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SYLVIA'S SLANT

In Scuttlebutt on Jan. 30 Sammy said "Hurry back Sylvia" I thought he meant me, so here I am.

While I was away I thought about skiing. No! not about doing it - Am I crazy? There was snow at last and the craze was to ski, either downhill or cross-country (what we used to call nordic or touring). I have no desire to strap pieces of lumber or plastic on to my boots and traverse that white stuff. To begin with it's a spectator sport to see me shuffle, dig in the poles, fall down, get up, shuffle, dig in, fall down, get up, get very cold and get a face full of acid snow (same as acid rain-right?). I'm about as agile and graceful on skis as a ballerina in a full body cast. By the time the acid snow and the wind has numbed my hands, face, nose and eyeballs I am ready to do what I should have done in the first place - stayed home. Of course it wasn't as

cont'd on pg. 10a

INSIDE TODAY

Scuttlebutt
Disc News
Financial Page
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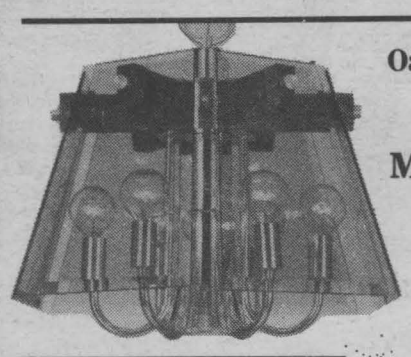

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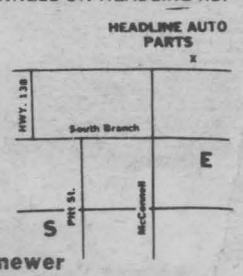

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ON CARS

The hotter the better is rule for thermostats

By Bill Gardiner

□ I have a 1985 Jeep CJ-7, with a inline six-cylinder engine. It has 58,000 km.

I've felt the engine runs too cool. The temperature gauge never goes above one-third into the green zone. I can stop the vehicle at any time, lift the hood and hold the rad's top hose and only get a nice warm feeling!

I have temporarily installed calibrated RTD (resistance temperature detector) onto the top rad hose with heavy duxeal "jacket," and determined a running temperature of about 125 degrees Fahrenheit.

I removed the old thermostat. It was 195 degrees F. rated. Checked in hot water and convinced myself it was not sticking open.

Bought and installed new 195-degree thermostat with no improvement at all.

In early December, I removed the fan blade for the winter. Temperature still runs about one-third into green zone. However, if the vehicle is stopped and the engine running, the temperature does climb (5 minutes or more) and presumably would boil over.

Blocking off the rad with cardboard next to front or core lets the temperature run too high in city stop/go traffic. After cutting a six-inch diameter hole in the cardboard, I'm back to a cool engine.

From an earlier column of yours I remember that a 195-degree thermostat means it's fully open at that temperature. It would begin to open at any appreciably lower temperature.

But, shouldn't it regulate appreciably higher than 125 degrees F. for average conditions?

Do you have any suggestions?

It almost seems I need a 230-degree thermostat (pause for a chuckle), which would begin to open at say 160 degrees and regulate say 170 degrees.

Gord Edick

It sounds to me as if you are describing a normal condition in your Jeep's cooling system. All of your observations are correct under the circumstances you describe. I think we may have our signals crossed regarding correct operation of the thermostat.

In case you misunderstood, the temperature marked on the thermostat (i.e., 195 degrees) indicates the temperature at which the thermostat begins to open and therefore it would be fully open at a slightly higher temperature.

The original equipment gauge on your Jeep and most vehicles equipped with gauges as opposed to warning lamps is not calibrated in degrees but instead gives you a comparative reading. A reading past three-quarters or more of the gauge sweep for example would indicate an overheat condition as compared to the one-third sweep you have under normal driving conditions.

You could install an accessory water temperature gauge calibrated in degrees if you wish to more closely monitor cooling system operating temperature. The sending unit would have to be located on the engine side of the thermostat and as close to the thermostat as possible.

The sending unit hole for the stock gauge would be used if there aren't any unused ports with pipe plugs installed in the vicinity of the thermostat.

You will find that measuring temperature at the radiator or hoses as you have done will provide readings that vary according to ambient temperature, vehicle or fanspeed and radiator capacity and aren't always linear with actual engine temperature due to these factors.

An excellent yardstick of cooling system temperature is heater performance and I guarantee that if in fact your engine coolant was 125 degrees Fahrenheit you would have noted little or no heater output on your list.

Thermostats come in three basic temperature range groups and heater performance could be characterized as follows: 1) low-temp, 160 degrees: poor heater output; 2) 180 degree stats: moderate heater output; 3) high-temp 195 degree stats: (some makes use 190-degree or 192-degree opening temps) excellent heater output. Since

cont'd on pg. 7a

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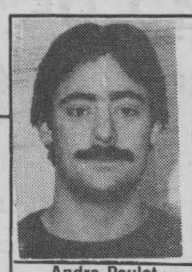

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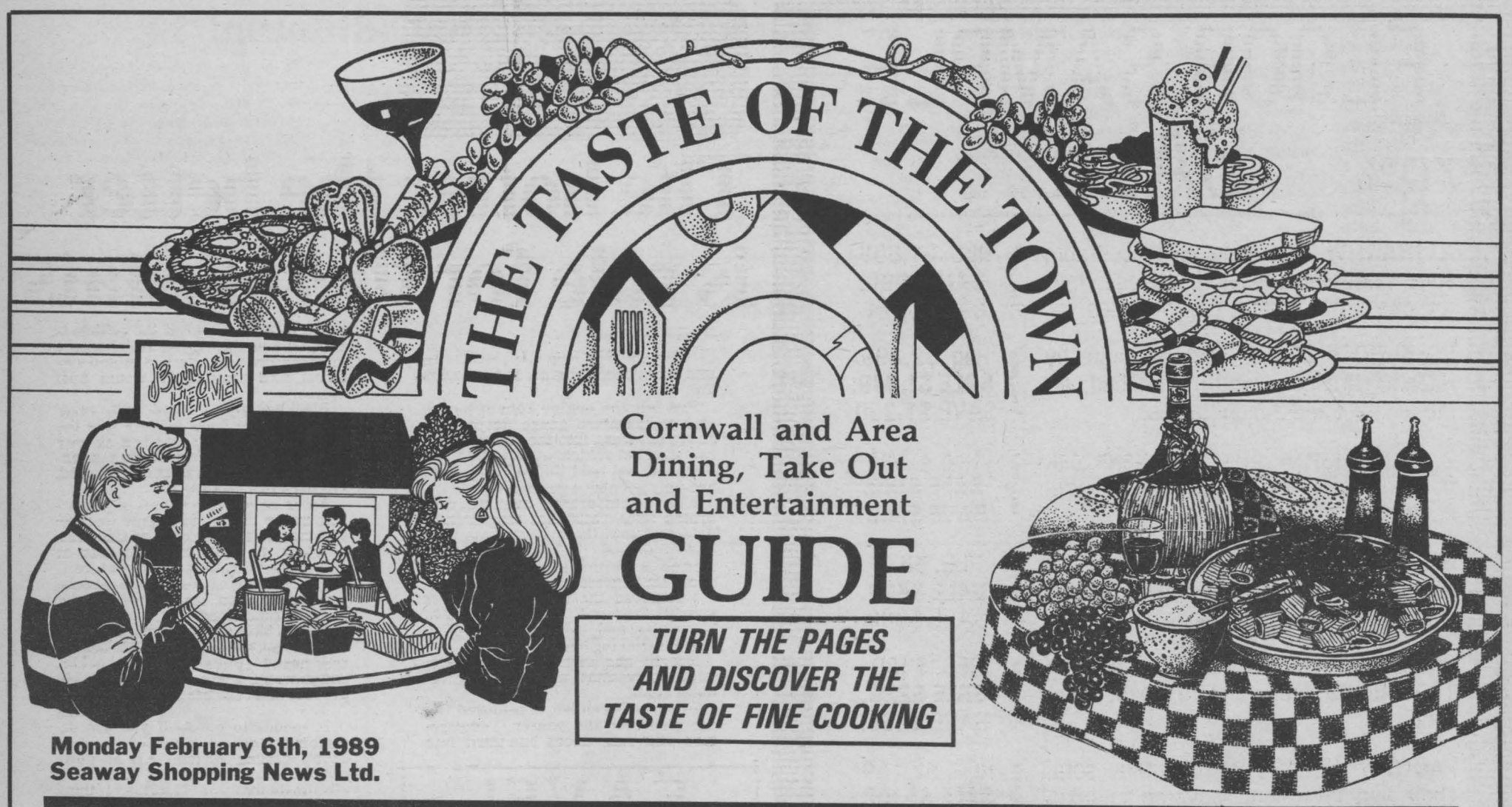

Cornwall and Area
Dining, Take Out
and Entertainment

GUIDE

TURN THE PAGES AND DISCOVER THE TASTE OF FINE COOKING

Monday February 6th, 1989
Seaway Shopping News Ltd.

Taste the romance of Valentine's Day

"Let me count the ways . . ."

There are endless methods of expressing one's love for someone. For the modern romantic who wants to shout for all the world to hear, a neon sign or billboard to broadcast words of endearment is a novel approach. For the quiet traditionalist, a fresh bouquet of flowers. For the forever young, a dozen colorful helium balloons.

Send a singing telegram, an overstuffed box of candy or a simple, yet eloquent, greeting card.

But, if you're looking for a means of expressing your love that relies less on commercial communications, there is one sure method of getting the best results: The expression of love with a "personal touch."

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cont'd on pg. 12a

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cont'd from pg. 5a

dip-in to throughout the year. It is a little bulky to take out shopping, so it is to be hoped that more stores will follow the practise of keeping a copy at hand for their customers. The Guide will help customers evaluate CD's in stock and enable them to place special orders. The Guide has been completely updated and includes discs released this fall. It is also hoped that some day Penguin will publish comparable guides for Pop and other kinds of music, but until then, this volume at a retail prive of $19.95 is an excellent investment and will give you more pleasure than many an ill-selected disc.

Chocolate—not that fattening!

Chocolate lovers, take heart! A recent study published in the *Journal of Nutrition* indicates that cocoa butter, the main source of fat in chocolate, may be less absorbed by the body than other saturated fats—and even less than corn oil, an unsaturated fat.

This means that, when eating a chocolate bar, the amount of calories consumed may be less than the number listed on the wrapper.

The study was conducted by the Nutrition Research Department of the Hershey Corporate Technical Center, under the direction of Dr. Stanley M. Tarka, Jr., director of food science and nutrition. In the study, laboratory rats which were fed cocoa butter excreted more fat than rats fed corn oil.

In addition, fat stores from the cocoa butter fed rats contained a higher percentage of unsaturated fat, indicating that only a small amount of cocoa butter is stored in the body, with less potential to raise blood cholesterol levels.

Preliminary work conducted with humans at Pennsylvania State University supports the results of this study.

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DISC NEWS

by Chris Wilson
J&B Disc Break

The New Penguin Guide to Compact Discs and Cassettes is now available in Canada. The first Penguin Guide was published thirty years ago and devoted to the long playing record. This year sees the dropping of the LP but the cassette is still seen as a viable and especially portable sound carrier.

The New Penguin Guide is co-authored by three writers with impeccable credentials: Edward Greenfield, Robert Layton and Ivan March. Description, identification, performance, recording and musical value is spelled out with authority and clarity. Coverage is of "all important currently available CD's". Most North American and European labels are represented but the editors have deliberately dismissed the superbargains with poor credentials found usually at chainstore checkouts.

There are one thousand, three hundred and sixty-six pages to the Guide. While there are eleven pages devoted to Elgar, there are close to one hundred devoted to Mozart. For example, there are comparative reviews of twenty recordings of Mozart's four Horn Concertos. Each recording is evaluated with one to three stars and with recordings of particular distinction, a "Rosette" is awarded. This distinctive moark is not bestowed generously, but it is interesting to note that the Montreal Symphony Orchestra recordings with Charles Dutoit have garnered more than their share.

The New Penguin Guide is one that you

cont'd on pg. 4a



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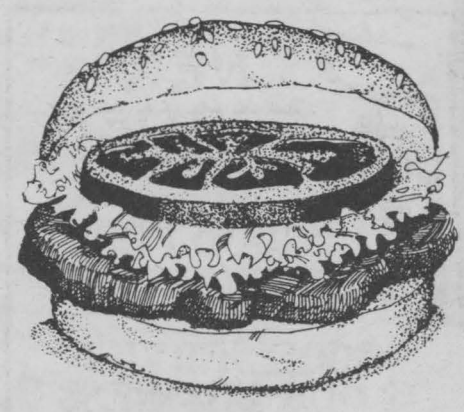

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Open 6 Days A Week
Eat In or Take Out
7 a.m. to 11 p.m.
RR 1 Summerstown, Hwy. 2
3 Miles West of Lancaster

WITH THIS COUPON
$1.00 REBATE
On Your Next Purchase
TAKE OUT ONLY
One Coupon Per Order
Please Mention This Coupon
When Placing Your Phone Order
MINIMUM ORDER $8.00

3.

Welcome To
NO REGRETS
Restaurant

Our Specialty
•Smoked Meat •Sandwiches
•Pizza •Home Made Soup
•Submarines

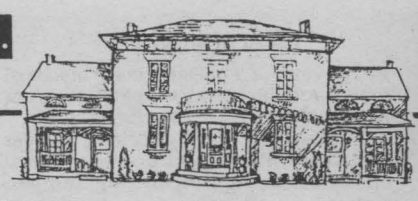
SERVES QUALITY MEALS

- Hamburger Steak
- Chicken Fingers
- Roast Beef
- Turkey
- Hamburgers
- Club Sandwich
- Omelets
- Salads
- Home Made Pies
- Cheesecakes
- And many more desserts
- Breakfast

WEEKDAY LUNCH SPECIALS

TAKE OUT ORDERS
347-3920
Main St., Lancaster Village
Closed Mondays
Open Tues to Thur. 9 a.m. - 8 p.m.
Fri. & Sat. 10 a.m. - 9 p.m.
Sunday 10 a.m. - 8 p.m.

4.



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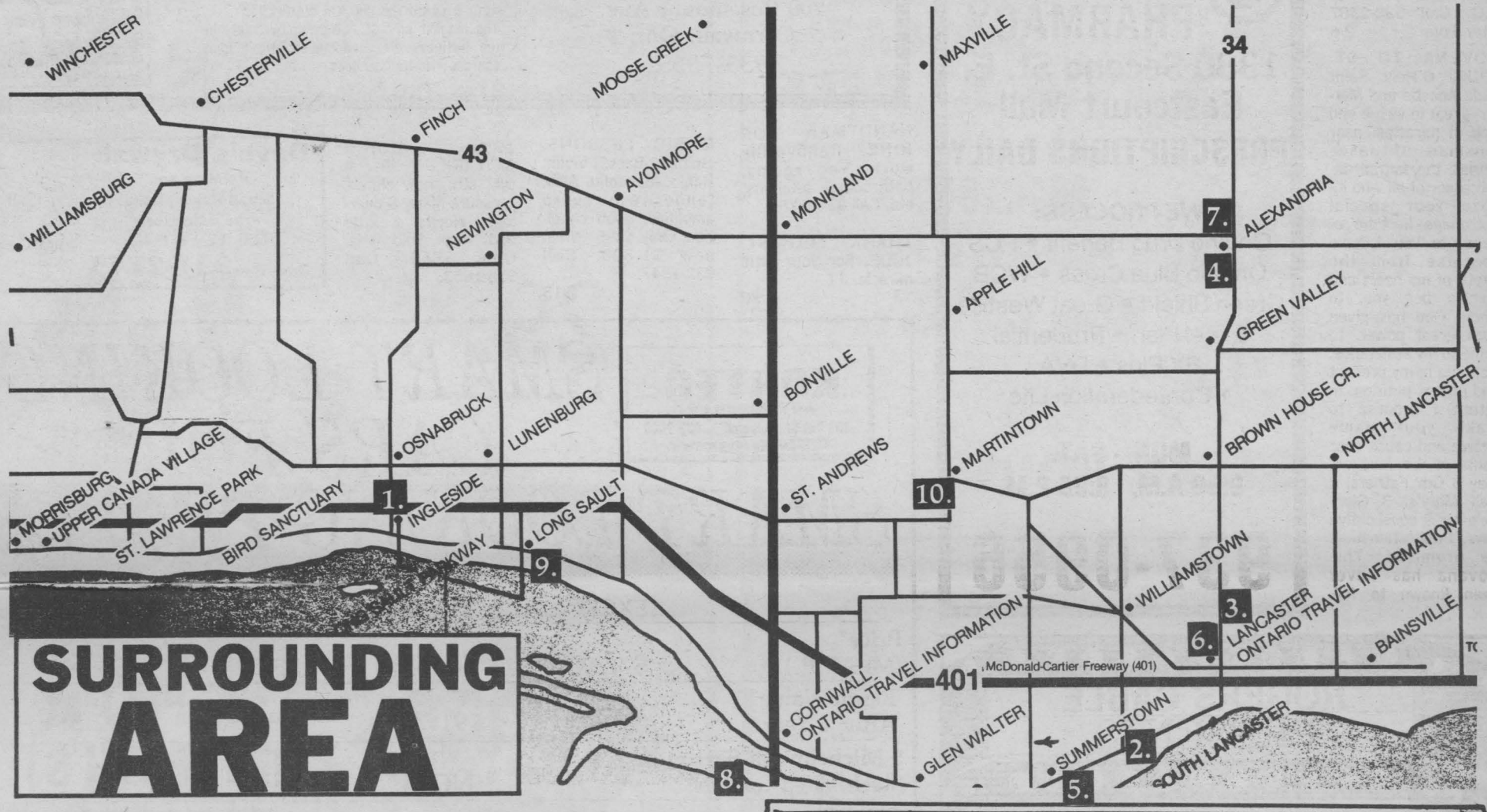
Fine European dining with the comfort of home

For That Loving Evening
Inquire About Our
Valentine Special

We are open for lunch and dinner
Tuesday to Sunday
(613)525-2219
146 Main St. South,
Alexandria, Ont.



SURROUNDING AREA

5.

FEBRUARY SPECIALS

SHARK STEAK
w/Salad
& Baked Potato
$7.95

8 oz. SIRLOIN STEAK
w/Shrimp & Garlic Butter
Salad & Rice
$12.95

Glendale Restaurant & Tavern
Summerstown, Ont. 931-1188

6.

Squire
Air conditioned/heated

William's
Fully Licenced Lounge

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Lancaster
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TO BE HELD FEB. 18

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7.

PRIEST'S MILL
RESTAURANT
"Fine steak & seafood amidst architectural antiques of Glengarry.

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FOR CRAFTS & GIFTS WITH A DIFFERENCE
ALEXANDRIA
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8.

An Oasis in the Desert
-- Time Magazine --

The Crossroads simply has it all...from its Apple Orchard Dining Room to the beautiful Waterfall Room.

A Good Example From Our Menu Is:

Roast Duckling a la Crossroads $10.95

We precook tender young duckling, wrap them with brandy saturated towels, store them in a 34 degree cooler for 24 hours. Just before serving, they are turned patiently over an open charcoal fire. Think you've tasted duckling before? Have it served flaming for $1.00 extra.

Crossroads
MOIRA, N.Y.

COME ON OVER AND GIVE US A TRY
WE'LL DO THE REST
(518)529-7372

9.

PARKSIDE RESTAURANT
Hwy. 2, at Long Sault
534-2363

SUNDAY BRUNCH
ALL YOU CAN EAT
•Salad Bar
•Roast Beef •Lasagna •Chicken •Quiche
•Rice •Bacon •Ham •Sausage •Pancakes
•French Toast •Meat Balls •Scrambled Eggs
•Cakes •Juice •Coffee or Tea
10 a.m. to 2:30 p.m.
Adults $8.50 plus tax
Children 12 & under $4.25 plus tax

10.

Johnny Mac's
MARTINTOWN, ONT. 528-4233

ENTERTAINMENT
Fri, Sat. 9 to 1 Sunday 4 to 11
Feb. 10, 11, 12
Bruce Golden & Country Gold
Feb. 17, 18, 19 Landmark
Feb. 24, 25, 26 John Mills
March 3, 4, 5, Christopher Allan Band

FROM OUR KITCHEN
—Italian & Canadian Specialties
—Hot and Cold Subs
—Pizzas
—Hot Dogs, Hamburgers Fries,

Dine In
or
Take Out

cont'd from pg. 2a

the advent of emission controls most manufacturers have specified year round use of high-temp thermostats.

Engines are most efficient, deliver best fuel mileage and produce fewest emissions at high operating tempertures.

OWNERS MOVING -Must sell. Fridge, stove, kitchen nook set, crib & change table. Good condition. Avail. March 1st. Evenings 537-2170. 2/13

GREY PERSIAN LAMB COAT & hat (size 14), $125. Bridesmaid dresses: 2 pink (size 11-12), $25 each & one mauve (11-12) w/bouquet $35. Adding machine $25. Pair gold living room lamps $40. Brass firescreen $25. Skates: Ladies & girls (sizes 8,4,5, & 13) $5 & $10 pr., also two little boys skates (sizes 10 & 13) $5 pr. Single blue bedspread w/curtains $20. 932-3936

9 PC. DINING ROOM SUITE, walnut table, 2 extensions, 6 cushion chairs, hutch, good condition. $975 or B.O. Call 538-2587 after 5 pm 2/6

NOVENA TO ST. JUDE, O'Holy Saint Jude Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, the faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg you, to whom God has given such great power, to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause your name to be invoked. (Say 3 Our Fathers, 3 Hail Mary's, 3 Glory Be's for 9 consecutive days.) Publication must be promised. This Novena has never been known to fail. O.R.

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Oak Home Furnishings
The Largest Selection
Of Roxton
Home Furnishings
In S.D. & G.

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9:30 am-9:00 pm

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Main St. Winchester
774-2636

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Eastcourt Mall
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WE PROCESS:
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Ontario Blue Cross • WCB
Green Shield • Great Westlife
Excel Plan • Prudential
RX Plus • DVA
• Confederation Life

MON. - SAT.
9:30 A.M. - 9:00 P.M.

937-0956

ROGERS CABLE PRESENTS

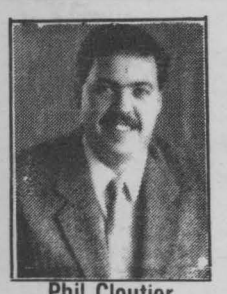
FREE PREVIEW WEEK
See Pages 8 & 9 For Details

PAYING TOO MUCH??
Call
CORNWALL MOBILE SIGNS
938-3048

DURACRAFT TWELVE INCH SWING. Thirty seven centre to centre. Crafman copy crafter. 933-0100.

FOR SALE ... 1984 Pontiac 6000, P.S., P.B., radio. Good condition. Glengarry Honda, Maxville, Ont. Ask for Brian 527-2007.2/6

ORCANA ELECTRIC ORGAN in good condition. Priced at only $30.00. Shelf clock, $15. After 5 pm. 933-7666. 2/6



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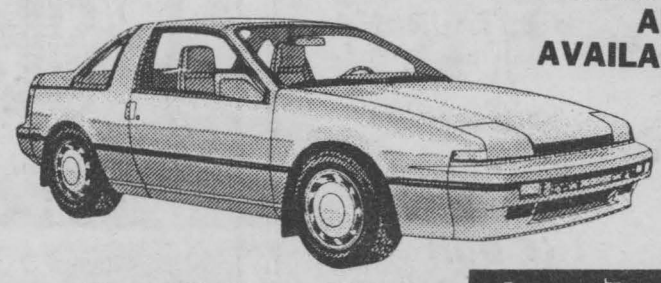
5 Speeds LEFT
Starting **$13,995***



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This includes: T-Bar Roof, Detachable Rear Hatch, AM/FM Stero w/4 speakers Power & Tilt Steering, Tachometer & Clock, Power Disc Brakes, Fuel Injected Engine, Front Wheel Drive, Plus More

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Cornwall, Ont.
933-7555

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THANK YOU ST. JUDE. For your little miracle. J.L. 2/20

MUSIC LESSONS. Guitar. Bass. Violin. Banjo. Mandolin. Also, fender-twin-reverb amplifier, good condition. Only $395. When new $1,800. Call 932-1347. 2/13

1980 BUICK SKYLARK, 2 dr., 4 cyl., std., new clutch, pressure plate, & bearings. Needs a little body work. Sold as is. Only $650. Call 936-1853.

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Small Renovations
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	EXCEL	MAZDA 323	TERCEL	CIVIC
Price* (M.S.R.P.)	$7,795	$8,940	$8,598	$8,995
Resale Value** After 1 Year	95.6%	91.7%	90.9%	92.8%
5 Michelin All-Season, Steel-belted Radials	✓	NO	NO	NO
Child Seat Anchorage	✓	NO	✓	✓
Cargo Area Cover	✓	NO	NO	NO
Graphic Display Monitor	✓	NO	NO	NO
Intermittent Windshield Wipers	✓	✓	NO	✓
Mud Flaps (Front & Reat)	✓	NO	NO	NO

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settle for more!
Loaded with standard features for only
$12,990.00 *



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Join us and celebrate the very best in hom entertainment valu

We at Rogers are proud that we are able to provide growing list of entertainment channels to our viewers. T choice continues to offer Canadians the best home ent tainment value and variety in town.

February is Cable Television Month in Canada. As part the celebration Rogers will unscramble all specialty Channe from 9:00 a.m. Monday, Feb. 6 through 7 p.m. Sunday, Feb

As well FIRST CHOICE, FAMILY CHANNEL & SUPER ECRAN will o FREE movies during the weekend of Feb. 10, 11, and 12th.

Celebrate the Choice

CABLE TELEVISION MONTH

CLIP AND SAVE ALL THESE LI

29

THE NASHVILLE NETWORK

Holiday Gourmet: 60 min.

Mickey Gilley, Chef Tell and Chef Donovan all join host Sylvia for their individual contributions in the Valentine's Day feast.

Air Dates:

Monday,	February 6,	9:30 pm,	2:00 am
Tuesday,	February 7,	1:30 pm,	6:30 pm

Randy Travis: 60 min.

The USO Celebrity Tour continues it's fine line-up of talent with Patty Loveless and superstar Randy Travis, as they entertain U.S. troops in Alaska, Japan and Korea.

Air Dates: Thursday, February 9, 7:00 pm
Friday, February 10, 9:30 pm
Saturday, February 11, 2:00 pm, 6:00 pm, 9:00 pm

1989 PROGRAM SCHEDULE

MONDAY-FRIDAY — Eastern Time

AM	9:00	#Melody R./Happy Trails		7:00	Top Card
	10:30	Top Card		7:30	Crook & Chase
	11:00	VideoCountry		8:00	Nashville Now
PM	12:00	American Magazine		9:30	VideoCountry
	1:00	**New Country		10:30	*New Country
	1:30	You Can Be A Star		11:00	You Can Be A Star
	2:00	VideoCountry		11:30	Crook & Chase
	3:00	Top Card	AM	12:00	Nashville Now
	3:30	Crook & Chase		1:30	American Magazine
	4:00	Nashville Now		2:30	You Can Be A Star
	5:30	American Magazine			
	6:30	**New Country			

SATURDAY

AM	9:00	America's Weekend Gardener		5:30	Rock 'n' Roll Palace
	9:30	Joy of Gardening		6:00	CountryClips
	10:00	Remodeling & Decorating Today		7:00	Country Kitchen
	10:30	Country Kitchen		7:30	This Week In Country Music
	11:00	Wish You Were Here		8:00	Grand Ole Opry Live
	11:30	Side By Side			Backstage
PM	12:00	Celebrity Outdoors		8:30	Grand Ole Opry Live
	12:30	This Week In Country Music		9:00	The Tommy Hunter Show
	1:00	CountryClips		10:00	Country Kitchen
	2:00	The Tommy Hunter Show		10:30	CountryClips
	3:00	Remodeling & Decorating Today		11:30	Rock 'n' Roll Palace
	3:30	Country Kitchen	AM	12:00	Grand Ole Opry Live
	4:00	Celebrity Outdoors			Backstage
	4:30	Wish You Were Here		12:30	Grand Ole Opry Live
	5:00	Side By Side		1:00	This Week In Country Music
				1:30	Wish You Were Here
				2:00	CountryClips

SUNDAY

AM	9:00	America's Horse		6:00	MotoWorld
	9:30	The BASSMASTERS		6:30	Hidden Heroes
	10:00	Performance Plus		7:00	American Sports Cavalcade
	10:30	Hidden Heroes		8:30	Inside Winston Cup Racing
	11:00	Inside Winston Cup Racing		9:00	Hidden Heroes
	11:30	Truckin' USA		9:30	Truckin' USA
PM	12:00	Mesquite Championship Rodeo		10:00	Outdoor News Network
	1:00	The BASSMASTERS		10:30	The BASSMASTERS
	1:30	Hank Parker's Outdoor Magazine		11:00	MotoWorld
	2:00	Bill Dance Outdoors		11:30	Inside Winston Cup Racing
	2:30	MotoWorld	AM	12:00	American Sports Cavalcade
	3:00	American Sports Cavalcade		1:30	Bill Dance Outdoors
	4:30	Inside Winston Cup Racing		2:00	Mesquite Championship
	5:00	Performance Plus			Rodeo
	5:30	Truckin' USA			

Melody Ranch Theatre (Mon/Wed/Fri)/Happy Trails (Tues/Thurs)
* Rock 'n' Roll Palace (Friday Only)
** Remodeling & Decorating (Friday Only)

SUPER ECRAN PRÉSENTE

SAM 11

		Grand Débrouillage	
	15:20	Le Cri de la liberté	18
(s)	18:15	**LES FILOUS**	40
		Sur Invitation	
	20:30	**ACTION JACKSON**	9
	22:30	Ballade sur un divan	28
	00:30	Les Dents de la mer: La Revanche	37
	02:15	Le Sicilien	41

CINÉ-VIDÉO

05:00	L'Homme de feu	28
	Durée: 91'	fin 06:31am

DIM 12

	07:00	Snorky #36	43
	07:30	Edgar, le détective cambrioleur #24	43
	08:00	Clémentine #20	43
(s)	08:30	Le Projet Manhattan	46
	10:35	Le Dragueur	35
	12:20	Le 4e Protocole	34
	14:35	Mort à l'arrivée	40
	16:30	Ernest et les joyeuses colonies	37
	18:15	**JOE FRIDAY**	30
	20:25	**SUSPECT DANGEREUX**	37
	22:50	**PACTE AVEC UN TUEUR**	4

39

Le canal famille

l'écran MAGIQUE

a French language service targeted to children & young adolescents.
7am - 7pm Mon. - Thurs.
7am - 8pm Fri. - Sun.

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With Every Order Placed Receive a bag of FREE Popcorn Supplied By:

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Good old fashioned ice cream goodies & treats
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FNN FINANCIAL NEWS NETWORK 31

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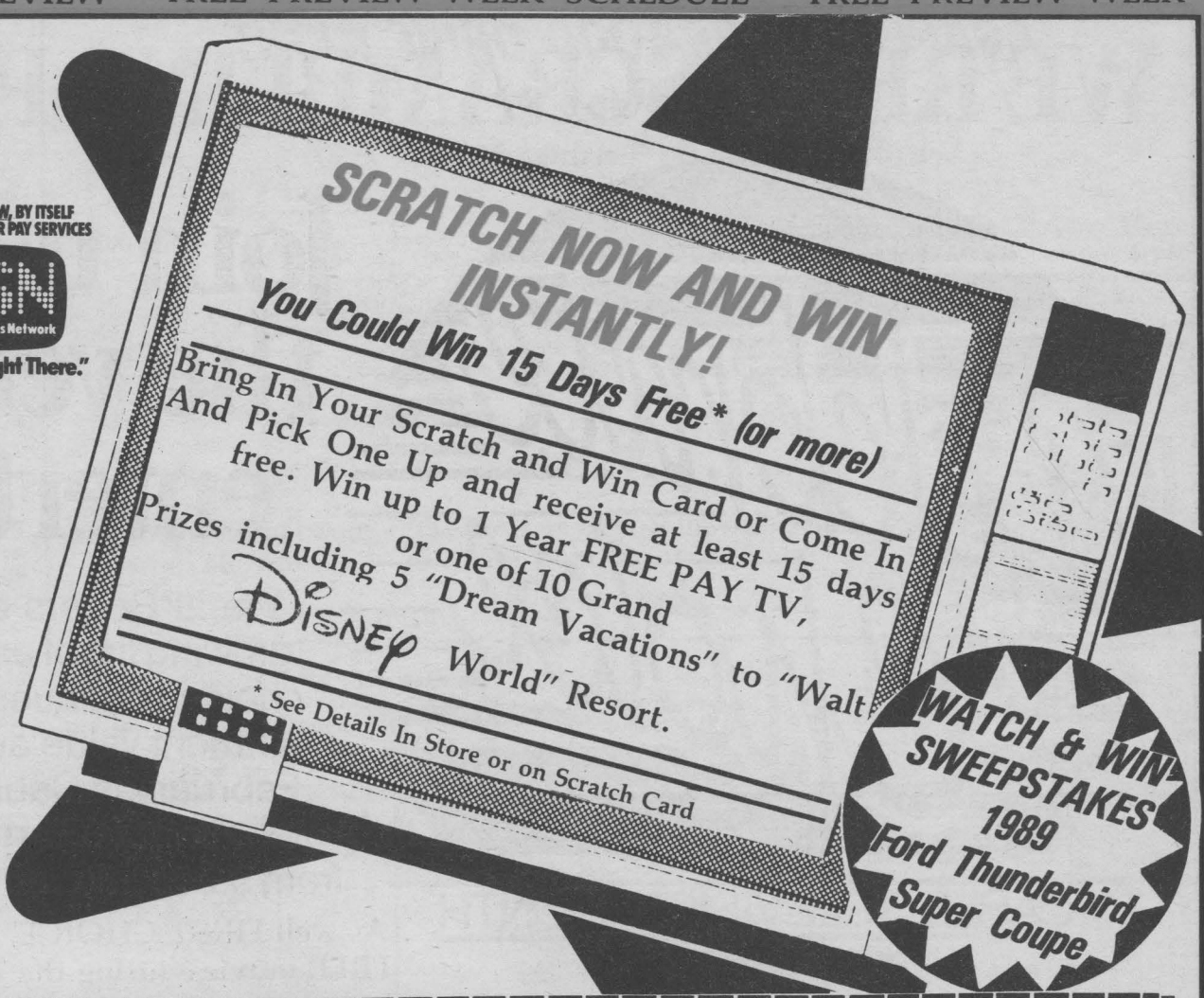
28 Arts & Entertainment
29 The Nashville Network
30 Cable News Network
31 Financial News Network
32 Family Channel
39 Le Canal Famille
40 TVS



STINGS

15 FIRST CHOICE™

FRIDAY, FEBRUARY 10

7:00 PM	BABY BOOM	2:00 AM	IRON WEED
9:45 PM	THE COUCH TRIP	4:30 AM	HIGH TIDE
12:00 AM	ACTION JACKSON†		

SATURDAY, FEBRUARY 11

6:15 AM	THE TROUBLE WITH SPIES	2:30 PM	HAIRSPRAY
8:00 AM	THE MONSTER SQUAD	4:15 PM	HOOSIERS
9:30 AM	MASTERS OF THE UNIVERSE	6:30 PM	SOMEONE TO WATCH OVER ME
11:30 AM	THE PICK-UP ARTIST	9:00 PM	D.O.A.
1:00 PM	SEPTEMBER	11:30 PM	PLATOON
		1:45 AM	BEST SELLER
		4:00 AM	THE FOURTH PROTOCOL

SUNDAY, FEBRUARY 12

6:15 AM	WALK LIKE A MAN	2:30 PM	LIKE FATHER LIKE SON
8:00 AM	RUSSKIES		
10:00 AM	MADE IN HEAVEN	5:00 PM	SURRENDER
12:00 PM	HOPE AND GLORY†	7:15 PM	SUSPECT
		10:00 PM	THE RUNNING MAN

32 FAMILY CHANNEL™

Our regular daily schedule filled with the warmth and wonder of Disney begins at 6:00 am.

FRIDAY, FEBRUARY 10 - PRIME TIME HIGHLIGHTS

7:00 PM	GOODBYE MISS FOURTH OF JULY	11:00 PM	BURNS AND ALLEN
		11:30 PM	NATURE PROBE
9:00 PM	MOTHER IS A FRESHMAN	12:00 AM	FLOWER DRUM SONG

SATURDAY, FEBRUARY 11 - PRIME TIME HIGHLIGHTS

1:00 PM	FATHER'S LITTLE DIVIDEND	5:30 PM	RIN TIN TIN
		6:00 PM	FIVE MILE CREEK
2:30 PM	PADDINGTON GOES TO THE MOVIES	7:00 PM	BRIGHT EYES
		8:30 PM	MINORS
3:00 PM	BEST OF WALT DISNEY PRESENTS	9:00 PM	LITTLE VAMPIRE
		9:30 PM	PREDATORS AND PREY
4:00 PM	FROM DISNEY WITH LOVE	10:00 PM	DIAMOND HORSESHOE
		12:00 AM	BABES ON BROADWAY

SUNDAY, FEBRUARY 12 - PRIME TIME HIGHLIGHTS

1:00 PM	SWAN LAKE	4:00 PM	RUNNING BRAVE
2:30 PM	MICKEY GOES TO MOSCOW	6:00 PM	PREDATORS AND PREY
		6:30 PM	LITTLE VAMPIRE
3:00 PM	BEST OF WALT DISNEY PRESENTS		

28 A&E Cable Network-

COMEDY • DRAMA • DOCUMENTARIES • PERFORMING ARTS

MONDAY

4:00 am	Movie: Shadowlands
5:00 am	Signature: Larry Rivers
6:30 am	A&E Preview
7:00 am	Music: The Music Of Man
8:30 am	Music: Women In Jazz
9:00 am	Docu: Africa
10:00 am	Comedy: Comedy Break
10:30 am	Drama: Golden Age Of TV
11:00 am	Movie: D.O.A.
1:00 pm	Profiles: Huey Long
1:30 pm	Docu: The 20th Century
2:00 pm	Chronicle: The Wydah
2:30 pm	Docu: World Of Survival
3:00 pm	Comedy: Comedy Break
3:30 pm	Drama: Golden Age Of TV
4:00 pm	Movie: D.O.A.
6:00 pm	Profiles: Huey Long
6:30 pm	Docu: The 20th Century
7:00 pm	Chronicle: The Wydah
7:30 pm	Docu: World Of Survival
8:00 pm	A&E Journeys: Globe TV
9:00 pm	Our Century: World War II Pt 2
10:00 pm	Movie: Shortstories
11:00 pm	TBA
12:00 am	8-11:30 programming block repeats

TUESDAY

4:00 am	Stage: Carola
6:30 am	A&E Preview
7:00 am	Music: The Music Of Man
8:30 am	Music: Women In Jazz
9:00 am	Docu: Africa
10:00 am	Comedy: Comedy Break
10:30 am	Drama: Golden Age Of TV
11:00 am	Movie: The Narrow Margin
12:30 pm	Docu: Dining In France
1:00 pm	Profiles: John L. Lewis
1:30 pm	Docu: The 20th Century
2:00 pm	Chronicle: Medical Interns
2:30 pm	Docu: World Of Survival
3:00 pm	Comedy: Comedy Break
3:30 pm	Drama: Golden Age Of TV
4:00 pm	Movie: The Narrow Margin
5:30 pm	Docu: Dining In France
6:00 pm	Profiles: John L. Lewis
6:30 pm	Docu: The 20th Century
7:00 pm	Chronicle: Medical Interns
7:30 pm	Docu: World Of Survival
8:00 pm	Bio: FDR-The Voice Of Change
9:00 pm	TBA
11:00 pm	Comedy: The Associates
11:30 pm	Comedy: Brush Strokes
12:00 am	8-11:30 programming block repeats

WEDNESDAY

4:00 am	Movie: After Pilkington
6:00 am	Signature: Agnes Nixon
6:30 am	A&E Preview
7:00 am	Music: The Music Of Man
8:30 am	Music: Women In Jazz
9:00 am	Docu: Africa
10:00 am	Comedy: Comedy Break
10:30 am	Drama: Golden Age Of TV
11:00 am	Movie: The Fallen Idol
1:00 pm	Profiles: Charles De Gaulle
1:30 pm	Docu: The 20th Century
2:00 pm	Chronicle: Japanese Camps
2:30 pm	Docu: World Of Survival
3:00 pm	Comedy: Comedy Break
3:30 pm	Drama: Golden Age Of TV
4:00 pm	Movie: The Fallen Idol
6:00 pm	Profiles: Charles De Gaulle
6:30 pm	Docu: The 20th Century
7:00 pm	Chronicle: Japanese Camps
7:30 pm	Docu: World Of Survival
8:00 pm	Docu: Battleline
8:30 pm	Docu: Air Power
9:00 pm	Docu: The VietNam War
10:00 pm	Docu: Decades: 60's
11:00 pm	Michelle Phillips At The Improv
12:00 am	8-11:30 programming block repeats

THURSDAY

4:00 am	Stage: Sarah
6:00 am	Signature: John Irving
7:00 am	Music: The Music Of Man
8:30 am	Music: Women In Jazz
9:00 am	Docu: Africa
10:00 am	Comedy: Comedy Break
10:30 am	Drama: Golden Age Of TV
11:00 am	Movie: Mine Own Executioner
1:00 pm	Profiles: Joseph McCarthy
1:30 pm	Docu: The 20th Century
2:00 pm	Chronicle: Disney World
2:30 pm	Docu: World Of Survival
3:00 pm	Comedy: Comedy Break
3:30 pm	Drama: Golden Age Of TV
4:00 pm	Movie: Mine Own Executioner
6:00 pm	Profiles: Joseph McCarthy
6:30 pm	Docu: The 20th Century
7:00 pm	Chronicle: Disney World
7:30 pm	Docu: World Of Survival
8:00 pm	The Edge And Beyond
8:30 pm	Docu: Wild World Of The East
9:00 pm	Stage: Barry Douglas
10:30 pm	Docu: Memories Of Monet
11:00 pm	Comedy: Rising Damp
11:30 pm	Comedy: French And Saunders
12:00 am	8-11:30 programming block repeats

FRIDAY

4:00 am	Movie: The Revolutionary
6:00 am	Signature: Alan Parker
6:30 am	A&E Preview
7:00 am	Music: Grand Piano
8:00 am	Dance: Ailey Dances
10:00 am	Comedy: Comedy Break
10:30 am	Drama: Golden Age Of TV
11:00 am	Movie: Fear Is The Key
1:00 pm	Profiles: Dwight D. Eisenhower
1:30 pm	Docu: The 20th Century
2:00 pm	Chronicle: Superliner
2:30 pm	Docu: World Of Survival
3:00 pm	Comedy: Comedy Break
3:30 pm	Drama: Golden Age Of TV
4:00 pm	Movie: Fear Is The Key
6:00 pm	Profiles: Dwight D. Eisenhower
6:30 pm	Docu: The 20th Century
7:00 pm	Chronicle: Superliner
7:30 pm	Docu: World Of Survival
8:00 pm	Docu: The Eagle And The Bear
8:30 pm	Docu: Winston Churchill
9:00 pm	TBA
11:30 pm	TBA
12:00 am	8-11:30 programming block repeats

SATURDAY

4:00 am	Stage: Man Of La Mancha
6:30 am	Drama: Golden Age Of TV
7:00 am	Suspense!: Lovejoy
8:00 am	Travel: Journey To Adventure
8:30 am	Profiles: Joseph McCarthy
9:00 am	Miss Marple: A Pocketful Of Rye
10:00 am	Docu: The Travel Magazine
10:30 am	Docu: World Of Photography
11:00 am	Bio: FDR-The Voice Of Change
12:00 pm	TBA
2:00 pm	Movie: Shortstories
3:00 pm	Dramaworks: Jennie
4:00 pm	A&E Journeys: Globe TV
5:00 pm	Hollywood: The Golden Years
6:00 pm	The Edge And Beyond
6:30 pm	Heroes-Made In The USA
7:00 pm	Chronicle: The Wydah
7:30 pm	Docu: The Eagle And The Bear
8:00 pm	Adventure: Living Dangerously
9:00 pm	Movie: Shortstones
10:00 pm	Dramaworks: Jennie
11:00 pm	Comedy: The "Slap" Maxwell Story
11:30 pm	Comedy: Variety Tonight
12:00 am	8-11:30 programming block repeats

SUNDAY

4:00 am	Movie: McGuire, Go Home
6:30 am	Drama: Golden Age Of TV
7:00 am	Music: Dancing Daze
8:00 am	Travel: Journey To Adventure
8:30 am	Docu: The 20th Century
9:00 am	Adventure: Living Dangerously
10:00 am	Docu: The Travel Magazine
10:30 am	Docu: World Of Photography
11:00 am	Our Century: World War II, Pt 2
12:00 pm	TBA
2:00 pm	Movie: Shortstones
3:00 pm	Stage: Barry Douglas
4:30 pm	Docu: Memories Of Monet
5:00 pm	Docu: Wild World Of The East
5:30 pm	Docu: Battleline
6:00 pm	Docu: The VietNam War

CALL & we'll install for only $9.95.
Or pick up yourself and save connection fee.

DON'T WAIT!
Equipment may be picked up or installed any time during week of Feb. 6th & your free scratch & win portion will not begin until Feb. 13th. Save almost another full week!

ROGERS CABLE TV

Equipment must be picked up by person whose name the account is in. I.D. required.

517 PITT STREET, CORNWALL **932-6451**

SCHEDULE FREE PREVIEW WEEK SCHEDULE FREE PREVIEW WEEK SCHEDULE FREE

AGAPE CENTRE FOOD DRIVE NIGHT

Thursday Feb. 9th

Cornwall Royals vs Toronto Marlies 7:30

Supplies are traditionally low this time of year at the AGAPE Centre Food Bank and the situation is even worse this year because of the recent break-in.
That's why the CORNWALL ROYALS encourage all their fans to bring a non-perishable food item to the Civic Complex on February 9th.
If you do you'll be given a special number and have a chance to win one of the following prizes....

COLOUR TV ... courtesy of WOOLCO DEPARTMENT STORE in Brookdale Mall ... CJSS Radio ...
HURON HOCKEY SCHOOL customized jersey. (2)
McDONALD'S FAMILY RESTAURANT ... prize bag
FREDDY'S RESTAURANT gift certificate
ROYALS replica game jersey
CORNWALL MOTOR SPEEDWAY ... season's pass...
and many other prizes.
Here are some suggestions of food items that are required...
Fruit Juices ... Canned Fruits ... Peanut Butter ... Jam ... Spaghetti Sauce ... Stews ... Pudding Cups ... Cup-A-Soup

The Cornwall Royals and AGAPE Centre Food Bank thank you for your support in this most worthwhile cause.

LARGE ONE BEDROOM, electric heat apartment at Apt. 4 -236 Marlborough N. $310 monthly. For April 1/89. Call 936-0079 or 1-514-665-2901. 2/13

SALON EQUIPMENT: Professional sink, $125. Shampoo chair, $35. Mirror (37"x34"), $25. Roller tray, $10. Equipment & access. Moving soon. 984-2654. 2/13

WANTED: 2 or 3 BEDROOM HOUSE. Outside city limits with reasonable rent. For March or April. 937-3059.

cont'd from pg. 1

cold here as in Edmonton. During the NHL season in that town it's minus 99 isn't it? I have a great admiration of skiers. Now that the Football season is over I love to watch the skiing on TV, while I am stretched out all comfy on the couch. Ski people have so many decisions to make. What kind of skis to buy. Then what about the waxes. There are waxless skis. Just wash them, dry them and spray with silicone. The purists are horrified. Not use wax? No you just don't get out the can of floor wax and have a go. You have to have green wax for cold, blue for not too cold and red for warm. There is a nice, amusing brown one for dry new snow, 18 degrees F. to 30 below. You have to decide whether to use a thin or thick layer. You will only get a precise combination of sun, temperature, age of snow and good conditions of trails about five times a year, so that's about how often you will hit the right ski wax.

The waxes I saw came in tubes. As you use them you peel away the instructions. The first peel removes the English and French. Then you're left with Finnish, German and other strange languages so you don't know whether to use sparingly or spread it on like peanut butter. If you are colour blind, then you're out of luck. Don't forget that you have to do exercises to get yourself into shape. I watched the chap on TV. I actually went along with the contortions, and could hardly move the next day. Then the charming young man said "You should start in September" so why wasn't he on then? My favourite part is watching all those beautiful young ladies and handsome young men dressed in very expensive apres ski wear sitting around a roaring log fire in a lovely ski lodge. You never see them skiing because they are in a beer commerical. You never see them drink the beer either. Hey! I could do that as long as I don't have to ski to get to the lodge. Instead of the word skis, I prefer the anagram Kiss, an acronym for Keep It Simple Stupid. So I'll stay home, put the logs on the fire, make the hot chocolate and wait for the return of the intrepid ones and the Football season. So, happy trails, and don't fall off the mountain.

Sylvia Hall

OLCO GAS BAR
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1313 Brookdale 937-0581
910 Montreal Rd. 933-8916
Glen Walter, Hwy. 2 931-1430
COUPON
KEVIN MEISNER
KIS PHOTO
1 HR. PHOTO FINISHING
FREE set of extra prints with each roll
with this coupon
1313 Brookdale Ave. 937-0979

9.9% Financing
On All '88 & '89
New Vehicles
COME IN TODAY
FOR DETAILS
CORNWALL MOTOR SALES
Brookdale & 401 933-0671

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RRIF - RRSP
Transamerica Life Companies
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Ultramar
BOUCHER GAS BAR
& Diesel
Service & Satisfaction
OPEN 6AM to 2AM
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Christiane Prop.
KEVIN MEISNER

ZENITH
BILL MITCHELL TV
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•Furniture• CORNWALL FLEA MARKET & Sewing Centre •Appliances•
HOURS: Mon.-Sat. 10 a.m.—5:30 p.m. Closed Wed.
JUST ARRIVED Ideal Gifts for Baby Shower
402B Montreal Rd. 938-8455

STORMONT KITCHEN CABINET
(25 years experience)
Yvon Lecuyer
938-4995
700 Cumberland

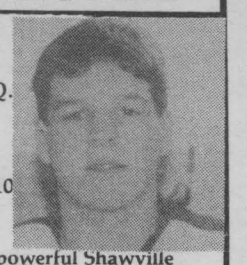


CORNWALL ROYALS

WIN 2 TICKETS TO THE NEXT HOME GAME

Here's How: Go through all the ads on this feature and find the 3 ads that have the name of the featured Royal on them. Only send in the ads with the 3 names to Royals Tickets c/o SSN 8-6th St. E., Cornwall, Ont. K6H 2N4. Winners will be notified by phone the day before the next game. Entries to be into SSN no later than 4 p.m. Wednesday.

PLAYER PROFILE



KEVIN MEISNER No. 5
Position: Defence
Hometown: Shawville P.Q.
Age: 18
Height: 6'1"
Weight: 210 lbs.
1987-'88 Stats: GP 42, G 10 A 30, PTS 40, PIM 35 with Shawville Jr. B's

Kevin was a member of a powerful Shawville club last season in the Eastern Ontario Jr. "B" League. He made the Sudbury Wolves club at the start of this season before being dealt to Cornwall in December. Royals General Manager Orval Tessier says he agreed to accept Kevin in a trade package on the recommendation of Washington Capitals coach Bryan Murray who is also from Shawville. Kevin has battled a weight problem in Cornwall but he has another year of eligibility remaining and the Royals are confident he can contribute if he shows up at training camp in shape next fall.

NEXT HOME GAME

SUNDAY FEB. 5
vs
Peterborough Pete's
2:00 pm

SUNDAY FEB. 12
vs
London Knights
2:00 pm

Students
Seniors $4.25
Adults: $5.75

DO IT ALL WITH PROPANE
Superior PROPANE
ROBERT J. BRUNET
Branch Manager
Superior Propane Inc.
R.R. 2, S. Branch Rd.
Cornwall, Ontario Bus: (613)933-0224

café croissant
KEVIN MEISNER
PARTY TRAYS
Made to order
HOURS
MON-FRI. 8 AM - 6 P.M.
SAT. 8 AM - 4 PM
TIME SQUARE — 106 2ND ST. W.

Home hardware
Your Headquarters for
HOOVER®
Central Vacuums
Upright & Canister
Cornwall Pitt & 13th 932-3225
Ingleside Plaza 537-2233

932-1416
CORNWALL ROOF TRUSS LTD.
2"x6"x8' STUD GRADE
$2.75
Cash & Carry
900 BOUNDARY RD.

BOURK'S IGNITION
The AUTO PARTS PEOPLE
SINCE 1937
AC GM Delco
447 Eleventh St. West
Cornwall, Ontario
932-1194

The people you know
Guindon
de gens chez nous
Petroleum & Tires
1300 Pitt St. Cornwall 933-6760
Apple Hill 527-2844

THINK GAS! The natural choice.
Cameron's Fireplace Shop
for gas appliances & fireplaces
See Our New Showroom
331 Pitt St. Cornwall 938-9442

LOOK GREAT FOR LESS
GIANT TIGER
837 PITT STREET
Corner of Ninth
CORNWALL, ONTARIO

le Village DONUTS
SPECIAL SAT. & SUN.
Buy a baker's dozen & get a dozen villa bits FREE
10 MONTREAL RD.
938-6798

W.G. Brownlee & Son Ltd.
W. Barry Brownlee
FRONT STREET FINCH, ONTARIO KOC 1KO 984-2234
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CROSS COUNTRY SKIS
Save Up To 40%
LE VILLAGE SPORT
161 Montreal Rd. 932-6955

WELDER w/own equipment. Now available to do part-time welding work. Small jobs etc. Experienced in automotive frame welding. Steve, 938-1377 or 938-7267. 12/12x

WHERE CAN I FIND: Custom-made plastic brochure holders, business card holders, menu holders, chair-mats, cubes, stereo covers? Answer: Plastics of Ottawa, 216 Pretoria. 235-1465. 2/6

BEAGLE HOUNDS -pups. Registered w/papers & w/shots. 12 weeks old, 3 male & 1 female. 932-1048. 2/13

SALE
All Tires— Yokohama, Kelly Springfield & Uniroyal T/P
MUST BE SOLD AT COST
Installation & Balance Extra
ANDYS AUTO SALES
3048 Pitt St. N.
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CORNWALL MOTOR SALES
Brookdale & 401



MICHAEL J. STILES
Sales Consultant For All Your Transportation Needs
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1.

PORTO BELLO
RESTAURANT

NEW FAMILY BRUNCH
Every SUNDAY

Featuring: Ponderosa Hip of Beef, Red Brand, Smoked Western Style Ham, Shrimps and many other hot dishes.
Fresh Salad Bar & a beautiful assortment of desserts.

1710 VINCENT MASSEY DR.
932-0070

$9.95 per person

$5.95 under 12
10:30 am - 2:00 pm

2.

Moviola Café
Presents:

1110 Brookdale Ave.
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NOSTALGIA NIGHT
With Kevin Wilson

Prizes • Disc Jockey • Video
Commencing Feb. 14

VALENTINE SPECIALS

Music of the 50's, 60's, 70's
every Tuesday Night — 9:00 - closing

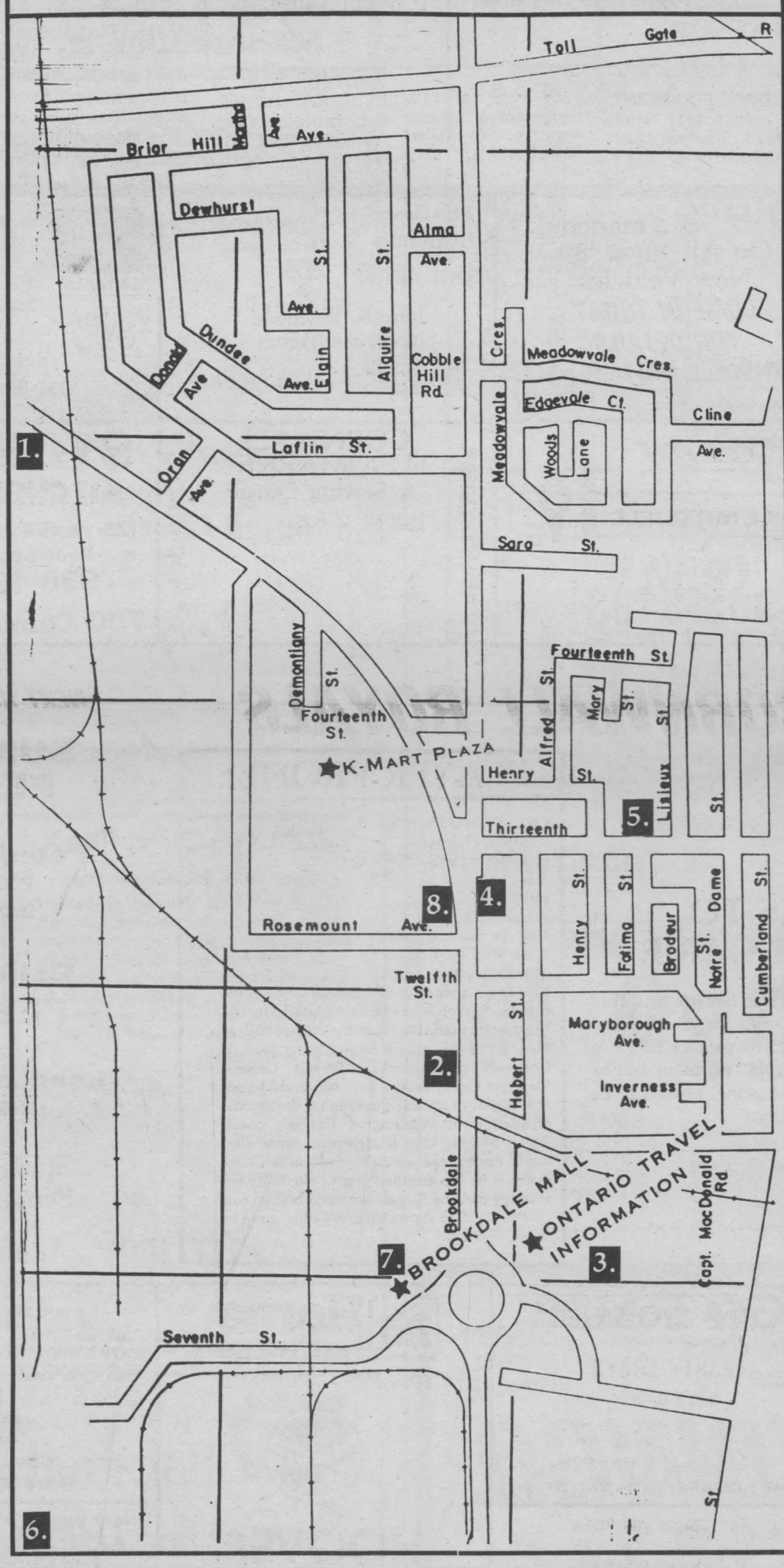
3.

L'Habitant

SPECIALS
LUNCHEON BUFFET
Monday to Friday
12 noon to 2 p.m.
FEATURING
Home Made Soup - Salad Bar
Selection of Hot Dishes
Only $6.25
Soup and Sandwich - $3.95
Soup and Salad Bar - $4.50
FAMILY NIGHT
Treat your whole family with our weekend specials
Every Saturday
5 p.m. to 9:30 p.m.
ITALIAN BUFFET
FEATURING
Minestrone Soup - Salad Bar
Chicken Cacciatore - Variety of Pastas and Other Selection of Hot Dishes
Only $7.95
Children under 12 - $4.25
SUNDAY BRUNCH
11 a.m. to 2:00 p.m.
Salad Bar - Baked Ham - Lasagna
Meatballs - Scrambled Eggs
Bacon - Sausages - Home Fries
Danish Pastries - Muffins
Assorted Desserts
Coffee - Tea
Only $8.95
Children under 12 - $4.50
EVERY SUNDAY
SPECIAL CHICKEN BUFFET
5 p.m. to 9:30 p.m.
FEATURING
Home Made Soup - Salad Bar
Selection of Chicken Dishes
Assortment of Desserts
Only $7.25
Children under 12 - $3.75

Holiday Inn®
805 Brookdale Ave. Cornwall, Ont.
933-8000

WEST END



4.

Chinese & Canadian

ALL YOU CAN EAT

HOT LUNCH BUFFET
HOT SUPPER BUFFET

BAMBOO
RESTAURANT & TAVERN
932-1054
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5.

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SUBS & PIZZAS
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OPEN 24 HOURS
7 DAYS A WEEK

10% DISCOUNT
ON ALL
PHONE IN ORDERS
OVER $10.00

- Licensed under L.L.B.O.
- Nachos
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- Salads

6.

Murphy's Inn

PIZZA Ben's

WORLD FAMOUS SMOKED MEAT

FREE DELIVERY

DAILY
LUNCH & DINNER SPECIALS

BANQUET FACILITIES

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933-2744

7.

BROOKDALE CINEMAS
938 8414

1 HELD OVER! 4th SMASH WEEK
PG **NAKED GUN**
Mat: Sat. & Sun. 1:30 p.m.
Evening Show 7 & 9:00 p.m.

2 7:00 & 9:05 PG
SCHWARZENEGGER DEVITO
TWINS
Mat: Sat. & Sun. 1:30 p.m.

3 7:00 & 9:25 p.m.
RAINMAN AA
Golden Globe Award Nominee
For Best Actor Dustin Hoffman & Best Picture

3 Mat: Sat. & Sun. 1:30 p.m.
OLIVER & COMPANY

TUES. NIGHTS $3.50

8.

CHATEAU
St. Jerome
BAR-BQ CHICKEN & RIBS
"It's just like coming home"
1232 Brookdale Ave.
933-1066

TUESDAY ONLY
1/4 LEG CHICKEN DINNER

Served with coleslaw, toasted roll, sauce & your choice of fresh cut fries, baked potato or homemade baked beans.

$2.99

Fully Licensed

MasterCard VISA

CHATEAU
St. Jerome
BAR-BQ CHICKEN & RIBS
Dining Room Only 4 p.m. - 8 p.m. ONLY
CREDIT CARDS NOW ACCEPTED ON HOME DELIVERIES

PUB & PANTRY
RESTAURANT & LOUNGE

CHARBROILED STEAKS
& SEAFOOD

"All The Shrimp You Can Eat Salad Bar"

ENJOY OUR SPECIALTY –
MIX & MATCH SURF & TURF

DELMONICO or PRIME RIB
LOBSTER TAIL or CRAB LEGS



CDN MONEY at 10%

DINING ROOM HOURS:
Tues. - Sun.
4:00 p.m. - 10:00 p.m.

TRIPANNY ROAD, MASSENA
OWNERS - JOHN & PAUL

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FREE 2 L. COKE
10¢ Wings Every Sunday Eat In Only

WITH EVERY
LARGE or X-LARGE
PIZZA

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•PIZZA AT ITS BEST•

FREE FAST DELIVERY

Bar-B-Q KING

SPECIAL ENDS FEB. 28

9 Marlborough N. New Owner Ronnie LeBlanc

cont'd from pg. 3a

pare "Taste the Romance" dessert recipes to top off your Valentine's Day celebrations. Both Strawberry-Topped Cheese Cake and custard baked Normandy Apples are enhanced with the light, bittersweet taste of Cointreau Liqueur.

HEART AND STROKE FOUNDATION OF ONTARIO

IMPROVING YOUR ODDS AGAINST CANADA'S #1 KILLER.

STEAK AND SCHNITZEL HAUS
Backstreets
Bier Garden

Special Friday Feb. 10th
Salad, Prime Rib au Jus
Baked Potato, Tea or Coffee
$10.95
Reserve Early

36 First St. E. 932-9207

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An ounce of prevention is worth more than a pound of cure when it comes to the safety of cyclists, joggers, campers, boaters and other sporting enthusiasts.

1. Take along a companion when engaging in an outdoor sport.

2. wear reflective materials when riding, running or walking at dawn, dusk, or at night. A variety of these items are available at your local sporting goods or automotive products store.

3. Always bring a small, personal protection horn in the event that you must signal for help.

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bingo
Cornwall Township Lions Club



LION'S HALL BONVILLE
(Turn East at Yellow Flashing Caution Light on Highway 138)
PACKAGE DEAL $9.00
9 REGULAR GAMES.....$35.00 5 SPECIALS.....$50.00
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If Won in 6 numbers (Over 6 Numbers-10 of Extra Special)
1 JACKPOT $250.00 1 BONANZA 2 SHARE THE WEALTH

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EVERY THURSDAY
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FROM
$58.00
per person/double occ., dinner breakfast, tax included.

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Spectacular View of Le Chantecler

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LIFT TICKETS

	ADULT	UNDER 18
Mon.-Fri.	$14.00	$12.00
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OPENS DAILY AT 9:00
Just 15 Min. From End Of The Queensway
New Quad Chair
PHONE: 613-624-5290

PACKAGE PRICES $4, $8, $12, $18

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Rt. 37, Hogansburg N.Y.
(*The Hall That Started It All*)

$1,000 Jackpot Every Bingo

PAPER BINGO

STARTING THE WEEK OF JAN. 16th

Billy's Will Be OPEN 7 Days (2:00 pm)

3 Nights - Fri., Sat., Sun. (7:30 pm)



COME JOIN THE FUN

*As of Jan. 15th (Star Burst Bingo)
There no longer will be
Bingo played on hard cards!



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SKI FREE!!

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In The Laurentians
Tel: 1-514-227-2637

THE CARRIAGE HOUSE HOTEL



RTE. 329, MORIN HEIGHTS, P.Q.
J0R 1H0, 1-(514)-226-3031

SPECIAL 5-DAY SKI WEEK
Starts with Sunday dinner and includes 5 nights rooms with full bath, 5 hearty breakfasts, 5 full dinners. Special rates for lifts at Ski-Morin Heights.
$230.00 per person doub. occup.

ANY TWO DAY WEEKEND
Starts Friday, dinner and includes 2 nights room with full bath, 2 breakfasts and 2 dinners and all tips and taxes. Special rates for lifts at Ski-Morin Heights.
$104.00 per person doub. occup.

AUBERGE CARRIAGE HOUSE

IT'S SKI TIME

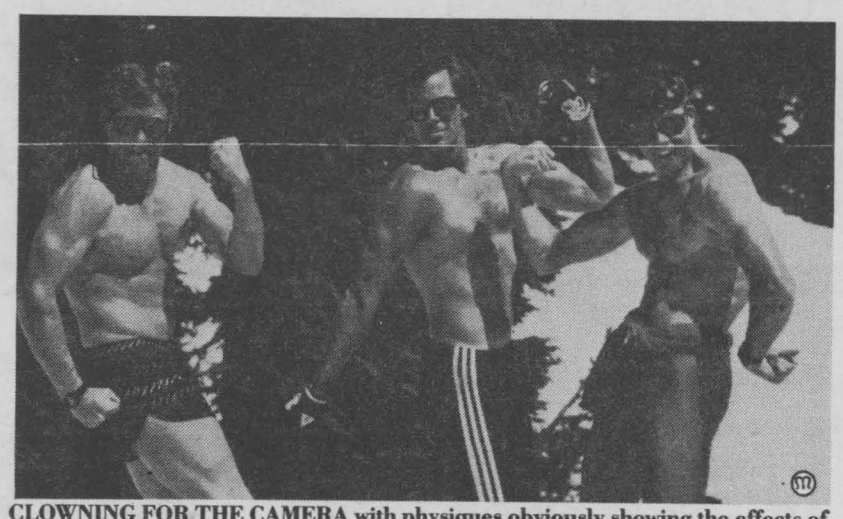
Eating right is necessary in order to ski well, new studies demonstrate

The adage "you are what you eat" holds true for skiers, who, experts say, eat a woefully inadequate diet that can cut down on performance, on-slope and off.

"Athletes, even superstar ski Olympians, simply aren't fueling their bodies properly," says Dr. James Scala, a biochemist and Shaklee Corporation Vice President of Science and Technology. "According to our recent research, the rest of the American population, for the most part, is in the same bad shape."

The average skier's diet contains entirely too much fat, Scala suggests. "Ideally, no more than 30 percent of the daily diet should be fat calories. But average fat consumption ranges between 38 and 40 percent for skiers and non-skiers alike, and fat crowds out carbohydrates that help foster peak performance," he points out.

Daily fat consumption can be lowered by substituting skim for whole milk and cutting down on butter, salad dressing and mayonnaise. More fish and poultry and leaner cuts of red meat should be incorporated into the lower-fat diet, too, he says.



CLOWNING FOR THE CAMERA with physiques obviously showing the effects of good nutrition are members of the US Nordic Ski Team: Bruce Likly, Doug Peterson and Kevin Brochman. The Shaklee/US Ski Team Sportsmedicine Program has helped to produce some of the most physically fit athletes in the nation.

Carbohydrates fuel muscles

At least 50 to 60 percent of a top ski-performance diet should consist of complex carbohydrates, found in fresh fruits and vegetables, rice, pasta, potatoes, beans and whole-grain breads, Scala continues.

"Carbohydrates contribute to the body's stores of glycogen, the fuel for a winter athlete's working muscles," he says.

Within the carbohydrate classification, such starch group foods as bread and pasta also can contribute as much as one-quarter to one-third of an athlete's daily protein requirement, says Scala.

"Since skiers and other athletes need as little as six to 12 ounces of meat per day as a protein source, this is another good reason for raising carbohydrate intake."

Snacking is essential for hard-working ski athletes, but those snack calories should come from fresh fruits and vegetables, whole-grain breads and granola, says Scala. "Fruits are rich in carbohydrates, fiber and some vitamins, and provide muscle energy."

Because skiers demand so much of their bodies, taking a multivitamin, multimineral supplement is also a good idea, says Scala.

"Our studies showed that intake of certain nutrients was well below established government standards, even though skiers consume between 3,000 and 4,500 calories per day," he says.

Iron carries oxygen

Iron, for example, carries oxygen through the bloodstream, and is critical for all athletes. "Most active people though, especially women, average only about 60 percent of the Food and Nutrition Board, National Academy of Sciences, National Research Council's recommended daily allowance (RDA)," says Scala.

"Skiers and non-skiers should increase their intake of such iron-rich foods as eggs, raisins, broccoli and spinach. Iron supplements also help keep iron intake at proper levels."

Another nutrient missing or inadequate in most skiers' diets is calcium. "Calcium plays a vital role in nerve impulse transmission and in muscle contraction and relaxation," says Scala.

"Milk and milk products like yogurt and cheese are good calcium sources, and provide protein and riboflavin, also an essential nutrient, as well."

The need for adequate water, too, in the diet is frequently overlooked, says Scala. "Even small water losses can lead to fatigue or impaired performance. Most athletes lose tremendous amounts through sweating and breathing heavily. It's a good idea to take a bottle of some sort of fluid on the ski trail in a fanny pack or pocket."

Performances have shown marked improvement and illnesses among athletes have declined since Shaklee became official nutrition advisor to the U.S. Ski Team in 1980 and instituted a proper diet, Scala says.

"It's becoming more and more obvious that skiers and non-skiers do better on diets that meet their nutritional needs," he concludes.

Ski hat is the stuff of legend

The most popular ski hat on the slopes today has an easily recognized, funny shape born of a tight schedule and a communications lapse, according to Ed Morrison, manager of the Moriarty Hat and Sweater Shop in Stowe, Vt.

"Marvin Moriarty competed in the 1956 Winter Olympics at Cortina, Italy," Morrison recalls. "Just before he left, he asked his mother Anabel to knit him a ski cap. Competing in the downhill, slalom and giant slalom races left Moriarty with a heavy training schedule and no chance to tell his mother exactly when he needed his headgear. Anabel found she didn't have time to finish knitting the cap, so she stitched its two unfinished pieces together on her sewing machine."

Moriarty went to Italy wearing an odd-looking peaked knit cap, Morrison continues. "The idea caught on. Today, that funny peaked shape has been copied by nearly every ski cap manufacturer, and special logo Moriarty hats are perched on skiers' heads all over the world. Anabel and her sewing machine really started something!"

Come Say bonjour!

SKI Vorlage (819) 459-2301
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Located in Wakefield, only 23 minutes from Ottawa/Hull. Motels within 1/2 mile of ski area, 2 or 5 day ski packages available. 15 well groomed slopes and trails, 2 double chairlifts and 5 T bars. Large beautiful cedar lodge, twin cafeterias and licensed lounge. Superb snowmaking and grooming. Enjoy night skiing 6 nights a week. Relax in the friendly atmosphere of our new lodge.

ski Edelweiss



New super express detachable quad chair. 3 double chair lifts and 19 slopes CSIA ski schools. Snow making and hill grooming, ski boutique and rental shop. Skiing 7 days, 7 nights a week. Restaurant-cafeteria, 2 bars, 20 unit motel. 459-3052. Ski packages avail.
RR. 2, Wakefield, Quebec
(819)459-2328

MONT STE MARIE



Mont St. Marie - the most complete ski resort in the region offers a four storey inn and chalet condominium units provide 138 well appointed guest rooms. Superb cuisine. Just 1 hour from Ottawa/Hull, nestled in 4500 wooded acres of forests and lakes. Special ski weeks and ski weekends available.
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OTTAWA SKI CLUB
CAMP FORTUNE
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QUÉBEC J0X 2N0



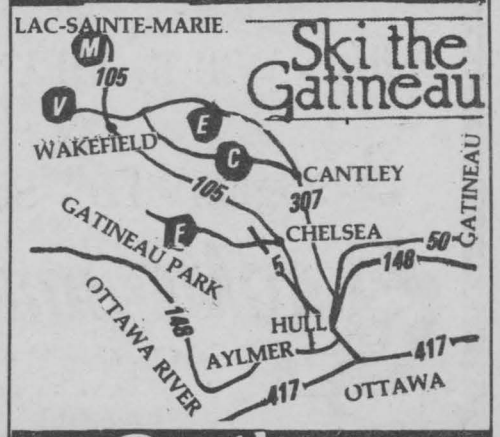
Located minutes from the National Capital, Camp Fortune is a place with something for everyone. With 100 acres of alpine skiing, open 7 days and nites a week and 7 lifts, including a new quad chair. Camp Fortune is the trail head to 220 kms of some of the finest nordic skiing in North America.
Snow Phone: 827-2323 Information: 827-1717

Ski Mont Cascades



The National Capital Region's newest and most progressive ski area. With 12 trails (9 lighted for night skiing), our triple chair, double chair and three T bars make our uphill capacity one of the greatest in the region.
Box 201, Cantley, Quebec
(819)827-0301

Moi... j'réserve



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1.



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Raymond Dupuis

BREAKFAST DAILY
2 Eggs, Homefries, Toast
Bacon, Ham or Sausage
2 coffees **$2.10**

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Homemade Soup,
Main Dish &
Coffee or Tea **$3.80**

2.

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Call us.
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3.

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During "Blues Week Downtown"

Enjoy Our Homemade
Soup, Sandwich & a Coffee
And Enter Our Draw
For One Pound Of
BLUE PACIFIC COFFEE
In A Decorative Heart Shaped
Coffee Decanter

Offer expires Feb. 11/89

HOURS
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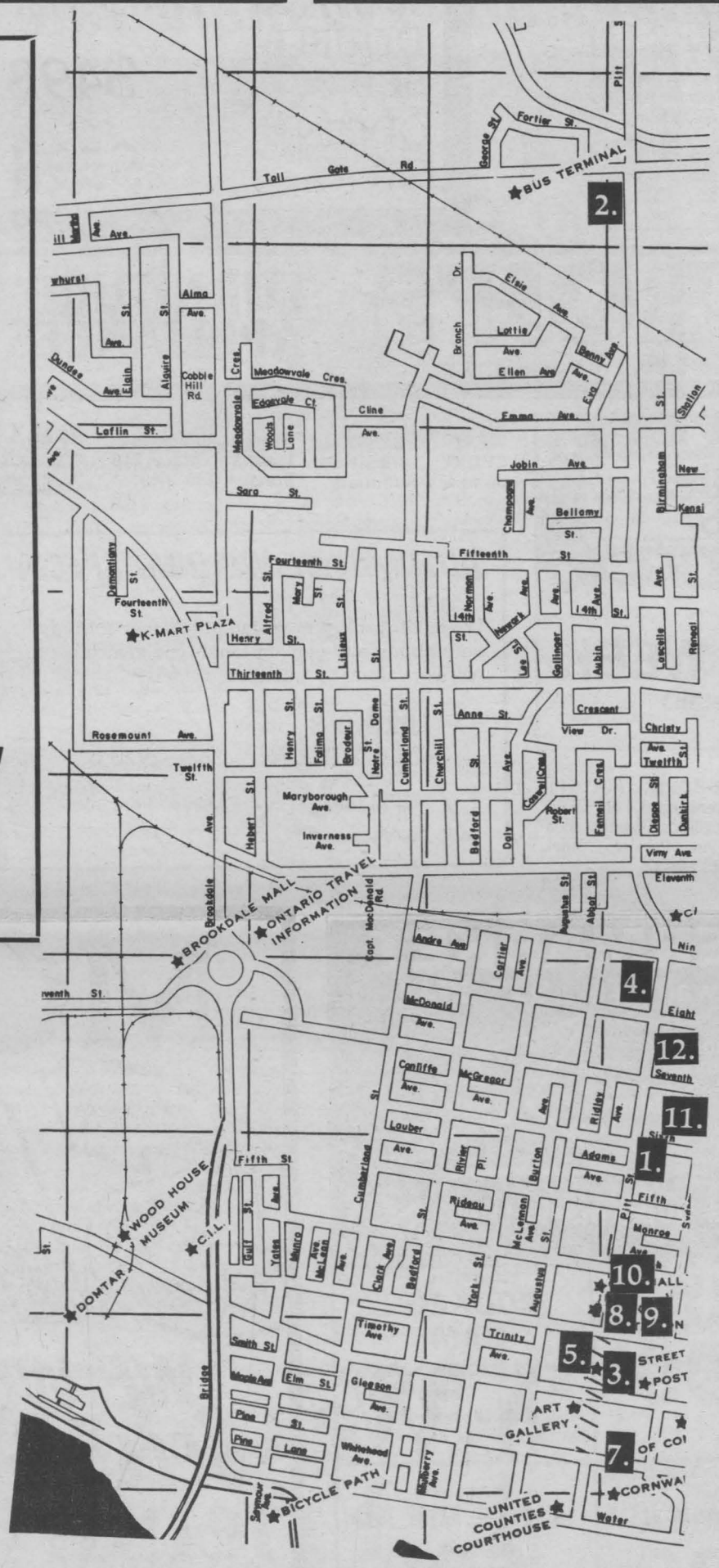
Sun. Closed

229 Pitt St. **937-3033**

CENTRE TOWN



4.

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- Plain or Toasted Homemade Sandwiches
- Coffee
- Salads
- Soups
- Muffins
- Pies
- Cakes



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5.

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SOUP, SALAD & SANDWICHES
Fresh the way you want it
COLD MEAT, CHEESE, & SANDWICH TRAYS
Eat In or Take Out
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Imported Valentine Chocolates

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7.

THE GARDEN OF EATIN'

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MARIO CHENART
(Modern Man) Guitar Vocalist

Thurs. FREE ADMISSION
Fri. & Sat. $2.00 Cover Charge
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BREAKFAST SPECIAL **$2.35**

INCLUDES:
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9.

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10.

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Every Sat. Afternoon
3:00 to 7:00

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11.

G & L Restaurant

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609 PITT (Steinberg Plaza)



Now owned and operated by Marc, Lise and Gilles Lefebvre

12.

NORTHWAY HOTEL

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NEW MANAGEMENT
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JANUARY 23rd
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D.J. 9 pm - 1 am
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NIGHTLY
10 Exciting Dancers
4 pm - 1 am

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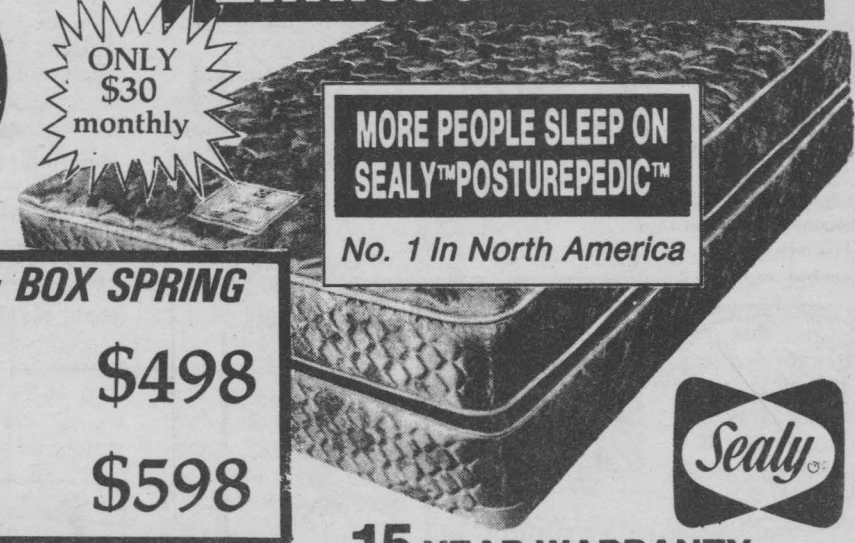

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JOHN CLEARY M.P.P. REPORTS



Municipal Streetlighting Pilot Project.

Ontario recently announced an initiative that reinforces this government's commitment to ensure that Ontario Hydro is responsive to government policies on important goals, such as energy efficiency.

The Municipal Streetlighting Pilot Program is designed to help make this province more energy-efficient.

The program is jointly sponsored by the Ministry of Energy and Ontario Hydro, and will encourage and assist municipalities and townships to convert streetlighting equipment to more energy-efficient lighting.

Together, the Ministry of Energy and Ontario Hydro will make $1.5 million available for this one year pilot project.

Selected municipalities and townships in Northeastern and Eastern Ontario will be eligible for assistance to convert their streetlights. As many as 25,000 streetlights could be converted, to save up to 4 megawatts of electricity.

The Municipal Streetlighting project will be evaluated, and considered for province-wide expansion.

If all Ontario municipalities converted to more energy efficient technologies, they could save up to 75 percent of the over $35 million per year now spent on electricity for streetlights. This would produce province-wide savings of 72 megawatts - enough electricity to provide the needs of a community the size of Niagara Falls.

This program is the latest but not the last example of our commitment to energy efficiency. Recently, a major set of amendments to the Power Corporation Act were introduced to ensure that Ontario Hydro will be responsive to government policies and public priorities. An important part of these amendments and the Memorandum of Understanding deal with Hydro's commitments to energy efficiency.

In November 1987, the government committed itself to encourage greater municipal involvement in energy conservation. The Power Corporation Act amendments, the Memorandum of Understanding and this program meet that commitment.

There are good reasons for decreasing demand and using energy more effectively through conservation and energy efficiency improvements.

Energy efficiency can improve our security of supply, and ensure that energy supplies are adequate to meet the needs of our people. Energy efficiency improvements can help us to maintain one of the highest standards of living in the world.

Energy efficiency also helps to lessen the burden of energy use on the environment. Every effort to safeguard our environment will rank highly on our list of government priorities. The public demands no less.

This program will make an important contribution to ensuring that Ontario makes more efficient and responsible use of its energy resources.

FOR RENT-Quiet North End semi-detached, 3-bdrm., 1-1/2 baths, sundeck, large yard. 3 yrs. old. $600 plus util. 936-0444 or 936-1386 (leave message).
2/6

TWO TWIN BEDS, Simmons beautyrest quintessence luxury top mattresses and boxsprings only. Original price $750. Asking $275 each. Excellent condition. 932-6374.

1986 S-15 TRUCK FOR SALE...std/motor and truck in excellent condition. Asking $5,500 or b.o. Call Rick at 984-2812.
3/27

NEED SOME SEWING REPAIRS or alterations or have a special garment made for yourself. Please call 534-2032. Will pick up and deliver.
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CROSS COUNTRY FASHION FABRICS -INVENTORY SALE! 500 meters, first quality, white broadcloth at $1.80/yd. Plus special clearance tables w/20,000 yards of assorted fabrics from $1.49/yd - $2.75/yd. At Cross Country Fashion Fabrics Inc., Hwy. 138 just north of Eamer's Corners. Phone 938-0097.
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THANKS HOLY SPIRIT, ST. JUDE, Our Lady Green Scaphlers, Lady Sacred Heart, St. Joseph for favours received. R.C.
2/13

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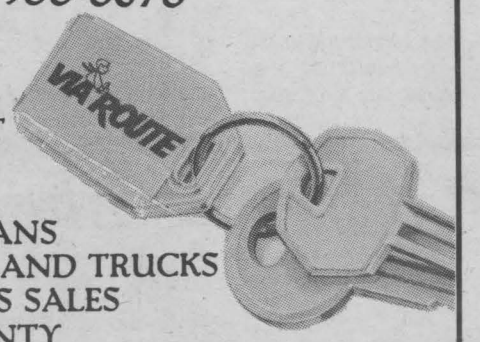

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Value $998



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PLUMP & PLUSH
Built for comfort pillow-back style.
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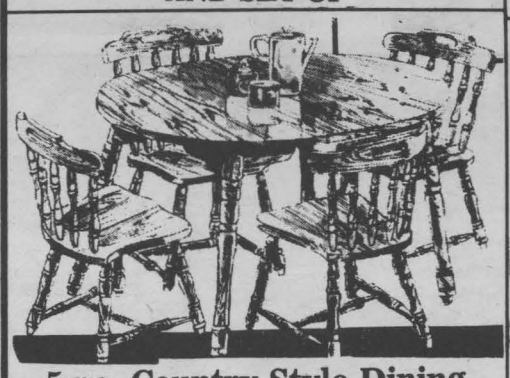

5 pc. Country Style Dining Group now at an unbeatable low price
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Constructed of solid pine with deep foam cushions covered in button tufted nylon. Price includes all six pieces. Absolute steal.
Sofa - Chair - Rocker
Coffee Table &
2 End Tables
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$35 Monthly

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2 Pieces



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$229.95
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SOLID OAK DINETTE SETS
Reproduction Heritage lines have been captured in this quality solid oak dinette set. A must for any country styled kitchen. Set includes table. 2 extensions and four Windsor Chairs.
$1,099.95
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VALUE $1,500
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KICK OFF THE YEAR With A Clear Field!

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SECTION B

FEBRUARY
"SWEETHEART SPECIAL"
Get THREE weeks for the PRICE of TWO ... during the month of February.
Don't be shy ...
"make a friend"

Companions' Corner

To Place Your Ad: Write your ad of 25 words or less and enclose $10.00 plus your name, phone and proper mailing address (postal code) (this is only for our records.) This will be for 2 insertions. mail to Companions' Corner, Seaway Shopping News LTd., 8-6th St. E., Cornwall, K6H 2N4.

For Readers: To respond to an ad send your letter to the appropriate C.C. number, c/o Seaway Shopping News Ltd., 8-6th St. E., Cornwall, K6H 2N4.

26 YEAR OLD MALE, would like to meet a female (26-30). Goal...friendship. Possibly leading to love. Phone number appreciated. CC 586.

GENTLEMAN 47, kind, secure, desires to meet a young lady who prefers an older man for dining, intimacy and week-end travel. Please reply to C.C. 600.

LOVE - LOVE - LOVE. A day without hearing "I love you" is like a day without sunshine. "I love you" is food for the heart. "I love you" gives you the courage to live. "I love you" has a tremendous power. We all need to hear someone say "I love you" daily. Try it - it's free All good things are free. Would like to hear from you, male or female, English or French. CC 597.

GENTLEMAN IN HIS 60's, would like to meet a home-loving lady with no ties, who likes TV, long walks, takes a beer, enjoys good music & sports. Picture please. CC 588.

SINGLE GENTLEMAN, 26 yrs. old, brown hair, brown eyes, easy going and mature. Seeking to find attractive lady 20-29, for fun fulling future. Friendship and love. Photo and phone no. appreciated. Reply to CC 593.

MAKE MY WISH COME TRUE: Gentleman 31, seeks lady who is interested in a solid relationship and life together. Wishes can come true. Reply to C.C. 598.

PROFESSIONAL, MALE, 33, seeking intelligent, sincere, senuous, fun loving, slender and attractive female 24 to 34. Non smoker preferred. Please reply with phone number. Reply to CC 595.

SINGLE ATTRACTIVE FEMALE, 41. Sincere, kind, sense of humour, mature. Wishes to meet 40-45 year old male who enjoys dancing, movies. Serious enquiries only. CC 585.

39 YEAR OLD MALE, honest, clean, hard-working, financially secure. Looking for a lady with same qualities to share life together. Please enclose recent photo. CC 589.

IF YOU ARE A SECRETLY SUBMISSIVE FEMALE who needs the attention and experience of an older mature gentleman you can trust, contact C.C. 599.

ATTACHED 20 YEAR OLD FEMALE seeking attached 31 year old male for intimate Valentine's Day encounter. No photo needed. Reply as soon as possible to CC 601.

GENTLEMAN, 46, 5'11, Christian, patient, kind, honest, clean, non-smoker, non-drinker, alone. Seeking right lady, non-smoker, clean, good look, 35-45, widow or divorced. Reply to CC 602.

MALE 28 YRS. OLD wishes to meet single, unattached lady between 25-30. For friendship and maybe more. Must be honest and sincere. Please send photo. Reply to CC 592.

ATTACHED BUT UNFULFILLED FEMALE looking for attractive male (21-30) who enjoys dancing and dining out. Photo expected, phone no. If possible discretion expected. Reply to CC 591.

FEMALE, EARLY 50's. Quiet soul w/sense of humour. Seeking a male who is kind, considerate, gentle also w/a sense of humour. Looks are unimportant. Do you have what it takes to make life interesting? CC 587.

SINGLE GENTLEMAN, seeking a single lady (20-25), who enjoys country music, outdoors, quiet evenings and family outings. Phone number appreciated and photo if possible. Reply to C.C. 594.

CARE TO SHARE a corner of your life with a 35 year old attractive mom of one. Tall, dark, attractive, professional, I need you. Reply to C.C. 596.

BEAUTIFUL HAMMOND ORGAN. Upper and lower keyboard, all features, padded leather bench, lamp, full easy to learn instructional books, etc. Must be seen. Call 933-1612. 2/6

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IF YES... WELL GOOD NEWS.
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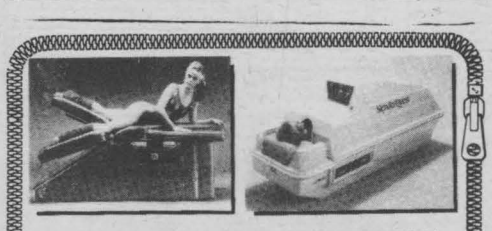

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Stand-up tanning booth takes half the time of conventional beds.

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Today's upscale consumers demand bathrooms that are beautiful. Contemporary baths have evolved from small, clinical spaces with minimal fixtures into grand showpieces.

These baths include fantastic whirlpool tubs, his and her pedestal lavatories, separate showers, marble floors and gold faucets. The fixtures and surfaces are opulent and elegant, but alone cannot achieve true luxury.

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Imagine the luxury of everything in its place... accessible storage for health and beauty aids, linens and clothing.

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ALNOSPA offers storage convenience in a beautiful way. The soft shapes and colors of this European cabinetry enhance the elegance of other bath products.

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DISABILITY INCOME PLANNING

A major disability, whether from illness or accident, often forces retirement considerably in advance of your expected retirement age.

This creates obvious problems in planning for financial security. Not only is present income drastically affected but the opportunities available to a disabled individual for providing future income and survivor income for dependents are extremely limited. For most people there is little or no protection against future inflationary cost of living increases.

The nature of a disability is also important. There is often an increased need for income to defray the costs of medical care and for capital to acquire needed medical equipment and/or to make necessary modifications to a residence or an automobile.

Benefits may be available from public sources such as the Canada Pension Plan, the Quebec Pension Plan, the Unemployment Insurance Commission and the Workers Compensation Board.

Many people prefer comprehensive disability coverage available through private insurers and as an addition to a life insurance contract. As is the case with other risks, certain fundamental questions and areas of interest arise. One of the most important features of any disability contract is the definition of the term "disability". This important provision determines when an individual is considered to be disabled for purposes of collecting benefits. There are essentially three varieties of definition in common use: the "any occupation" type, the "own occupation" type, and the "split definition".

An "any occupation" type defines disability as "the complete inability of the insured to engage in any occupation whatsoever". This approach is rather strict, and insurers have recently defined "any occupation" as the "complete inability of the insured to engage in any gainful occupation for which he (or she) is or becomes reasonably fitted by education, training or experience", or some similar wording. The "any occupation" approach is the least liberal as far as the consumer is concerned.

The "own occupation" type defines disability so that the insured person is considered disabled when he or she is "prevented by such disability from performing the important duties pertaining to the employee's occupation". This approach normally is the most liberal from the consumer's viewpoint.

The so-called "split definition" is actually a combination of the two previous types. For example, "total disability" may mean complete inability of the insured to engage in any gainful occupation for which he or she is reasonably fitted by education, training or experience. However, during the first 24 months of any period of disability the insurer will deem the insured to be totally disabled if he or she is unable to engage in his or her occupation.

Among some of the other questions concerning disability insurance, the following should be considered:

- Are the benefits indexed?
- Is the contract cancellable?
- What is the method of calculating benefits?
- What happens if you join a rehabilitation program?
- How is a recurring disability handled?
- At what age is the last renewal available?
- Does the premium remain level through the last renewal period?
- Does the contract have a waiver of premium provision?
- What are the exclusions?

Attention to detail is as important in insuring a disability risk as it is in insuring other risks.

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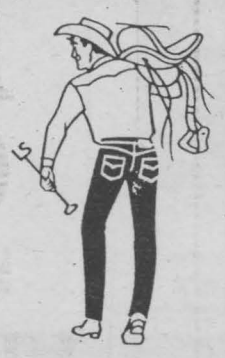

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Their is honesty in the world, a big thank you going out to Mr. & Mrs. John Carkner, from Long Sault for finding and returning a gold chain with charms. Thanks again.

"Congratulations" going out to Sharon & Robert Simonelis, of Accent Ceramics, who had their opening on Jan. 28/89. They have greenware, paints, firing classes. Please give Sharon or Robert a call & they will be only to happy to give you more information on the up-coming classes ...931-1312.

Bill Bray, Gary Smith, Roger Lalonde and Gerry Samson make up a foursome called a team in curling. Last week these four-men played against a team made up of Joanne McIntosh, Betty Ann Baker, Cindy Poitras and Sue Van Lewin. This latter team you may observe is made of ALL WOMEN. Not only did the gals whip the men but the men did not score a single point...yes they lost every end.

For the books..or Riply's Believe It or Not...400 inmates at Kingston's Collins Bay prison out "on strike"...protesting low pay & high canteen prices! How about giving the boys a pay increase of 28% & then charging them room & board!!

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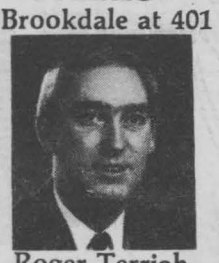

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A speedy recovery to Royals Trainer, Steven Ouderkirk who missed his first game in 12 years.

The latest on AIDS...there is the possibility it may be passed through open mouth osculation...including oral sex. Considered to be "safe sex" are body & cheek hugging. Maybe the Eskimo DOES know something...they embrace by "rubbing noses"!

Looking for a "new place" to enjoy a Sunday Brunch??...then why not try the large selection of delicious dishes being offered up by Parkside Restaurant in Long Sault, this Sunday, Feb. 5th.

Competition is hot & heavy amongst English-speaking countries in the billion dollar, international, cut-throat business of teaching English to foreigners...which has become the major means of communication of international business, medicine, science, sport, pop music, airports, shipping & advertising.

Studies are showing that "work", and in particular - "hard work", has never killed anyone. If you happen to fall into the category of "workaholic' and feeling guilty about it, the following should allay those feelings. Your "bad habit" has probably added years to your life, more so if you are of the personality that would prefer to do ANY Job, regardless of how small or financially unrewarding it may be, as opposed to "doing nothing at all"! Of course, the really fortunates are those who not only enjoy work but enjoy their job as well.

Congrat's to Alex MacDougall & his Stan's Auto Body Royals "Atoms", from the lower St. Lawrence League, for their first place finish. Stan's Auto Body, this season, played 24 league games...winning 20...tying 2 & losing 2. They scored 123 goals & were scored against, ...only 30 times...quite an achievement!!

There was a collective sigh of relief from the parents of the Cornwall Seaway Valley "AA" pee wee parents as Orval Brownell of Alguire Brownell Real Estate stepped in and gave his monetary support to their children's hockey team.

Guess what? S.D.& G. school board has brought in an outside consultant to do an audit on the organization.

We hope that the cheques from PGM Canada Inc. clear the bank as their employees could use the money.

Congratulations to Dave & Kelly Watson on the birth of their first child.

M.J. & Bob Proulx expecting a big bundle in August. Congrats.

People who abuse and shoot their animals are probably shocked by people who abuse women & children. God will get you!!

"First Anniversary" to R & B Chem-Dry, dry carpet & upholstery cleaning. Congratulations, we hear you had a very busy year, keep up the good work.



MacEwen Fuels and Short Line Convenience Store from left to right Ken Crooker (Senior Sales Representative), Jeffery Pilon (Winner of the Samsung T.V. & V.H.S.), Anne Gilles (Winner of 100 free movies) and John D'Alessio (Manager of Short Line Store).

Last week's "best kept secret" -Danielle's birthday! The "happy gang" at SSN managed to "surprise" her anyway!!

The second annual J.B. O'Brien Can/Am wild life dinner was held recently at Violi's - Chef Domenico Violi performed to the highest expectations.

For Sandy McAteer of Domtar Kraft Mill, wheel chair parking is a no, no.

Happy 60th Birthday to my hubby Gerald Lamoureux, Love Pauline.

Meanwhile the nuisance beaver bothering local legislators.

My, My Look At You. You've come a long way now that you're "32". You're catching up brother Ted, Happy Birthday from Sis.

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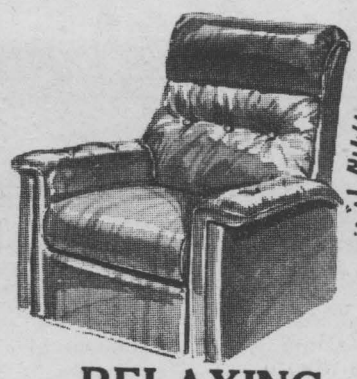

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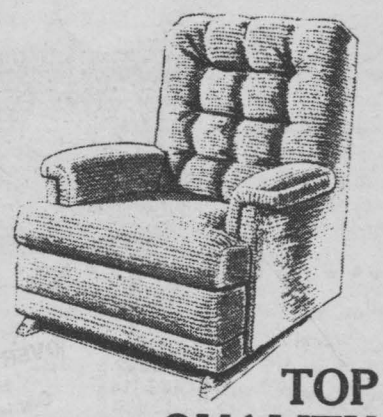

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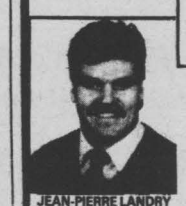

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EDITORIAL

The editorial in Saturday's Citizen dealt with the matter of local councils doing the public's business behind closed doors. The editorial noted a disturbing trend by local councils and boards "to consider public business in private". It noted that Ottawa council recently held a series of closed meetings at Calabogie Peaks. Cornwall Council held a similar "retreat" at Gananoque in December.

The editorial makes the case that the public sector's obligation is to the taxpayer and that politicians in a democratic society have a responsibility to keep the public informed. It continues, "Voters need to know about plans so they can react to them before the are presented as fait accomplis". Recently the Province has been making noises about what they too see as an increasing and unwarranted amount of closed door meetings at the local level.

The need for openness is doubly critical at the local government level because there is no "official opposition" to cross examine the government.

In addition to the Gananoque session which was billed as a priority setting session ... the Cornwall Council recently held a closed meeting which was originally intended to set the date for a meeting to review the bilingualism policy. The closed meeting turned out in fact to be the policy review meeting.

The taxpayer has the right to see and hear the arguments, the positions that each elected person took in this debate. This has beed denied to us.

Even after the meeting, the Mayor says "no comment," but assures us that we'll be pleased with the policy which should be announced in about 10 days after the Administration puts it into words.

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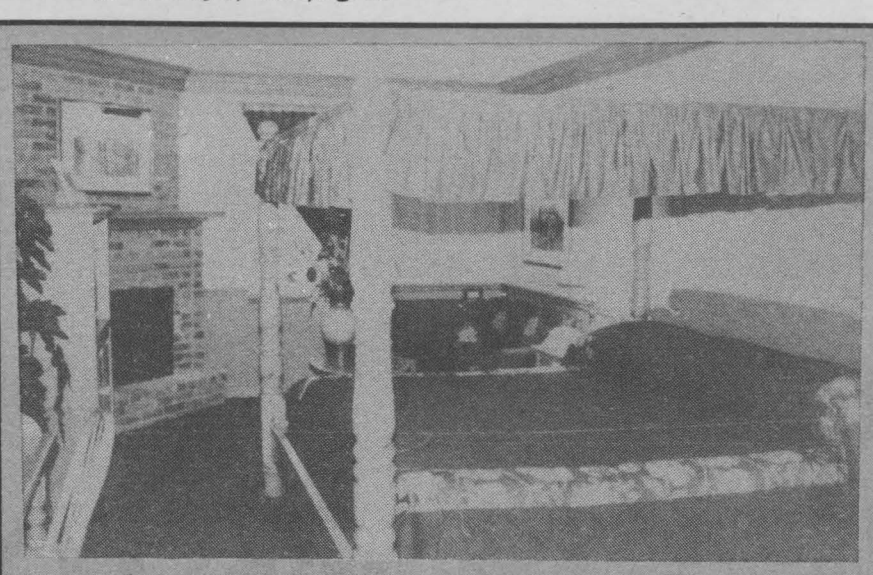

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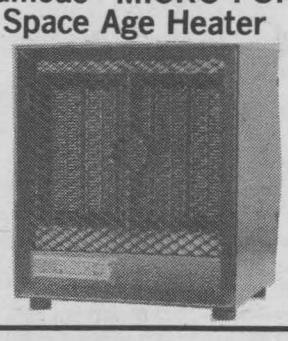

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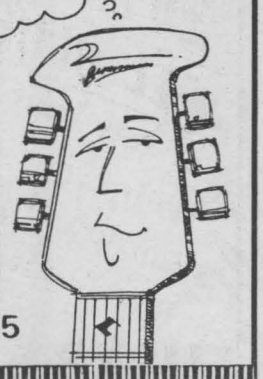

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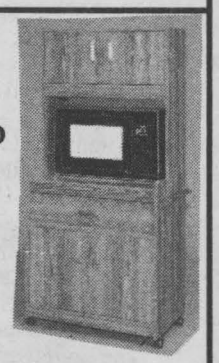

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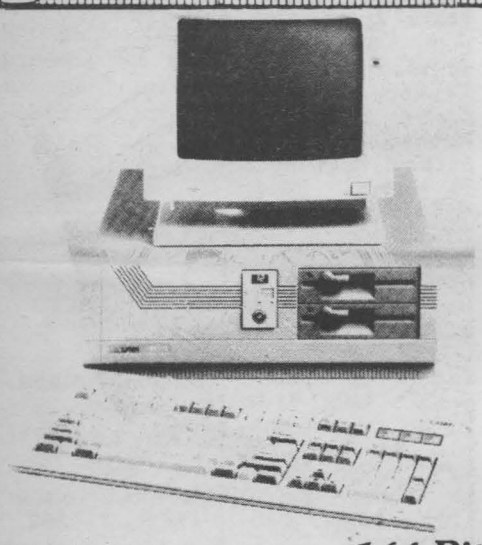

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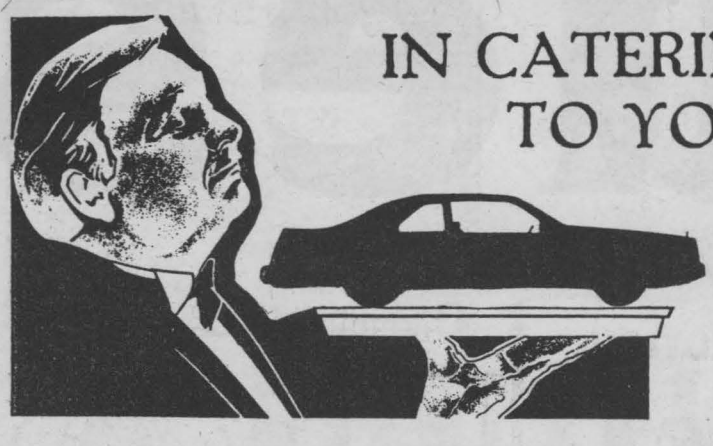

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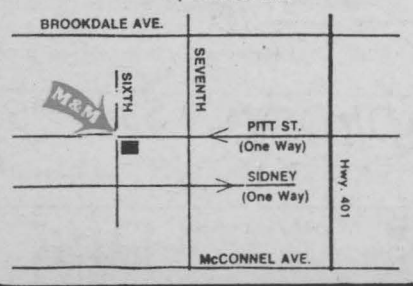

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Valentines Now and All Year 'Round

I asked you to send in true-life moonlit memories, samples of wooing and romantic behavior from the pages of everyday life. I am so glad I did, because for a change I asked the question and you sent in the answer! And in honor of Valentine's Day — coming up on February 14 (don't forget it) — here are some Valentines in action.

"My husband is not the romance type at all, but one evening he and our 3-year-old daughter picked me up at work. When I got home, dinner was on the table, candles lit, wine poured. Afterward he drew my bath and all I had to do was sink into the bubbles. When I emerged, our daughter was in bed and the kitchen cleaned. We fell asleep in each other's arms that night. It was the most beautiful night I ever spent with him. Our love grew a thousand times stronger that night and still grows as each day passes."

She doesn't say she wants him to do that every night from now on, but look at the credit he gets for playing the perfect servant and suitor just that one time! Definitely, he should do a repeat sometime soon.

"One evening recently my husband of two years and I were getting ready for bed after a hard day at work, doing dinner and getting kids bathed and in bed. We were both pretty tired but still mentally up from the day. I thought we had to relax. So I turned off the TV, lit some candles and turned out the lights. My husband was reading the paper, but I ignored his questions, turned on some music and just held out my hand. He took it.

"The first dance was great. The second, thanks to his suggestion, was in the nude. The rest of the dances were in the bedroom. A beautiful ending to a hectic day."

I like that because the wife took the initiative — certainly her privilege, and such a good way to show him what married wooing can do!

"My husband gets up at 5:45 to go to his 11-13-hour workday so that I can be home with the kids. When he walks through the door at night, he has a smile on his face no matter what kind of day he's had. He never forgets my birthday, Mother's Day or our anniversary, and he occasionally brings me flowers for no reason at all. When I said I wanted to start a rose garden he came home with two rose bushes to get me started. He has taken the trouble to time to learn how to truly satisfy me in bed. After four years, our sex life is fantastic. This is in spite of the fact that I still have to lose 25 pounds from the last baby.

"Don't get me wrong — he isn't perfect, and he doesn't do wild and crazy things to sweep me off my feet. He just tries to be there for me when I need him. To my mind, life doesn't get any better than this."

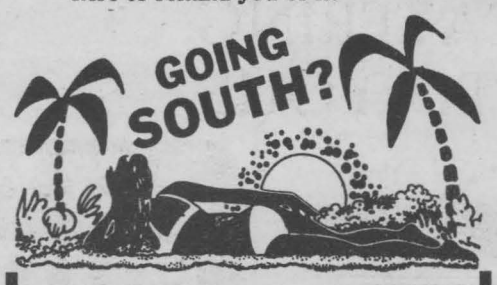
These are modern marriages and these romantic moments have to do with being work-tired and still finding ways to bring back what marriage is about at its core. And here is one from a wife who shares both home and workplace with her husband.

"I have been married for 30 years and my husband and I have done many things to make a living. One business was a furniture store that prospered for 12 years. At one point we expanded the store and the local newspaper ran a long article in its business section praising my husband's talents with never a mention of me, who worked alongside him in the store from Day One.

"I was hurt and felt discriminated against. I knew he understood, so he didn't need to say anything about the slight. But the next week, in a huge ad for the store, there was a heart outline framing the following letter: 'To my darling wife: Last week the paper ran a story about how we doubled our store size. It gave credit to "owner" me and none to my full-time working partner. Without your talent, advice and hard work there would never have been a store at all. No man ever had a more valuable and beautiful partner — or a more appreciated one. Your loving husband.' He showed me and the world how he felt, and I could never have received a sweeter Valentine."

In the real world where marriage partners work and get tired, sometimes together, mostly apart, once-a-year Valentines aren't enough. Husbands and wives both need to court each other, and make those heart-framed gestures all year round. Husbands especially!

Look, I have worked all my life, so I know that the wife "who works like a man" still needs those lace-bordered moments from the husband. Husbands, don't forget them! We women really do need them. If you build up credit year-round, maybe you might even forget some special date. But why forget Valentine's day, with me here to remind you of it?



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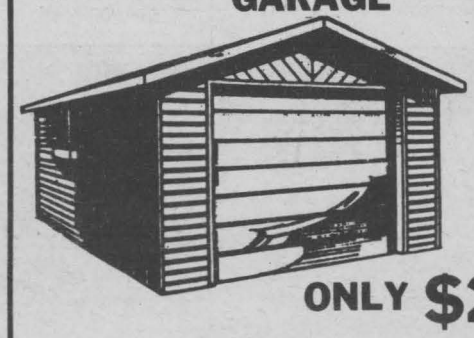

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*General Meeting of the Confederation of Regions Party (Stormont-Dundas) (C.O.R.). Place: Murphy's Inn-Second Street West, on Monday, February 6th, 1989 at 7:30 p.m. Agenda: Overstaffing of Francophones in the Civil Service and a review of the Patterson Report from the Canadian Development Institute which uses government statistics to show this trend. Everyone is welcome to attend. Telephone 936-1763.

*News from the Lung Association: As a follow up to the family asthma program a support group has been originated to help parents cope more effectively with asthma. The support group will meet once a month at the Lung Assoc. office (101 Sydney St.) The first meeting will be held on Wed. Feb. 15/89 at 7 p.m. Each month we will offer a different topic. The topic to be addressed in Feb. is "Asthma-What is it? What triggers it? And what can I do about it?" This program is open to any parent of an asthmatic child and made possible through your Christmas seal donations. For more information please call the Lung Assoc. 932-4999.

*The regular monthly meeting of the S.D.& G. Branch of the Ontario Humane Society will be held at 8 p.m. on Wednesday, February 8 at the Legion Hall. Members and guests welcome. The official opening of the new animal shelter on Boundary Road will take place at 2:30 p.m. on Sunday, February 12, followed by an Open House from 3:30 to 5:30 p.m.

*White Cane Week Feb. 5-11/89. There will be a uniqueness of blindness display at the square on Feb. 9 to the 11/89 When you meet a blind person on the street, ask if help is needed. A cheery offer of assistance is often welcomed. Also please when meeting & helping a blind person introduce yourself. For cyclists: courteously give the right of way to the blind & partially sighted.

*The Cornwall Regional Art Gallery will be offering a children's workship titled "Be Mine, Valentine", taught by Karen Carriere. This workshop runs one day only, Saturday, Febuary 11, 1989 from 10 a.m. to noon. Once again the art gallery is offering a beginner's quilting class taught by Charlotte Bender, this class begins Wednesday, March 8, 1989 from 7:30 p.m.-9:00 p.m. For further information, please contact the Cornwall Art Gallery, 164 Pitt St. 938-7387. Closed Mon. Open Tues. to Fri. 10:30-5:30. Sat: 9:30-4:30.

*"Glen Productions" will be presenting "West Side Story" at St. Lawrence College, February 16, 17, 18, 22, 23, 24 and 25. Tickets are presently on sale. Reserve now by calling 937-0043.

*The Cornwall Regional Art Gallery will be offering a paper making workshop taught by Karen Carriere. Make your own paper from recycled and local materials. Drop into the gallery and see some samples of hand made paper. This workshop runs one day only, Saturday, March 4, 1989 10 a.m.-1 p.m. at the gallery. For more information call 938-7387 at 164 Pitt St. Mall. The gallery is closed on Monday's. Open 10:30-5:30, Tues. to Fri. Sat. 9:30-4:30.

*The Parkinson's Self Help Group of Cornwall will meet on Tuesday, February 7, 1989 in the craft room, St. Joseph's Villa, 14 York Street. Friends and relatives are always welcome to attend. For further information call 933-9794 or 931-1903.

*Valentine Day...Soup Luncheon, Cornwall Christian School will be holding a soup lunch on Thursday, Feb. 16/89 at 11 a.m.-1:30 p.m. at Knox St. Pauls Church (Corner of Sydney & 2nd St., E.) Menu...soup...ham or cheese on a kaiser roll, homemade desserts, coffee, tea or juice. $4.00 per adult, $2.00 per child under 12 years old.

*Seaway Senior Citizens Club talent show . . . any senior who can play an instrument, sing or has talent in any form, are requested to participate in an upcoming talent show for seniors to be held in Cornwall. For more details please call Mr. Vern Etherington at 932-3986, Monday to Friday after 5 p.m. Prizes will be awarded.

*A Sleigh Ride will be held Sunday, February 12 at 2 p.m., sponsored by the Seaway Valley Arabian Horse Association, at the Leonard McPhail Farm, R.R.1, Lunenburg, Ontario (the farm is located between Lunenburg and Osnabruck Centre). After the sleigh ride, there will be a light meal served. Everyone is welcome.

*Volunteers needed...we need you! February is Heart and Stroke Month time - A true gift from the heart...whatever your interest, talent or time there is a vital role for you. Last year 20,000 lives were saved. Won't you help us touch the hearts of those you love? Call the Heart and Stroke Foundation of Ontario at 938-8933 to volunteer and investigate the possibilities.

*Annual Meeting of the Progressive Conservative Association of Stormont, Dundas will be held on Wed. Feb. 23/89 at 7:30 .m. at St. Columban's Hall, 40 Fifth St.

*Le Conseil de vie francaise vous offre La Tournee "Juste pour rire" avec le groupe "Les Euhhhh."

Quatre jeunes comediens vous offrent un spectacle dynamique, varie et creatif d'une duree de 1 h. 30 min. Vous y retrouverez des stand-up, shetches, numeros musicaux et numerous visuels.

Venez vous detendre et rire un peu a la salle de banquet Freddy's, le jeudi 9 fevrier 1989 a 20h. 30.

*The S.D.& G. Humane Society is having a Bingo on Monday Feb. 6 at 7 p.m. at the Cornwall Bingo Centre, 26 Second St. W. Proceeds towards the shelter.

*Chess tournament...open to all. Friday, February 17/89 at Rothwell-Osnabruck School. 1 p.m. to 5 p.m. main competitions. 7 p.m. to 9 p.m. finalists. Registration fee is $5.00. Call 537-2454 or pick up forms at school.

"North/South Development", theme of a talk to be given by Father Bob Ogle on Monday, February 13, 1989 at 8:00 p.m. at St. Columban's Parish Hall, 40 5th St. West Cornwall, Ont. Father Bob Ogle: —a former Missionary to Brazil —a former M.P. for Saskatoon-East —the author of "North/South Calling" —the founder of "Broadcasting for International Understanding" —a brain cancer victim, a man of extraordinary sincerity and drive who is using his remaining days to build community, to bring people together as he has done all his life. All concerned and caring are welcomed! Free admission. (Sponsored by the Alexandria-Cornwall Diocesan organization of DEVELOPMENT and PEACE)

*"North-South Deveopment", theme de la causerie qui sera donnee en anglais par le Pere Bob Ogle le lundi 13 fevrier 1989 a 20 h 00 a la salle St-Columban's, 40 5e rue est, Cornwall. Le Pere Bob Ogle: —ancien missionaire au Brezil —ancien membre au Parlement, Saskatoon-est —auteur du livre "North/South Calling" —fondateur de "Broadcasting for International Understanding' —victime du cancer du cerveau, un homme d'une sincerite et d'une dynamisme extraordinaires qui utilise les jours qui lui restent a batir la communaute, a reunir les gens tel qu'il l'a fait toute sa vie. AVIS AUX PERSONNES INTERESSES ET PREOCCUPEES DU DEVELOPPEMENT! (Traduction simultanee disponible aux personnes qui en feront la demande au prealable en composant (613)347-2182. ENTREE GRATUITE. (Commandite par l'Organisme diocesain de DEVELOPPEMENT et PAIX).

*Volunteer community service established by the Legal Clinic. To persons on a low income...(Seniors, persons receiving social insurance, low wage earners) Volunteers trained by the Federal Government will complete your tax form 'Free of charge and if you wish, the Caisse Populaire de l'est de Cornwall Ltee. will advance cash at a normal loan rate so that much more money will wind up in your hands. Feb. 15/89 from 2-5:30 p.m. and March 8 from 7-10 p.m. at the Nativity Hall, Cornwall. Available if your income does not exceed the following... One adult family—1 adult only $13,000, with 1 child $15,000, with 2 children $17,500, with 3 children $19,000, with 4 children $21,000, with 5 children $22,500. Two adult family—two adults $17,500, with 1 child $19,000, with 2 children $21,000, with 3 children $22,500, with 4 children $24,500. For additional information call 932-2703.

*Maxville United Church, Pancake Supper served on Tuesday Feb. 7/89 from 5-7 p.m. Adults $4.00, teens-$3.00 and children $1.00. Menu: Pancakes, sausages and maple syrup. Everyone is welcome.

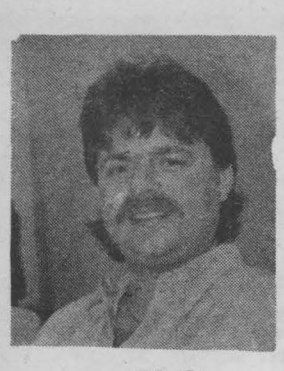
*The Cornwall Regional Art Gallery is pleased to present "Palette Pleasures" by the Cornwall Art Association from Jan. 31-Feb. 25/89, 164 Pitt St.

*The Catholic Women's League of St. Peter's Church, 2900 Secnd St., E. are holding a Valentine Tea on Sunday Feb. 12/89 form 2-4 p.m.. In the Parish Hall. Plenty of Goodies and door prizes. Everyone is welcome, so please plan to attend.

*"Learn about pre-arranging your funeral, or bring along a pillow case to decorate with Fabric Crayons at this month's meeting of Relief Society. All women 18 and over are welcome to attend these FREE seminars at 7:00 p.m. on Thursday February 2nd at The Church of Jesus Christ of Latter-Day Saints, Cornwall Centre Road. Call Lynn Fortin at 932-0095 for details."

*The Anglican Parish of Ingleside-Long Sault is holding its annual pancake supper in Christ Church Hall, Long Sault on Tuesday Feb. 7/89 from 4:30 p.m.-7:30 p.m. The menu includes pancakes, sausages, maple syrup, beverages and dessert. Adults: $4.50 Children-$2.50. Under 5 free. All are welcome.

*Parents of Handicapped children will hold their regular monthly meeting on Tuesday, February 7, 7:30 p.m. at the Cornwall Police Club. Guest speaker Mr. J. Walker.



In The Kitchen With mike anderson

GEDORO'S
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and
PAPA'S PARTY PARLOUR
(Private Room Seating for 60)

Chili

1 tbsp. olive oil
2 1/2 lbs. ground sirloin
46 oz. can tomato juice
15 oz. can tomato sauce
1 cup water
4 tbsp. instant minced onion
4 tbsp. Chili powder
4 tbsp. celery flakes
2 tsp. salt
1 tsp. oregano leaves
1 tsp. garlic powder
1 tsp. ground cumin
3/4 tsp. powdered mustard
1/2 tsp. curry powder
1/2 tsp. garlic salt
1/4 tsp. ground red pepper
2 cans mild green chillies, drained and chopped, 4 oz. cans
1 tsp. chopped jalapeno

— Heat oil in large saucepot until hot.
— Add beef; cook and stir until brown, about 10 minutes.
— Add tomato juice, tomato sauce, water, onion, chili powder, celery flakes, salt, oregano, garlic powder, cumin, mustard, curry powder, garlic salt, red pepper, green chillies and hot chili peppers.
— Heat to boiling.
— Reduce heat and simmer, covered, stirring frequently, until flavors are well blended. About 4 hours.

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For The Bride to Be, The Perfect Guide
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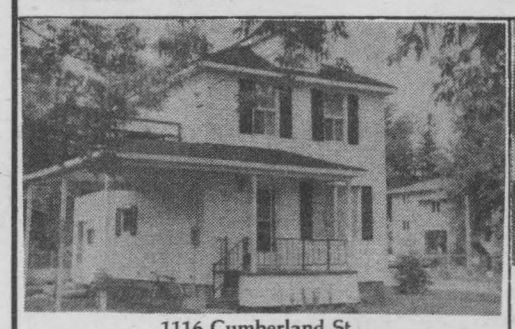

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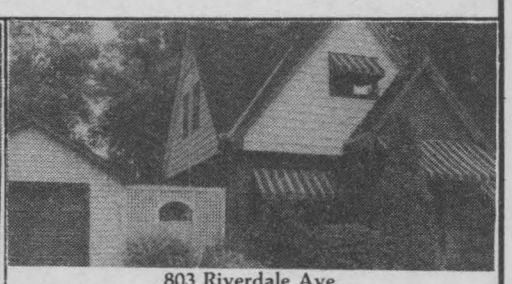

803 Riverdale Ave.
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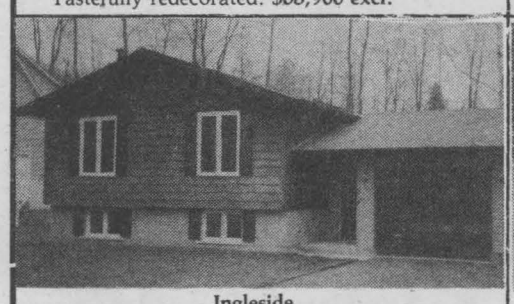

Ingleside
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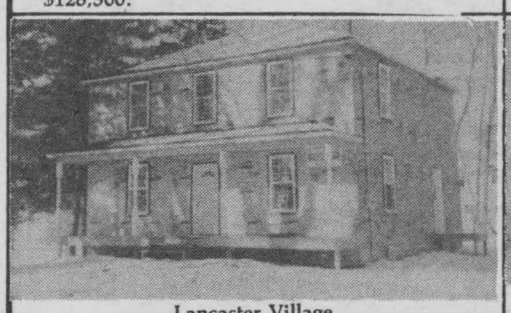

Lancaster Village
New 3 bedroom 2 storey home under construction, 1920 sq.ft. of living space, tree-lined lot. **Recently listed for only $119,900.**



Purcell Road
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