feet. Severance approved. $20,000.

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INVITATION TO TENDER

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

No. 77334 — Lobby extension, Post Office, Kemptville, Ontario.

Closing Date: **Thursday, April 18th, 1974**
Deposit: NIL

INSTRUCTIONS

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

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

The lowest or any tender not necessarily accepted.

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

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PARMETERS' SHOES

Adapt Winter
Apres-Ski Meal To Spring

All winter, skiers and snowmobilers raced down the icy slopes of Barrie, Ontario. This city on Canada's Lake Simcoe is a popular center for these sports as well as curling, ice skating and ice fishing.

Some of the tasty food served to red cheeked sports enthusiasts is so good that it shouldn't be forgotten just because there is no longer snow on the ground.

You can duplicate these warming dishes in your own kitchen. The Barrie Holiday Inn, for example, near the Historical Museum and Fort St. Marie, serves a mouth-watering one-dish meal called Beef Pepper Pot. It is a favorite make-ahead recipe for after skiing, but is just as delicious on a chilly spring evening in your home.

Roast beef slices and vegetables are layered in a three-quart casserole with salt and pepper. A beef sauce is poured over the ingredients before cooking. Before serving, the oven-to-table dish can be garnished with carrot slices and onion rings.

To accompany this one-dish meal is a prized recipe, also from the Barrie Inn, Hot Buttered Rum. Each steaming serving is two ounces of rum with a twist of lemon peel, spices and boiling cider. A pat of butter is floated on top.

Both recipes are from the Holiday Inn International Cook Book, a collection of chef's specialties from inns all over the world.



For a post-winter meal that is easy to prepare ahead, try Beef Pepper Pot with Hot Buttered Rum.

Beef Pepper Pot

- 8 large ¼ inch slices cold roast beef (about 2 lbs.)
- 2 medium onions, sliced
- 8 cold boiled potatoes, peeled and sliced
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ cup flour
- 2 quarts beef stock or bouillon

Layer beef slices, onion and potatoes into buttered 3-quart casserole, seasoning each layer with salt and pepper. In a large saucepan, blend flour into beef stock: Cook, stirring, until thickened and smooth. Pour over meat and vegetables in casserole. Garnish with carrot slices and onion rings, if desired. Bake uncovered at 350° for 1 to 1½ hours. Makes 8 servings.

Hot Buttered Rum

- ½ cup dark rum
- 4 twists lemon peel
- 4 sticks cinnamon
- 8 whole cloves
- 4 cups boiling cider (about)
- Butter

In each of 4 large mugs place 2 ounces (⅛ cup) rum, a twist of lemon peel, a cinnamon stick and 2 cloves. Fill with boiling cider. Float a pat of butter on top of each and stir well. Makes 4 servings.

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MASON WANTED

IN JOHNSTOWN. Full time, year round employment. Rate $5.50 per hour. Duties: to lay blocks & bricks and do foundation plastering. Call Mr. Reid at 925-3680 or 657-4856 41-3c

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