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Sincerely Yours Glenn. G. Watson

It is Tuesday morning just after nine, and the rain is pounding on my window . . . it is the day after Thanksgiving and our guests have long departed, filled with memories of turkey stuffing. I feel somewhat depressed about holidays such as this one and those yet to come. I can't help but wonder if Thanksgiving, Remembrance Day, Christmas, New Year's Day, Easter and the rest of them really mean anything to anyone.

There used to be a time that large department stores such as Sears, Woolco, K-Mart and others would not think about putting out Christmas stock until after Remembrance Day. This was done out of respect for those men and women that gave so much so that we could enjoy our current lifestyle. This is not the case anymore . . . gift wrap, and all sorts of decorations. Surely these corporate giants will not miss out on a sale if they were to wait until the day after Remembrance Day.

continued on pg. 3

1980 Acadian, 4 dr., 4 cyl., 4 speed. $1695. Kaycee Motors, 938-6507.

FOR sale: Bees, and bee equipment. Call 346-2270. 10/21

CRAFT sale. Sat. Oct. 25. 1057 Roy Ave. 10/21

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1974 710 Datsun, as is, best offer; call 932-0313, or 933-8504. 10/21

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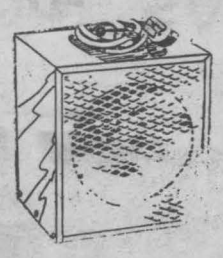
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TODAY'S WOOD WINDOWS KEEP PACE WITH THE TIMES

Windows, like women, have come a long way. The earliest windows may have been little more than the simple openings that allowed light and air into the homes of the Bronze Age lake dwellers in Britain. Later, linen or oiled paper was fastened to the openings to keep out precipitation.

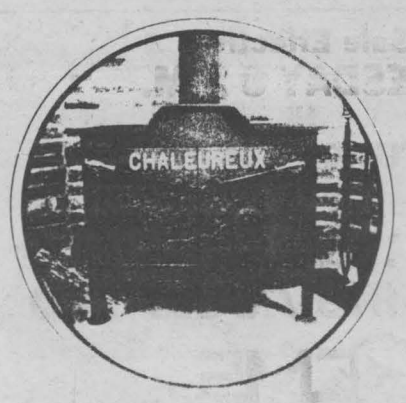
Nowadays, windows are as different from their prehistoric counterparts as today's *Cosmopolitan* reader is from her cave woman ancestor.

Modern techniques, says the National Woodwork Manufacturers Association, enable manufacturers to produce precision-engineered windows that fit snugly, operate easily and are designed for durable, energy-efficient operation.

The best ones have wood in the frame and sash because wood is a natural insulator. They are also double-glazed to limit heat loss through the glass area and have factory-installed weatherstripping to protect against heat-robbing air infiltration.

Many wood windows and patio doors now come with an exterior cladding that all but eliminates the bother of periodic painting. Available in a range of styles and sizes, wood windows can be purchased at local building supply stores, home centers or lumber yards.

Chaleureux
Wood Heat Stoves



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WE Buy & Sell Antiques, used furniture, clocks, gold, silver, coins, grain scales, dishes, rubber tired buggy, old guns, cupboards of all kinds. We have been in the business for 27 years. Call M&G Antiques at 346-5768 if no answer please leave your name & phone number with answering service. x

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SEAWAY SHOPPING LTD. NEWS
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A man went to his doctor for a checkup. Very somberly the doctor told him he had a fatal disease and that he would be dead by the next morning.

He went home and told his wife the awful news. She asked him what he would like to do his last night.

He said he wanted to make love to her all night, to which she said okay. That night, after a couple of hours in bed she was getting tired, but he said he wanted to continue.

"It's all right for you," she said, "because you don't have to get up in the morning."



"Not a nap, you rubes! I said take a lap!!"

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continued from pg. 2

Now I realize that the business world is experiencing hard times and that every sale counts . . . but please Mr. Retailer, the same money will be spent anyway so why so early? Thanksgiving is and always has been a time of sharing food with friends and relatives and offering a humble but sincere thank you to God for providing our needs. Remembrance Day came next and my father who spent five years and four months overseas would get choked up inside and could not explain what and why he felt this way each year . . . I knew only that he was remembering a time when I was not ever thought of yet. We lost a great part of our heritage during that time and our future was changed with that loss. Forgive me if I speak of the Second World War first, but I do so because this is the one that was close to my father. We must not forget we can not allow ourselves to forget the sacrifice made in all the battles our parents, brothers and sisters fought in. Placing Christmas decorations and baubles up for sale before Thanksgiving, is going to lead to a glossing over of what Thanksgiving is supposed to mean and if we lose our thoughts about Thanksgiving . . . then we will forget about the meaning of Remembrance Day. The commercialized Christmas is bad enough let's not whitewash our way through Thanksgiving too.

There was a spirit that began to grow with Thanksgiving when I was young and it blossomed with Remembrance Day and flowed into Christmas to begin to change with the onset of Easter. I don't ever want to lose that spirit and as a friend of mine once asked . . . when a tree falls in a forest does it make any noise? . . . perhaps say I . . . if someone chooses to listen.

NOTICE
PHYSIOTHERAPY
Cornwall Physiotherapy Clinic operated by:
JAMES STOKES
M.C.S.P., M.C.P.A., M.S.R.G., R. PTH., R.M. chartered physiotherapist. Has reopened at: 15 Edward St., Cornwall, 932-2447. Patients fully covered for O.H.I.P. and W.C.B. N.B. There is no waiting list at this clinic! 10/28

BROWN/arborite kitchen set, 4 ch. $70. ¾ brown metal bed complete, $75. Window screens/inside hooks - approx. 2'10" x 2'11" & 2'6"x2'6"; $1. ea. Between 5-7, 932-3868. 10/28

54" bed frame/box spring & mattress $50. Hutch to be varnished $60. Small wood stove $50. Apply 416-7th St., E. after 4 P.M. 10/21

MUST sell! 1985 Somerset Regal, fully-loaded, transferrable GMC warranty. good til 1989, $11,700.00 or best offer. 938-7250 evenings, 938-1020 office hours. 10/28

MOVING Boxes for sale. St. John's Transfer, 150 Edward St, Telphone 933-1492. x

NEW & used rifles, shotguns, 22's bought, sold, traded & repaired. Everything for the hunter from crossbows, knives & backpacks to clothing, rainwear, camping accessories. L&M Guns, new location, Tyotown Rd, between Boundary & Purcell. 931-2010. 12/9



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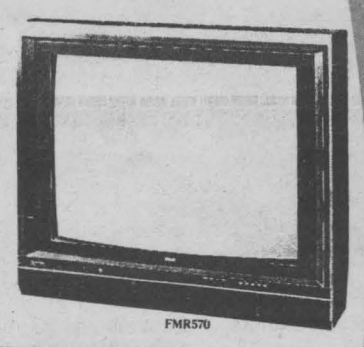

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Pack some fun into those back-to-school lunch boxes

Preparing a packed lunch doesn't have to mean throwing a bologna sandwich and apple into a lunch box. This year, pack some fun into lunch instead.

The fun begins with the lunch box. Set aside time prior to school's beginning to shop for that special lunch box. If your child is involved in the selection, he'll be more likely to look forward to carrying it every day.

Creative approach

Or exercise your child's creativity. Let him repaint last year's box and spruce it up with brightly colored stickers or hand-painted drawings.

Next, involve your child in planning his lunch. This is an excellent way to start good nutrition training early. One way is to show your child how a "colorful" lunch is a nutritious lunch. Balance the bland colors of sandwiches with colorful fruits and vegetables, such as raw red and green peppers and bright red apples or purple plums.

Of course, every child looks forward to that sweet lunch box treat. This year, try satisfying that sweet tooth with treats made without sugar.

The following recipes are made with products sweetened with NutraSweet® brand sweetener, so there's no worry over dental problems (or the extra calories) that come from sugar.

Pack some fun

Try them and pack some fun into this year's lunch box!



BACK-TO-SCHOOL TREATS like these can pack your child's lunch box with fun.

TROPICAL PARADISE BARS

- ¾ cup flaked coconut
- ¾ cup crushed, dried, unsalted banana chips
- 1 box (7.5 ounces-10 envelopes) vanilla flavored reduced calorie dairy drink mix with NutraSweet® brand sweetener
- ¾ cup orange juice
- 1 container (8 ounces) banana yogurt
- ½ cup finely crushed crispy corn and rice flakes with NutraSweet® brand sweetener

Note: Use blender to crush cereal and banana chips, pulse 14 to 16 times.

Preheat oven to 350°F. Spread coconut in shallow pan. Toast 8 to 10 minutes, stirring once or twice, or until golden brown. In small bowl, combine toasted coconut and crushed banana chips; set aside.

In blender, at medium speed, whirl vanilla drink mix, orange juice and yogurt until thoroughly combined. Transfer to large bowl; stir in cereal (mixture will be thick and slightly sticky). Cover and chill one hour.

On large sheet of foil, spread out coconut-chip mixture. Using 2 measuring tablespoons of the batter-like mixture, shape into 2 x ¾-inch bars, roll in coconut mixture to coat. Place bars in shallow container or tray.

Cover and chill at least 1 hour before serving. Store leftover bars in freezer. Defrost when ready to serve.

Makes 18 bars.

FRUIT JIGGLES

- 2 packages (.3 ounces each) fruit flavored sugar-free gelatin with NutraSweet® brand sweetener
- 2 envelopes unflavored gelatin
- 1½ cups boiling water
- ½ cup prepared whipped topping* with NutraSweet® brand sweetener (prepared according to package directions)
- ½ cup fruit

In medium bowl, mix fruit gelatin and unflavored gelatin. Add water and stir until gelatin is dissolved. Cool to lukewarm; blend in whipped topping. Add fruit. Pour into 8-inch square pan.

Cool, then chill 1½ hours or until very firm. Using 1¾-inch cookie cutters, cut into shapes or into 1-inch squares. Makes approximately 16 cookie-cutter jiggles.

Suggestions:

Orange Jiggles: Use orange gelatin with NutraSweet® and ½ cup well-drained canned Mandarin orange sections.

Lime Pineapple Jiggles: Use lime gelatin with NutraSweet® and ½ cup well-drained crushed unsweetened pineapple.

Strawberry-Banana Jiggles: Use strawberry-banana gelatin with NutraSweet® and ½ cup diced ripe banana.

*For bright, clear Fruit Jiggles, omit topping, increase boiling water to 2 cups, and proceed as recipe directs.

BLACK COW PARFAITS

Vanilla Layer

- 1 package (1.1 ounces) sugar-free vanilla flavored instant pudding and pie filling mix with NutraSweet® brand sweetener
- 1¾ cups milk

Chocolate Layer

- 1 package (1.5 ounces) sugar-free chocolate flavored instant pudding and pie filling mix with NutraSweet® brand sweetener
- 1¾ cups milk

Root Beer Layer

- 1 package (1.1 ounces) sugar-free vanilla flavored instant pudding and pie filling mix with NutraSweet® brand sweetener
- ⅔ cup root beer with NutraSweet® brand sweetener
- ½ cup milk

Garnish

- ½ cup dry roasted peanuts (chopped)
- 9 strawberry halves

In 3 medium-size bowls, prepare vanilla, chocolate and root beer puddings separately, following package directions and using liquid specified above for each. Place plastic wrap on surface of each pudding. Chill at least 1 hour.

To assemble parfaits, spoon a layer of vanilla, then chocolate, the root beer pudding into each of nine 4-ounce plastic containers with lids or into 6-ounce custard cups. Garnish each with crushed peanuts and a strawberry half, or other fruit as desired.

Makes 9 servings, 3-ounces each.

NutraSweet® is a registered trademark of The NutraSweet Company for its brand of sweetening ingredient.

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BANKRUPTCY stock. Men's dress shoes, fleece lined dress boots, overshoes, toe rubbers, etc. $5.00 to $10.00 - good selection on hand. The Clearing House, Hwy. 138, St. Andrews W. (Call for store hours). 932-5813. 10/14x

ACTIVE senior wanted, to accompany male senior on short hikes in Adirondacks, Laurentians, etc. No camping. 932-5921. 10/21

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COMMUNITY EVENTS

OCT. 20-23 — Home & Trade Show, Chamber of Commerce, Cornwall Civic Complex.

ANNUAL MEETING OF MULTIPLE SCLEROSIS (MS), Cornwall Chapter. Tues., Oct. 21st/86, 7:30 p.m. at St. Joseph's Villa, 14 York St. Guest speakers: Dr. Robert Nelson, Neurologist & director of the MS Clinic, Ottawa General Hospital, Danielle Wagner, RN & Co-ordinator of the MS Clinic Ottawa General Hospital. Topics: Diagnosis-Treatment-Research-Role of the MS Clinic. Question period to follow. Light lunch served. The general public is also invited to attend.

Cornwall Chapter Order of the Eastern Star Halloween Tea, October 29th, 2-4 p.m.

Christian Outreach 86 can be seen on Wednesdays at 8:00 p.m. and then repeated on Fridays at 6:00 p.m. The program is televised on Cable II, produced locally it is a team effort by Norman Hurtubise and Randy Lanoue. Christian Outreach 86 — will present Nancy Beaudette, songs and testimony will be shared in a country scenery of Williamstown, Ontario. Cable II will feature the program on Wednesday at 8:00 p.m. and then repeated on Fridays at 6:00 p.m.

On Saturday, Oct. 25, members of the Cornwall University Women's Club will be holding their Annual Book Fair, or SECOND HAND BOOK SALE, 10:00 a.m. to 2:00 p.m. in the hall of St. John's Presbyterian Church, 28 Second St. E., Cornwall. Proceeds are used for scholarships for Grade XIII girls going to University. Donations of books for the sale may be left at 1605 Joyce St., 1604 Charles St., 231 York St., 447 McDonell Crescent, or at the church hall the day before the sale. Members do request that books be in good condition and that no Secondary School texts be included.

The National Arts Centre Orchestra will perform at Aultsville Hall Theatre, St. Lawrence College on Friday, 24th October, 1985 at 8 p.m. Subsequent concerts in the series will be THE BOWKUN TRIO on 29th November, 1986. TAUSSIG & ENEMIES — a concert pianist with a difference — on March 5th, 1987 and ending on 23rd May, 1987 with the exciting PAULA MORENA SPANISH DANCE COMPANY with Guitarist DAVID PHILLIPS. Tickets for the series are $40 and for Senior Citizens & Students $35. and are available from the Cornwall Regional Art Gallery, 164 Pitt St., Mallettes Elegant Framing Centre 214 Montreal Road or from ticket convenors Mary Barkway, Betty Snetsinger and Pamela Ernst. For info. Pamela Ernst 932-7990.

Blood Pressure Clinic to be held Saturday, October 25th from 10 a.m. to 4 p.m. at the Cornwall Square, sponsored by "The Cornwall Unit of the Kidney Foundation of Canada." Mrs. Grace McDonell, 606 Youngsdale Ave., Cornwall, 932-8349.

The Regency Ensemble in concert at Inverarden Museum (Montreal Road near Boundary Road), Saturday October 25th at 2 p.m. This group plays the music of the great Baroque Masters, and features the College's own Trudy Dyck as vocalist. Admission is free.

Blood Donor Clinic, Tuesday, October 28th from 2 to 8 p.m., Trinity Church Hall, 105 Second Street West.

Cornwall Women's Network Dinner Meeting — Networking, Wednesday, October 22nd. Presentation "The Legal Clinic". There will also be a Network Luncheon on Thursday, November 13th.

Knox St. Paul's United Church Rummage sale. Thursday, Oct. 23/86. 10 a.m.-6 p.m.

Knox St. Paul's United Church Fall craft and bake sale. Cornwall Square. Friday, Oct. 24, 1986.

FOR sale. Dry shelled corn also available cracked corn, excellent feed for poultry & horses. 346-5625. Harry Dusomos. 12/2

10 K gold jewelery -always at half price or less. Example - 3 strand braided necklace sug. retail $110. for $49.95. Bob's Gold Mine, Sundays 534-2247. x

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Minutes from downtown. We buy newer wrecked cars for parts, older cars for scrap. 938-3527; after 6, 346-2463.

SUREFIRE MARK IV thermostat controlled fireplace. Can be used as airtight stove. Orig. price $695. Used only once. No reasonable offer refused. 932-8287. 10/28

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THE Clearing House is clearing out its stock. Everything reduced. Time to deal & save. Hwy. 138, St. Andrew's West, 932-5813 (Phone for hours open) x

GROUND feed, oats, barley, wheat, shelled corn, mixed, $7.00 per hundred. In your bags, shelled corn $6.50 per hundred. George Crites, 527-5393. (Maxville). 10/21

BOOKS books, books, books, books, books, books, books, books, books — Broaden your horizons and peak your interests at the Book Nook, 61 Maple, Ingleside. 537-2596. 10/21

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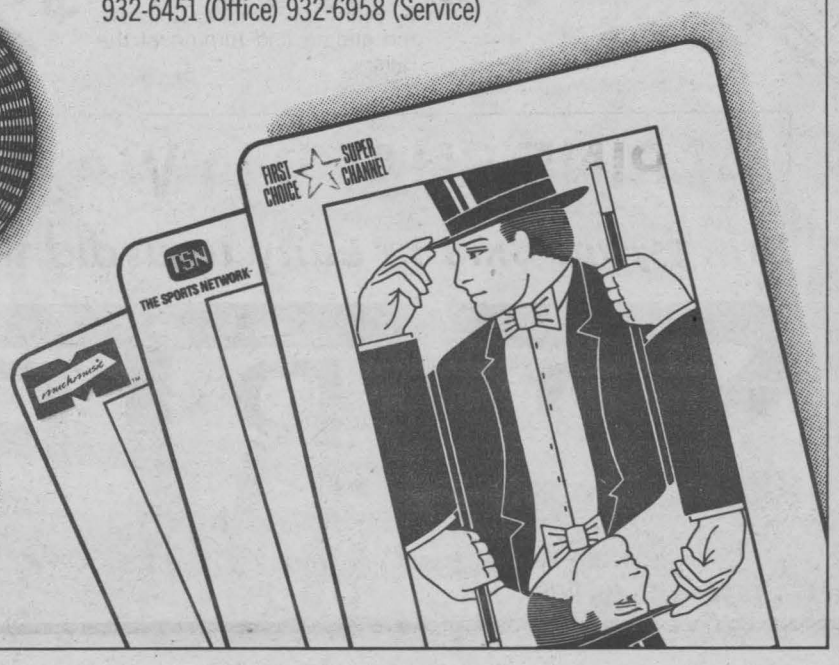

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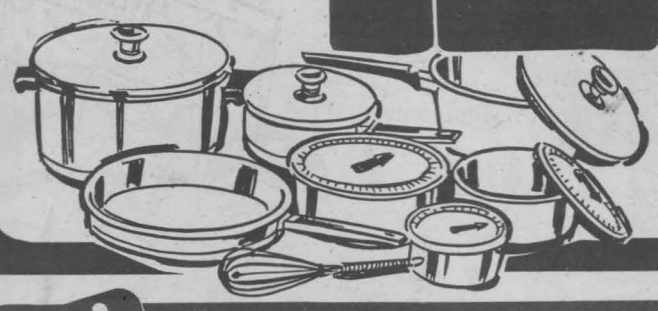

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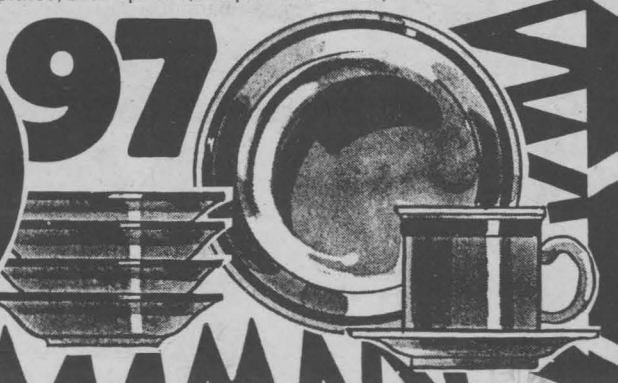

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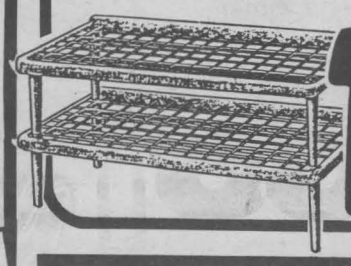

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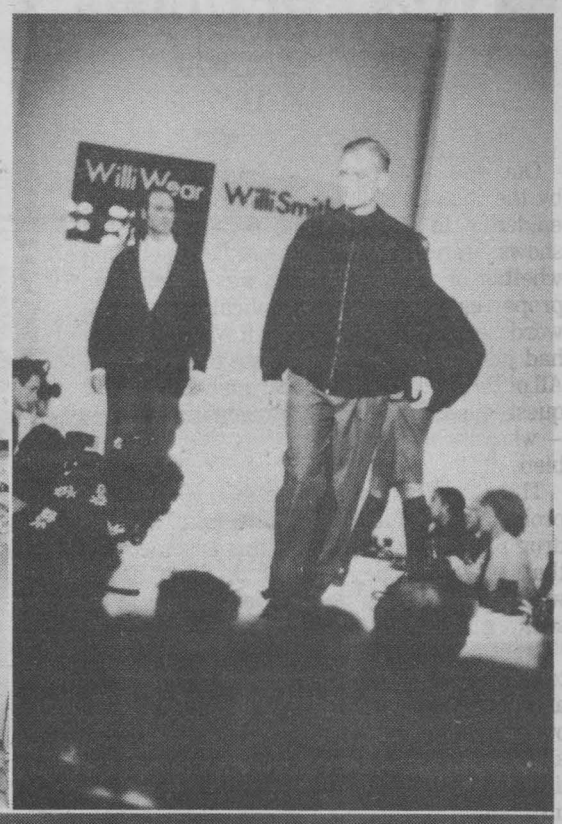

AWARD-WINNING FASHION DESIGN — Honored with the prestigious Cutty Sark Menswear Awards for 1986 were John Weitz, who received the Career Achievement Award; Robert Stock, Outstanding U.S. Designer; Willi Smith (who designs under the label WilliWear), Outstanding Sportswear Designer; Valentino, Outstanding International Designer; Roger Baugh, Most Promising U.S. Designer; and Susan Horton, Outstanding Accessories Designer. Also honored were Macy's New York, Outstanding U.S. Menswear Retailer, and After Six, Outstanding U.S. Manufacturer. A student at New York's Fashion Institute of Technology, Hector Hernandez, was named Outstanding U.S. Student Designer. Shown here, garments by winners Stock (top left); Baugh (top center), Smith (top right) and Weitz (bottom). Past winners of Cutty Sark Awards in various categories include Alexander Julian, Perry Ellis, Ralph Lauren, Nino Cerruti, Jhane Barnes, Pierre Cardin, Yves Saint Laurent, Bill Blass, Mary Jane Marcasiano, Giorgio Armani, Ron Chereskin and Aldo Cipullo.



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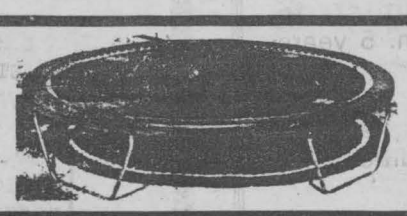

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- 1 egg slightly beaten

Directions

Combine all ingredients in container of blender. Blend at medium speed for about 30 seconds. Pour into 1½-quart container or 8-inch square pan. Freeze until mushy in consistency, about 2 hours.

Return to blender container. Blend at medium speed about 2 minutes or until well mixed.

Return to freezer until solid, at least 4 hours, or until serving time. Makes 4 servings (about ⅔ cup each).

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VOX POPULI

A DRUG EPIDEMIC? YES INDEED. . .!
By: Joanne Miller

Our Prime Minister was recently criticised by the media for declaring war on the drug epidemic in Canada. The papers and talk shows were full of "experts", discussing whether or not the problem was of epidemic proportions, what the implications of the word "epidemic" were, and if Mr. Mulroney had just been trying to imitate the Reagans. All of this journalistic uproar masked the real question raised by Mr. Mulroney's statement — what are we going to do about the drug problem in this country?

There is no doubt that Canada has a drug problem, or in fact that Canadians have a drug problem, and perhaps this is something that Mr. Mulroney wasn't thinking about when he made his declaration of war. You see, I'm not just talking about "hard" or "street" or even illegal drugs. I am referring to the thousands of millions of dollars which are spent each year on alcohol, tobacco and over-the-counter patent medicines. Drugs of all kinds are freely advertised as answers to life's problems, such as headaches, colds, and insomnia. Alcohol is shown to be warm, friendly and sophisticated, and tobacco, ironically, is almost invariably advertised in an open-air, active setting. There is no encouragement to face up to the minor ailments and difficulties of life, and certainly no mention of the fact that alcohol is implicated as the largest killer of people under 25 in our society. We are now more informed on the dangers of tobacco products, but advertisers are still targetting the young in their campaigns.

If we are really concerned about the effects of illegal drugs on our young (and in the case of cocaine in particular, not-so-young) people, then it must be time to send a very clear signal to them that the world is bearable, even fun, without drugs at all. How can we honestly tell them not to take drugs when we ourselves run to the medicine cabinet at the slightest twinge or sniffle? Admittedly, one is legal and one is not, but to the very logical mind of a teenager, the principle is the same. If I am smoking a cigarette whilst telling him to stay away from pot or crack, and if I have a drink each evening to "help me wind down from the pressures of the day", what am I really conveying? As the old saying goes, actions speak louder than words, and the example of living life fully, in possession of all one's faculties, untainted by self-administered chemicals, will have far more effect than many sermons. Then, we will really have started a war against the drug epidemic.

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NAME NOM	----------	----------
MAIDEN NAME NOM DE FILLE		----------
DATE OF BIRTH DATE DE NAISSANCE	----------	----------
PLACE OF BIRTH LIEU DE NAISSANCE	----------	----------
OCCUPATION	----------	----------
PLACE OF OCCUPATION EMPLOYER ACTUEL	----------	----------
BUSINESS TELEPHONE NO. DE TELEPHONE DE L'EMPLOYEUR	----------	----------

NAME AND DATE OF BIRTH OF ALL ADDITIONAL RESIDENTS 18 YEARS AND OVER
NOM ET DATE DE NAISSANCE DES RESIDENT ADDITIONNEL AGES DE 18 ANS ET PLUS

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SIGNATURE OF APPLICANTS
SIGNATURE DES CANDIDATES ---------- DATE ----------

ATTENTION: PLEASE COMPLETE THIS PORTION FOR BLOCK PARENT CENTRAL COMMITTEE
VEUILLEZ S'IL VOUS PLAIT REMPLIR LA SECTION CI-DESSOUS POUR LE COMITE CENTRAL

APPLICANT'S NAME/NOM DU CANDIDAT ----------

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PAY TV SHOWCASE

Prime Time was right to highlight Jagged Edge as its cover picture for October. Prime Time, in case you never noticed, is the magazine about pay TV, mostly First-Choice, that is sent to you each month, free.

Assuming, of course, you are a pay TV subscriber.

The October cover contains a stylized screen-tone of Jagged Edge co-stars, Jeff Bridges and Glenn Close.

For, although the October First-Choice lineup includes such block-busters as Anges of God, Creator, Remo Williams and Stephen King's Silver Bullet, the real highlight of the month is Jagged Edge. It premieres on October 19th with a second showing on the 23rd.

Jagged Edge is a superior thriller based on a classic suspense dilemma: a blond heroine falls in love with a man who may be a killer. Newspaper tycoon Jack Forrester (Bridges), has been charged with brutally murdering his wife using a knife with a serrated edge.

Glenn Close, who looks terrific as she strides across the courtroom floor, defends Forrester only because her own investigation shows he is innocent. But is he?

She falls in love with him even as her doubts about his innocence begin to build. Director Richard Marquand moves the action along smoothly and the cast is excellent.

Look for super supporting performances from Peter Coyote and Robert Loggia. You won't have to look hard though, for the film's best performance. It comes from Bridges who continues to amaze this writer with his talent in some of the most widely-divergent roles.

He stood out in The Last Picture Show, Thunderbolt and Lightfoot and Starman. And he turns in another classic performance here.

On another note . . . while everyone is now caught up in baseball's World Series, Canada's sports network has some noteworthy sports programs on view.

An esoteric mix, in fact. A special series of nine thoroughbred horse races from the famous Laurel Race Course in Maryland began Sunday (Oct. 18), on TSN. Part of the first-ever Maryland Million, the purse offers $200,000. Other races in the series are equally as rich.

And, how about a little snooker? The second program in TSN's Pot Black Snooker series airs on October 21. Reigning world champion Dennis Taylor takes on two-time Jr. Pot Black Champ John Parot.

A final note . . . The Arts & Entertainment Network features an interesting program this week (October 20), in El Matador. Ricardo Montalban narrates this award-winning portrait of a young man's gruelling preparations to enter the bullring.

The 17 year-old matador-to-be has a long family heritage to uphold. The males of his household have all entered the ring and faced off with el toro. We see the intense physical and emotional training that the boy goes through in readying himself for the greatest challenge of his life.

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Crossword By Eugene Sheffer

ACROSS
1 Vigor
4 Hasty flight
7 Valentine's shape, often
12 St.'s kin
13 In the fashion of
14 Let
15 Balderdash
16 Great, slang-style
18 Tina Turner's ex
19 Mail of a sort
20 Feudal worker
22 Impair
23 Related
27 Ninny
29 Army doc
31 Saw
34 Gave an X or G to
35 Homey cloth
37 Interstice
38 Blissful place
39 And not
41 Golf bunker
45 Club charter part
47 "Butterflies — Free"
48 "Land of Enchantment"
52 Corral
53 Assumed name
54 Peace symbol
55 Tavern
56 Archie Bunker, i.e.
57 Slalom manuever
58 Time period

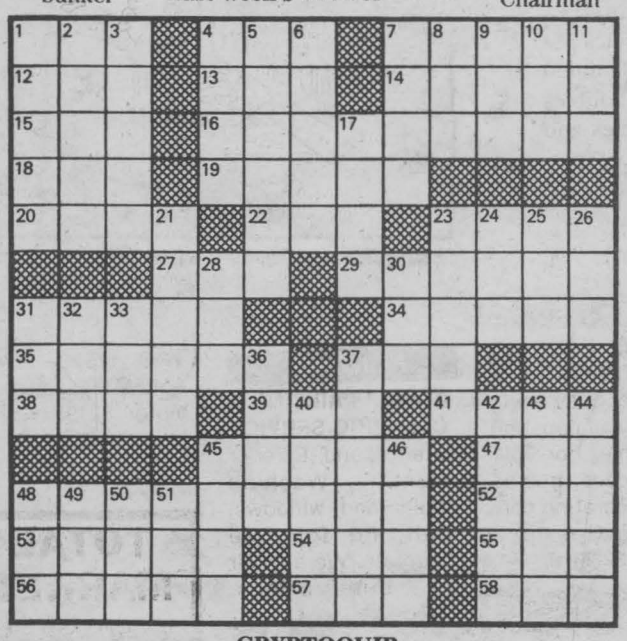
DOWN
1 European capital
2 Draw out
3 Lorre or O'Toole
4 Tibetan monk
5 Burglar's worries
6 Volcanic output
7 '60s rock musical
8 Sprite
9 "The Greatest"
10 Mythical bird
11 Binary base
17 The average
21 Dickens character
23 Make fitting
24 Caboodle's partner
25 Top the torte
26 Show approval
28 Jiffy
30 Historic time
31 Deck topper
32 June honoree
33 Stout
36 Cameo gem
37 Adorns
40 Khaki's kin
42 Speedy
43 Where the action is
44 Thought's cost?
45 The tops
46 Tribulations
48 Catch
49 Yale student
50 Hairpiece
51 Noted Chairman

Solution time: 28 mins.

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

8-8

Last week's answer



CRYPTOQUIP

8-8

D P M O U N Z C O P D M U D - G F Z C P F N G M .

Last week's Cryptoquip: ADHESIVE SALESMAN, AT HOME, IS GLUED TO THE TELEVISION, I GUESS.

Today's Cryptoquip clue: D equals S

The Cryptoquip is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words, and words using an apostrophe can give you clues to locating vowels. Solution is accomplished by trial and error.

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The most frequently asked questions concerning new jobs

1. What do I do if I find after three months that I made a mistake in taking the job?

Correct the mistake immediately! "Unhire" yourself. Don't tell yourself that things will be better in another month or so.

Usually, if there's a good fit with the boss and the job, you know it within three months. You also know if it's not going to work. Don't quit your job immediately, but do begin looking for another one.

The reason most people are reluctant to admit they've made a mistake has nothing to do with false pride. The real issue is what are they going to tell an interviewer who finds out they stayed on a job only three months?

The rule is to tell the truth packaged appropriately. Say, "I realized almost immediately that I'd made a mistake in taking the job. It wasn't the right opportunity for me. Therefore, the only honorable thing to do was to correct my error and get another job."

Contrast that approach with whining that the boss or company didn't live up to its promises. This may indeed be true, but it's difficult to express this convincingly in an interview.

The worst strategy is to do nothing but pray for rescue. You may be fired for cause, something far more difficult to explain. Make a graceful exit, learn from your mistake and get on with your career!

2. What if my boss just doesn't like me?

There are degrees of dislike — from passive indifference to active hostility. If you think a new boss regrets hiring you, talk to him or her. If the boss is disappointed, find out why. If the boss seems generally unable to articulate what the problem is, suggest some possibilities.

Above all, don't let your feelings lie around and fester. Almost any problem can be solved once it's been identified.

If a boss says, "There's nothing in particular, I just don't think we are a good match," you are dealing with someone so appallingly immature, it's doubtful you will make much progress.

If you feel you haven't had a reasonable chance to show what you can do, talk with personnel. They may have had a hand in your hiring and will be anxious to "save" you if possible. It may be that an internal transfer would please everybody. Don't take it personally and don't respond emotionally.

3. What if I make a poor first impression?

It's an uncomfortable problem but rarely fatal. Some shy people make a less than positive first impression because they seem reluctant to approach others and get acquainted. If you're shy, don't press. Meet a few people every day instead of trying for everyone on the same day.

If your co-workers initially think you're a snob but you gradually warm up, they'll change their minds, individually and collectively. If you blundered the first day and put your elbow in the coffee, it's not that important. The company probably gets a new supply of employees rather regularly, and the grapevine will soon focus on their faux pas.

4. I'm very different from my peers in educational background and experience. What does this mean?

There's no reason to panic. One of three things may be happening. Management could be changing its views on the kind of people it wants to recruit. Or an individual boss may have decided the department is too ingrown. A third possibility is that you are an experiment.

If the company's recruiting tastes shift from Ivy League to Big Ten graduates, it probably means they are planning to gradually infuse some new ideas into the company. If your peers in a department have similar backgrounds and you're an outsider, it may mean someone thinks the department is too deeply into groupthink. Don't underestimate your own good qualities!

It may be that even though you don't fit the group profile, you made an extremely favorable impression on management. They may be quite sincere in their conviction that you're going to add some spice. Being an experiment isn't a bad thing. If you do well, they may decide that everyone doesn't need a Ph.D. and 10 years experience to do the job. You may be a pioneer!

The only time being different becomes a problem is when management is in the throes of personal or organizational schizophrenia: This occurs, for example, when a very messy boss hires a compulsively neat subordinate and then tries to "relax" her. They will drive each other crazy in no time. This is usually a temporary condition, unless management is collectively having a nervous breakdown! Stick it out.

5. Can the company or my boss force me to dress a particular way?

You bet, as long as they apply the same rules generally. IBM and other companies have been forcing (or forcefully encouraging) people to dress in a particular style for years. You do have a right to feel aggrieved, however, if no one mentions to you that suits worn in the office can only be gray, blue and black, even though you interviewed successfully in a silk dress and jacket. Still, they'll probably insist on suits.

Before you decide you can't live with such restrictions, consider this: Many professional women think of clothing as costuming. If you were cast in *Hello Dolly,* you wouldn't insist on looking as if you'd just wandered in off the set of *Fiddler on the Roof,* would you? The office is really just a particular kind of theater and often demands a specific costuming.

6. How can I tell fairly quickly if there's any chance of moving ahead in the company?

The grapevine will let you know within a month. If there are horror stories of cobweb-bedecked women, faithfully bent over manual typewriters, giving their all for the company for 22 years in low-level jobs, there's a problem — and you'll probably meet some of them rather quickly!

Before you bolt, consider this: If you don't panic, you can use this job as a stepping-stone to something wonderful. There may be things to be learned in this situation that you couldn't learn anywhere else — dealing with the ultimate chauvinist, for instance. Don't stay too long, but leave on your own timetable.

If the place is supportive of women, make the most of it! Give support to those women up the ladder who are making it easier for you to get ahead. There is a growing number of sex-blind companies, some headed by women!

7. Whose opinion of my work is the definitive one?

This is a tricky question. Even if your boss' boss or someone two levels above makes the final decision, it would be ill advised to try to jump over your boss. The best way to sort out the layers is to study the culture and ask the secretaries. They can tell you who seems to have the last word.

If, like Gaul, you are divided into parts — reporting here for some tasks and there for others — whoever does the three-month review or tells you you're no longer on probation is probably the one to please.

8. Must I socialize with co-workers on my own time?

Alas, you must. If everyone goes to the local watering hole for a drink on Friday from five to six, you'll have to be there at least half the time. It might help to consider this unpaid overtime rather than socializing. These are really off-site business meetings. The fact that it feels like the bar scene from *Star Wars* is irrelevant and unkind to point out. If you don't pal with the troops at least part of the time, you'll find yourself excluded from internal gossip — and that really hurts!

You *need* to gauge attitudes, put your finger in the wind to see which way it's blowing and generally interact with these people. It takes every worker a few years to understand at a gut level that there is no acceptable excuse for total abstinence from such gatherings. To your co-workers your absence means that you just plain don't like them. There's no other way to process the message.

9. How will I know if I'm doing all right?

You'll never know for sure. In almost every organization, no news is good news. Beware the euphemism, however. If someone says, "Things may not work out around here," take it personally! This means you may not work out.

10. Which of my skills are likely to be most important?

Unless your technical brillance is Nobel Prize quality, ultimately it's your people skills that are most important.

Companies always seem able to buy brilliance if they are willing to pay. What confounds them, and drives personnel up the wall, is their inability even to define "good" people skills, much less positively identify them in applicants. This accounts for periodic outbreaks of psychological testing in troubled organizations.

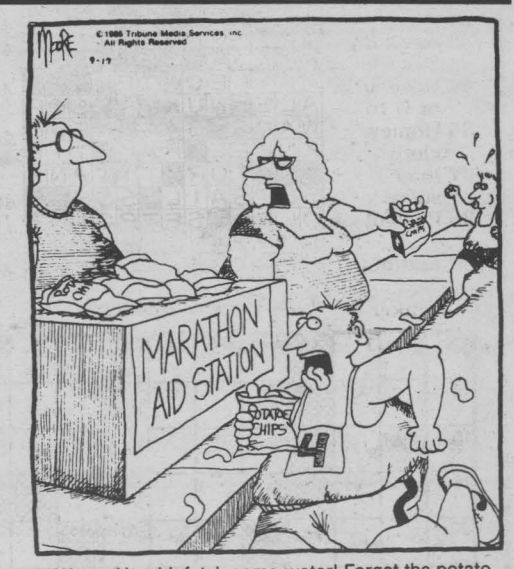
They are willing to try any pseudo-magic to reduce the number of hires who ultimately lower rather than raise productivity. That's the bad news if you're feeling less than totally people-oriented. The good news is that people skills are learned: You aren't born with them. Be suspicious of anyone who's said to be naturally tactful. They cloned him from old CEO cells somewhere in the third sub-basement.

The questions above have been excerpted from Glamour Guide to Office Smarts *by Marilyn Moats Kennedy (Fawcett/Columbine, $6.95). Kennedy is the founder of a Chicago-based management consultant firm and the author of* Powerbase: How to Build It/How to Keep It *(Fawcett/Crest, $3.50).*

Clean your dentures in no time

A totally new form of denture cleaner is now available from Sunbeam called the Ultrasonic Denture Cleaner. It uses the same ultrasonic technology that dentists use to efficiently and effectively clean dentures in minutes, compared with other cleansers that require overnight soaking. Sunbeam's Ultrasonic Denture Cleaner removes stains and plaque and even removes stubborn stains like lipstick.

There are other units on the market that use the word "sonic" in their names, implying ultrasonic technology when in fact they are not — there truly is no comparison. The Sunbeam Ultrasonic Denture Cleaner uses ultrasonic soundwaves to produce its thorough cleaning action. Through a procedure known as cavitation, the ultrasonic transducer in the unit creates over 40,000 ultrasound vibrations per second (versus only 60 cycles per second found in the "sonic" units) which in turn, create minute bubbles that "scrub away" dirt particles and remove plaque, stains, and other matter not visible to the human eye.



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Heat Stress can disable

Some workers dread the approach of summer — the temperatures in their workplaces will soar to even more uncomfortable levels. Some may even exhibit symptoms of heat stress or exhaustion, and it's a wise employer who can recognize the signs and be ready with the antidote.

Typical examples of workplaces with high working temperatures include bakeries, canneries, dry cleaning and laundry, restaurant kitchens, glass manufacturing, founderies and forges, and tire manufacturers. And the more active the employment, the higher level of internal heat generated by the worker's body. When the combination of the internal heat and the workplace temperature is greater than the body's capacity to disperse it, the worker is in trouble.

One of the first problems is "transient heat fatigue". The worker suffers decreased productivity, and his alertness and co-ordination are markedly lower. It's usually caused by the worker's lack of acclimatization to the hot environment. A gradual introduction to the warmer temperatures will usually solve the problem.

However, if the worker shows signs of blacking out or collapse, he's suffering from a shortage of blood to the brain, and should be removed to a cooler place and allowed to lie down. What's happened is that he's probably been standing for some time; the heat has dilated the blood vessels and allowed the blood to drain away from the upper parts of his body. The brain says — no blood, no work, and promptly shuts down its operations.

And watch for workers consuming large quantities of water — they may later suffer painful muscle cramps. They have sweated off large amounts of salt, and the water has settled into active muscles, causing pain. After removal to a cooler area, they should be given salted liquids and advised to increase their salt intake at meals unless otherwise instructed by a doctor.

Much the same treatment is advised for the next stage of heat problems — heat exhaustion. The worker becomes extremely weak or giddy, complains of headache and nausea, may vomit, and has a moist skin. In extreme cases, loss of consciousness may occur. At this stage, the worker is approaching the most dangerous level — heat stroke. This is when the body stops sweating because the thermo-regulatory system has given up on an impossible task.

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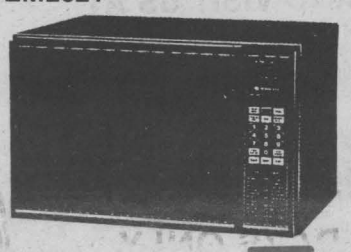
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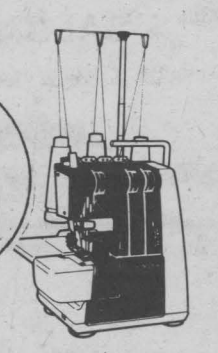
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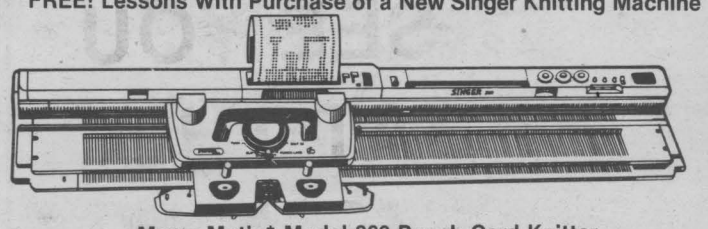
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A heat stroke victim has a hot, dry skin, with a temperature approaching 105 degrees F. He may be delirious or convulsive, and is in danger of death or permanent brain damage unless treated immediately. The victim should be moved promptly to a cool place, his clothing soaked with cool water, and an ambulance called immediately. But, during the first aid stage, excessive cooling — such as by using ice water — should be avoided, but the cooling treatment can be discontinued after the victim's temperature has decreased to about 100 degrees F.

Avoiding the problem of heat-related illness can be a real headache, especially when a high-temperature thermal process is combined with a hot summer's day. One solution might be employee rotation — using one worker on a high temperature process for part of the work day, and then replacing him with another for the remainder, or by scheduling work at night, when air temperatures inside and outside the plant are lower. In cases where workers are obliged to wear protective clothing, cool air can often be supplied by an air pump system to keep the worker's body temperature at a comfortable level.

TOM HEINSOHN, former Boston Celtic star, explaining why he turned down a college football scholarship: "If I was going to get beat up, I wanted it to be indoors where it was warm."

CLINT HURDLE, Kansas City Royals outfielder, who came into baseball as a much-ballyhooed phenom: "If I'd done everything I was supposed to, I would be leading the league in home runs, have the highest batting average, have given $1,000 to the cancer fund and have married Marie Osmond."

GEORGE RAVELING, Washington State, one of the few blacks coaching a major college basketball team: "When the athletic director said I should recruit more whites to keep the folks in Pullman happy, I signed Rufus White and Willie White."

LEON WANDEL, Belgian basketball official, in response to criticism from Soviet Basketball Coach Aleksandr Gomelsky at the Olympics: "Mr. Gomelsky can say what he wants. It's a free country."

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Which asphalt shingles best suit your needs?

If you're a typical homeowner, selecting asphalt shingles for reroofing can be confusing.

However, taking the time to determine which shingles are best suited to your needs will pay dividends by providing the best value for your roofing dollars.

Basically, there are two types of asphalt shingles from which to choose — those with an organic base and those with an inorganic base.

Both offer good looks, durability, economy, fire protection and low maintenance. That's what makes asphalt shingles the most popular roofing material for both new construction and reroofing.

Tips for shingle selection

Georgia-Pacific Corporation, one of the nation's largest roofing manufacturers, offers these tips to help you select quality shingles for your reroofing needs:

1. Regardless of the base material, the manufacturer's limited warranty is the best indication of a shingle's useful lifespan.

Georgia-Pacific's Valiant® and Summit® shingles, for example, offer among the most attractive limited warranties in the industry — ranging from 25 to 35 years, depending upon the particular shingle and subject to specific limitations and requirements. The warranty represents the manufacturer's confidence in the quality and performance of his shingles.

2. Both organic and inorganic shingles have some advantages worth considering. Inorganic (fiber glass) shingles tend to be somewhat lighter and less bulky than organic shingles — and will be easier to carry up the roof if you are doing your own reroofing.

Organic shingles, on the other hand, offer easier application under extreme cold and warm weather conditions. During mid-summer or winter, this characteristic can prove to be a very valuable criteria for the D-I-Y roofer.

3. If you live in high overhead fire hazard areas such as parts of California and Texas, inorganic shingles might be an important consideration. They generally carry the UL Class A label for fire resistance, the highest obtainable.

If you live in most other parts of the country, however, organic shingles with the UL Class C rating for fire resistance will, in many instances, provide adequate protection against the threat of overhead fire.

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Regardless of the type of asphalt shingle selected, be aware that homeowners today are showing a distinct preference toward architectural shingles for reroofing.

Valiant and Summit architectural shingles are among the best choices for homeowners who want the appearance of texture and dimension for their roofs.

These shingles provide the look of wood — deeper shadow line, thicker butts, earthy colors and staggered patterns. Unlike wood shingles, architectural shingles are more economical, durable and provide the security of the UL label for fire safety.

Wood shingles require a costly chemical treatment to qualify for a UL rating for fire resistance, and generally do not last as long as asphalt shingles.

A helpful and comprehensive how-to booklet on reroofing is available from Georgia-Pacific. To obtain a copy of the booklet, send $1 to Georgia-Pacific, "The Reroofing Book," Dept. MT06, P.O. Box 48408, Atlanta, GA 30362.

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To Reply To An FSO Ad: **Write your reply and enclose in an envelope, noting the FSO number on the outside. Enclose this envelope plus a $1.00 administration fee (for each reply) in a second envelope addressed to *For Singles Only*, Seaway Shopping News Ltd., 533 Pitt St. Cornwall, K6J 3R4. No replies will be processed without the administration fee. Please reply within 8 weeks of the publication date as the FSO numbers are reassigned after 8 weeks.**

FEMALE widow, 45. Would like to meet male companion. Single or widower approx. same age. 5'10" or taller. Who enjoys dining out, dancing, travelling & quiet evenings at home. Please send recent photo & particulars to: Seaway Shopping News, 533 Pitt St., SSN 123, Cornwall, Ont., K6J 3R4. 10/28

GENTLEMAN, 35 5'7" with good looks, non-drinker, lonely. Wishing to meet medium or slim lady friend. 25 to 35. Write to: Seaway Shopping News, 533 Pitt St., SSN 122, Cornwall, Ont. K6J 3R4. 10/28

GENTLEMAN 44, good looking, non-drinker, non-smoker, lonely. Seeking an attractive medium or slim lady friend 30 to 42. Write: Seaway Shopping News, 533 Pitt St., SSN 134, Cornwall, Ont., K6J 3R4. 10/28

POSITIVE woman looking for a gentleman who enjoys dancing, sports, travelling. Between 5'5" & 6', physically fit, honest reliable, dependable & mature. Particulars/photo to: Seaway Shopping News, 533 Pitt St., SSN 126, Cornwall Ont. K6J 3R4. 10/28F



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The hottest look in formalwear



SUMMER WEDDINGS: Vice is nice! New from After Six Inc. is a collection of formalwear inspired by the hit TV series, *Miami Vice*. Available in hot pastel colors for coordination with today's colorful bridesmaid's dresses.

"Souper" recipes for couples

As the number of dual-career families continues to increase in today's society, many couples are finding themselves teaming up in the kitchen.

How do they manage it? The recent "Souper Couples" Recipe Contest sponsored by Campbell's Soups and *Good Housekeeping* Magazine revealed that for many couples it takes two key ingredients: A can of Campbell's Condensed Soup and a dash of creativity.

For a free copy of a brochure featuring winning recipes from the contest, write: "Cooking with Campbell's Souper Couples," P.O. Box 4564, Monticello, MN 55365.

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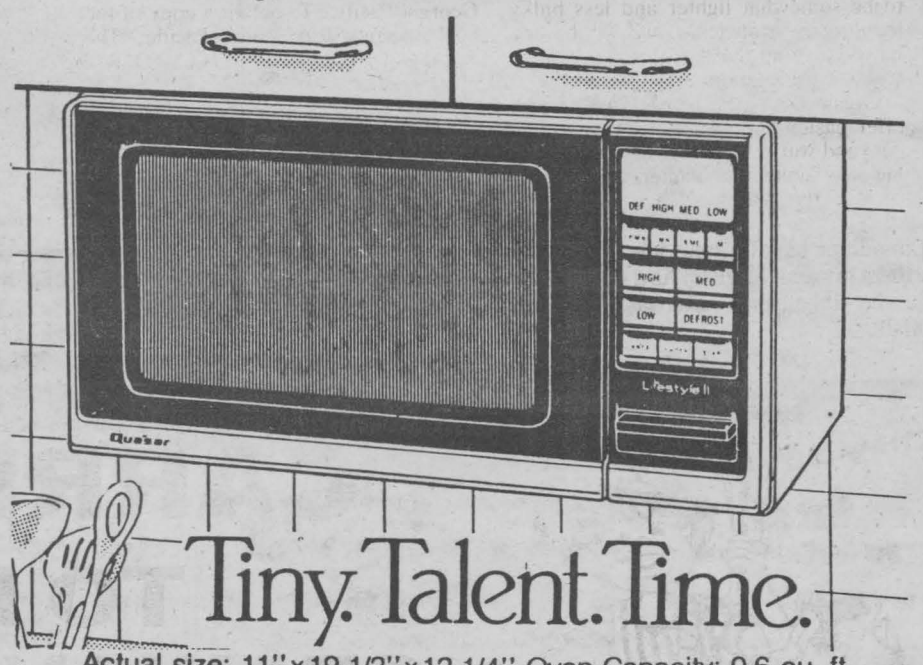
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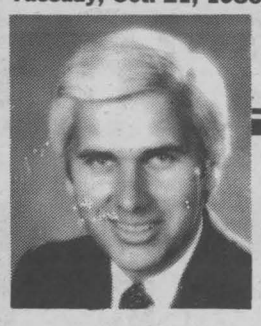

NORMAN WARNER REPORTS

The speech from the throne reaffirmed the government's commitment to proceed with a major review of Canada's tax system. The proposed comprehensive reform will broaden the tax base and restore a more equitable balance among personal, corporate and sales tax.

As a member of the Finance Committee, I have been working on tax reform since last spring. It appears that we will be following the line in the United States whereby the tax brackets will be reduced to perhaps no more than three separate tax brackets. We will be eliminating many allowances and deductions but more importantly we will be reducing the personal income tax rate for most people.

Part of the change may involve what has been described as the business transfer tax. The essence of the business transfer tax is very simple: take a company's gross sales, deduct from that the gross cost of sales and multiply the difference by a tax rate.

The business transfer tax can simplify and correct many inequities presently caused by the manufacturer's sales tax, which tends to favour importers to the detriment of those who manufacture goods in Canada. A business transfer tax can cover both the goods and service industries, and can significantly reduce the costs of collection by the government and compliance by business.

Tax reform has been an ongoing process over the past two years. The budget of May 1985 and February 1986 effectively eliminated obvious loopholes in such areas as the scientific research tax credits and limited partnerships. We believe that Canada suffers when tax incentives are made available that have the effect of disrupting legitimate business investment decisions.

The Finance Committee will be studying the overall structure to ensure that the business transfer tax, the corporate system and the personal tax system will interrelate in a logical fashion. It is hoped that the new system will restore a more equitable balance between personal and business levies so that less reliance will be placed on personal income taxes as a source of revenue.

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Mineral water: What's in it for you?

Changing attitudes of today's health-conscious consumer are revolutionizing the beverage industry. With a growing interest in natural low calorie beverages, mineral water has become a popular alternative.

Here are a few fast facts about mineral water you may enjoy knowing.

Did You Know?
Bottled mineral waters are mostly enjoyed for what is *not* in them. It's the original no-calorie, no caffeine, no-additive drink.

Did You Know?
Mineral waters do more than refresh. Many contain essential minerals such as calcium, magnesium and potassium. By drinking water that is mineral-rich, you'll help nourish your body with every sip.

Did You Know?
Minerals do not mean mineral salts. Perrier, for instance, is salt-free.

Did You Know?
Every water (unless distilled) has its own distinctive taste because of its combination of minerals. Perrier's unique mineral balance gives it its clean, fresh taste.

Did You Know?
A bottled water is classified as a mineral water only if it contains 500 parts per million of total dissolved solids. Perrier is lightly mineralized, with 505 ppm of total dissolved solids.

Did You Know?
Sparkling mineral waters are an alternative to soft drinks, diet sodas, even coffee and alcoholic beverages. Perrier With A Twist and other new flavored waters are a great family beverage — they're calorie-free, with all the same benefits of sparkling waters.

Charting the waters

Water(per liter)	Calcium	Magnesium	Potassium
A Sante	19	4.70	—
Deer Park	—	3.00	—
Mountain Valley	69	10.50	1.1
Perrier	140	3.50	.6
Poland Spring	18	7.20	.6
Ramlosa	.1	.08	—

Source: "Oasis" a guide to bottled water, by Arthur Von Wiesenberger, published by Capra Press.



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Plagued by injuries and defections to the USFL, the Dallas Cowboys Cheerleaders appeared headed for a "rebuilding year."

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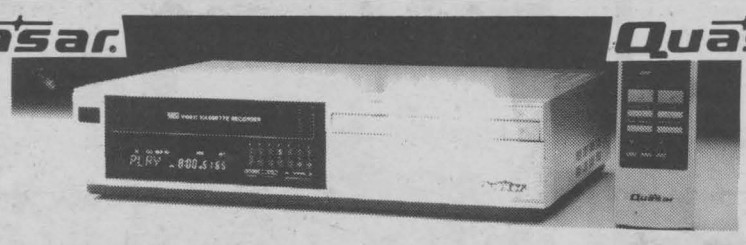

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Fall: A good time to inspect roofs

Any roof of standard asphalt shingles that's more than 10 years old should be inspected at least once annually.

Fall is a good time, because the weather's cooler and it's often the season when you're outside cleaning up leaves. Chances are you'll be cleaning leaves out of gutters and downspouts, so it's a good time to look at the roof.

Signs of a roof in need of replacement include cupped, curled or brittle shingles accompanied by loss of their protective mineral granules.

A roof of ordinary shingles that's at least 15 years old may be prime for re-roofing. But according to Georgia-Pacific Corporation, the best time to reroof is before you have to.

The world's largest building products manufacturer points out that a worn-out roof that leaks whenever it rains could cause severe structural damage leading to hasty and expensive repairs.

A once-a-year inspection that includes a trip to the attic, to examine the underside of the roof deck for leaks, can help avoid such a problem.

All roofs, however, have to be replaced eventually. When the time comes, it's a wise homeowner who at least knows some roofing terminology to help him converse intelligently with the person doing the reroofing.

The Asphalt Roofing Manufacturers Association defines the most commonly used roofing terms as follows:

- *Course* — A row of shingles or roll roofing running the length of the roof.
- *Coverage* — The amount of weather protection provided by the roofing material, depending on number of layers of material between the exposed surface of the roofing and the deck; i.e., single coverage, double coverage, etc.
- *Deck* — The surface installed over the supporting framing members, to which the roof is applied, usually composed of plywood, waferboard or oriented strandboard (OSB).
- *Drip edge* — A non-corrosive, non-staining material used along the eaves and rakes to allow water run-off to drip clear of underlying construction.
- *Eave* — The horizontal, lower edge of a sloped roof.
- *Exposure* — The portion of the roofing exposed to the weather after installation.
- *Felt* — Fibrous material saturated with asphalt and used as an underlayment or sheathing paper.
- *Flashing* — Pieces of metal or roll roofing which prevent seepage of water into a building around an intersection or projection such as vent pipes, chimneys, adjoining walls, dormers and valleys.
- *Gable* — The upper portion of a sidewall that comes to a triangular point at the ridge of a sloping roof.
- *Hip* — The inclined external angle formed by the intersection of two sloping roof planes; runs from the ridge to the eaves.
- *Rake* — The inclined edge of a sloped roof over a wall.
- *Ridge* — The uppermost, horizontal external angle formed by the intersection of two sloping roof planes.
- *Soil stack* — A ventilation pipe that penetrates the roof.
- *Square* — A unit of roofing covering 100 square feet.
- *Valley* — The internal angle formed by the intersection of two sloping roof planes.

Indian-inspired graphics



ABSTRACT AND FOLK ART are the inspirations for these cotton and ramie hand-knit sweaters from Tony Lambert. Shown here, "The Chief" and "The Katchina Doll." For fall, 1986.

Fashion a la français



A PARISIAN FANTASY from Yves Saint Laurent for fall, 1986, this single-breasted sport jacket features a navy, brown and black multi-color step weave pattern. Paired with double-pleated, full pants in rayon and wool, the look is one of easy elegance for evening wear.

A luxurious bathroom



A LITTLE IMAGINATION and Villeroy & Boch (USA) plumbing fixtures and ceramic tiles turned this unused bedroom into a luxurious bathroom. Vastly increasing both the living convenience and resale value of this home, California Interior designer Moira Wilson transformed wasted space into a luxurious grooming center. Ms. Wilson chose Villeroy & Boch "Acropole" glazed, non-vitreous 6″ x 6″ blue ceramic tile. Utilizing both plain tile and decorative "Acropole" tile with its subtle, leafy vine motif, she defined the floor area, created a low wall border and dropped the roomy, bi-level Villeroy & Boch "Naoko" a bathtub into a tile surround, complete with decorative border. The graceful "Planos" pedestal lavatory and "Carula" toile[illegible] complete the ensemble which is in matching blue.

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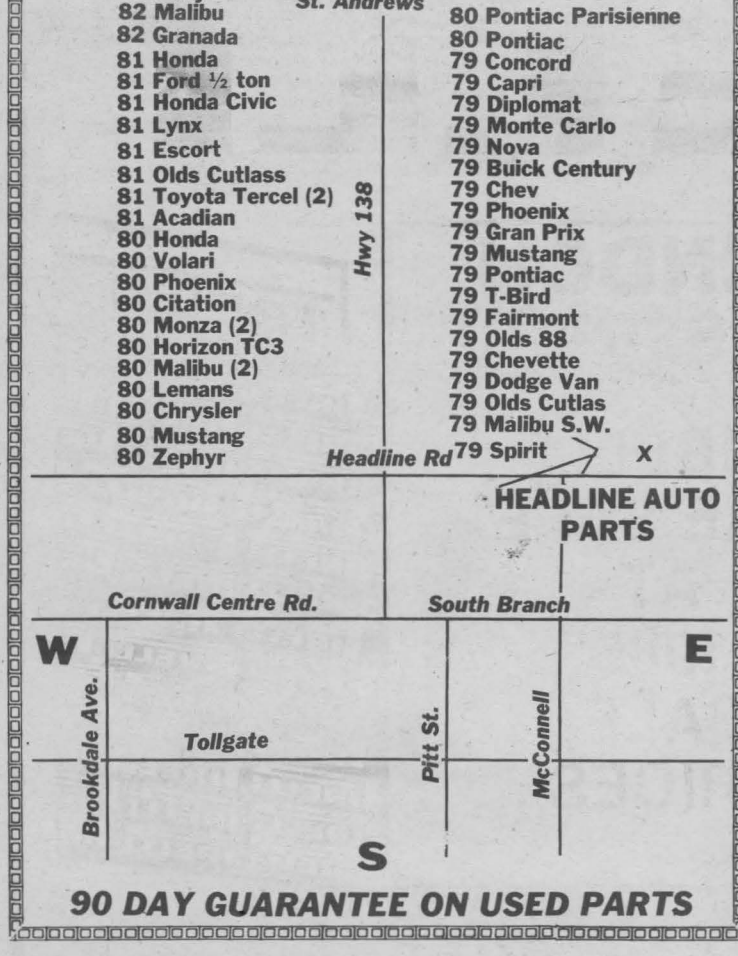

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JOHN MACKEY, former Baltimore Colt tight end, lamenting the absence of a black head coach in the NFL: "I look at all the coaches in the game today, and I think to myself there's no reason why a black coach can't lose, too."

GERRY CHEEVERS, the goaltender-turned-coach of the Boston Bruins, who got off to a 3-9-1 start in the 1980-81 season: "Hockey was my life. This could be death after life."



"Good heavens, Charles! Some ignorant buffoon just ran onto the field and tackled that umpire you were heckling!!"

Keeping mature feet on a healthy track

Feet that work hard to keep people mobile throughout life deserve special care to keep them on a healthy track.

"Because feet change as you mature, it is especially important for older adults to pay particular attention to proper foot care and grooming," says Dr. Charles J. Gudas, a clinical professor of orthopedic surgery at the University of Chicago and member of Dr. Scholl's Foot Health Council.

Gudas and other members of Dr. Scholl's Foot Health Council provide foot care advice for older adults in a new booklet entitled, *Healthy Footsteps*. Among the foot care tips given in the booklet:

Cushioning: Adding shock-absorbing insoles to shoes can help cushion feet that lose some of their internal padding as they mature. In winter, insulated or wool fleece insoles can protect feet from cold and dampness.

Dry Skin: Skin is inclined to become dry with aging. The skin on the feet should be moisturized daily with a conditioning lotion to retain moisture and keep them soft and smooth.

Soothing Leg Cramps: Often described as a "charley horse," night leg muscle cramps are common among those over 45. The painful cramps are caused by involuntary contractions of the leg muscles. The newest non-prescription medication for the condition is Legatrin, containing the muscle relaxant, quinine sulfate, which is often prescribed by doctors for relief of night leg cramps.

Relieving Foot Conditions: Calluses can be reduced by soaking feet regularly in a moisturizing foot soak to soften, then using a pumice stone or file to smooth the rough, hardened skin. Soft pads can help relieve painful bunions and corns and protect them from shoe pressure.

Foot Grooming: After bathing feet, use a foot powder to keep them dry and help prevent odor or potential development of athlete's foot, which thrives in warm, moist areas between the toes. Trim toenails straight across to avoid ingrown nails.



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CITY OF CORNWALL

PUBLIC NOTICE

USE OF DUMP SITE

From:
Monday, October 6 to
Saturday, November 1, 1986

In addition to regular free access to the dump for cars and cars with trailers, the City of Cornwall will also allow free access to residents who wish to use trucks to transport heavy rubbish to the dump. The free access to trucks refers only to those being used in hauling extra rubbish from residential cleanups. The normal fee for other trucks remains in effect.

SEX!!! It's almost as much fun as shopping at Bob's Gold Mine. We love to dicker. 10K jewelery at half price or less. Sundays only. Located at Gerard's Flea Market 534-2247.

USED boy's skates $5.00-$10.00. Hurry & save. Also cross-country ski boots, cheap. The Clearing House, Hwy. 138, St. Andrew's West, 932-5813 (Phone for hours open) x

SY-T10 Amplifier 80 *N.* for Technics & *Yamaha* keyboards. Never used. May be seen at Richmond Dr. (between Cornwall & Long Sault). 6th house east side McDonald. 10/21

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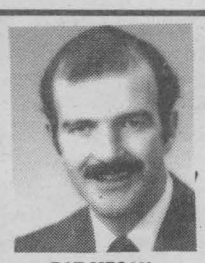
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INSIDE SPORTS By Stan Fischler

THE YANKEES REMEMBER: Besides renaming the dressing room after Pete Sheehy, the clubhouse man who tended Yankee players from Babe Ruth to Dave Winfield until his death last summer, the Bombers inner sanctum also pays homage to another fallen Yankee.

Catcher and captain Thurman Nunson, who died in August 1979, is still remembered. An empty locker with the number 15 above it and a vacant chair in it remains. It's a simple reminder but the message is clear.

*****

BASEBALL YES, GEOGRAPHY NO: San Diego rookie John Kruk may be one of his teams' most talented prospects but he didn't get there by passing geography exams.

On the Padres first trip to Chicago, Kruk glanced out the window as the team bus drove down Lakeshore Drive on the banks of Lake Michigan.

Kruk turned to a reporter and asked: "What ocean is that?"

*****

GARVEY GETS MAD, THEN GETS EVEN: San Diego Padres first baseman Steve Garvey was twice angered recently, once by a near knockdown pitch and then by an umpire's call. Both times he homered on the next pitch.

"We're going to hit Steve in the face with a newspaper every time he goes to the plate just to make him mad," said Boros.

*****

BROOKS ADJUSTS WELL: After being a third baseman for most of his career, Hubie Brooks played shortstop as an experiment with the Mets toward the end of the 1984 season. Then they included him in the five player trade with the Montreal Expos in which the Mets received Gary Carter.

Now, Brooks is getting raves for his shortstop play.

"Hubie has been the best shortstop in baseball this season," says Expo manager Buck Rodgers. "It will be a shame if he isn't named the National League shortstop this year."

Brooks has also been near the top in home runs and RBI's in the National League this year. He has helped the Expos to be the only team to stay close to the Mets.

Brooks still remains modest.

"I'd like to make the all-star team. Who wouldn't? says Brooks, "but I won't lose any sleep if I don't. I'm more concerned about helping this team win the pennant."

*****

JOYNER LEARNING THE ROPES: California Angels rookie first baseman Wally Joyner has been hitting the ball with reckless abandon so far this year.

His play has caught the eye of many baseball observers.

"He's a knowledgable hitter," says Baltimore superscout Jim Russo. "He looks like a kid but he hits like a veteran. He's selective, disciplined and doesn't chase bad pitches. When pitchers make adjustments to them, he makes adjustments to them."

*****

HUDLER FLYING WITH ORIOLES: After spending seven years in the Yankees farm system, Rex Hudler is finally getting his big-league shot with the Baltimore Orioles.

"I'm glad to finally get away from the Yankees with a chance to play," says the red-haired Hudler.

25, who backs up Alan Wiggins at second base for the Orioles. "If they didn't want me, bleep 'em."

*****

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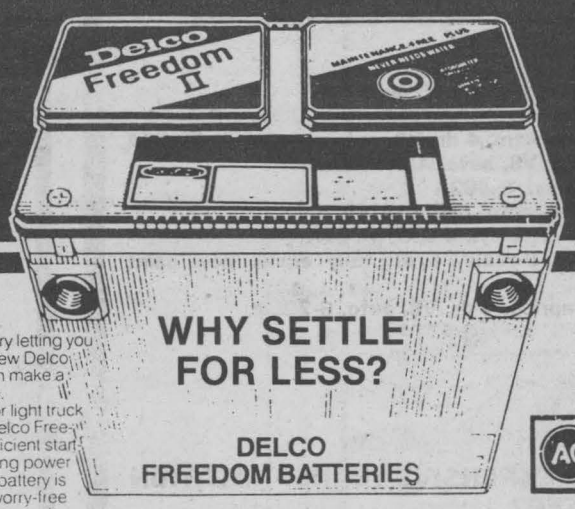

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RAY STAPLEY ON CARS

***I have a Ford, ½ ton truck. About a year ago, oil and condensation started to collect on the small filter that is attached to the inside of the carburetor's air cleaner housing. Replacing the PCV valve was not the cure. My garage does not know what is wrong. For the first five years in the winter, the block warmer was always plugged in. What would cause this trouble? W. Chenewski, Preeceville.**

**When dirty oil is found inside the air cleaner, or oil starts blowing out of various areas of the engine, it is sometimes assumed that replacing the vacuum-operated PCV valve will be the cure. But doing so may well be a waste of time if little or no vacuum is reaching the PCV valve.

The likely cause of your trouble is a vacuum hose, or the metal fitting on the intake manifold that is plugged with foreign matter. Ask your mechanic to remove and clean, or replace the hoses and thoroughly cleanout the metal fitting. After doing this, a check should be made for a full flow of vacuum to the PCV valve.

Another error that seems to be happening more frequently is installing the wrong PCV valve. If there is doubt, have the PCV valve checked by a qualified Ford technician.

If the trouble persists after it has been confirmed that the PCV system is in good order, damaged pistons or rings could be the culprit. A compression test usually determines the condition of these compenents.

I strongly advise checking and servicing the PCV system as necessary during each oil change. To ignore the system indefinitely could contaminate the oil and cause major engine damage.

Changing the oil and filter more frequently in cold weather and using the block warmer for about two hours before start-up, helps to keep the PCV system in a good working order.

***I'm writing to you in regard to a reader's letter that appeared in your column on July 19th. He has a 1985 Pontiac Parisienne and his concern was "a pronounced rapping or rattle which seems to come from the right rear area. It can be heard on medium bumps when driving in a straight line, but it is mainly evident when turning left over small or medium size bumps." A friend of mine had a similar problem with his 1985 Buick LeSabre, and changing the gas tank was the answer. Apparently a baffle plate inside the tank had a poorly welded seam, which caused it to shift or move in a flapping motion, thus causing the noise. D. McQueen, Mississauga.**

**Thanks for taking time out to write me regarding the possibility of defects in the gas tank causing an annoying, and hard-to-locate rattle.

Though I have spent most of my working life repairing cars or writing about the countless number of things that can go wrong with them, while I have heard of loose baffle plates causing rattles, never have I personally encountered this problem.

However, on rare occasions, I have found loose or broken gas tank supports that resulted in the tank shifting around and making a noise.

Send your questions to Ray Stapley, c/o Toronto Star Syndicate, 1 Yonge Street, Toronto, Ontario M5E 1E6. Those of the greatest general interest will be published. Please keep letters brief and include phone number if possible.

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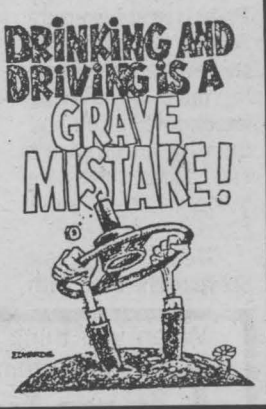

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1982 Impala, 4 dr, V8, auto, A/C, 6-044A
1981 Honda Civic, 2 dr, 4 cyl, 4 spd, 5-757A
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1981 1981 Chev. Caprice, 4 dr, V8, auto, 6-200A
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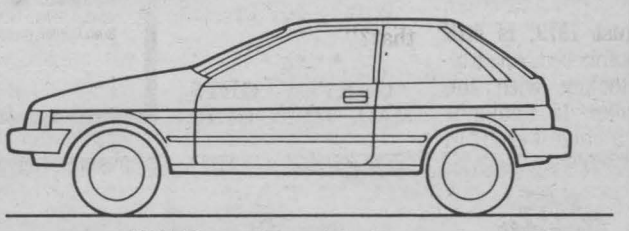
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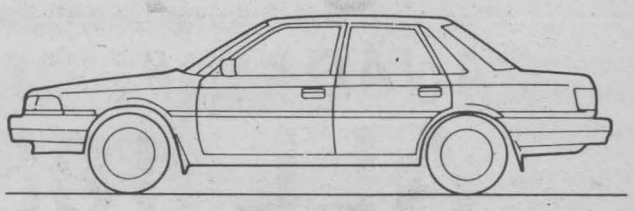
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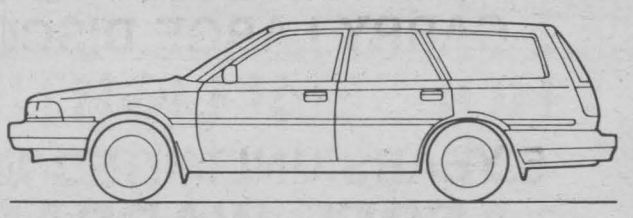
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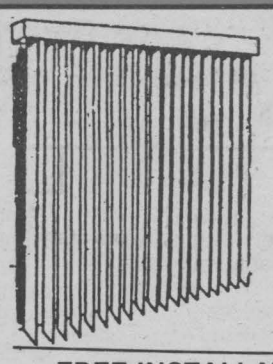

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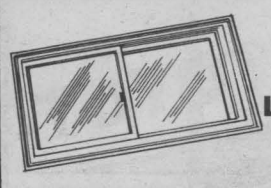

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HOME WORKSHOP FILE

MODULAR POWER TOOLS By Larry Eisinger

Looking for a good 3/8-inch variable speed drill? An orbital pad sander? Or a sabre saw? You have a wide selection available in many price categories for single tools, but if you are watching your wallet and are in the market for these three tools you should consider the modular tools system illustrated. One motor quickly slips on to either a drill section, a sander section or a sabre saw section!

The prime component of these tools is a ¼ horsepower motor with variable speeds up to 27,000 rmps and a reversing capability used with the drill. The drill module has a spur gear arrangement to deliver variable speeds up to 1200 rmps.

Slip the motor pack into the orbital sander module and you have a pad sander that uses a standard ¼ sheet of paper. You can flush sand on all four sides at a speed of 11,000 orbits a minute.

And slip the same motor pack into the sabre saw module and you can make straight and bevel cuts at variable speeds from 0 to 3,000 strokes per minute, which is especially desirable when cutting various types of material.

All tools have a unique method to control the motor switch and once the motor is locked in place on the module the motor gear meshes perfectly with the gear of the module. Cost of the motor and each tool module is about $20 each, which presents a very respectable savings over the cost of the same tools if purchased with a built-in motor. Great design concept!

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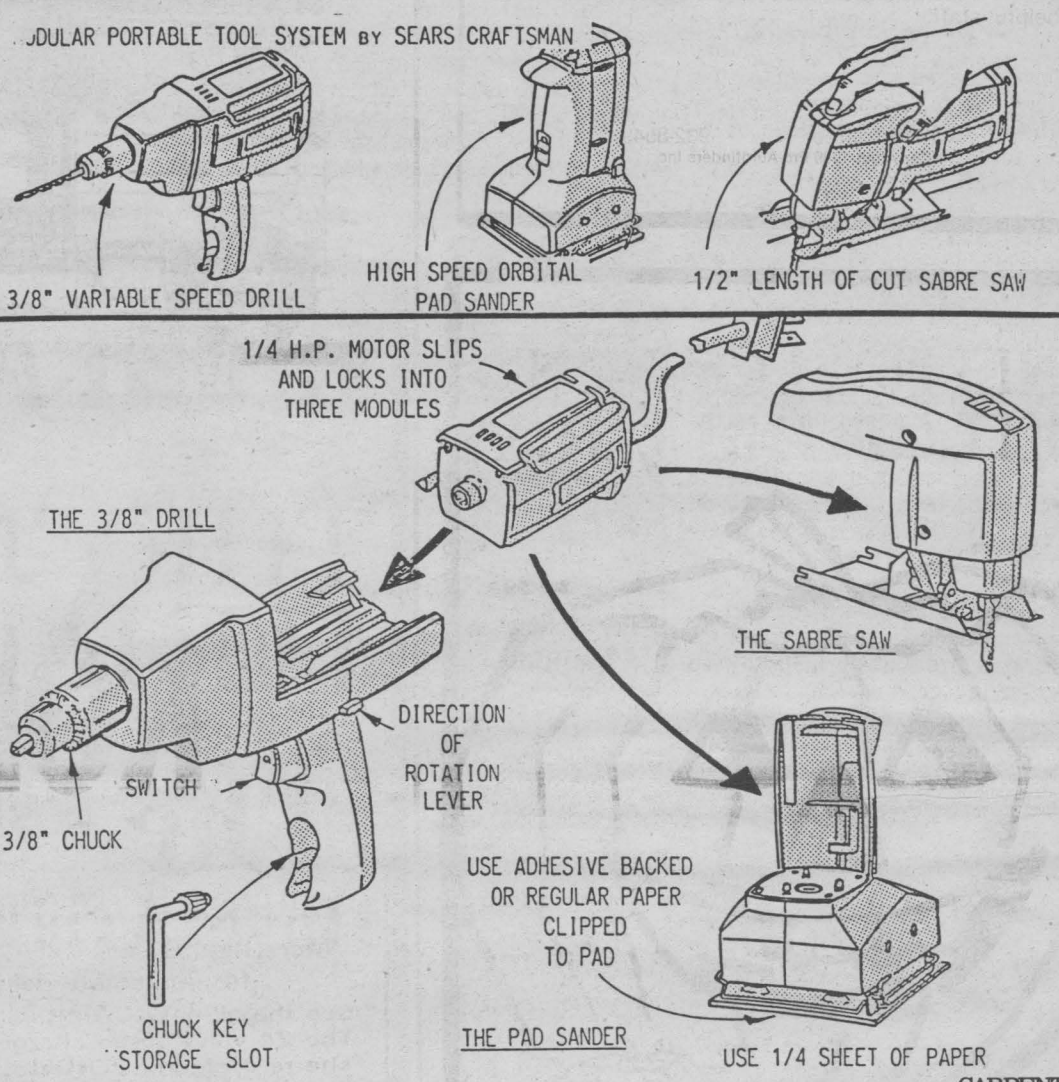

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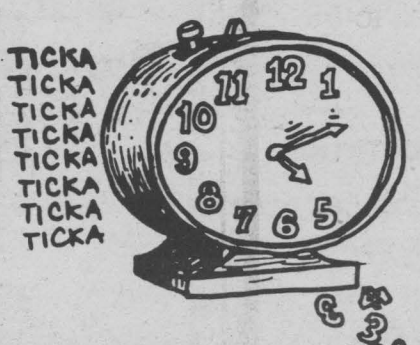

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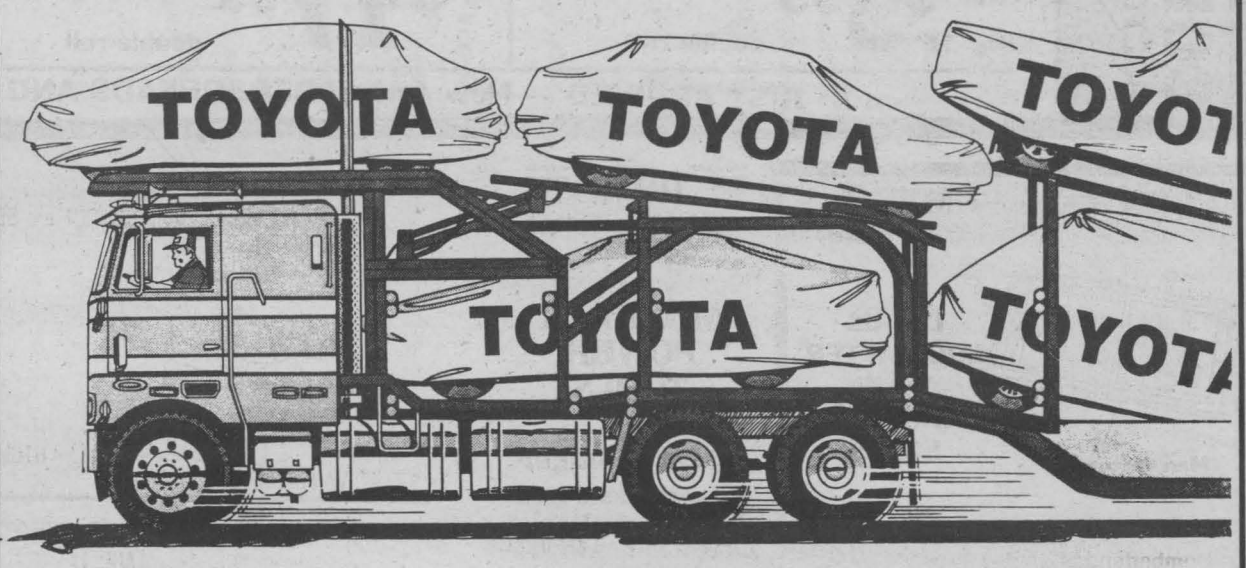

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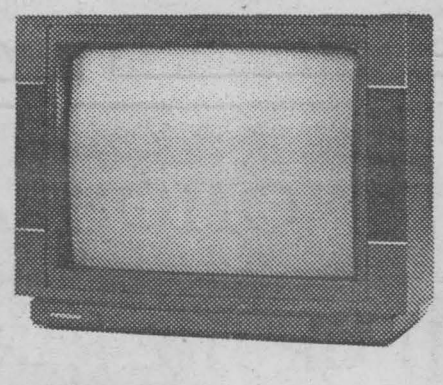
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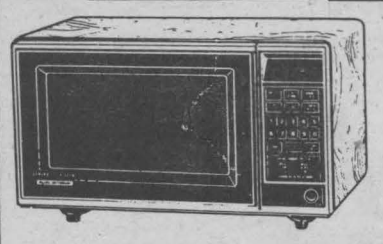
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